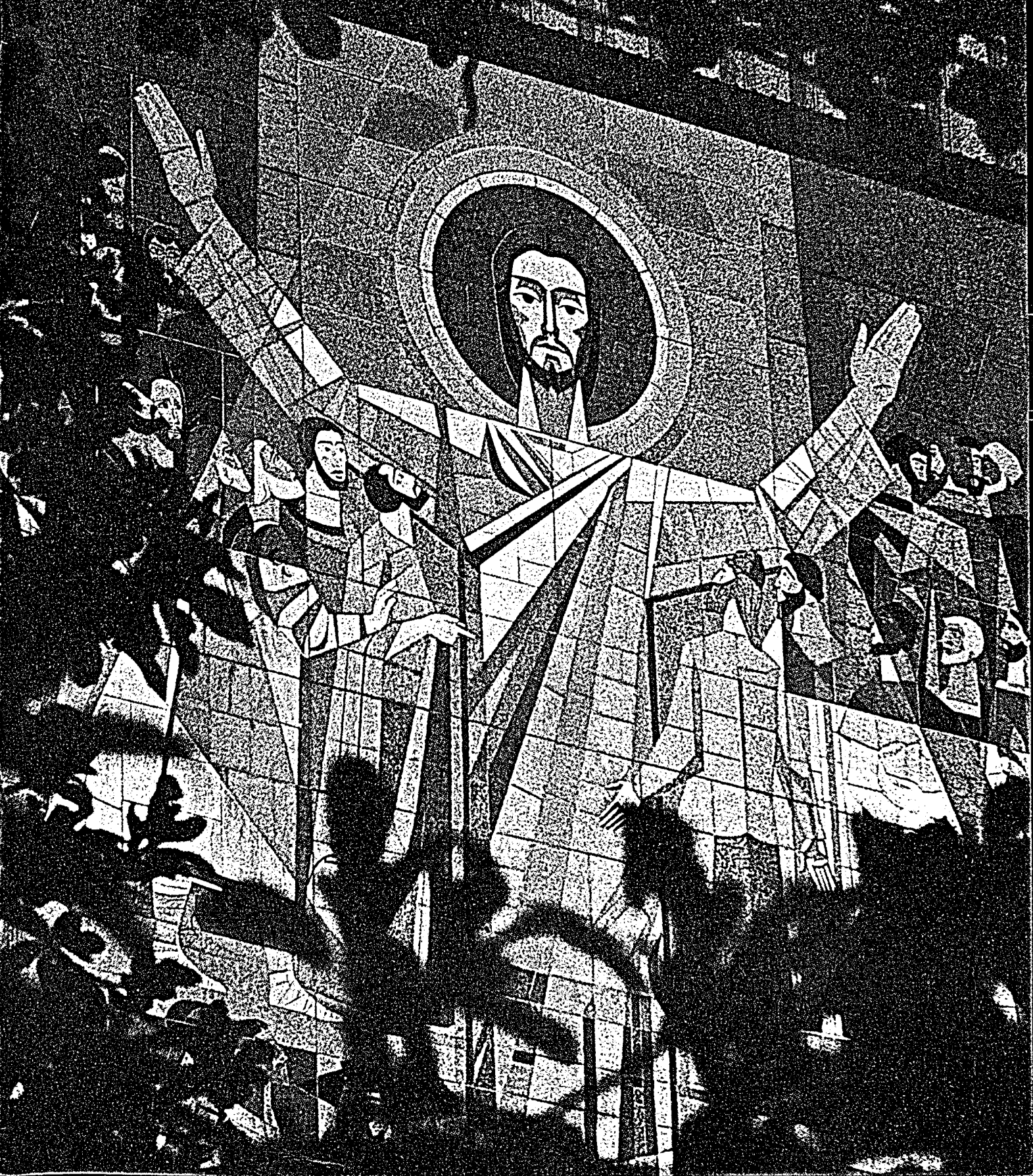


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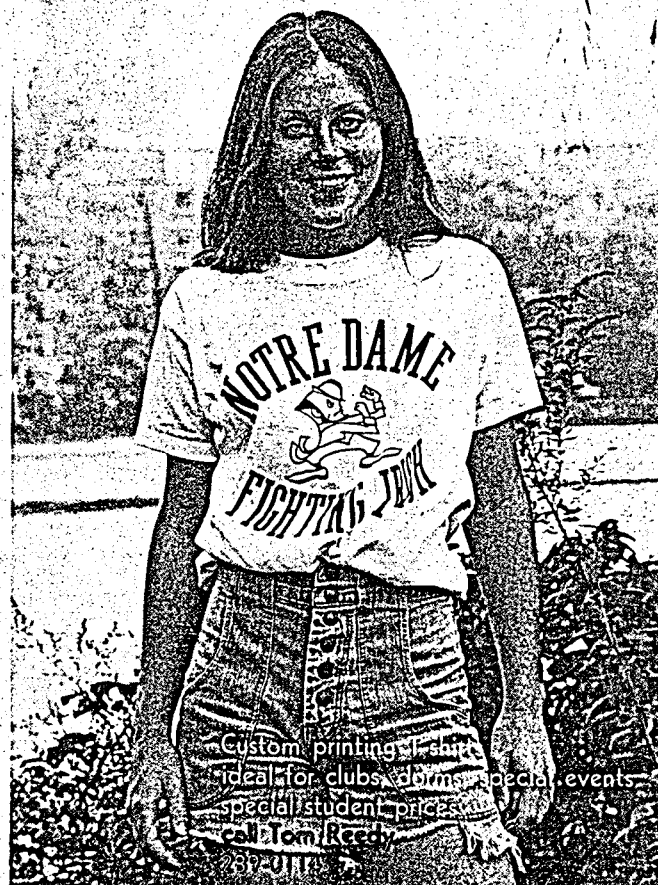
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Nov. 14-18	Western Film Festival
Nov. 14	Red River (Hawks)
Nov. 15	The Gunfighter (King)
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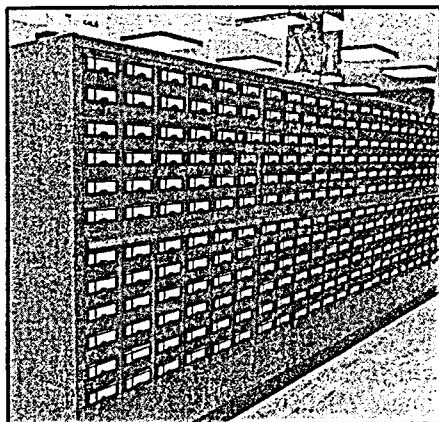
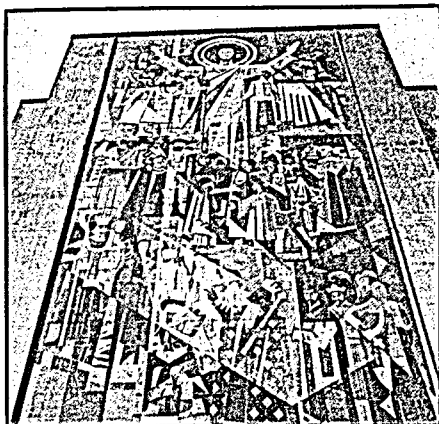
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IS BIGGEST BEST?

by Barb Frey

"The Memorial Library is the largest and finest college library building in the world. With a capacity of two million volumes on 20 miles of bookshelves, and a comfortable seating capacity for 3000 persons, it is truly a monument to learning." This description appears in an issue of *The Catholic Market*. It is a common one in its reference to the grandiose structure and spaciousness of the Memorial Library. University catalogues are always quick to point out that Notre Dame has the *biggest* library of any school in the world, though they are not as quick to label it the best. As Mr. David E. Sparks so aptly phrased it, "Bricks and mortar do not a library make."

Sparks is the director of the Library at Notre Dame. He has served as the administrator of the Memorial Library and its seven branches for the past five years. In that time he has seen many improvements come about and set his hopes on more in the years ahead. Sparks seems assured that, given time and money, the Library will become better in terms of resources and efficiency.

The Notre Dame Memorial Library was completed in 1963 and had its dedication on May 7, 1964, amidst much ceremony and celebration. The construction of the building cost approximately \$8 million which was acquired in the form of some 23,000 individual donations.

The Library is divided into two areas: the college library and the research library. The first two floors have the greatest seating area and contain 200,000 books that are most likely to be used by undergraduates. The upper floors make up the research tower and hold books and materials geared more toward graduate students and faculty.

All general library services for the campus are provided by the Memorial Library which contains resources for the fields of business and arts and letters. There are also seven branch libraries spread throughout the University including two in the College of Engineering (architecture and engineering) and five in the College of Science (math, life science, chemistry/physics, radiation and earth science).

