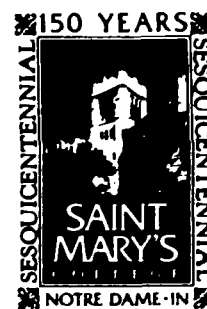


THE OBSERVER

Tuesday, September 27, 1994 • Vol. XXVI No. 22



THE INDEPENDENT NEWSPAPER SERVING NOTRE DAME AND SAINT MARY'S



Fitting the mold

Shireen Agah, a sophomore art major at Saint Mary's, sculpts an untitled work for her ceramics class.

Tara Mooney/The Observer

CSC Rap Up group focuses on senior life

By ROB CATHILL
News Writer

Offered through the Center for Social Concerns, Senior Rap Up Groups are completely student led discussion groups, enabling the participants to meet new people, get off campus and into a friendly home environment on Sunday nights.

Rap-up groups meet every Sunday night of the spring semester to share a meal and some experiences. Students discuss life issues, spirituality and life after Notre Dame.

To cover the costs of the meals, each participant of the Senior Rap Groups must pay \$20 at the beginning of the semester. Each member has the opportunity to cook and to lead prayer at least once. The hosts who invite the students to spend Sunday nights with them do not lead the discussions, rather, the students do.

"The more willing the students are to talk about personal and important issues, the better it is," said Kate Barrett, who is a volunteer group host.

Even the topics for discussion come completely from the students themselves.

"I can give them some suggestions, but I would rather have them decide on topics for discussion," said Mary Ann Roemer, who is the post-graduate coordinator at the CSC.

One of the opportunities presented to the group members is to meet members of the other sex and to openly talk about gender issues.

"The Senior Rap Groups are as good as anything else on campus for improving men-women relationship at ND," said Dominic Vachon, another host for the groups. "I think that these groups should start sophomore year because it would be really helpful to talk about life issues in the early stages of a student's college experience."

Reg Werssart, a host since the conception of the Rap groups nine years ago, said, "The students have all really enjoyed it. They seem to think it is a good idea and they look forward to each time the group gets together, and so do I."

All interested seniors are encouraged to join a Senior Rap Up Group. To sign up, stop by the Center for Social Concerns. Sign-ups end October 11.

Roemer faces third election

By VIVIAN GEMBARA
Assistant News Editor

Campaigning for reelection in the 3rd congressional district seat in Indiana is the main focus for democratic incumbent Tim Roemer.

Roemer is currently in his second term as the congressman for the 3rd district, which comprises mainly of St. Joseph, LaPorte, and Elkhart counties.

His Republican opponent is Rich Burkett. A tire salesman from Warsaw, Burkett is in his first campaign with little political experience. But he 3rd district race is historically competitive so the campaign is not being taken lightly by either candidate.

In the 1990 election, Roemer won by only a two percent margin but in the more recent 1992 election this increased to 57 percent of the vote.

Roemer's popularity among constituents can be attributed to his campaigning techniques and his unconventional platform views. In his first race for congress, Roemer showed up on an estimated 16,000 door steps within the district. Since his election in 1990, Roemer has held over 130 open meetings throughout the 3rd District.

He plans to continue this aspect of his administration if re-elected.

"Tim is one of the hardest workers for constituent issues, he travels back and forth from the capitol frequently to keep in touch with the people," campaign manager Mark Misner said.

While a democrat, Roemer's platform varies on the issue of abortion. Roemer's pro-life stance on the abortion issue is uncommon for a democratic candidate.

He is also known as an advocate for children. Roemer serves on the committee for education and Labor as well as the Subcommittees for Post secondary and Elementary education.

While a relatively young member of the House at 37, Roemer touts a need for overhauling how the Congress functions. Reform in Congress and reduction of wasteful pork barrel legislation are key issues of his platform.

As a member of the House Committee on Science, Space and Technology, Roemer led House efforts in opposing financial waste in the NASA budget and continues work to eliminate funding for the space station project. Roemer also voted for across-the-board spending cuts in appropriations bills and supported the Balance Budget Amendment to the Constitution.

A native of South Bend, Roemer received his B.A. at Univ. of California at San Diego and his M.A. and Ph.D at Notre Dame. He is currently resides in South Bend with his two young children and wife Sally.

Fun is key for SAB

By BECKY MAYERNIK
News Writer

Fun was the key word discussed at the Saint Mary's Student Activities Board (SAB) meeting last night.

SAB is getting ready for "Foot Stompin' Thursday," which will feature Amorilla Star with line dancing.

"The Snack Bar in Haggar will be helping out with the Texas theme, and a man from Dudes and Darlins will be here selling western items, so it should be a lot of fun," said Special Events Chairperson Jessica Zigmond. Marriott will help out in the Snack Bar, and many raffles will take place, according to Zigmond. This event is October 13th at 7 pm at Haggar Parlor.

Also discussed was a Halloween event at Dalloway's featuring a storyteller and Halloween foods and activities. This event will be tri-sponsored by SAB, Residence Hall Association (RHA), and Dalloway's, according to SAB coordinator Audrey Comrie.

Plans to bring Barry Williams, better known as Greg Brady, to Saint Mary's were discussed. He would be a speaker in late March or early April at Carroll Auditorium, with tickets being \$3.

The movie "Above The Rim" will be shown by SAB this weekend in Carroll Auditorium at 8 and 10pm.

The Comedy Crack-Ups held in Haggar Parlor last Friday evening was declared a success, according to members of SAB, and a comedian to appear in early November will be planned.

BOARD OF GOVERNANCE

Board promotes new cultural project

By EMILY RUFFNER
News Writer

A new project to promote cross-cultural understanding at Saint Mary's is ready to start this Wednesday, according to Mana Derakhshani, assistant professor of French.

Derakhshani and Associate Professor Julie Storme informed Board of Governance (BOG) of their idea to bring women of different cultures together through this project.

Student/faculty study groups will be formed throughout the residence halls, first dealing with "self discovery and understanding our own cultures,"

says Storme. Then, the individuals in the groups will discuss dealing with other cultures, as well as their own.

"Ultimately the groups will come up with an activity to reach out to others" making students more aware, claims Derakhshani. The study groups will meet once a month, and their efforts will culminate in a "multicultural frenzy" in April. The first organizational meeting for the project is Wednesday, Sept. 28.

Another issue for BOG was brought up by Senior Board member Maggie Hellrung. She proposed purchasing a video camera that would be more

accessible to students' social and educational needs.

Hellrung is in charge of creating the very first Saint Mary's events over the school year. Her main goal is to get every senior in this video, creating a "nostalgic and yet funny" picture. However, the camera will be of use to the entire student body.

Though the camera will be used to create the Senior Video, Hellrung said, "it will be used for the Senior Video for the next five to six years."

BOG will deal more with the proposal after this week's Senior Board meeting.

Conductor offered job at NATO

By PAUL AMES
Associated Press

BRUSSELS
Belgium's foreign minister, who conducts symphonies in his spare time, gained support of NATO nations Monday to lead the Western alliance.

At a meeting at NATO headquarters, ambassadors from the 16 member nations offered Willy Claes the job of secretary-general of the North Atlantic Treaty Organization. He would replace Manfred Woerner, a former German defense minister, who died of cancer Aug. 13.

The NATO foreign ministers are likely to formally approve the appointment of Claes this week, possibly during the U.N. General Assembly session in New York.

In a statement, the alliance said the ambassadors asked Claes "if he was ready to serve

as NATO secretary-general, if allied governments so decide."

Claes told Belgian radio from New York, "I gave a positive answer."

His approval is expected to be a formality. The appointment is normally for four years with the possibility of a year extension. Werner served for six years.

During a lifetime in Belgian politics, Claes, 55, has built a reputation as a tough negotiator and a shrewd consensus-builder. He is a moderate Socialist who has defended strong ties between the United States and Europe.

As a student, Claes was torn between politics or a career in music. He is a talented pianist and still regularly wields the baton as a guest conductor for Belgian orchestras.

He was born Nov. 24, 1938, in the northeastern city of Hasselt. He won a seat in the na-

tional legislature in 1968 and first entered government four years later.

He served in three governments between 1973 and 1992 as economics minister before becoming foreign minister.

Claes will be the eighth secretary-general since NATO was founded in 1949. A European traditionally fills NATO top civilian post, and an American officer, currently Gen. George Joulwan, serves as military commander.

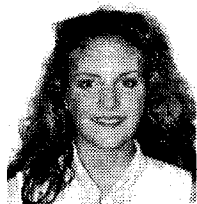
Claes will be taking over a military alliance that was built to resist the Soviet threat and is now struggling to come to terms with the post-Cold War world.

Among his most urgent tasks will be helping define NATO's role in former Yugoslavia. NATO warplanes already patrol the skies of Bosnia and have fired on Serb tanks and planes.

■ INSIDE COLUMN

Chicken pox is something to be thankful for

I was itching I was scratching, oh my god what's going on? I can't believe this childhood disease is hitting me now in the peak of my college career. What was I going to do, it couldn't be chicken pox. That was suppose to be a "been there, done that" of third grade. You know, along with mumps measles and German Rheubella—all those things we now have convenient vaccines for.



Patti Carson
Saint Mary's Accent
Editor

I determined to get myself out of bed and over to the infirmary but unfortunately it would have to be a Sunday afternoon. The infirmary being closed, I was forced to hold out until Monday.

Upon finally seeing a doctor I was diagnosed with a severe case of bed lice. Bed Lice!! Doesn't that rank right up there with Scurvey and leprosy? Well, I did what I was told. I slipped the mattress and boiled my sheets—but, alas, to no avail!

My roommates had had enough. I had had enough. It was time to take matters into our own hands. It was time to get a second opinion. After all, they had quarantined me like some strange melvillian outcast.

So my roommates dropped me off at the emergency room and went on to Martin's. I think rice cakes must have been on sale or something. So I sat in the bleak emergency room, feeling sorry for myself. But then I took a look around, and I began to feel ashamed for feeling so depressed.

The elderly woman next to me was slumped over in her wheelchair like a rag doll. Her eyes were two reflective pools of water that stared directly forward. Her hands and her legs were horribly deformed and her skin was sagging. She was draped with a blanket and a vomit pan rested on her stomach.

No one paid much attention to the woman until her daughter noticed that she had dropped her head and closed her eyes to the world. Chaos followed. There was shouting, crying, sighing. Somehow, those doctors brought her back.

Soon after, my attention was captured by the toddler sitting immediately to my left. He coughed continuously, ceasing only to gasp for a breath or two. Next came the sirens. Someone had jumped from a window downtown. More chaos.

Finally, my turn came. "Hi. Those are chicken pox," the doctor said. He wrote a prescription, gave me instructions, and shook my hand. "Good luck with your sophomore year." Then he was summoned elsewhere.

I was released and greeted by my roommates in the waiting room. "Chicken pox," I announced. The laughter was contagious, more so than the pox. After being awarded with the new nicknames "Pox" and "Scratch," my roommates even treated me to Wendy's. And it just so happened that I had my school I.D. in possession, so I got the 10% discount.

When I returned to campus, students were running, biking, blading, and laughing. The sun was bright and hot, which is a novelty in South Bend. Despite the fact that I'd spend the next few days in quarantine, I decided that I'm pretty lucky to be here.

We take a lot of things for granted. At least I do sometimes. After spending three hours in that emergency room, I learned that we should make an effort to cherish even the little things that we have. We should cherish our friends, our family, and Macri's. And we should be passionate about whatever it is that we do with our lives today. Because life really is good—chicken pox or no.

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■ WORLD AT A GLANCE

Several dead, thousands flee city of plague outbreak

SURAT, India
Authorities listed no plague deaths in this industrial city Monday for the first time in six days, but they reported a disturbing development: an outbreak of plague in a neighboring state.

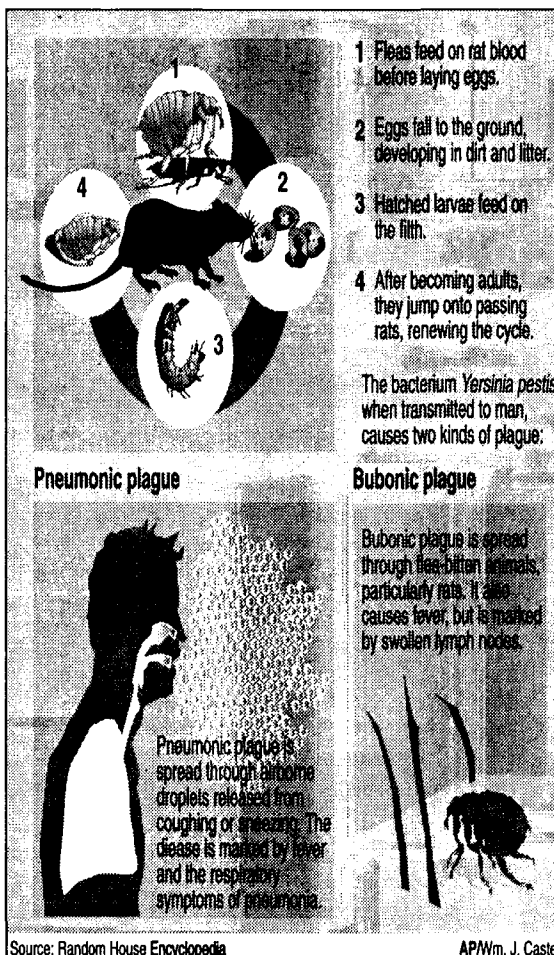
Soldiers searched shantytowns for more plague victims and guarded Surat's main hospital to stop infectious patients from fleeing. Officials said 56 new plague cases were recorded in the city.

Since pneumonic plague was first reported in Surat last Tuesday, at least 51 people have died, more than 450 have been hospitalized and an estimated 400,000 have fled the city. Unofficial death tolls run as high as 300.

South of Surat, officials in Maharashtra state reported 31 cases of bubonic plague—a less deadly form of the disease that ravaged 14th century Europe and Asia as "the Black Death."

"This development makes us worried," Ramanand Tewari, Maharashtra's health secretary, said of the outbreak in the city of Beed. An outbreak of bubonic plague in villages around Beed last month infected 93 people but caused no deaths.

In Surat, a port in western Gujarat state, soldiers in blue-gray fatigues accompanied doctors into slums where most plague cases were reported. The troops helped search for plague sufferers being kept home by their families and watched for looting of medicine being dis-



Source: Random House Encyclopedia

- 1 Fleas feed on rat blood before laying eggs.
- 2 Eggs fall to the ground, developing in dirt and litter.
- 3 Hatched larvae feed on the filth.
- 4 After becoming adults, they jump onto passing rats, renewing the cycle.

The bacterium *Yersinia pestis* when transmitted to man, causes two kinds of plague:

Pneumonic plague

Pneumonic plague is spread through airborne droplets released from coughing or sneezing. The disease is marked by fever and the respiratory symptoms of pneumonia.

Bubonic plague

Bubonic plague is spread through flea-bitten animals, particularly rats. It also causes fever, but is marked by swollen lymph nodes.

tributed by health officials.

City workers cleaned up piles of garbage and dead cows and rats left in the slums by monsoon floods.

The plague is spread by fleas that have bitten infected animals and by bacteria ejected into the air by the coughing of infected people.

Soldiers with automatic weapons stood guard at the Civil Hospital to keep patients from leaving before being cured by antibiotics. At least 60 people fled before the federal government sent in 800 soldiers Sunday.