How well does the Memorial Library compare with other university libraries across the nation? In a study done by Purdue University of the years 1965-1971, Notre Dame ranks considerably low on the list in

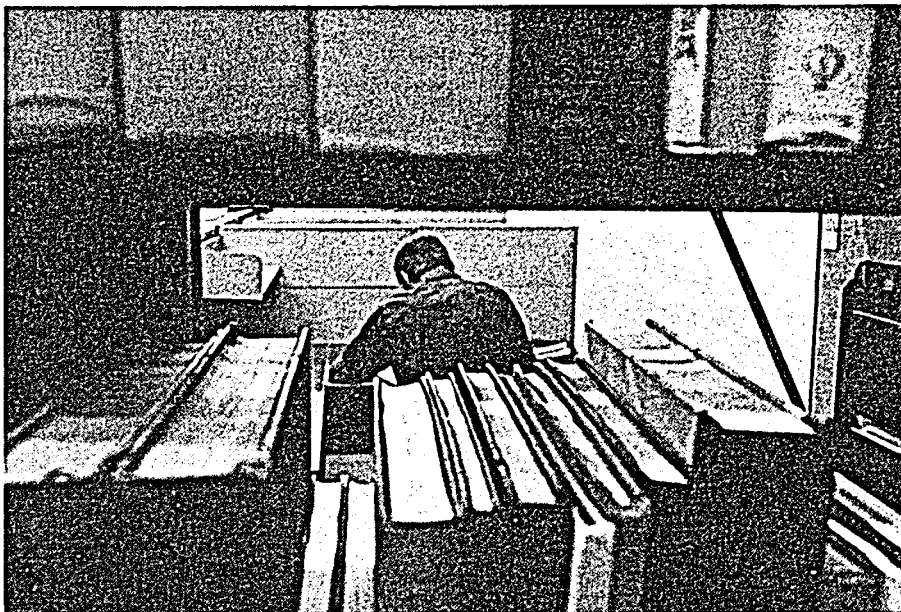
regards to total expenditures and number of volumes. In this survey of 58 major colleges, the Memorial Library stands 53rd with respect to volumes held. The 1970-71 ranking shows Notre Dame with 1,016,254 volumes as compared to Harvard which is (always has been and, one suspects, always will be) first on the list with 8,451,187, and Texas A & M, which has the least number of volumes, 716,260. Notre Dame holds a similar ranking in all categories (see table below).

Notre Dame is regarded as a small library in the context of these other universities. "But," commented Mr. Sparks, "the rank of 53 out of 58 in this sequence correlates well with our rank in sequence of other fields as a university. It is characteristic but low." Asked if this meant that the Library here was seen as adequate for a student body of this size, Sparks replied, "No. We really have a lot to do to become the premier Catholic university. We should be better."

	Volumes Held	Volumes Added	Total Expenditures
1.) Harvard	8,451,187	210,274	\$8,718,848
2.) Yale	5,829,035	200,788	\$6,980,819
11.) Indiana	3,067,117	314,555	\$5,589,260
16.) Northwestern	2,374,913	89,046	\$3,412,651
50.) Purdue	1,100,603	80,046	\$2,696,658
53.) Notre Dame	1,016,254	57,458	\$1,353,065

Mr. Sparks has the job of coordinating the staff of the libraries on campus as well as overseeing the buying of new materials to keep all resources as up to date as possible. Currently the Notre Dame libraries have a working population of 125 or more. This number includes 32 librarians and 80-90 nonfaculty employees, not to mention the 60-100 student employees who are on the Library payroll. Most of the annual income received by the Library goes toward the salaries of these workers. The rest is invested into new books and materials.

Notre Dame has an annual income of about \$60 million. Tuition brings in less than half of this amount, and the balance is made up in donations and investments. The University allocates this income to the departments, the Library receiving approximately \$1.8 million each year. In addition, the Memorial Library controls 15 endowments which bring in an added \$100,000. When Mr. Sparks came to



his position at Notre Dame, the endowment funds received by the Library were "miniscule." Last year Fr. Edmund Joyce transferred 11 new endowments over to the Library, increasing its income substantially.

Mr. Sparks seems pleased by the concern of University officials for the welfare of the Library. He commented that in his five years at Notre Dame, "I have constantly been encouraged by the commitment to the Library shown by the administration." He labelled Fr. Burtchaell a "library nut," who is always on the lookout for new improvements for the Library.

Sparks also commended the Notre Dame teaching faculty on its interest in the stocking and production of the Library. He contrasted the attitude here with the one he found at Yale, where he worked before coming to his present position. "I was disheartened by the wall of separation between the teaching faculty and the library staff. Faculty members never seemed to know what was going on the shelves and librarians never knew what was being taught in class."

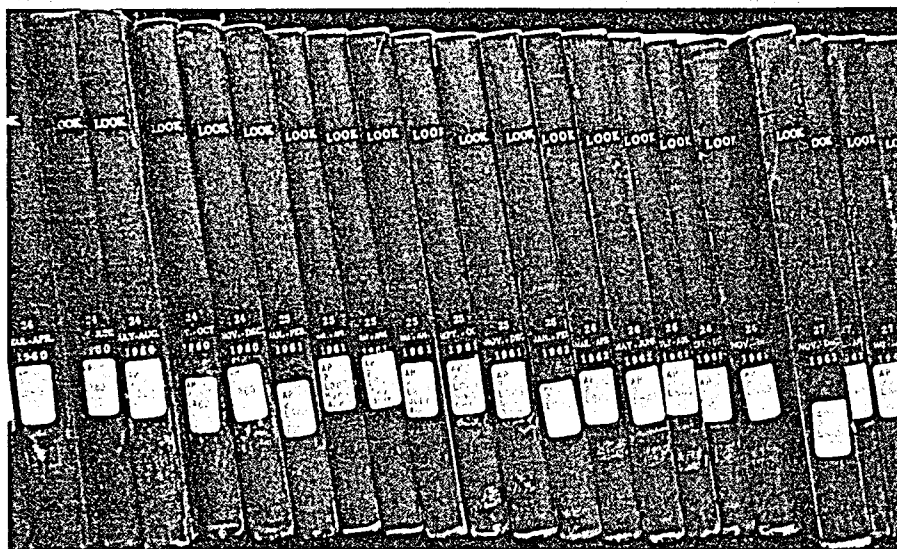
The book selection for the Memorial Library is done in cooperation with the teachers. Mr. Sparks emphasized that this is the key to a good selection of material for student use. The cumulative judgment of the faculty is what makes a library. Each department is allotted a certain amount of money with which to buy the books and periodicals it wants in the Library. A faculty committee and a librarian do the actual selection for the department.

Problems have arisen recently because of the insufficient funding in the departments. Allocation for books has been cut and periodicals, which were previously paid for out of the general library income, are now to be financed by the individual department. Dr. George Brinkley, head of the Government Department, described the situation: "The overall total for the department is higher but the amount allotted for books is cut so that in order to recover what you need for books you have to cut the periodicals."

This change in the policy of the Library was an effort to reduce expenditures in less vital areas. "Every-



David E. Sparks



body needed to take a good look at the sorts of things we were subscribing to," stated Professor Brinkley. A bad effect of this alteration is that it has forced departments to cut out certain things that they would rather have kept.

The government department had to cancel its subscription to *Supreme Court Records and Briefs*, a rather expensive periodical containing all the motions and briefs of the court, due to lack of money. In the 1974-75 school year, the government book budget was reduced from \$9000 to \$4500. The department then took \$4500 out of periodical subscriptions and transferred it back into funding for books.

The Supreme Court collection, costing about \$1700 per year, was a casualty of this budget cut. The government department asked that the Law School take over the subscription but it did not want to take over the responsibility for the records. Brinkley noted that few people would greatly miss the Supreme Court collection and that the Library will continue to receive the shorter reports that are used more frequently

by students and faculty. "The sad thing about cancelling periodicals is that unless you have a complete collection it isn't of much use," commented Brinkley. To stop a subscription for two or three years leaves a gap in the continuity that is vital to research. "Unfortunately, a great many of our periodical collections have that sort of gap in them."

Brinkley contends that the budget problems are a result of administration policy and not improper Library management. The Library, he feels, does the best it can with the limited amount of money it receives from the University. Brinkley said that the two things which deplete the budget the most are the rising cost of books and the enormous amount which must be spent on the salaries of the Library staff. "The University," he stated, "has not increased the Library budget enough to counteract inflation. It's not that they haven't given more, they haven't given *enough* more."

One graduate student at Notre Dame expressed concern with the materials which are being eliminated in the Library. "Certain valuable

research aids for undergraduates as well as graduates have been threatened." He feels that the resources in the Library are inadequate especially on the dissertation level and that "Inter-Library Loan is not something you look forward to getting involved with."

Many students must go to outside sources, such as libraries in Chicago or other cities, for help in their research. This grad student stated that one couldn't expect the Memorial Library to satisfy everyone's specific needs, but he feels that the materials to be cut out by the decrease in the department budgets could be a terrific loss in certain fields of study.

Mr. Sparks points to the inconsistency of the Library's collections as a major weakness. The math collection, for example, he referred to as "second to none," while describing the selection in other areas as "very shaky." A student needing to do research on a select topic may find only the most basic sort of material at Notre Dame. "Certain topics exhaust us," admits Sparks, though he sees some hope in that "we are beginning to know where our weaknesses are." With the team effort of faculty and librarians, according to Sparks, improvement seems imminent.

One part of the Library that Sparks hopes to upgrade in the year ahead is the reserve book room. Admitting that the entire system "needs an overhaul," he said that there were two aspects that should be special targets for work. First, there should be an adequate number of copies in the book room to serve the demand of all students. Secondly, there should be an equitable method for distribution of materials on reserve. Sparks placed some of the responsibility for a change in this

department on the teaching faculty who, he feels, should be more selective in their book lists so as to eliminate the extraneous material that tends to clutter the area. In this way, the librarians could deal with the rush on the competitive books in a more efficient manner. Students agree that this department is one that needs change. A junior commented that "The reserve room lacks organization in the way they file

things. It's so hard to get what you want in there."