Doctors described the fugitive patients as "time bombs" who could quickly spread the disease from one mud hut to another in the many shantytowns on the banks of the filthy Tapi River.

With nearly one-fifth of the population having fled the city, Indian officials fear the plague may be spread to other regions. A few patients with pneumonic plague symptoms were being examined in hospitals in Maharashtra state and in New Delhi, the federal capital.

Although plague can be cured with antibiotics, the 600 million people who live in rural India often have little access to doctors or medicine, and many die of curable diseases.

Officials declared Surat a disaster zone and rushed in millions of capsules of antibiotics.

"No deaths in 24 hours, that is since 5 p.m. on Sunday until 5 p.m. today," said Kundan Lal, a city administrator.

Unusual campaign for Ed Kennedy

BOSTON

Sen. Edward M. Kennedy is finding himself doing some unusual things this campaign—hanging out with Aerosmith, going negative and running neck-and-neck with a Republican. Kennedy's opponent is Mitt Romney, an energetic, clean-cut millionaire who is convince that 1994 is the year Kennedy comes home from Washington for good. "After many years there are some serious questions being raised, indeed for the first time among his own supporters, about whether it would be best for him to continue or for him to be replaced," said Paul Watanabe, political science professor at the University of Massachusetts-Boston. Both candidates, for different reasons, are banking on a key premise: Voters know who Kennedy is and what he has done.



British flock to Hong Kong for jobs

HONG KONG

The thump of piledrivers and screech of cranes are the music of opportunity to young Britons who have fled the economic malaise at home to seek their fortunes in this last outpost of empire. They continue coming, even though it is not clear whether they will be allowed to stay after Hong Kong reverts to China in 1997. "People phone me every day saying they can't find work in England," said, Michael Eskridge. The total number of foreigners has risen from 207,000 to 340,000. Others come "because the job situation here is quite good."

Frantic 911 call from missing teen

ARLINGTON, Texas

A frantic 911 call from a teen-ager being abducted left far more questions than answers. "They're trying to break down my door! Hurry up!" 16-year-old Lisa Rene told the 911 dispatcher at 8:11 p.m. Saturday. The dispatcher then heard a scream. When police arrived at 8:13 p.m., she was gone. The sliding door of the apartment was smashed in. In a recording of the call, Lisa can be heard talking to someone and asking who they are. A man answers, "I'm with the FBI." A muffled scream is heard seconds later, with the man saying, "Who you on the phone with?" The line then went dead. Family and friends issued an appeal Monday to her kidnappers. "Tell them to please let Lisa go," said Pearl Rene, her sister. "Call if you want something, whatever it is, just call us. Please. Just let her come home," the missing girl's sister said.

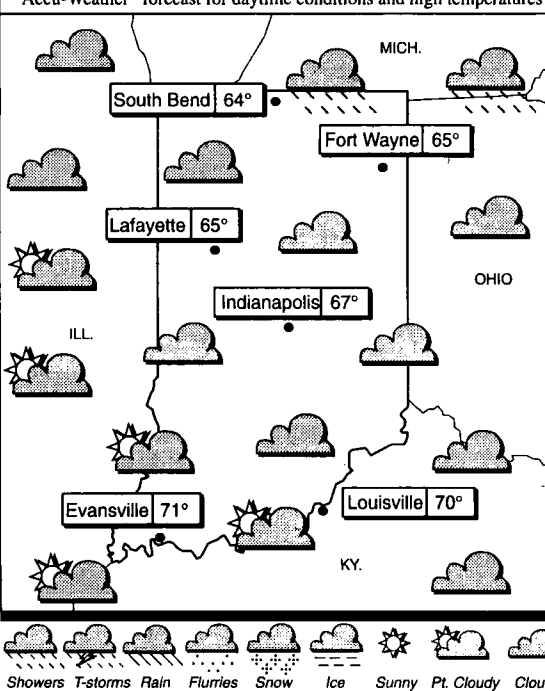
Teen recants charge of sexual abuse

TAMPA

Kimberly Mays, the teen who was switched at birth, accused the man who raised her of sexually abusing her for years, then admitted she made it all up, authorities said Monday. The 15-year-old could face a charge of filing a false police report against Robert Mays, said Phil Ramer, head of the Florida Department of Law Enforcement's Tampa office, which investigated the case. She "needs professional help," Ramer said, explaining that officials have no way of forcing her to get counseling. Kimberly has spent six years in the custody battle.

■ INDIANA WEATHER

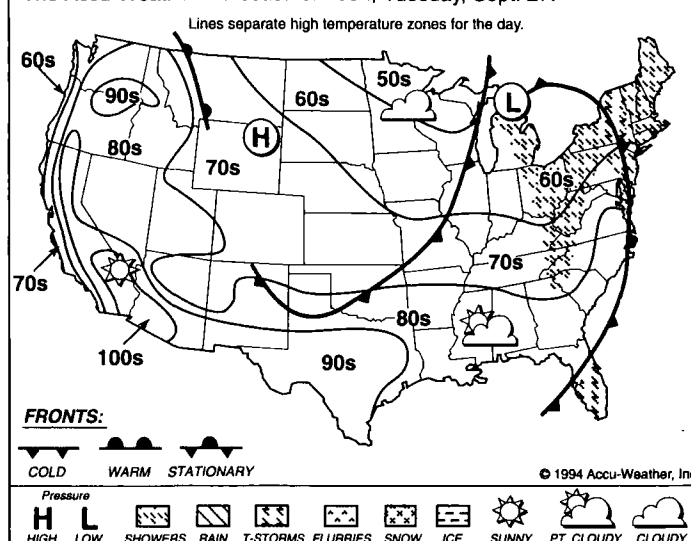
Tuesday, Sept. 27
Accu-Weather® forecast for daytime conditions and high temperatures



Via Associated Press GraphicsNet

■ NATIONAL WEATHER

The Accu-Weather® forecast for noon, Tuesday, Sept. 27.



Atlanta	81	54	Dallas	81	61	New Orleans	77	54
Baltimore	82	69	Denver	77	51	New York	72	66
Boston	69	60	Los Angeles	92	70	Philadelphia	80	65
Chicago	71	52	Miami	82	74	Phoenix	96	76
Columbus	76	49	Minneapolis	75	46	St. Louis	63	55

US continues talks with N. Korea

By CAROLYN HENSON
Associated Press

GENEVA
North Korean and U.S. negotiators made another attempt Monday to resolve differences over pursuing new talks on opening North Korea's nuclear program to outside inspectors. They scheduled another session for Tuesday after consultations with their capitals overnight. Neither side would say whether any progress was made. Washington is trying to persuade North Korea to allow

U.N. inspections of two suspected nuclear waste sites that could reveal whether plutonium has been diverted for nuclear weapons in violation of North Korea's treaty obligations. Western experts think North Korea has produced enough plutonium to make at least one nuclear bomb. The hard-line communist regime in Pyongyang insists its nuclear program is peaceful but has blocked U.N. inspections it previously agreed to. In return for allowing inspections, North Korea has a U.S. pledge of help to replace it old-

fashioned nuclear reactors with ones less suitable for producing plutonium. But Pyongyang is balking at getting hardware from rival South Korea, which Washington contends is the only option. The latest round of talks began Friday and almost instantly ran into problems. The U.S. side asserted Saturday the North Koreans had gone back on previous agreements. The North Koreans said Sunday that a joint American-Japanese naval exercise off the Korean coast was an attempt to pressure Pyongyang.

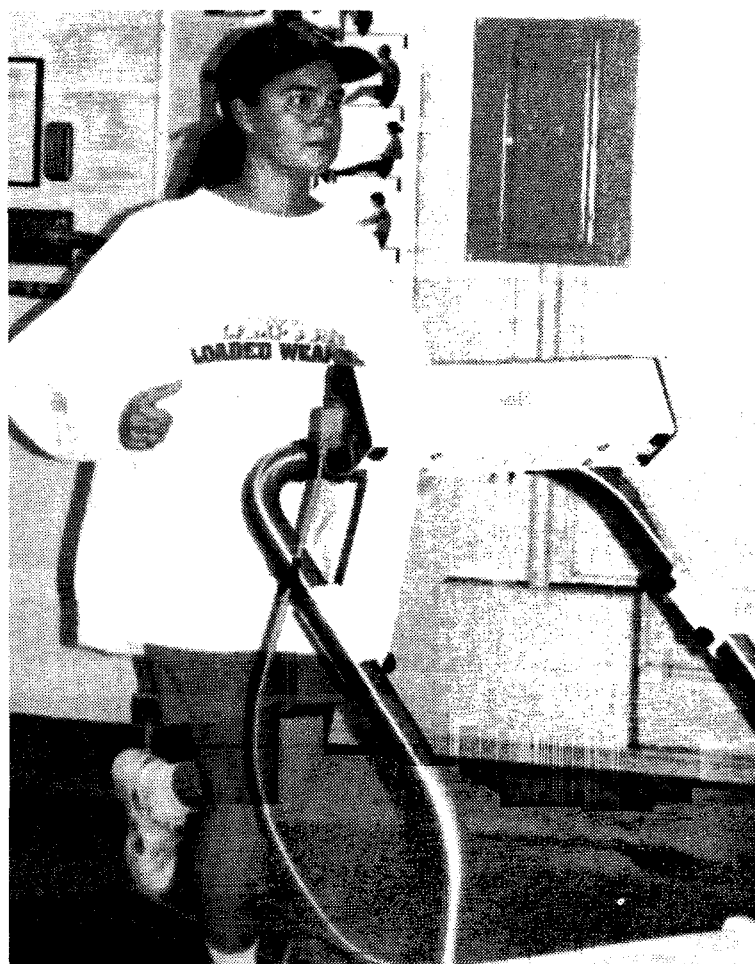
Zulu leader under investigation

By DONNA BRYSON
Associated Press

JOHANNESBURG
The African National Congress called Monday for an investigation of the Zulu nationalist leader after he and his bodyguards stormed a television studio and scuffled on air with a political rival. Home Affairs Minister Mangosuthu Buthelezi's heavy-handed attempt to silence a political opponent was the latest twist in his power struggle with the Zulu king — and evidence of tensions that could explode into widespread fighting. The scuffle at the South African Broadcasting Corp.'s studios in KwaZulu-Natal was broadcast live, and viewers saw a handgun in the hands of one

of Buthelezi's bodyguards. It was unclear who the gun belonged to, and no shots were fired. Buthelezi, head of the Inkatha Freedom Party, said Prince Sifiso Zulu threatened him with the gun. But Zulu and SABC chief executive Zwelakhe Sisulu said the gun came from a Buthelezi bodyguard. "Buthelezi's actions, seen by millions of TV viewers all over South Africa, amount to a frontal attack on freedom of speech and freedom of the press and are incompatible with the provisions of the Constitution," the ANC said in a statement. Fourteen ANC lawmakers issued a separate statement, saying Buthelezi's behavior was especially troubling because of

his status as a Cabinet member. Buthelezi, in an interview with SABC on Monday, said he thought the program was no longer being broadcast when he confronted Zulu. "I therefore wish to apologize to viewers if they were disturbed in any way," he said. The tussle was the latest development in the deepening feud between Buthelezi and King Goodwill Zwelithini for the loyalty of the nation's 7 million Zulus. Last week, Zwelithini severed ties with Buthelezi, his cousin and the nation's most powerful Zulu leader, in a bid to break away from years of domination by the Inkatha leader. Prince Zulu claims to have replaced Buthelezi as a top aide to the king.



Shelly Sullivan/The Observer

Just doin' it

Pasquerilla East freshman Traci Contreras runs on the treadmill at the Rock as part of her workout.

Saint Mary's sponsors Nurse Career Day

By MAUREEN KOBZA
News Writer

With its plan to expose nursing students and those in health care fields to what is available for their future, Saint Mary's is sponsoring a Nurse Career Day. All students and faculty are invited to look at career options, internships, and employment opportunities and to speak with representatives and alumnae from several different hospitals and health care centers Wednesday evening at Saint Mary's College. Along with the distribution of informational handouts, interviews will be conducted to pre-

pare students and to help them to learn what to expect, what hospitals are looking for, and what is required in their fields. Careers in nursing, health care, and social work services in hospitals will be represented to give students a "round about view about what they are up against," said Christine Derwent, career counselor. Charter Behavioral Health System, Holy Cross Care Services, St. Joseph's Medical Center, U.S. Air Force and U.S. Army Nurse Corps will be present. The Nurse Career Day will be held Wed. from 3:30-5:30 p.m. in the LeMans Hall lobby.

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September 29th

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Clinton mute on arms pledge Clinton defends Haiti, seeks cooperation

By BARRY SCHWEID
Associated Press

UNITED NATIONS
Bosnian leaders have asked the United States to reconsider any push for early lifting of the U.N. arms embargo because it could work against them in their conflict with the Serbs, U.S. Ambassador Madeleine Albright said Monday.

Other U.S. officials told The Associated Press that President Clinton would propose a resolution on Oct. 15, as promised to Congress, but they said it may call for a delay in lifting the weapons ban or ask that it be conditioned on the Bosnian Serbs' actions in the former Yugoslav republic.

In some parts of the Bosnian government there is growing concern that immediate lifting of the embargo "may not be the wisest idea," said a senior U.S. official, speaking on condition of anonymity. He said some Bosnian leaders feared the Serbs might respond with a major offensive.

Clinton devoted only 90 words to Bosnia in his U.N. address Monday, and what may be most significant was what he

did not say: whether he intends to honor his pledge to provide the Muslim-led government with weapons.

Albright, in a news conference afterward, said, "It is evident there are consequences to the Bosnians" if the embargo is lifted.

However, she denounced as inaccurate various newspaper accounts that suggested Clinton was searching for a way out of his promise to Congress to propose a resolution to the U.N. Security Council by Oct. 15.

"There is some discussing of timing and modalities," she said. "This was a Bosnian initiative brought to the U.S."

At the same time, Albright acknowledged Clinton was having difficulty persuading Russia to support a lifting of the embargo.

But the ambassador said Russia was trying to persuade Bosnian Serbs to accept a proposal to end the war. It would require the Serbs to relinquish about one-third of the territory they have captured.

In U.N. corridors, administration officials said the Bosnians were apprehensive that an influx of weapons, even to their

forces, might escalate the conflict in the former Yugoslav republic. "They don't want to be annihilated," said one official.

U.S. officials said that Serbia had sharply reduced its delivery of weapons to Bosnian Serbs since President Slobodan Milosevic promised on Aug. 4 to seal the border, and that claims by Prime Minister Haris Silajdzic that hundreds of tanks and trucks were getting through at night were wildly exaggerated.

They acknowledged all "seepage" had not ceased, but said border crossings were sharply reduced.

Last Friday, with Secretary of State Warren Christopher reversing his initial insistence on delay, the Security Council voted with U.S. support to suspend some of the sanctions on Belgrade.

Christopher cited the stationing of scores of monitors on the border.

Clinton, in his speech Monday, described the situation in Bosnia as improved except in Sarajevo. He said the capital "once again faces the prospect of strangulation."

By TOM RAUM
Associated Press

NEW YORK

President Clinton is seeking international support for limited military intervention in regional conflicts while encouraging people in strife-torn nations to resolve their own problems.

In an address today to the United Nations, his second as president, Clinton was defending the U.S. occupation of Haiti while offering \$30 million in new U.S. aid to Bosnia.