The Library building itself, so often the object of praise, was criticized by a fifth-year architecture student. "It seems kind of goofy to have a 13-floor structure if the books are the only things that have a view. I suppose that the Library functions well as a library but as a piece of architecture I would have handled it differently."



This student pointed out specific areas that she finds at fault. "The entrance ways are ill-planned. The main doors, which are off the reflecting pool, are always locked and the students end up using the side entries." She commented that "The faculty offices in the basement give the feeling of a renovated air raid shelter, at best."

As for the inside, "The lighting is too monotonous. It is difficult to read for long periods of time." The student thinks that the choice of furniture in the Library is a good one, with comfortable but practical chairs for study.

She noted that the second floor area is far too noisy. The sound reverberates off the stone floors and walls. "Carpeting the second floor would reduce the noise level significantly," she added.

Students, in general, seem satisfied with the Library facilities. Many frequent the building strictly as a study area while others use it for its research materials. One student suggests later library hours because it is the only place he can do his work. "I know once I get back to my room I'm not going to study."

One of the more vehement criticisms of the Memorial Library has to do with the inconsistency in the selection of books in the stacks. "You can always find five copies of *Medieval War Strategies* on the shelf, but do you know there is not one copy of *The Wizard of Oz* in this whole library?!"

The Memorial Library remains central to the life of the Notre Dame academic program. Whether or not it fulfills its role adequately differs in the opinions of those served by the facility.

"A library," states Mr. Sparks, "is not a building. It is a collection of books."

An Actor's Journal: Behind the Walls of Heartbreak House

by Stephen Hudock

As an English/pre-med major who has worked hard for the past three years, I have been looking forward to this, my senior year, as a time to let my studies slide more and to enjoy other activities at Notre Dame. One of my hobbies is theatre, and the ND-SMC Speech and Drama Department, fortunately, is not an elitist one: it offers roles in major productions (like *Heartbreak House*) to dabblers like myself.

My fascination with theatre lies not in the art form itself, although that is unique; anywhere from one to thousands of people will labor together to produce a play which must be either observed at its completion, or never observed at all (notwithstanding films or videotape). It lies instead with theatre work as a progression: auditions, callbacks, read-throughs, blocking, interp and tech rehearsals, to the production itself. To be caught in this progression is a rare and enjoyable exercise.

Auditions are, in some ways, the

best kind of theatre. In the course of the first evening, I saw several diverse, almost totally spontaneous versions of a few scenes from *Heartbreak House*. (Fortunately, I had friends to talk with in between these scenes, since it gets boring to watch the eighth trio of women in a row do an all-female scene. Of course, the women got theirs during the reading and rereading of an all-male scene, at least ten tedious times.) These tryouts elicit a myriad of emotional responses, for acting is a very personal endeavor, and as there is never enough time for everyone to fully display his abilities at tryouts, feelings of competition, anticipation and disappointment run high. Some people sat in their seats a full ten seconds after their names were called before shuffling to the front of the room to stand timidly with others who were to read a certain scene. Others were extremely nervous—I could actually see one girl's knees shaking, although she read with admirable control. Some (like myself, surpris-

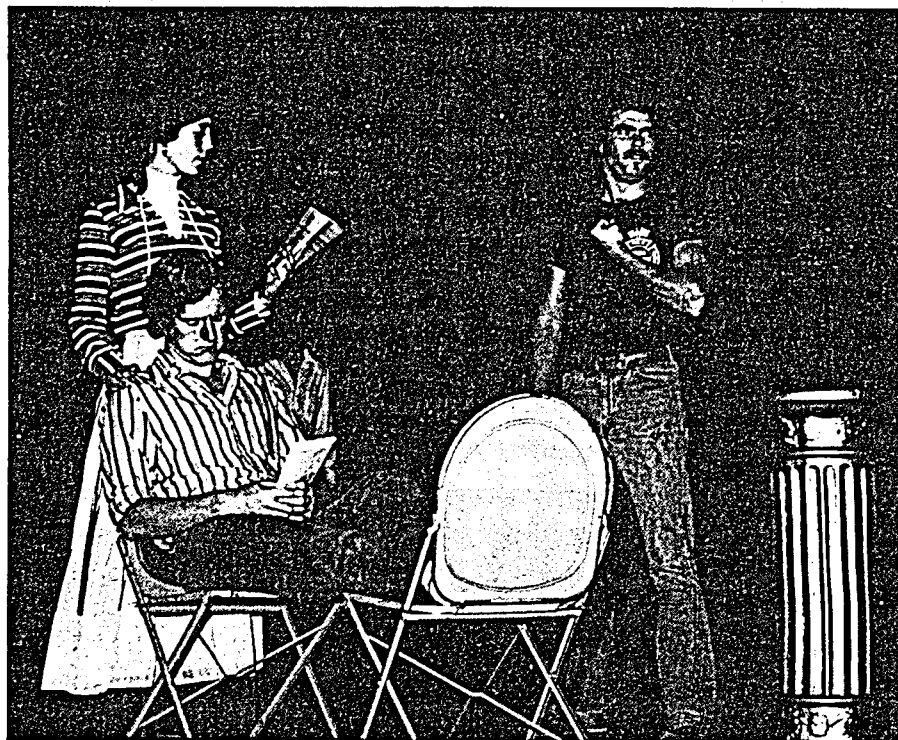
ingly) were completely calm. Against this background of frantic actors and actresses was the serene, somewhat regal presence of the director, Fred Syburg, calmly shuffling audition cards, calling names and making cryptic notations and facial expressions from his high corner of the room.