Aides said he was still making changes in the speech just an hour before he was scheduled to speak to the General Assembly.

The president was expected to cite the military role in Haiti as a last-resort example of how the international community can work together to spread democracy.

The conflicts in Haiti and Bosnia were getting top billing as Clinton prepared to address the world body, celebrating its 50th anniversary.

The president was mixing his

U.N. appearance with a series of meetings with world leaders. He meets separately today with the leaders of Azerbaijan, Romania and Mexico. On Sunday, he held talks with U.N. Secretary-General Boutros Boutros-Ghali and with the president of Bosnia, Alija Izetbegovic.

After that session, a senior administration official announced \$20 million in new assistance for Bosnia to help its economy and to run the government in Sarajevo and a promise to ask Congress for an additional \$10 million.

Another \$10 million already is in the pipeline to the former Yugoslavia.

Clinton was expected to tell the United Nations that the U.S. policy in Haiti is working, despite uncertainties and violence such as what flared over the weekend.

"There is no question that the cooperation between the United States, the U.N. and NATO is one pointing to a direction of how many regional problems can be solved and worked on together," U.S. Ambassador Madeleine Albright said.

With bodies cleared, locals still struggle

By EDITH LEDERER
Associated Press

GOMA, Zaire

The piles of rotting bodies that lined the road from the Rwandan border are gone, and most of the 850,000 refugees who turned Goma into a cesspool of death and despair have moved to camps outside town.

At first glance, Goma looks much as it did before July, when the quiet backwater town was swamped with the biggest, quickest refugee exodus in history. Streets are clean. Drivers honk their horns incessantly. Shoppers in the market swat flies and haggle over prices. Young men get drunk on potent banana beer or the local European-style brew.

But a closer look reveals the legacy of the refugee occupation: Hundreds of trees have been cut down or gouged by refugees desperate for firewood. Flower beds are gone, trampled by thousands of feet. The cost of living has increased sharply, rents have skyrocketed because of the influx of foreign relief workers, and the town's roads, schools, sewers, drainpipes and traffic circles have been damaged.

And there is a lingering fear — fear of fresh killings, new epidemics, and another mass influx of refugees.

To the world, the name Goma has become a synonym for the almost unimaginable misery of the Rwandan refugee crisis. But the residents of the town in eastern Zaire know another Goma — and they want it back.

Over the past two months, the vast majority of refugees who once squatted in every available inch of space in the town have been moved to camps several miles outside

Some refugees refused to leave, and still sleep in unfinished churches, closed schools and empty buildings. Others walk miles from the camps to beg or sell relief food in the town market.

In cafes, bars, homes and

refugee tents, locals and refugees listen to the radio for news of Rwanda. Almost all conversation centers on rumors of Tutsi reprisals, Hutu preparations for future military operations, and possible new flights of refugees.

For local Zairians, getting most of the refugees out of Goma was just the first step: They want them out of the country.

"They have destroyed everything — all the forests, flowers. They brought diseases and people died," said Kahanya Kimuha Tassi, the regional administrative director. "We'd like to see them going back very soon."

Guillaume Baurti, 33, who sells soap, candles and batteries in the market, said the number of pickpockets had increased "and they're all Rwandans."

He complained that refugees got better medical care and food than the locals because they're helped by relief organizations.

The refugees, mostly Hutus fearing retribution, fled to Zaire after the Tutsi-led rebel army overthrew Rwanda's Hutu government in July. More than 500,000 people, mostly minority Tutsis, were killed by Hutu troops and militia in an orgy of ethnic violence that exploded after Rwanda's Hutu president was killed in a suspicious plane crash April 6.

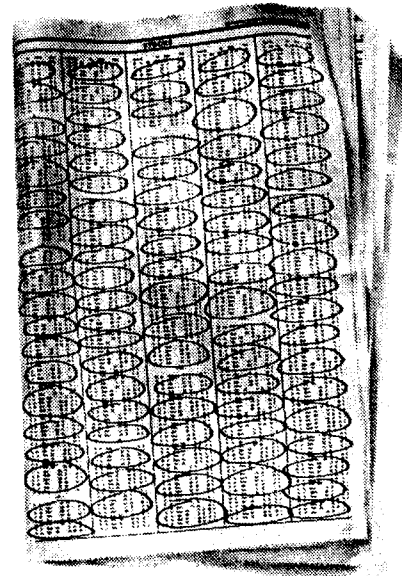
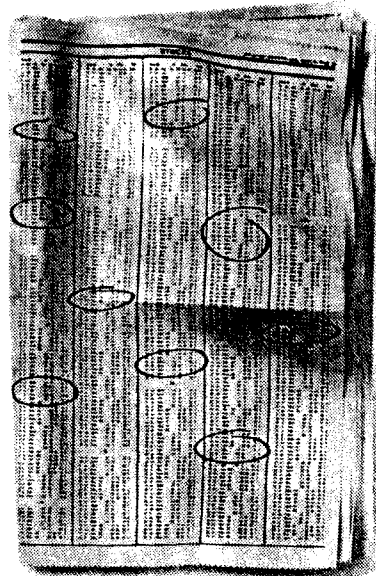
Before the refugees arrived, Goma's population was 197,000. Now, Goma's mayor Mashako Mamba Sebi estimates it is triple that.

Surrounded by four towering volcanoes and nestled on the banks of Lake Kivu on the Rwandan border, Goma boasts breathtakingly beautiful scenery.

Nyiragongo Volcano belches smoke and lights the night sky with an orange glow. Some locals believe it is about to erupt and wreak divine retribution on them and the refugees.

Like much of Africa, Goma is a place of stark contrasts.

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Base refugees return to Haiti

Associated Press

PORT-AU-PRINCE

The first group of Haitian refugees to leave detention at Guantanamo Bay Naval Base in Cuba since U.S. troops moved into Haiti got a warm welcome home today.

Thousands of people gathered at the port for the arrival of the 221 Haitians, who were greeted by U.S. Ambassador William Swing, given the equivalent of \$40 each in Haitian money and taken to the local bus station.

In the past, refugees who returned have been harassed, taunted and insulted by police and army-backed thugs.

The refugees, most young men but also some families

with young children, left for Port-au-Prince aboard a Coast Guard cutter Sunday.

"This is a good thing because not only are these people happy to go home, but they're creating more room for the people who remain," said Brig. Gen. Michael J. Williams, commander of the task force running the refugee camp at Guantanamo.

The boat people, picked up at sea as they attempted to reach U.S. shores, volunteered to return after U.S. officials visited their tents.

Representatives of the U.N. High Commissioner for Refugees were counseling refugees to ensure they were not being coerced into return-

ing.

U.S. officials hope all 14,000 Haitians at Guantanamo will choose to return, but say they are not forcing anyone out.

Many don't want to leave as long as the junta that ousted President Jean-Bertrand Aristide three years ago remains in power, said an Air Force chaplain at Guantanamo, Capt. Effson C. Bryant.

The accord reached last week calls for Aristide to return to power by Oct. 15.

The U.S. set up the camp at its Guantanamo base June 27 when President Clinton ended the policy of automatically returning all Haitian boat people intercepted at sea.

Clinton defends Haiti policy, lifts sanctions

By TOM RAUM

Associated Press

UNITED NATIONS

Citing "a moment of opportunity" for democracy, President Clinton lifted travel, trade and most other U.S. sanctions against Haiti on Monday and urged other nations to follow suit.

Clinton told the U.N. General Assembly that lifting the sanctions would hasten rebuilding of the impoverished country and was being done "in the spirit of reconciliation and reconstruction."

He suggested the sanctions were no longer needed, with American and other forces firmly in place in the Caribbean country to enforce the U.S.-brokered agreement to restore exiled president Jean-Bertrand Aristide to power by Oct. 15.

But Clinton said some sanctions would remain in force — including a freezing of bank accounts and other assets — against Haiti's military leaders and their supporters.

The U.S. government has a list of 600 people with ties to Haiti's military junta who will remain under the sanctions, officials said.

A week after American soldiers and Marines landed peacefully, Clinton said the operation demonstrates that "progress can be made when a coalition backs up diplomacy with military power."

At the Pentagon, meanwhile, Defense Secretary William Perry cautioned that while U.S. troops are being greeted "as friends and not invaders" in Haiti, it is critical that humanitarian aid begin flowing to maintain that idea.

Taking note of the violence over the weekend in Cap-Haitien, Perry said that U.S. forces have been told to defend themselves and that the Marines involved in the shootout had acted within the military's rules of engagement.

He cautioned Congress anew about setting a specific date for a troop withdrawal, saying that would "complicate our military operations."

Clinton's lifting of the U.S. embargo on Haiti came as more than 200 Haitians who had fled their homeland boarded a Coast Guard cutter at the U.S. base at Guantanamo Bay, Cuba, to return to Port-au-Prince.

Aristide himself had urged an end to the sanctions on Sunday. A trade ban was imposed by the Bush administration after Aristide was deposed in a 1991 coup, and additional sanctions, including a ban on commercial flights and the blocking of financial transactions, were imposed earlier this year.

Critics have argued that the

people hurt most have been the hungry populace — not the leaders — of the poorest and most crowded nation in the Western Hemisphere.

Regularly scheduled commercial air flights between the United States and Haiti were expected to be resumed in a matter of days. Other travel restrictions and the freeze on financial transactions were also ended.

"I urge all other nations to do the same," Clinton said.

A U.N. trade embargo on Haiti remained in force, on paper at least. But it seemed unlikely it would continue to be enforced given Clinton's appeal.

"Essential civil order will be restored. Human rights violations will be curbed. ... The military leaders will step down, the democratic government will be restored, President Aristide will return," Clinton said.

With troops and aid from more than two dozen nations helping in Haiti, Clinton said the international community was "giving the people of Haiti their chance at freedom. ... All have contributed to this moment of opportunity."

Lifting the embargo on Haiti was the highlight of Clinton's 25-minute speech to the General Assembly, his second address to the United Nations as president.

More broadly, he also proposed a new arms-reduction initiative, calling for negotiations to remove the danger of some 85 million anti-personnel land mines in place around the world.

"Ridding the world of those often-hidden weapons will help to save the lives of tens of thousands of men and women and innocent children," the president said.

Turning to Bosnia, the president said the situation around Sarajevo had deteriorated and the capital of the former Yugoslav republic "once again faces the prospect of strangulation."

He said a "new resolve" was now needed by the United Nations to enforce its resolutions, although he did not elaborate.

Clinton cited U.N. actions in both the former Yugoslavia and in Haiti as examples of how the body can work with individual nations to promote democracy and relieve suffering.

As for the United States, Clinton said, "We will use diplomacy when we can, but force if we must."

Pro-democracy supporters, emboldened by a shootout on Saturday between Marines and Haitian military police that left 10 Haitians dead, have become more open in their demonstrations in Haiti's two largest cities.

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British flock to Hong Kong for employment

By JOHN LEICESTER
Associated Press

HONG KONG

The thump of piledrivers and the screech of cranes are the music of opportunity to young Britons who have fled the economic malaise at home to seek their fortunes in this last outpost of empire.

They continue coming, even though it is not clear whether they will be allowed to stay after Hong Kong reverts to China in 1997.

"People phone me every day saying they can't find work in England," said one of them, Michael Eskridge. "The longer the recession goes on in England, the more tradesmen are leaving to look for work elsewhere, and they are hearing that Hong Kong's a booming place."

Eskridge, 28, arrived eight years ago, intending to return home when the job market in Britain picked up, "but it hasn't done, so I decided to stay here."

He now runs a construction company with 25 employees, all Britons.

On this day, they were gutting an old building in Wanchai, the colony's raffish nightclub district.

For Hong Kong Chinese, that is something new. They are used to the British as colonial and financial masters, not as sweaty laborers in muddy shorts and sneakers.

"I seriously think they are amazed," said Richard Lee, a 31-year-old site foreman from Leeds. "They think the Great White Person from England doesn't do nasty work."

A workmate chipped in: "They don't expect us to demean ourselves by doing the hard labor."

As the men toiled on a hot

morning, passers-by stopped and stared. Some said they weren't surprised that foreigners were attracted to Hong Kong, but a Chinese construction worker said such jobs were unsuitable to the "gweilos."

"They look stupid to me," he said.

Hong Kong is so short of labor that it imports workers. More than 2 1/2 million people are unemployed in Britain, and because Hong Kong is still British soil, Britons can land and go straight to work.

They are laborers, plumbers or carpenters, or waiters and bartenders in the myriad pubs, nightclubs and fish-and-chips shops that cater to the British population.

There is little overt resentment among Hong Kong Chinese, who are moving out of menial work and into white-collar jobs.

The colony's British population has grown by 25 percent since 1989, to 20,000. The total number of foreigners has risen from 207,000 to 340,000 in that period.

Many of the foreigners represent Western companies looking to expand in Asia. Others come "because the job situation here is quite good, especially when compared to Western countries," said Eric Chan of the Immigration Department.

Some of Hong Kong has rubbed off on Eskridge's men. They were using bamboo scaffolding at the building site, and the heat made cold Cokes preferable to mugs of tea.

Andy Williamson, 28, said he left a \$37,880-a-year job as a manager in the London subway system two years ago to travel. His money ran out in Hong Kong and he now earns the equivalent of \$65 a day working for Eskridge.

Alzheimer's apparent in dogs

By NANCY SHULINS
Associated Press

DAVIS, Calif.

For much of her life, Sadie had it all: good health, a fine home, a family that adored her. But with old age came senility, robbing her, bit by bit, of her personality.

Once known for her hearty appetite, she now picked at her food, sometimes wandering off in the middle of a meal. She began getting lost in the only home she'd ever known. A life-long extrovert, she now sat for hours staring blankly at the wall.

Test after test came back normal. But the signs were all there: memory loss, confusion, inappropriate outbursts. The doctors were quite certain. They'd seen it before.

Had Sadie been human, she might have lived out her days in a nursing home, or been cared for at home by round-the-clock nurses or aides.

But Sadie was a dog, a 17-year-old Dalmatian, and so her life ended quickly and mercifully with a lethal injection.

Her story, however, goes on.

Sadie's family donated her body to the University of California at Davis, where researchers examined her aged brain and found something remarkable. Buried within the tissue were protein deposits identical to those found in the brains of human Alzheimer's patients.

Alzheimer's disease is a progressive brain disorder that impairs memory, thinking and behavior in 4 million Americans. No cause or cure has been found.

Scientists have long known that aging primates — monkeys, bears, dogs — can develop the amyloid plaques and neurofibrillary tangles that are the hallmarks of Alzheimer's disease.

What they don't know is whether these neurological signs are the animal equivalent of Alzheimer's or simply the more general signature of an aging brain.

The answer may rest in a locked kennel at UC Davis, where 40 aging beagles pass their days playing with toys and with each other. Their primary job: to grow old.

As they age, protein deposits form in their brains that are

remarkably similar in size, structure and location to those found in humans with Alzheimer's.

Periodically, the beagles go swimming in a huge above-ground pool. The surface is covered with colored beads. Hidden beneath the beads is a submerged platform the dogs have been previously shown.

The time it takes them to find the platform gives clues as to their memory ability. The tests are repeated months later.

Michael Russell, head of the Canine Aging Project and an assistant professor of anesthesiology and otolaryngology, says the results so far have been intriguing. "In the first test, the old dogs learned faster, but their memory was shot. When we retested 19 dogs a year later, the young dogs did better. The old dogs forgot where the island was."