Occasionally these impromptu performances bring the thrill of sudden believability, marked by sudden outbursts of laughter from the other actors and actresses. If you're lucky, it happens while *you* are on stage.

Checking the callboard, first for callbacks (a repeat audition for the people who seemed to come closest to what Mr. Syburg felt he needed) and the next day for the cast list, was fraught with the anxiety inherent to waiting. A perceptive person would be fascinated by the congratulations and condolences being passed among the actors and actresses: some are elated over getting a role; some are disappointed, even resentful, at not getting one. But all try to quell their own emotions to empathize with the other guy's success or failure. Perhaps this is why theatre people have an unfair reputation for hypocrisy.

An interesting moment occurred when I, along with some other hopefuls, found myself locked out of Washington Hall the day the cast list was posted. Somehow, I found an open door into what looked like a maintenance room, and what I thought was a cul-de-sac for all of us—until I found the trapdoor to the front of the stage in the ceiling of the room. Bounding through the building as unexpectedly as Ariel in *The Tempest*, I was at the callboard in a trice (sorry, I couldn't resist that little theatrical image). I suppose someone is still wondering why the cast list was moved to the window out back.

The first rehearsal was merely a read-through for gauging the play's





Fred Syburg

length. Unexpectedly, the costume designer already had drawings done of the Victorian costumes we were to wear. It was exciting to be confronted with such an exacting image of how I was to look onstage, barely two hours after I'd found out that I had a part at all.

The second rehearsal was also a read-through, but with some lines cut for the sake of shortening this rather long play. We got Mr. Syburg's impressions of what we would be striving for in this production. Some plays are ploddingly sequential—cause and effect from curtain to curtain. As such they can accept, and they even need, considerable control from the director in order to produce a maximal effect of direction and purpose. *Heartbreak House*, though, is almost exactly the opposite sort of play. It begins like a drawing-room comedy by Oscar Wilde, more improvisational than purposeful. Eventually it fragments off into unsettling vagueness, ending (as the saying goes) with a bang and a whimper. George Bernard Shaw, when asked what the play was about, replied "How should I know? I'm only the author," and refused further comment. Mr. Syburg, determined to let it "happen" onstage, was thus reluctant to impose any preconceived form on it.

For one week we worked on blocking, the planning of movements and locations of the actors and actresses when they're onstage. We also began to make our roles more believable, for this art is an art of movement (*acting*), and any logical movement helps. In one of these

rehearsals we learned that Shaw, like Hitchcock with his cameo appearances in his films, unobtrusively sneaked his name into each of his plays by putting a simple exclamation into the mouth of one of the characters (an attentive listener will catch it).

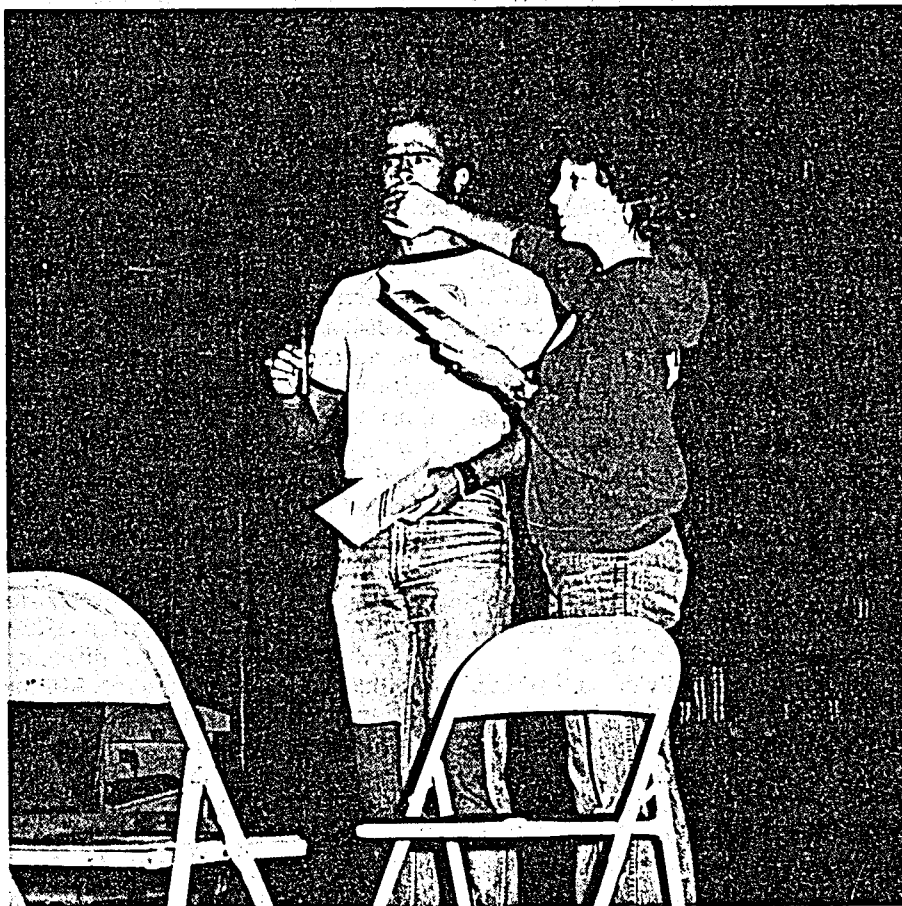
Interpretation rehearsals began ten days after the cast was selected. The only other major ND-SMC production I was in was also directed by Mr. Syburg: a modern version of the Greek tragedy, *Medea*. In the interp rehearsals of that production, he constantly paced, slowly and pensively, around the stage; if he had any suggestions or directions, he would wander over to the actor or actress in question and discuss it intensely, often in an undertone. In this comedy production, however, I was interested to see how energetic Mr. Syburg became. He would step lightly about in the seating area while listening, then call loudly to the stage to interrupt, march up to the cast and enthusiastically sweep through the motions and emotions he wanted to sense. He was having great fun directing this play,

mischievously lapsing into a heavily affected English accent and both inspiring and responding to the laughing banter of the cast. They had also put as much of their own humor into the production as they could.

At the technical rehearsal, it will all come together: sound, lights, staging, costumes, make-up and acting. As it's the first time through the whole performance, everyone takes his or her turn sitting around and waiting for what seems like hours at a time. It's one of the most tedious, frustrating experiences imaginable, and it's not behind us yet—unfortunately.

If you like to put people into states of quivering, abject fear, just sneak up behind a member of this production sometime and whisper, "Technical rehearsal!"

This may not be the most polished production our audiences will ever see; after all, we're amateurs. But we're dedicated. We've still much work to do. In other words, the production still has many changes to go through. I'm looking forward to them.



Stephen Hudock and Michele Roberge

weekend. All applications returned by the close of business on June 21 are placed together with no preference accorded to the date received. A limit of two tickets per game is enforced and the tickets are not transferable. If the number of applications exceeds the amount available for that specific game, a lottery is held to determine ticket preference. In 1976, this procedure was necessary for only the November 13 Alabama game.

No distinction is made between alumni except in regards to alumni who, according to the Alumni Ticket Bulletin, "have been graduated from the University twenty-five years or longer. They then will be assured preferential seating for one game each fall." Preferential seating is considered between the end zone and the 50-yard line.

Grouped together with the alumni is another group of contributors, the parents. Until the late 60's, parents received two tickets for each of the home games. Due to the rapidly expanding alumni group which has grown from 10,000 in 1939 to the

current total of 57,000, this sale is now restricted. This year, parents were allowed an option of four tickets for the Oregon game. Also, tickets were available for all away games except Michigan State. Sales to the parents start June 21 and run concurrently with, but take a back seat to, the advance sale to the contributing alumni.

The third category is for student-faculty tickets. Students number 8,800 at the games and cover from the 40-yard line north to the end zone corner on the west side including sections 28 through 34. Differing policies are followed for undergraduates, graduate and law students and St. Mary's students. Notre Dame undergrads receive their tickets free with these not being figured into tuition and, as such, should be considered a gift from the University. Graduate and law students are charged \$12, while St. Mary's students pay \$6 each for the 1,200 season tickets they receive. Faculty members, numbering 1,300, sit among the contributing alumni.

Visiting teams are allotted 5,000 tickets on the southeast side of the stadium, extending approximately from the 40-yard line south to the goal line. The Notre Dame team, meanwhile, is not left to hawk for tickets in front of the stadium as they receive four complimentary tickets per game, which is the maximum allowed by the NCAA. The three senior football managers receive four complimentary tickets per game; however, all junior and sophomore managers do not get tickets and do lose the privilege of receiving a student ticket.