That's significant because inability to recall new events is a primary symptom of Alzheimer's in humans. "People with Alzheimer's will sit and tell you what happened 20 years ago. But one reason the illness is so upsetting is that it's very common for a relative to come in and a patient to say, 'You're not my daughter.' The patient is remembering a much younger child."

The Canine Aging Project, funded by the National Institutes of Health, started a year and a half ago. Russell had just put his own mother in a nursing home. At the time, she was thought to have Alzheimer's disease, although doctors have since attributed her dementia to a series of small strokes.

For animals as well as for humans, Alzheimer's can't be definitively diagnosed without an autopsy. So far, of the dogs in Russell's study, only those with painful or terminal illnesses have been put to sleep. The rest live out their natural lifespans, typically about 16 years.

As they die, the dogs' brains are examined for plaques. The findings are then checked against the animals' performance in the water maze, for evidence of a connection between neurological signs of disease and memory loss.

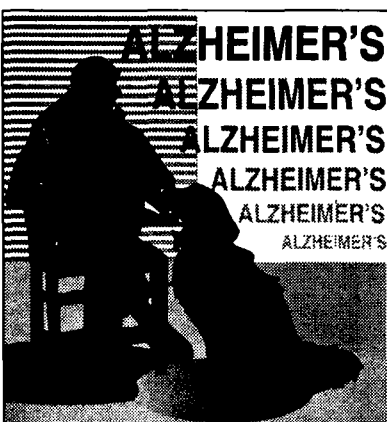
So far, only eight dogs have died. But researchers have examined archived tissue from more than 150 others that died at university clinics or that were used in previous lifespan studies.

Several patterns have emerged. Whether a dog develops amyloid plaques depends on which litter it came from, suggesting some prenatal influence. "We also think there's a relationship between breed and heredity," Russell says.

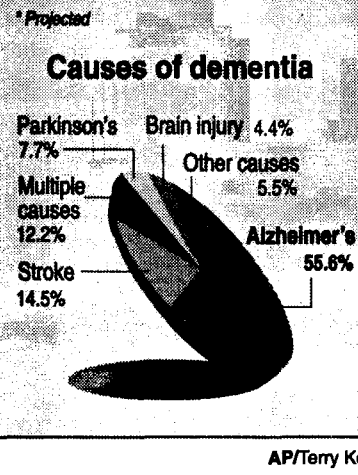
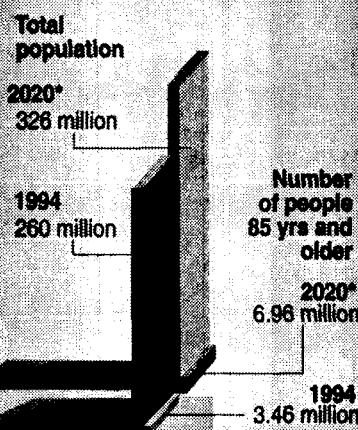
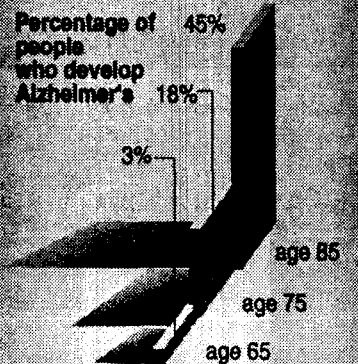
None of the dogs has developed plaques prior to age 10. That's also the age when other serious illnesses start to appear, according to clinical records of more than a thousand dogs kept by university veterinarian Dr. Russell White.

"Something happens at age 10 that correlates with other disease processes," Russell says. "There is a mechanism that allows these events to occur, some threshold or trigger event. I don't know what it is."

The length of a dog's life may also play a role. Big dogs, such as Great Danes and Saint Bernards, have shorter lifespans than small dogs, such as poodles and beagles. They also are far less likely to develop plaques.



As Americans live longer, Alzheimer's disease grows more prevalent. Scientists are studying animals, including dogs, monkeys and bears, in an effort to find a cause or cure.



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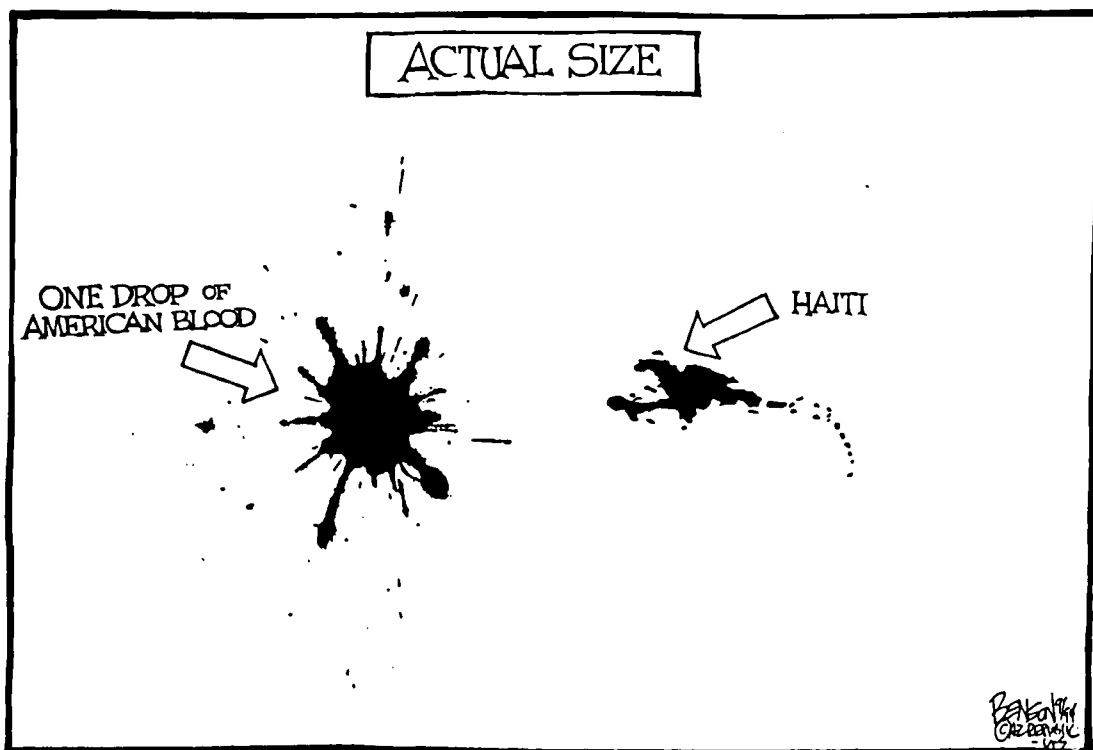
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LETTERS TO THE EDITOR

Sarcasm defeats Republican retort

I am writing in response to the letter written by Jay Town and Chris Leidensticker (Do Not Boycott Walmart/Melzer, Tuesday, Sept. 20, 1994). Their entire theory, as is often the case in Republican responses, is demeaning in nature and seeks to undermine the intelligence of anyone who has proposed something with which they disagree.

Town and Leidensticker use egocentric phrases such as, "It is a basic economic fact," and "As any economist will tell you" in a rather sarcastic way so as to state the obvious to the ignoramuses who have failed to see the truth. It turns people off—they attempt to be persuasive by making others feel stupid.

Secondly, in spite of the claim that O'Dell has based her argument upon unfounded testimony, they have followed up by presenting only a fragment of the fact.

By no means do I consider myself an expert in the workings of the economy, but, as an economics major, I will venture a guess that I know more about it than your average person. Town and Leidensticker claim that any economist will tell you that, "the final effect of unions is to raise the cost of labor, thereby leading the employer to cut the number of employees he or she hires, thereby increasing unemployment."

While claiming this theory to be the view of all educated in economics, they seem to forget that there are a number of other schools of thought in the field, most notably the Keynesian school. Among other things, John Maynard Keynes pointed out that a number of factors influenced unemployment levels other than wages. However, the point is that there is very little that can be called economic fact; there are too many theories for that.

I bring this up not to grind any axe against Republicans nor defend Democrats. My point is that when one, or two as in this case, uses a tone that is demeaning and intends to show the blatantly obvious, one ought to be sure it is blatantly obvious.

MARK MCKENNA
Sophomore
Zahn Hall

LIFE AFTER FINALS

Senior-Bar and Red Field revisited

What better way is there to start a Notre Dame weekend?

As I stepped out of the Michiana Regional Airport that Friday night, looking for a taxi to take me to campus, four gorgeous young ladies pulled up in a Jeep and asked, "Do you need a ride?"

I never had seen them before in my life, but they thought nothing about picking up a lonely hitchhiker on his way to see his Irish play Michigan.

This is just one example of the hospitality that becomes routine during these Notre Dame weekends. I call them that instead of "football weekends,"

because, while we all want to cheer Lou Holtz's men onward to victory, these weekends are more about getting together with old friends and being part of the Notre Dame Family than about tickets or touchdowns.

I didn't need to worry about a hotel room. Two of my friends who now are seniors offered to put me up in their dorm room. In exchange for this service, I filled their refrigerator with beer.

It is the best deal you ever will find in South Bend. If you know anyone still on campus, I suggest you be nice to them, in case you ever win the Great Alumni Ticket Lottery.

Then there's the Alumni-Senior Club (or "Senior Bar," as it is more commonly known), where anything can happen on a Friday night, and usually does.

One of these days, National Geographic is going to send a pho-

tographer there to capture the weird and wild life that can be found amidst the beer stains and narrow doorways.

For example, this Friday night, a dozen young men, hopefully under the influence of alcohol, decided to run line-blocking drills on the dance floor. (I say "hopefully," because it would be tragic if these people were stupid enough to do this sober.) They lined up six to a side, and on the cue of "hike" they charged into each other, and into the nearby people who were trying to dance or converse or otherwise have fun without hurting anybody.

However, it is easy to tolerate stunts like that when you realize the Senior Bar is a l u m n i Central on these week-

ends. As you squeeze your way through the subway-like crowds, you run into all sorts of people you haven't seen in years.

For that moment, you feel like you're a carefree student again. Job pressures and loan bills are lost in the shuffle as you talk about the time when you drove to Chicago and ended up looking for your car for hours...

This reunion atmosphere is amplified tenfold on Saturday morning, when the entire campus becomes a giant tailgate for four hours. After spending the first three hours roaming Red Field, a parking lot just a little bit smaller than Lake Michigan, I found some more friends from my student days and caught up on all the news and gos-

sip.

Then, there is the game itself. The Stadium. The Band. Sgt. McCarthy. The Sea of Green. The Chills down your spine as you hear the Fight Song again. The blisters that develop on your hands after three hours of clapping. The empty feeling in your stomach as Michigan hits a last-second field goal to pull off the upset. (Wolverine quarterback Todd Collins Summed it all up when he said, "We out-Notre Damed Notre Dame.")

But if you think that's all there is to a Notre Dame weekend, you obviously never have been in the dorms a half-hour after the game. For the past few years, my old Flanner Hall has held a quiet little "football Mass" after each game. There, win, lose or draw, fans of both teams can sit down and reflect on what truly is important in life. (Here's a hint: It does involve Hail Marys, but not the sort that Doug Flutie made famous.)

All these things mean that, even though the Irish lost a heartbreaker, it did not ruin the weekend. A mere football score cannot ruin something like this.

As always, it was an interesting weekend, from the fabulous pick-up at the airport to the taxi ride back to the airport Sunday afternoon, when the taxi driver told me the story about how he once stopped a would-be robber by accelerating to 60 miles per hour and promising to take his assailant with him.

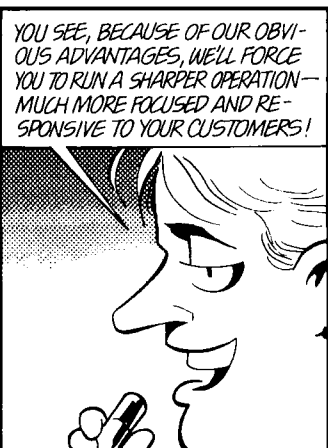
Talk about your long-odds situation.

Paul Pearson is a 1993 graduate of Notre Dame and a former news writer for The Observer. He currently works as a writer/editor for a tri-lingual weekly newspaper in Tampa, Florida.

Paul Pearson



DOONESBURY



GARRY TRUDEAU

QUOTE OF THE DAY

"At no point in my life have I ever felt as though I were an American."

-Toni Morrison

Toastmasters helps students improve communication skills

By ANDREA JORDAN
Accent Writer

Speaking in front of an audience may terrify some people or simply put them on edge. Whether or not a person falls into this category, he or she may still want to contemplate joining a group called Toastmasters.

Some may have never heard of Toastmasters until now, but not to fear. This article will provide one with the necessary information for deciding if this group is for them. Toastmasters, which is prevalent at Notre Dame and Saint Mary's, is a non-competitive, informal, international, public speaking group. It helps people to become comfortable with speaking in front of an audience or even speaking one on one.

Each session opens with the telling of a joke and the session contains different forms of speaking which someone will do. These forms are an impromptu, an improv, an on-the-spot, a show and tell, and a speech.

When doing an impromptu speech a participant receives a card and must speak on that topic for about two minutes. An improv is a game that tries to involve as many people as possible. As for an on-the-spot, a speaker volunteers from the audience to answer a question. Show and tell is a speech that requires a person to simply speak about an object present. Finally, a person is required to deliver a speech.

At Notre Dame, Toastmasters meets once a week on Tuesdays at 7 p.m. at Hayes-Healy in room 222. There are sixty to seventy members, but about thirty to forty members present at each meeting because of schedule conflicts. Two to three times a semester a speaker comes to the meeting and gives information on things such as interviewing. "Practice makes perfect when it comes to public speaking," according to Nathan Ebeling, president of Toastmasters at Notre Dame.

At Saint Mary's there are three Toastmasters groups. Toastmasters I meets Wednesdays at 6:30 p.m. in the

LeMans Boardroom. Toastmasters III meets Thursdays at the same time and place. Toastmasters II does not have a specific time set at the present moment.

"Toastmasters promotes self-confidence with speaking, not only public speaking," Jennifer Hardebeck, a junior and president of Toastmasters at Saint Mary's said. "Toastmasters is for anyone in any major. It will benefit everyone."

Amy Dabbler, who is vice-president of special events of Toastmasters of Notre Dame, remembers that she and Ebeling began attending Toastmasters as freshmen. They are currently both juniors and have held offices in Toastmasters since their sophomore year.

According to Dobblaere, everyone is welcome to attend and for their first time they can sit and watch without having to participate. All are welcome to drop by one of the Toastmasters sessions. It could be an enriching experience for anyone, not just for the shy, silent type.



■ MEDICAL MINUTE

Workout tips for building the perfect beast

By JOANNE PAVIN
Accent Writer

Another football weekend is over, you put tailgating Tom away until next Saturday, the body says sleep, but the brain says business law, biology, and get off your butt and get busy.

You feel drained, you need a "little pick me up", an energizing boost, but your body feels like a ton of bricks and you just can't seem to pull yourself out of bed.

You hear your conscious. Devil food cake Dan is in one ear telling you to hurry to the dining hall before all the chunky chocolate brownies are gone, but Hank the Hunk Hercules is hanging in the other ear telling you to get to the gym and build those bulging biceps before Bonny the beauty starts going for Bob. Decisions, decisions.

You start contemplating and then realize Bonny will last a lot longer than those brownies and you need to start building those biceps again.

It's hard to begin building that body when the components involved are complex and difficult to understand, however once they are broken down to a comprehensible level they will become a necessary reference in your workout world.

The musculoskeletal system is extremely complex and beyond the scope of this article, but one important component to understand is skeletal muscle.

Skeletal muscle is composed of threadlike protein strands called myofibrils which contain the contractile proteins actin and myosin.

It is important to know that muscle is made up of 22% protein, the remaining 70% water and 8% fat storage, and that in order to build muscle a suffi-

cient amount of protein in the diet is required.

Skeletal muscle is also made up of three types of fibers: slow twitch, fast twitch, and intermediate. Slow or fast twitch oxidative fibers are used in endurance exercise.

They have less strength and are relatively smaller than fast twitch fibers, but they consist of a dense capillary network which supplies an abundant amount of oxygen making them resistant to fatigue.

Fast twitch muscle fibers are larger and stronger, contract in an explosive manner, but fatigue quickly because of their small capillary supply (small supply of oxygen).

Intermediate or fast twitch oxidative fibers are large and strong, contract quickly, have good blood supply, but still fatigue more slowly than slow twitch fibers.

Slow twitch fibers are recruited during aerobic activity or long duration activity such as walking, jogging, or low intensity aerobics.

Fast twitch fibers are recruited during anaerobic activity or short duration high intensity activities such as sprinting. Each person and each muscle within has a different combination of the three types of fibers.

Some have a high percentage of slow twitch and thus are better at endurance activities, some have a high percentage of fast twitch allowing them more strength, but quicker muscle fatigue.

Whether or not you possess more high twitch or slow twitch fibers is also dependent on genetics.

Once you have the set number of fibers you neither lose nor gain more of a certain type. The fibers can only grow

through muscular strength and endurance training.

Muscular strength and muscular endurance can be altered with regular exercise. First, you need to determine whether you want to build muscle mass or muscle tone. Building muscle mass incorporates muscle strengthening while building muscle tone incorporates muscle endurance.

Strength refers to the maximal force produced by a muscle or muscle group. Strength can be measured by determining how much weight can be lifted in a single effort.

Heavy weight training or power lifting can be used to improve muscle strength. To enhance muscularity or improve strength, training intensity should be high and number of repetitions low.

Movement should be performed at controlled speed so that there is a consistent application of force throughout the movement. Movements requiring strength are performed primarily by the fast twitch muscle fibers and are anaerobic.

Strength training is stressful on connective tissue and the muscular structure of the body. It is recommended to limit heavy strength training to three times per week in order for muscle tissues to repair themselves.

Strength training causes muscular hypertrophy, or muscle growth, which is caused by a general increase in the size or diameter of muscle cells which comes as a result of an increase in the muscle content of contractile proteins.

This occurs in the fast twitch muscle fibers which are most capable of hypertrophy.

Women do not experience this to the same extent because the male hormone testosterone is important in synthesizing the contractile proteins.

Muscular endurance refers to the ability to repeatedly contract a muscle or muscle group against resistance.

Endurance can be measured by the number of repetitions that can be counted without resting, sit ups and pull ups are an example of this.

Light weight training can be used to enhance muscular endurance. For maximum skeletal muscle is also made up of three types of fibers: slow twitch, fast twitch, and intermediate or fast twitch oxidative.

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Muscular strength and muscular endurance can be altered with regular exercise.

First, you need to determine whether you want to build muscle mass or muscle tone.

Building muscle mass results exercise should be performed three to five times a week using moderate weight and high repetitions (20-50).

Muscle endurance increases vascularity, or the rate at which blood supply and oxygen is delivered to the myofibrils.

It also increases the concentrations of oxidative enzymes which extract oxygen from the blood in the specific muscles trained.

Overall it increases the aerobic capacity and enhances glycogen storage within the trained muscles which delays fatigue.

It is clear to see that building mass versus muscle tone require two totally different workouts.

You need to decide which is best for you and your genetic build. You have to work with what you have, make the best of it, Hercules is in all of us waiting to be unchained.

Now that the muscle basics have been laid down, you can tell Devil Food Cake Dan to get lost, join Hank the Hunk.

Hercules in the gym, say hello to Bonny and tell her to say bye, bye to Bob!

Classifieds

The Observer accepts classifieds every business day from 8 a.m. to 3 p.m. at the Notre Dame office, 314 LaFortune and from 12 p.m. to 3 p.m. at 309 Haggard College Center. Deadline for next-day classifieds is 3 p.m. All classifieds must be prepaid. The charge is 2 cents per character per day, including all spaces.

NOTICES

!!!!ATTENTION SOPHOMORES!!!!

The Class of '97 Service Project will be kicking off the year with a house painting project on Sunday, 10/9. It will be the first of many projects with the Northeast Neighborhood. Help us get off to a great start and help us help others. Talk to your Sophomore Class Council Dorm Rep, or call Brian at x1058. Thanks — trust us...
*****YOU WILL HAVE FUN!*****

USED TEXTS CHEAP!!!!

Buy & sell used books at the only hip place in town 10-6M-S/9-3Sun
PANDORA'S BOOKS
ND ave & Howard St 233-2342

PAPA JOHN'S is HIRING!

-delivery & inside personnel
-flexible schedule
-top pay
-10-40 hour schedules available
-1/2 price pizza
-EOE
call 271-1177

Downtown Book Wholesaler needs clerical &/or warehouse workers flexible schedule & wkend work 232-8500 X22 ask for Bryan

LOST & FOUND

FOUND: Bracelet in DeBartolo; call Susan 277-1724

***** REWARD *****

A \$250 REWARD GOES TO ANYONE WHO CAN RETURN MY 1991 CANNONDALE RED SHRED COMPETITION SERIES BIKE. A SMALLER REWARD GOES TO ANYONE WHO CAN GIVE ME REAL INFO AS TO ITS WHEREABOUTS. PLEASE HELP ME — SOMEONE IS NOW RIDING AROUND ON MY LIFE SAVINGS. — JANET

x1572

FOUND: A watch at the Observer Classified Department. Please come back to claim it.

FOUND: Small pair of keys outside of Zahm. To claim call Ed Imbus 4-3334.

\$50 REWARD — For the return of or info. leading to the return of 2 CD's: Pearl Jam "No —" "Messiah" and Nirvana "All Acoustically". 272-4021

WANTED

EARN \$2500 & FREE SPRING BREAK TRIPS! Sell 8 TRIPS & GO FREE! BEST TRIPS & PRICES! BAHAMAS, CANCUN, JAMAICA, PANAMA CITY! GREAT RESUME EXPERIENCE! 1-800-678-6386!

WANTED! AMERICA'S FASTEST GROWING TRAVEL COMPANY SEEKING INDIVIDUALS TO PROMOTE SPRING BREAK TO JAMAICA, CANCUN, BAHAMAS, FLORIDA, PADRE. SUPER FREE TRAVEL/COMMISSIONS! SUN SPLASH TOURS 1-800-426-7710.

BABYSITTER NEEDED FOR ONE-HOUR AM EXERCISE CLASSES. PAID POSITION PLUS FREE EXERCISE MEMBERSHIP. CALL 277-0111 FOR MORE INFO.

PHOTOGRAPHERS: ND Photo Dept needs student help. B&W lab exp. a +. Earn \$, exp. 1-7350.

HELP WANTED: ON CAMPUS NEWSPAPER ORGANIZER AND CARRIERS NEEDED FOR NOTRE DAME AND ST. MARY'S. CONTACT CITY NEWS SERVICES, 232-3205 OR 288-9361.

PIZZA MAKER - PART TIME - EAST COAST TRAINED. GOOD MONEY.

CASSINO'S PIZZA OF NEW YORK 257-1100.

NEED A ROOMMATE? CALL 255-2143.

FEMALE MODELS 18-25 needed by photographer for photo/video work in lingerie and similar apparel. Call Jim at 273-7074 for info.

FOR RENT

THE HOMESPUN COUNTRY INN, NAPPANEE, ANTIQUE FILLED BED & BREAKFAST, 35 MIN. TO NOTRE DAME. MENTION THE OBSERVER FOR 10% DISC. 219-773-2034

Parents, Alums, need room for games. Comfortable home, walk to campus. 277-7371

BED 'N BREAKFAST REGISTRY. PRIVATE HOMES - ND/SMC EVENTS. 219-291-7153.

1 & 2 BEDROOM HOMES FOR RENT NEAR CAMPUS. GILLIS PROPERTIES. 272-6306

Looking for Student Tenant clean, furnished, 1-bedroom apt. \$275. 607 E. Corby-3 blocks west of N.D. Ave. Deposit, references, 800-582-9320

FOR SALE

RENT A 19" COLOR TV OR VCR FOR ONLY \$79 FOR TWO SEMESTERS. FOR FREE DELIVERY CALL: COLLEGIATE RENTALS, 272-5959.

Tired of walking? CLASSIC 1972 NOVA, 4 Dr, 61K, Auto, PS, New Tires, Runs Greaa! Some rust, \$1100, Leave message 299-1774.

For Sale 20' (2X10') Mark Levinson speaker cords with goldplated audio quest connects. \$125 or best offer. 654-7887 (eve).

93 Men's Cruiser Supreme 6 Speed Bike. Almost new. \$150. 654-7887 (evenings).

'71 M.G. MIDGETT RED CONVERTIBLE. SHARP, RUNS GOOD. \$1,700. CALL 277-3239.

Multi-track Cassette Recorder. 4 tracks; 12 inputs. New \$999; Sell \$675. 277-5912; 631-7133

CONDO FOR SALE-Woodbridge-Minutes from ND-end unit on pond-18177F Stoneridge-2BR+loft, Fireplace, Att Gar w/Opener- \$58,000-Call 232-5190.

Macintosh IIsi 5-80 14" Color Monitor \$1000 or best offer Kory X1644

FREE KITTENS- 8 weeks old call nicole x4544

SCHWINN COLLEGIATE 3-SPEED BIKES, MAN'S & WOMAN'S, NEW TIRES, TUBES, COMFORT SEATS. \$100 EACH. 277-2182.

93 JEEP WRANGLER, Black, Hardtop, 6 cyl/4.0 l., 31x10.50 Yokahama Superdigger Tires, 15x7 American Racing 5-spoke Wheels, Pioneer AM/FM, Cass, 6-Disk Changer, 15K mi. \$13,500. 232-3658

TICKETS

WANTED: FOUR (4) OCT. 15 BYU TICKETS. CALL 800-922-2327 JANET.

I NEED ND FOOTBALL TICKETS. 272-6551

4 STANFORD GAs NEEDED. CALL X2875 (NICKY)

WANTED 3 GA EITHER ND VS STAN, BYU CALL COL 215-355-7131

CHEER, CHEER FOR OLD NOTRE DAME. I would if I had tickets to the Stanford game. Alum REALLY wants to return to campus with family. Student tix ok. Price negotiable. Call collect after 6 pm (516) 499-5009.

HELP! I need 2 TIX to the Stanford Game! Call Patty at 1-800-697-9141, leave message.

WANTED: BYU GA'S WILL PAY BIG BUCKS. CALL KRISTEN OR KATE @ 271-0224

I NEED TWO NAVY G.A. CALL MIKE X3692

NEED 2 TICKETS FOR STANFORD GAME SO PARENTS CAN SEE FIRST ND FOOTBALL GAME. CALL MARIANNE X3295

\$\$\$Help! I need 2 Navy GAs. Please call Lisa at 277-0740. Will pay top dollars. \$\$\$

Need BYU TIX (prefer GAs) will pay good money or will trade tix to any other home game Call Dennis at (914)294-6546

Need 3 GA's for Navy or Air Force; make an offer! Paul-277-6433

Need 1 Stanford stud. or GA Call Nick 289-9708

NEED 2 GA BYU tix and 2-6 GA Stanford tix. Please call Rachael at #4667.

NEED 2 GA's for NAVY & NEED 4 GA's for BYU CALL Chris x-1353

I need 2 Stanford GA's x1659 Desi

NEED 3 STUDENT STANFORD TIXS- X2377.

HELP! I NEED TIX FOR STANFORD. PLEASE CALL MIKE @ X1243

ND Alums Need Stanfd. GA's Call (313) 420-1208 or (310) 813-5659

Long lost family and friends coming for STANFORD game! Desperately need 7 tix! Call Donald x1844.

FOR SALE: GA TIX FOR ALL HOME GAMES. 272-7233.

FLYING OUT FROM CALIFORNIA - DESPERATELY NEED 4 GA TICKETS TO STANFORD GAME! (916)671-3299 KEVIN

Family flying from ALASKA for 1st ND game. Need 4 BYU ticks., stu. or G.A. PLEASE! Call shannon 291-6288

NEEDED IMMEDIATELY: 2 GAs FOR BYU. WILL PAY TOP \$\$\$! CALL MARY AT 273-2926

NEED TIX - 5 BYU GA'S, 4 STANFORD GA'S - Call Joe @ x2765

Beautiful Mormons desperate for 3 BYU Tickets— Call x2703.

WILL TRADE 2 NAVY GA'S FOR ANY 2 HOME GAME GA'S CALL JULIE 2845516

NEED FSU TIX SUSAN 2771724

NEED STANFORD STUD. TIX CALL 234-8958.

NEED STANFORD GA'S MATT 257-0564

\$
NEED 4 AIR FORCE GA WILL PAY BIG BUCKS CALL CHRIS 4-3095

\$
NEED 4 AIR FORCE GA-WILL PAY BIG BUCKS-CHRIS 4-3095

WILL TRADE 2 STANFORD AND/OR 2 AIR FORCE GA'S FOR BOSTON COLLEGE. CALL AFTER 5 PM 684-1304.

I have 2 Navy GA's to trade for 2 BYU GA's. Call Joe x4024

I need 2 NAVY GAs Will pay Big \$\$\$ Please call Laura at 284-4328

ND Grad student seeks 4 Navy GAs to take family to game Call 271-7276

HELP! I need 1 Stanford GA (or married) Monica X2995

Need 3 Stanford Tix, GA preferred Call 234-6843. Ask for Dan Manley.

Willing to buy my parents' love... with 2 GAs to either Stanford, BYU, or Navy! \$\$\$\$ Erin - 289-5490

I bet you can't sell me your 10 Stanford GA's!! Call Jon x3367

I need 2 Stanford GA's Call Katie at X2845

Please Please Please Please I need 4 Stanford GA's Will trade Navy GA's or buy. -Bryan x1190

I HAVE 2 NAVY GA TIX I NEED 3 AIR FORCE GA TIX LET'S MAKE A TRADE I'LL PAY THE DIFFERENCE DENISE X2549

I HAVE 2 NAVY GA TIX I NEED 3 AIR FORCE GA TIX LET'S MAKE A TRADE I'LL PAY THE DIFFERENCE DENISE X2549

Need 1 GA Stan. BYU or A.F. Matt 3571

NEED BYU GA'S. CALL ERIN #4015

\$I NEED 4 STANFORD GA'S\$ CALL AMY X2652

HELP! PERPETUAL GRAD STUDENT'S PARENTS HAVE NEVER SEEN AN N.D. GAME. NEED TWO NAVY G.A.S. CALL TIM AT 257-9581.

NEED 1 STANFORD STUD OR GA. LESLEY 4819

Need 2 Stanford tix Call Chris x3767

Need 2 STANFORD GA's Please call Curtis - 282-2197

I need Navy GA's PLEASE! Call Brandon at x-3460

1 stanf. stud. ticket to sell call 287-1449

PLEASE HELP: Holy Cross (MA) Women's and Men's X-Country Teams NEED Tickets to Stanford Game (GA or Stud) please call Ted at 4-1663

I need 2 GA's for Stanford. Mike 289-3203

I NEED BYU GA'S CALL JEFF @ 277-8250

I need 3 GA's to B.Y.U. If u can help, call Ron at x1736

Desperate for BYU GA Ted@4-3485

NEED 2 G.A.'S FOR STANFORD — Parents coming from CALIFORNIA— CALL JENNIE AT 272-0108

I need one Air Force GA or student ticket. I will pay big bucks. Please call X3822. Thanks!

I need 2 Stanford GAs for my parents. Please call Tom at 271-9576. Thanks!

I NEED STANFORD AND FLA ST GAs - 631-6696 CHRIS

\$\$\$NEED 2 STANFORD TIX CALL X3526 \$\$\$

I DESPERATELY NEED 2 GA's to the Navy Game for my parents from NY — Please help! Call Brian x1058 — Thank you.

FOOTBALL TICKETS WANTED! NEED: 4 NAVY 4 STANFORD CONTACT SEAN TRACY 222 GRACE 4-1861

I NEED STANFORD GA's X4-2193

Need Stanfd stndt or GA tixs, call Chris x1197

Please! I need 4 NAVY GAs and 2 STANFORD GAs! Mary Beth x4220

Need 2 BYU GAs. PLEASE call Sue at 277-8995

Help! I need two Stanford GA's call Jen at 273-0741

I need 4 Navy GA's please!!!! Mark x1640

ND Family Reunion Need 4-6 STANFORD GA's Family has airfare, now we need tickets!! Call x3650

HEY! Do you have 2 stu. tix or GA's for AIR FORCE??? PLEASE call Shan x4456!

NEED GA'S FOR PURDUE AND STANFORD! CALL BOB *1233

Need 2 STANFORD GAs for dad and bro. TOP \$! Anna x2286.

NEED 8 STANFORD TICKETS. CALL GRANT 416-865-7741.

WILL TRADE 2 STANFORD GA'S FOR 2 BYU GA'S. CALL SIGI AT 312-477-3357.

I NEED ONE AIR FORCE TICKET- GA OR STUDENT. PLEASE CALL X3816. THANKS!

Help! I need two Stanford Student tix or GA's. My alum brother is flying in from California and will lock me in the closet (like he did when we were kids) if I don't have tix for him! Please help! Cyndi 284-5322.

NEED 3 STANFORD GA'S. CALL AARON X3460.

NEED 2 BYU GA TIX & WILL PAY BIG BUCKS SO CALL ME 1722

ND Alum Needs 2 STANFORD GAs, BIG \$! Call 217-337-6862

Needed 2 GA for BYU !!!!!!! Call Ryan x3662.

1 GA for sale for all home games. Call me- Maria 273-6463

need 1 GA for BYU, AIR FORCE or NAVY! call ann x4544

I need 4 Stanford GA's Call 234-1139

Need 1 stanford tix desperately! I Call Eileen at x4086 to negotiate!

Elp-hay! I-hay eed-nay oo-tay Anford-stay tickets-tay!! All-cay Ikki-nay at-hay X4081.

Need 2 Navy GA's. Call 287-1953

NEED 4 STANFORD ST. TIX HEATHER x2580

Angry Airmen need Air Force GA's. Serve your country. Call x4816.

Need three GAs for any home game. Call Matt at 289-2710 baaahh

Need 1 Stanford ticket- Kevin @ 289-3203

HELP!! I NEED BC GA'S. PLEASE CALL LIZ X2325. :)

INDIGO GIRLS—NEED 2 tix! 271-1532

NEED UP TO 8 GA'S FOR STANFORD CHRIS X1527

Want to trade my 2 Navy GA's (50-yr line) for 2 BYU GA's Call Chris x3767

Need 1 Stanford student ticket, will pay \$ or trade BYU ticket call Doug at 2112

NEED 3 STANFORD GA'S CALL X4570

Need Stan. GAs Eric x1087

I will trade 2 50 yr line Air Force Tix for 2 Stanford Tix or will buy Stanford Tix. Call Bob (818)577-7849

SALE: 2STAND/ 2BYU best offer leave mess 288-8680

Need 2 Stanford tix Call Gary 800-227-4000, ext. 612 M-Thr 12-4.

PRIEST in need\ of 3 Stanford tickets for family. Call 288-9514.d

WANTED: 1 STANFORD STUD/GA! CALL Rachel #4-4093

Help!! I need 2 BYU and 2 Navy GAs. Call Monica X4091.

Bevin needs 4 Stanford GAs. Call X2533 and sell them to her.

SALE Stanford & Navy stud. tix- Belen x4285

SELLING STANDFORD STD TICKET AND BOOKLET. LUIS 2731528

PERSONAL

WANTED: New Mama. Call Ugly Babies. x2286

YOOHOO! Where R U? 3 chicks looking 4 NICE guys & cant find any. If UR out there, write to The B.U.S. 672 Lemans Hall

I need a "Drink like a champion today" t-shirt please. Call Mud at X2569

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Phone 631-COPY

ET IN ARCADIA EGEO Interested in the secret histories of covert social forces? Seeking true power & wealth? Fascinated by the politics of opportunism & manipulation? Prepared to do whatever it takes to get what you want? If this is your truth, you may be spiritually fit to join the Bavarian Illuminati. We will have our first meeting on Friday, Sept 30, at 8pm in the lobby of the Architecture Building. Conspiratorial elitists & Machiavellian personalities are welcome. No jokers/slackers/Discordians need attend. This is a serious offer: come fulfill your destiny!

I need a date for my SYR on 10/8 If you are a FEMALE, have a PULSE, and can BREATHE you're perfect give me a call x2136 ask for Sean

CHIPPER:

Have you tried praying to St. Anthony for the return of my tickets? If all else fails...try Pray! If that fails, I now have a BUTLER for life.....life11r

Do you need an Indigo Girls ticket? Of course you do! So what are you waiting for? Call Carol at x1522 But only if you're interested in the ticket or DA BEARS.

WSND needs interesting people to be radio announcers for the following shifts:

Thursdays 8-10 p.m.
Fridays 2-6 p.m.
Saturdays 12-3, 3-6 p.m.

No experience is necessary. We will train, and even program your shows! You can even do home-work. However, this is a non-paying position. Call Harriet at 1-7342 for more information. If she's not there, leave a message. She will get back to you.

Good luck PLS/L'SAT buddies!

If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands
If you're happy and you know it, clap your hands

Troy:
We hope that you have learned your lesson and will never go "hogging" again. We're just concerned for your welfare (and your reputation?).
Schmoo

Anna - Let's go dance really hard this weekend!
Jeni

■ NFL

Thomas, Bills down winless Broncos

By DAVE GOLDBERG
Associated Press

ORCHARD PARK, N.Y. The Buffalo Bills and Denver Broncos both know the anguish of losing Super Bowls. The Broncos are learning a lot about the anguish of losing plain, old games.

Thurman Thomas ran for two late first-half touchdowns and Carwell Gardner scored early in the third quarter as the Bills beat the Broncos 27-20 Monday night in a meeting of the losers of seven of the last eight Super Bowls.

But the Bills didn't clinch it until John Elway threw out of the end zone from the 4-yard line with 21 seconds left in the game.

Denver, considered a Super Bowl contender when the season started, fell to 0-4. The only other time Denver began that badly was 1964 and it got Jack Faulkner fired as coach, a fate

that could be awaiting Wade Phillips if Denver fans get their way.

The Bills took advantage of two turnovers for two TDs for 14 points in their spurt.

Thomas, who gained 103 yards in 17 carries before leaving with a right knee injury early in the third quarter, went in from 16 yards with 1:54 left in the half and from 27 with 18 seconds left in the half after Bruce Smith sacked Elway and forced a fumble.

Then Gardner scored 1:42 into the second half after Mickey Washington's interception, the fifth thrown by Elway this year.

The Bills (3-1) trailed 7-3 late into the second quarter against a team that had allowed an average of 37 points in its first three games and four starters to injury in the first 18 minutes — running back Rod Bernstine, cornerback Ray Crockett, offensive tackle Russell Freeman

and defensive end Dan Williams.

The Bills took a 3-0 lead on Steve Christie's 36-yard field goal with 4:28 left in the first period.

Elway, who finished 26 of 45 for 280 yards, hit Anthony Miller on an 11-yard slant 1:18 into the second period to make give the Broncos their only lead.

The drive was vintage Elway: a 31-yard strike to Shannon Sharpe on a third and 19 from his own 19 and a 22-yard scramble to the 12 set up the score. But on his next series, he missed Miller wide open for what could have been a long TD play.

Buffalo appeared to take the lead on a 65-yard punt return by rookie Jeff Burris. But as the teams lined up for the extra point, referee Bob McElwee announced that a Bill had been holding on the play, negating the TD.

So Buffalo drove 68 yards in nine plays with Thomas running 16 yards off tackle with 1:54 left in the half, Buffalo's first touchdown in eight quarters.

Thomas scored again after Bruce Smith stripped Elway and Cornelius Bennett recovered at the Denver 27. On the first play, Thomas burst off the left side and into the end zone with 18 seconds left in the half.

It got worse on the first series of the second half.

But Denver came back, Elway leading a drive of 57 yards in nine plays capped by Leonard Russell's 2-yard dive for a TD. Then the Broncos drove 51 yards to set up Jason Elam's 28-yard field goal with 1:55 left in the third quarter and it was 24-17. But Christie added a 28-yarder early in the third quarter after a 72-yard drive. Elam's 43-yarder cut it back to seven with 7:21 left.

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ZS Associates is a rapidly growing, entrepreneurial management consulting firm driven by creativity and enterprise. Just 10 years old, we work in 49 countries, employ 125 professionals, and have offices on both sides of the Atlantic.

We combine our knowledge of sales and marketing issues with sophisticated analytical techniques and innovative software tools to provide clients with real-world solutions.

ZS offers career opportunities to talented people who want to make a difference. If you want the challenge of early responsibility, significant client contact, and an environment that rewards motivation and ingenuity, then consider joining our team.

- **Business Associates** work as integral parts of the ZS consulting team to address a client's sales force or marketing issues. As a BA, you will be involved in collecting and analyzing data as well as developing creative client solutions. BA's typically have bachelors degrees in Business, Economics, Political Science, Mathematics or History, though other majors are also considered.
- **Operations Research Associates** build mathematical models and optimization algorithms to develop creative solutions for sales and marketing problems. As an OR Associate, you will perform statistical analysis and design simulations using workstations and personal computers. Qualifications include a bachelors or masters degree in Industrial Engineering, Operations Research, Statistics, or Mathematics.
- **Programmer Analysts** work interactively with project teams on all aspects of database development. As a PA you will be responsible for maintaining ZS' systems, as well as creating new internal processes and tools. Qualifications include a bachelors degree in Computer Science or MIS.

Sound interesting?
Come and learn more!

On Campus Presentation

Monday, October 3, 1994

7:00 PM- 9:00 PM

Student Center

LaFortune Room

ZS

CHICAGO • PRINCETON • LONDON

■ Sports and

Horseback Riding Trail Ride - Sunday, October 2 at 11:00, 12:00, 1:00, 2:00, 3:00. No experience necessary and transportation will be provided. The bus will leave the Library Circle thirty minutes before each riding time. The fee is \$14 per person and you must sign up in advance in the RecSports office. Maximum number per ride is 10 and deadline is 5:00 pm on Thursday, September 29. For info call RecSports at 1-6100.

Domer Run - Saturday, October 8, 10:00 am at Stepan Center. Three and six mile runs followed by a pancake breakfast. T-shirts to all finishers plus awards to the champions of each division. There will be student and staff divisions. Register in advance at RecSports. \$5 fee in advance, \$6 day of event. More info, call RecSports.

Sports Talk - This week with Ron Powlus, live at the main level of LaFortune, Sunday from 7:30-8:30 pm on WVFI 640 AM. Call or come by your with questions or comments.

Notre Dame Hockey - The team will host an exhibition hockey game featuring the Milwaukee Admirals vs. Cincinnati Cyclones today, Sept. 27 at 7:00. Admission will be \$3. Come see former N.D. '88 player Mike McNeil.

Novice Boxing Training - Practice will be held Monday-Friday at 4:00 in Gym 4 of the JACC. Everyone welcome. For more info call Jeff Goddard at 287-8041.

The Fellowship of Christian Athletes will be meeting on Wednesday, September 28 at 7:30 pm in the Notre Dame Room on the 2nd floor of LaFortune. For more info contact Ken Milani, Faculty Advisor to FCA, at 631-5296.

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■ MEN'S INTERHALL

Four turnovers help Stanford dominate

By TODD RUTH
Sports Writer

It was domination from start to finish as No. 1 ranked Stanford took on No. 5 ranked Flanner in the second game of the Blue Division on Sunday.

"I was very pleased with the way we played," stated Chad Smock, Stanford captain. "Our offense executed the plays very well."

Stanford dominated Flanner from the very first possession, forcing a fumble then scoring two plays later to go up seven to nothing in the first quarter.

In the first half Flanner turned the ball over twice on three possessions, both of which Stanford turned into two touchdowns.

Stanford's first possession resulted in a eleven-play drive that resulted in a touchdown to put them up 21-0.

Stanford's running back and coach, Chris Pollina dominated in his debut. "Our offensive line really held up well," he said.

Along with the offense, the defense stood strong intercepting two more times in the second half.

"We've got to be as intense as we were in the first game for our next one," said quarterback Mike Brown. "We've also got to keep our running game going and cut down on penalties."

As for Flanner, they take on Grace this coming Sunday. This is Grace's first game, and with one game under their belt, Flanner can use that to their advantage.

**Keenan 7,
Dillon 6**

Keenan and Dillon squared off on Sunday in the first game for the Blue division. Keenan scored on their first possession and converted the extra point to take a 7-0 lead. Dillon's first possession ended in a punt, but on their second possession the Big Red threw a pass that resulted in a six point score. If not for the blocked extra point, this game would have been tied.

The block came back to haunt Dillon as the rest of the game was a defensive struggle.

"Our defense looks good, but our offense needs help, we just need to make some overall improvements," captain Zack Budzichowski.

Not only did Dillon lose the game, but, their quarterback, Roy Gallager suffered a dislo-

■ POWER POLL

- | | |
|---------------|-------|
| 1. Stanford | 1-0 |
| 2. Fisher | 1-0 |
| 3. Off-Campus | 1-0 |
| 4. Alumni | 1-0 |
| 5. Keenan | 1-0 |
| 6. Zahm | 0-1-0 |
| 7. Morrissey | 0-1 |
| 8. St. Ed's | 0-1 |
| 9. Carroll | 0-1-0 |
| 10. Dillon | 0-1 |
| 11. Sorin | 0-1 |
| 12. Flanner | 0-1 |
| 13. Grace | 0-0 |

■ PLAYER OF THE WEEK

Chris Pollina

Along with a stellar defensive effort, the Stanford sophomore rushed for two touchdowns in the Studs' thrashing of Flanner.

cated shoulder and might be out for the rest of the season.

While Dillon gets a bye next week, Keenan faces Off-Campus this Sunday who knocked off Morrissey 7-0.

**Off-Campus 7,
Morrissey 0**

The battle between number three and number four erupted Sunday as Off-Campus and Morrissey squared off. And a battle it was. Both of the teams first possessions resulted in three plays and a punt to boot. The defenses were hyped up. Morrissey's second possession compiled of five plays then another punt. But Off-Campus took their offense to the air using quarterback Chris Hammond.

The drive consisted of six plays and resulted in seven points while taunting Morrissey on the way into the end zone.

"I am extremely pleased, but we had a few minor breakdowns," said George Reider, defensive captain for Off-Campus.

Off-Campus was poised again to score in the second quarter, but ran out of time as the first half ended.

"We did all right, our offense can run the ball," commented Off-Campus captain Dave Deltore.

The next showdown for the Off-Campus squad consists of Keenan, who defeated Dillon 7-6. For Morrissey the championship re-match is on. They take on Stanford who blanked Flanner 21-0.

Men's IH

continued from page 16

**Zahm 0,
Carroll 0**

In a battle of mistakes and missed opportunities, there was a standoff between Carroll and Zahm.

After the Zahm defense dropped two would-be interceptions in the first half, things started to click on the offensive side of the ball. Zahm quarterback

Benji Hammond hit standout receiver Rick Rios on deep sideline patterns and ran the option well, pitching to running back Travis Krah, in order to put together the only solid drive of the game for either team. Yet as the Zahm offense seemed to be threatening, time ran out in the first half.

Carroll opened the second half with tough defense. Ben Herrig's interception ended one Zahm drive, and a blocked field goal stopped another.

When the Vermin offense seemed to find a running game, they went for the big gain with a halfback pass, which was picked off by Zahm captain Dave Bozanich. A few plays later Zahm threw another interception, putting Carroll in position to kick a long field goal with only a few seconds left. The kick fell short, mercifully ending the game in a scoreless tie.

Carroll coach Marty Ogren was not overly disappointed with the result.

"It was a good, clean, hard fought game," he said.



The Observer/Brian Hardy

The St. Ed's defense makes a tackle Sunday during their defensive struggle with rival Fisher.

**Fisher 6,
St. Ed's 2**

The Fisher Green Wave defeated St. Ed's 6-2 in an evenly-matched football game.

St. Ed's established their running game early, handing off to halfback Mike Norbut, whose "north and south" running style hurt the Fisher defense.

The only touchdown of the game came midway through the first half, when Fisher quarterback Brian Hertz hit towering wide out Dan McGinty on a 45 yard touchdown pass. The extra point was blocked, though, leaving the score 6-0.

The Stedsmen tried to answer right back, as Norbut burst up the middle into the Fisher defensive secondary on a run of nearly 30 yards. That play left

St. Ed's in position to kick a short field goal, but the kick did not have the distance.

In the second half, the Fisher offense was shut down by the St. Ed's defense. After sacking the Green Wave quarterback, St. Ed's intercepted his next pass. The running of Norbut once again landed the Stedsmen in field goal position, but the kick was wide right.

A bad punt snap by Fisher went out of the back of the end-zone, giving St. Ed's their two points for a safety.

After the game, Fisher coach Chuck Hurley saw a need for improvement despite the win.

"We need more continuity on offense," he said. "It's our quarterback's first time playing and I think he was a little nervous before the game."

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PRE-PROFESSIONAL SOCIETY

1st meeting of the year:
Wed. Sept. 28, 7 p.m.
122 Hayes-Healy

Guest Speaker from U. of Texas
All pre-meds invited.

IH

continued from page 16

"She made some really nice plays," he commented.

Off-campus's success began to diminish greatly entering the second half.

Questions arose from the off-campus sidelines as Knott kicked off to begin the half. Coaches Yursa and Couri contended that the Angels kicked off from the 40 yard line, giving them an extra 20 yards.

The coaches brought up the possible judgment error and before they knew it, both coaches were ejected from the game.

"We were going to let it go until we got penalized for unsportsmanlike conduct," said coach Yursa. "It seemed like we were getting penalized for their (referees) mistakes."

Due to the penalty, Off-Campus was forced back close to their end-zone where they missed a pitch to the running back thus giving Knott their first points of the game on a safety.

Off-Campus came back, though, on a run by Sara Donnelly for a touchdown providing the team with their final points of the game.

Knott closed the scoring in the game on a touchdown run and two-point conversion. Despite the loss and an 0-2 record, Knott captain Kelly Koski saw improvement.

"We are glad to be scoring," she said. "They were a tough

team, and we are a team of mainly sophomores and freshman."

Angel player Amy Rybak stated, "We played well even though the score might not indicate it."

Coaching duties for the off-campus team were given to Michelle Drury who was unable to play due to a broken clavicle. She lamented the fact that their coaches were forced out of the game.

"We were heart-broken because we love our coaches," she said. "They did a great job."

Off-campus will return to the field on September 29 to battle Pasquerilla East. Knott's next game is on October 6.

Farley 6, Siegfried 6

In a game hotly contested by Farley and Siegfried neither team ended up as the victor as both teams settled for a 6-6 tie.

Both teams battled for field position throughout the whole game and each defense proved up to the task of keeping the score as low as possible. The first half ended in a scoreless tie.

Farley's captain, Julie Ehrman, praised the defensive play.

"Our defense played really well," said Ehrman.

Captain Marcia McNeill of Siegfried echoed these thoughts commenting, "We were frustrated. We were close to the end-zone and couldn't punch it in for a touchdown."

The scoring started in the second half as Farley's Marie Hauck ran the ball in for a touchdown to give the team a 6-0 lead. The point after attempt failed since the receiver was out of bounds.

This lead appeared to be enough to enable Farley to win the game until late in the game when in the closing seconds the Slammers' Jen Laurie caught a pass to tie the game.

The Slammers pass to convert the extra point failed when it was intercepted. McNeill was proud of the team's ability to tie the game.

"We played well together," said McNeill. "We were able to come back under pressure."

With the tie, Farley is currently 0-1-1 while Siegfried's record became 1-0-1.

Pasquerilla West 6, Pasquerilla East 6

In the battle of the Pasquerillas, East met West and neither proved superior as the game resulted in a 6-6 tie. Once again, the defenses played big and did not allow the other team to put the ball in the end-zone.

The first half ended in a scoreless tie despite the fact that the defending champion Purple Weasels had good field position.

"We felt we had many opportunities," said West captain Magenit. "The offense wasn't clicking."

Pasquerilla West opened the scoring in the second half as Lanny Le ran the ball in for a touchdown for the Purple Weasels.

POWER POLL

1. Walsh 1-0
2. Off-Campus 1-0
3. Lyons 1-0
4. Pasquerilla West 1-0-1
5. Pangborn 1-0
6. Pasquerilla East 1-0-1
7. Siegfried 1-0-1
8. Badin 0-1
9. Farley 0-1-1
10. Breen-Phillips 0-1
11. Knott 0-2
12. Lewis 0-1
13. Cavanaugh 0-1
14. Howard 0-0

PLAYER OF THE WEEK

Jenny Layden

The Lyons' junior scored two touchdowns and caught everything thrown her way last week against B.P.

This 6-0 lead held up until East answered on a 50+ plus yard run by Rosario Gonzalez. The passing game set up the touchdown which tied the game for good when Gonzalez failed to cross the goal line on the Pyro's extra point attempt.

Pyros' captain Sue O'Kain realized the significance of tying the defending championships. She highlighted the defense as the key to the game.

"Our defense was able to keep Pasquerilla West down to one touchdown," she mentioned.

Both the Pyros and Purple Weasels are 1-0-1 after the tie on Sunday.

COLLEGE BASKETBALL

Blue Demons placed on probation

Associated Press

CHICAGO

DePaul's basketball team was placed on probation for one year Monday by the NCAA for violations involving a booster who provided free apartments and meals to some players.

However, the men's team remains eligible to play in postseason tournaments and faces no television sanctions.

The penalties include a reduction in scholarships, official visits and off-campus recruiting.

There were no specific violations found against coach Joey Meyer. However, David Swank, chairman of the NCAA infractions committee, said Meyer shares the blame for the most serious infraction — failure to closely monitor the program.

As an example, Swank said, the booster sent envelopes with his name on them to players in care of the school's basketball office. The envelopes contained keys to the apartments they used and tickets to professional sports events. Swank said someone should have been suspicious of the envelopes.

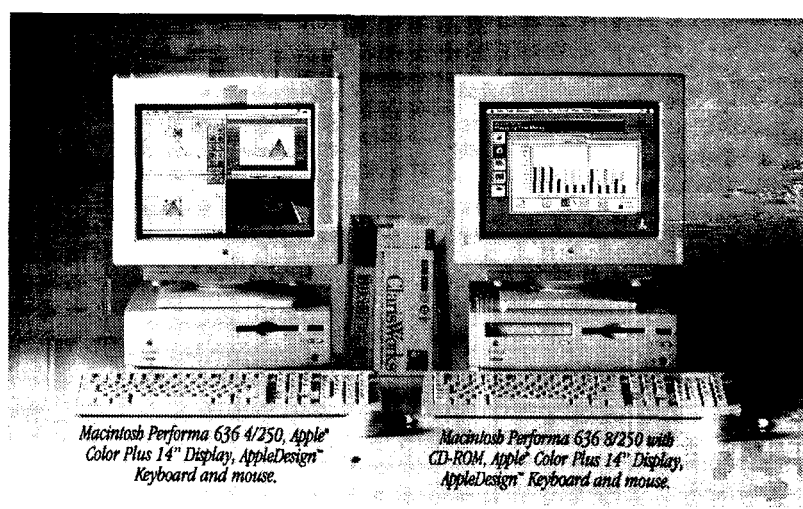
But DePaul took action of its own against Meyer. The school froze his salary and won't negotiate his contract until the NCAA probation ends.

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COLLEGE FOOTBALL

Frazier may be lost for season

By J.L. SCHMIDT
Associated Press

LINCOLN, Neb.

Tommie Frazier, quarterback for No. 2 Nebraska and a strong contender for the Heisman Trophy, may be lost for the rest of the season because of a blood clot in his right calf.

Nebraska coach Tom Osborne said Monday that Frazier was admitted a day earlier to Bryan Hospital.

"It could be a few weeks, it could be the season. At this point nobody knows," Osborne said.

Team doctor Pat Clare said the blood clot was being treated with enzymes and blood thinner. The clot has shrunk 25 percent since treatment began Sunday.

"He's responding very well," Clare said on the SportsDay MidAmerica Sports Network.

An average person with a blood clot is treated with blood thinners for two to four months, he said.

Frazier, a junior and key to Nebraska's option offense, will miss Saturday's game against Wyoming, Osborne said. Brook Berringer has been Frazier's backup.

Quarterback coach Turner Gill said he spoke with Frazier on Sunday.

"Basically I said he should just hang in there and try to keep his spirits up," said Gill, a former Nebraska star. "It's a down time for you right now, but you've got the best medical people to help you and something good will come from this."

Frazier left practice Sept. 19 on a stretcher with ice bags attached to his calf, but practiced full time the rest of the week.

"We knew he had a bruise and was sore, but then you get that every week," Gill said.

On Saturday, Frazier was not declared the starter for the Pacific game until after pregame warmups. Osborne pulled Frazier and most of the starters early from a game Nebraska won 70-21.

Frazier played in only two series. He led two touchdown drives that took 1:45 and 1:32 in the first six minutes.

"Coach Osborne told me they didn't want to play me very much," Frazier said. "I guess 14 points was enough. That's fine with me."

Osborne said Frazier may have been hurt Sept. 17 during the UCLA game, but Frazier later said he was not sure when he was injured.

Frazier, from Bradenton, Fla., has started in every game since his first start as a freshman against Missouri in 1992.

He sprained his ankle on the first play of the season opener against North Texas in 1993 and was sidelined after the second play of the game. He also injured his shoulder in Nebraska's victory over Colorado but finished the game.

Since Frazier became a starter, Nebraska has been 20-1 in the regular season and has won two Big Eight titles.

Frazier ranks fourth in the Big Eight in passing efficiency with four touchdown passes and a 116.2 yards per game average. He is ninth in the conference in total offense, averaging 130.25 yards per game.

Weary Belles shutout in pair of weekend matches

BY JENNIFER LEWIS
Saint Mary's Sports Editor

Traveling takes its toll on the tired Belles. Saint Mary's soccer team lost both matches in last weekend's game dropping their record to 3-5.

The Belles drove six hours to face John Carroll last Saturday. John Carroll scored the only goal early in the first half, making the final score 1-0.

Rita Juster, a key starter for the Belles was unable to play because of a sprained ankle. She is scheduled to stay out for two more weeks.

Two strikes were already against the Belles, according to Shari Matelski.

"The six hour drive and Rita's absence really hurt us this weekend," said Matelski.

The Belles road-tripped to Wooster College early Sunday

morning. Weather played a large factor in this game, according to freshman Debi Diemer.

There were three game delays due to lighting, prolonging the game to three in a half hours. The delays caused the Belles to exit the field into a heated facility.

"The tempeture kept changing, said Diemer. "We would be outside getting warmed up and then we would get inside and get all tight all over again."

"We were just exhausted and the weather didn't help us at all."

The Belles failed to score against Wooster, losing 4-0.

"We never quite got ourselves together," said Matelski.

The Belles will be traveling to Hope College this Thursday for yet another away game.

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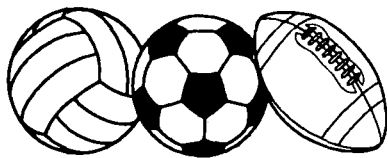
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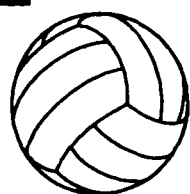
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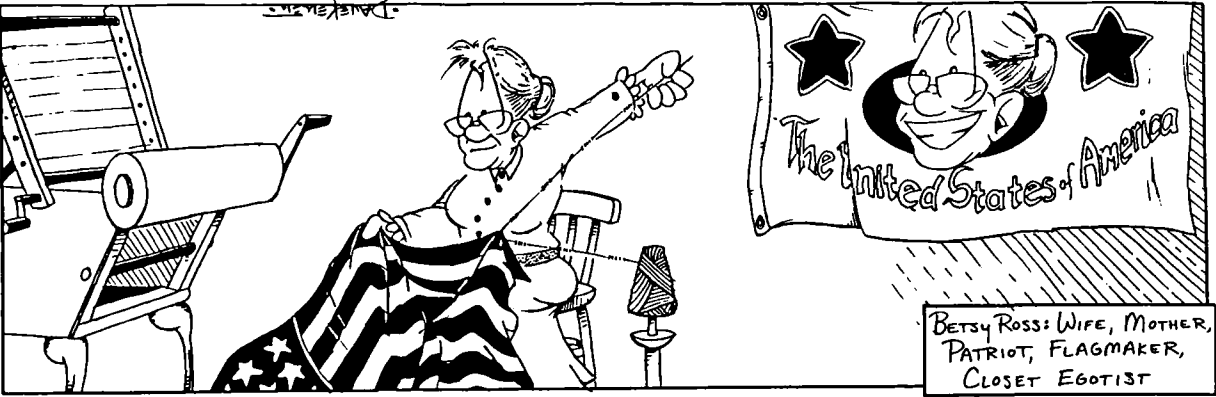
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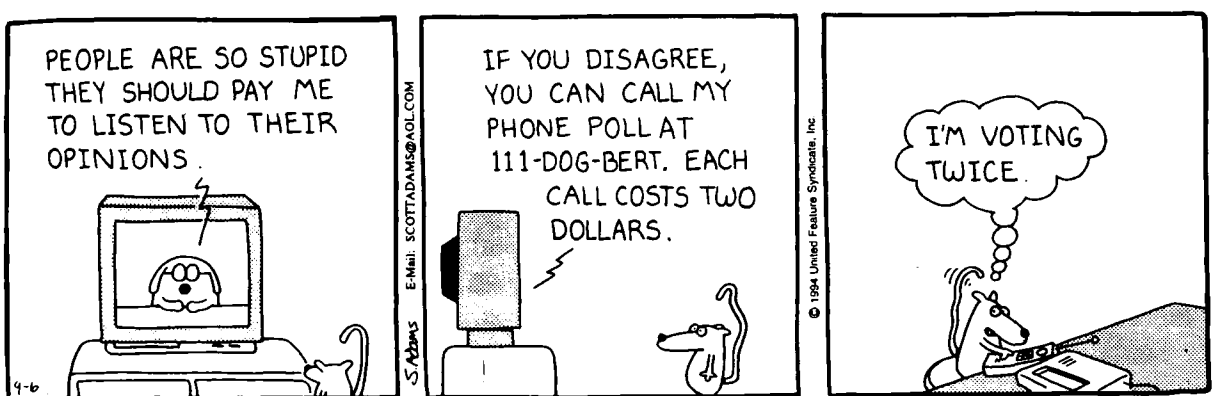


CALVIN AND HOBBS



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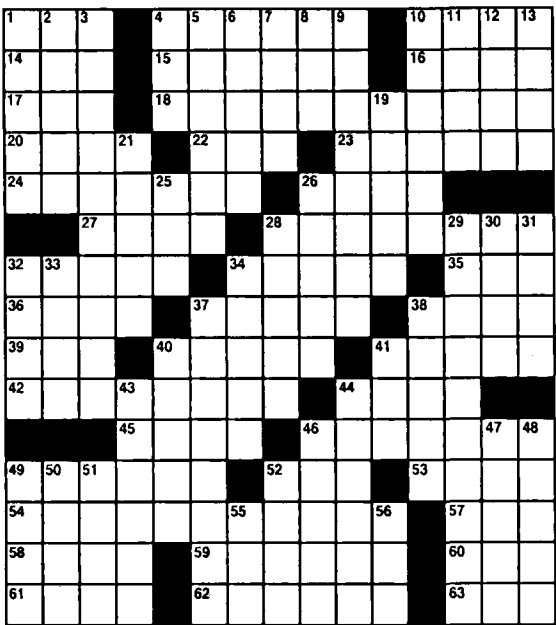
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- ACROSS**
- 1 Forlorn
 - 4 Poker actions
 - 10 Is appropriate
 - 14 Actress MacGraw
 - 15 State boldly
 - 16 British title
 - 17 Cover
 - 18 Animated myope
 - 20 Type of lily
 - 22 Neighbor of Switz.
 - 23 Oriental tea
 - 24 Plant with cup-shaped flowers
 - 26 Skirt opening
 - 27 Communists
 - 28 Clamorous advertising
- DOWN**
- 32 Part of a book
 - 34 Down the —
 - 35 Word of rejection
 - 36 Escape vehicles
 - 37 Misprint
 - 38 Mr. Kadiddlehopper
 - 39 In the past
 - 40 False temptress
 - 41 Targets of 40-Across
 - 42 Ta-ta
 - 44 Fictional plantation
 - 45 Gypsies
 - 46 Cold dessert
 - 49 One of the Borgias
 - 52 Rimsky-Korsakov's "Le Coq —"
 - 53 Rival of Brown
 - 54 Aussie hopper
 - 57 Actor Cariou
 - 58 First name in mysteries
 - 59 Flair
 - 60 Any person
 - 61 Son of Seth
 - 62 Small piano
 - 63 The "o" in Cheerios



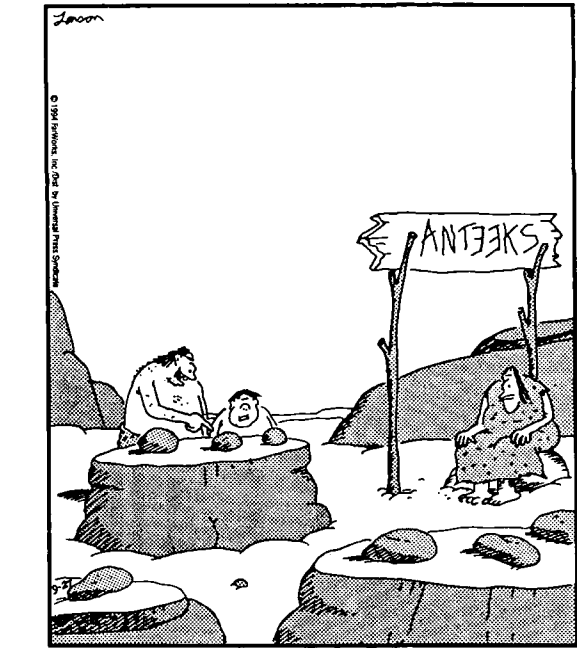
Puzzle by Wayne Robert Williams

ANSWER TO PREVIOUS PUZZLE



- 30 S-shaped curve
- 31 Resistance units
- 32 Tiff
- 33 Okefenokee resident
- 34 Small combos
- 37 Strunk and White's "The — of Style"
- 38 Transport
- 40 Botanist's concern
- 41 West of Hollywood
- 43 Big quackers
- 44 Seat of power
- 46 Philosopher Kierkegaard
- 47 Russian writer Bonner
- 48 Religious principle
- 49 Ontario tribe
- 50 Merit
- 51 Town near Caen
- 52 Dream pictures artist
- 53 Hiatus
- 56 Legendary Giant

Get answers to any three clues by touch-tone phone: 1-900-420-5656 (75¢ each minute).



"Oh my gosh! You know what that is, Mooky? ... My dad had one when I was a kid!"

Of Interest

Study Abroad Informational Meeting: Toledo, Spain Program 4:30pm today in 140 DeBartolo.

WAR AND PEACE: A Film Series presented tonight by the Kroc Institute tonight at 7:00pm in the Hesburgh Center Auditorium. Admission is free.

Dr. Ralph McInerney lecture tonight on "The Catholic University and Notre Dame" at 7:30pm in the lobby of Morrissey Hall.

The League of United Latin American Citizens will be having their first meeting of the year tonight at 8:00pm in the Notre Dame Room of LaFortune.

A Mexico City International Study Program informational meeting will be Thursday, Sept. 15, 4:30pm in 118 DeBartolo.

Menu

Notre Dame

SOUTH DINING HALL
Shrimp Spaghetti
Chicken Fajita Salad
Vegetable Calzone
Creole Soup/Chili
Blueberry Cheese Pie

NORTH DINING HALL
Chicken Nuggets
Veal Parmesan
Broccoli Quesadillas
Pasta Alla Carbonara
Double Fudge Cake
Lunch and Dinner Food Court

Saint Mary's

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Chicken Chow Mein
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3:30
4:30

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INTRAMURAL SPORTS

ENTRIES BEGIN - WEDNESDAY, OCTOBER 5
ENTRY DEADLINE - THURSDAY, OCTOBER 13

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■ SAINT MARY'S VOLLEYBALL

Belles look to extend winning streak

BY JENNIFER LEWIS
Saint Mary's Sports Editor

Saint Mary's hopes to extend their two game winning streak by defeating North Park College this evening at 7:00 in North Park. The Belles defeated North Park last year in a three game sweep, winning 15-4, 15-0, and 15-5.

"Last year we were in control of the entire match," said coach Julie Schroeder-Biek. "They ran a real basic defense and offense. In essence, they played scrappy."

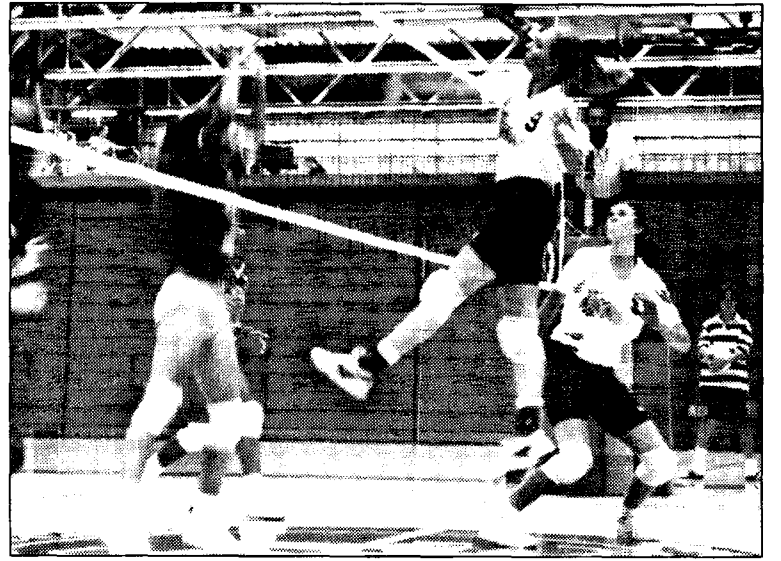
In the past, away games have always been strenuous on the team. However, this year the Belles have reaching their destination early enough to get in the proper stretches. The two hour trip to North Park should not be a big factor in tonight's game, according to Schroeder-Biek.

After this weekend the Saint Mary's record dropped to 4-4. North Park is not one of the Belles more difficult opponents, however this is a key game for getting the Belles back on track, according to coach Julie Schroeder-Biek.

"We are hoping to boost are record back up," said Schroeder-Biek.

Captain Kelley Prosser will not be in the next four matches due to her sprained ankle in last weeks game. Captain Anne Lawrence will replace Prosser in the starting line up. Freshman Meg Kelly will set for the Belles being substituted by Captain Sara Stronzcek.

"This weekend's matches brought us closer together as individuals," said Kelly. "I think it will help us win on the court."



The Observer/Cynthia Exconde
Arwen Dickey leaps to spike the ball during Belles' volleyball action.

■ INTERHALL FOOTBALL

Are you ready for some interhall?

Alumni, Fisher win, Zahm ties Carroll

By JACK MACLEOD
Sports Writer

The Dawgs of Alumni Hall beat the Sorin Otters convincingly 16-0, in a display of mistake-free team execution.

The key to winning interhall football games is capitalizing on the opponents' mistakes. That is exactly what Alumni linebacker Matt Duddy did when he pounced on a fumble caused by a botched Sorin punt snap on the Sorin 7 yard line. Two plays later, Mike Denvir scored on a two yard run, giving Alumni an early touchdown lead.

The Sorin offense responded with the option. Running backs Cahill and Tucker ran well up the middle and outside. But when the Otters went to the air, Alumni cornerback Mark Turner was there to intercept.

Then Dawg tight end Ryan Healy took over, catching three consecutive strikes, the last of which was a 25 yard touchdown pass from quarterback Conrad Hanson.

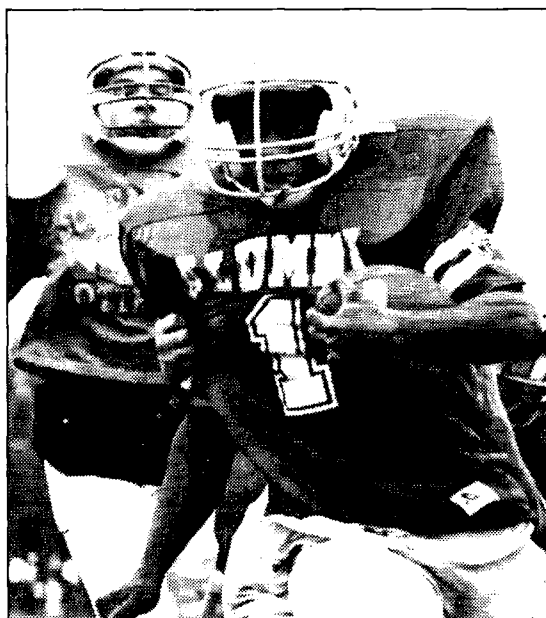
The Otter defense came back tough in the second half, sacking Hanson on two consecutive plays.

The only scoring in the second half came when Sorin's offense was pinned deep in their own territory, as their quarterback was tripped up by mother nature in the end-zone, resulting in a safety.

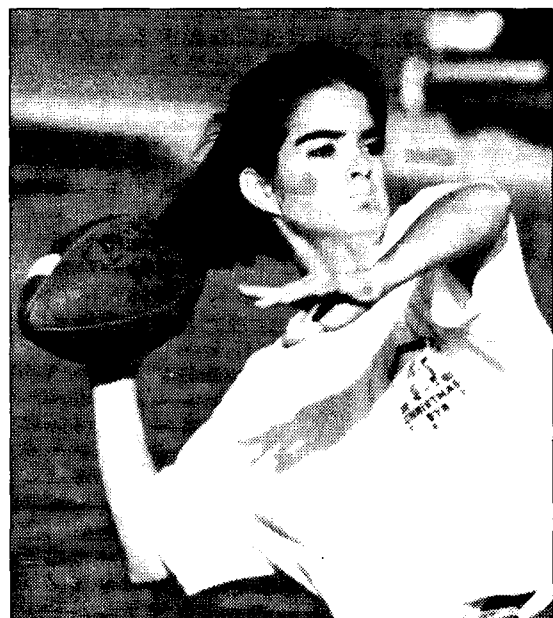
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The Observer/Brian Hardy
Sophomore quarterback Jeff Faragher rushes past Alumni last Sunday as the Screaming Otters of Sorin dropped the opener of the season 16-0.



The Observer/Brian Hardy
Alumni sophomore Larry Mercadel carries the ball in the Dawgs' victory over Sorin.



The Observer/Kyle Kusek
Senior Marce McNeill looks to pass during Siegfried's game last weekend.

Ejections, ties highlight second week

By LARRY VOIGT
Sports Writer

Captain Kelly Guerin led the Off-Campus team to victory last Sunday over the winless Knott Angels 22-10 in their opener. This victory, however, was marred by the ejections of Tom Yursa and Pete Couri, off-campus's two coaches.

Guerin and off-campus led from the start and never looked back. The captain intercepted the Angel's first pass play of the game and ran it back for a touchdown placing Knott in a 7-0 hole.

She continued to show her leadership on the playing field throughout the first half to build a sizable lead against the Angels, a gap from which Knott was unable to recover. She placed two more points on the scoreboard as she held Knott inside the end-zone for a safety.

Guerin's scoring frenzy was highlighted later in that first half in a punt return. On fourth down, Knott was forced to punt inside their own end-zone.

Guerin received the kick and weaved in and out of defenders to return the punt back for a touchdown to end the scoring at 15-0 at the end of the first half.

Needless to say, coach Tom Yursa was pleased with the effort and end result put forth by the team and Guerin.

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Denver loses fourth straight

Despite passing for 280 yards, Elway and the n Broncos come up short against Buffalo

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of note...

Look inside tomorrow's Observer for a preview of men's soccer