It is obvious that estimations are necessary in filling season and alumni requests. Due to this and to the uncertainty regarding the number of students returning yearly, excess tickets are available after the process is completed. Alumni clubs are allowed to make requests for blocks of tickets at specified home games prior to June 21. This year those games are Oregon and Miami. Other groups also may order tickets until July 15, but these are filled after the alumni clubs have been taken care of. If the amount of excess tickets numbers between 5,000 to 7,000, these would go on general sale.

This procedure, however, would also necessitate sending order blanks to all 57,000 alumni, receiving the orders, and then sending out the tickets and also explanations to all those requesting tickets. If this occurred, it would be before group orders are filled. Busick decides which procedure will be followed and the decision is his alone. A general ticket sale has little chance of occurring presently because the estimation process is developed enough to leave far less than 5,000 excess tickets.

Two other issues usually arise when football tickets are mentioned. One is the \$35 fee for replacement of the student ticket if lost or stolen. "The reason for this," states Busick, "is manifold. It stresses the fact that the ticket is reserved and the seat could be sold for \$45 if the student was not using it, and the ticket is, as stated, a gift from the University. Also, it deters a student from misplacing or selling it."

The second issue arises in regard to the number of tickets for away games. Briefly, the number of tickets received depends on the size of the stadium, the number of alumni in the area and the interest in Notre Dame. A policy of reciprocation exists with schools trying to exchange like seats, taking into consideration the differences in stadiums. For example, Purdue usually offers Notre Dame 5,600 seats, and Georgia Tech gives 5,800, but 15,000 tickets were available for the Southern California game this year. This is due to the large number of Irish alumni in California and the enormous size of the L.A. Coliseum (capacity 92,604).

Ultimately, however, all decisions concerning tickets come down to one man, C. Michael Busick. It is he who decides on the distribution system, the number of tickets for each major group and the application dates at the University, which brings in more than \$500,000 from each game through tickets alone. And what is the hardest part of the job for Busick? "Having to say no," he states. "But there are only so many tickets and once they're gone, they are gone. I can't perform miracles."

For those with the ticket signs, that may be their only hope.

Here's the individual breakdown for blocks of tickets for Notre Dame home football games. The total available reserve seat capacity is 56,979, while the total capacity in the stadium is 59,075. The extra 2,096 seats are the box seats located near the 50-yard line on both sides of the stadium which are not available through the general sale. Also, the 3,479 tickets for the administration and all others, such as complimentary tickets and tickets for the religious communities, will fluctuate from year to year to accommodate the need for more student tickets.

22,400	Season tickets
16,000	Contributing alumni
8,800	Students
5,000	Visiting teams
3,479	Notre Dame administration and all others
1,300	Faculty
<hr/>	
56,979	Subtotal
2,096	Box seats
<hr/>	
59,075	Stadium capacity



Cultivating Vegetarianism

by Fran Gilbert

There is a new animal rearing its head at Notre Dame. Its eating habits distinguish it from its fellow species of ho-hum, run-of-the-cafe-teria eaters. Its name is vegetarian. Its eating habits are characterized by a healthy variety and the conspicuous absence of meat. Its reasons for coming into existence vary, but they boil down to responsible eating due to profound respect for life. Respect for human life is coupled in many cases with a respect for animal life as well as a veritable "distaste" for unnecessary suffering. The vegetarian life style is a specific example of eating to live over living to eat.

On the campus of "the greatest student body in the world," the average student's body has been known to nourish itself somewhat mindless-

ly. The new vegetarian strain's habits are geared to the future, exhibiting a tendency to bite-off only as much as needed. Those who have chosen this life style find it to be the first step in expressing solidarity with those less fortunate.

Their sensitivity is traceable to many factors, not the least of which is the uneven portioning of food resources. We have doubled our consumption of beef since 1940. According to Earl Butz, the per capita consumption will reach 140 pounds by 1985. The Bread for the World pamphlet, "An Alternate Diet for People Concerned About World Hunger," outlines the incongruity between our heavy meat diet and an active commitment to reducing hunger: "The grain-to-beef ratio is 10-to-1. Pork is about 4-to-1, and poultry

2½-to-1. Beef is to food what Cadillacs are to energy. Move to compact models."

According to Ken Paluso, graduate biology student, we are going to have to radically change our habits and stop being greedy. Frances Moore Lappé agrees with him in the foreword to *Diet for a Small Planet*: "Reestablishing a sense of our direct impact on the earth through food may be the first step toward changing our cultural pattern of waste." The ND-SMC Hunger Coalition's Food Day last year provided an educational opportunity for seeing the world's problems with food as the point of reference. Compare the grain shortage of ten million tons in India and Bangladesh with the fact that U.S. animals consumed 146 tons of grain in 1974.

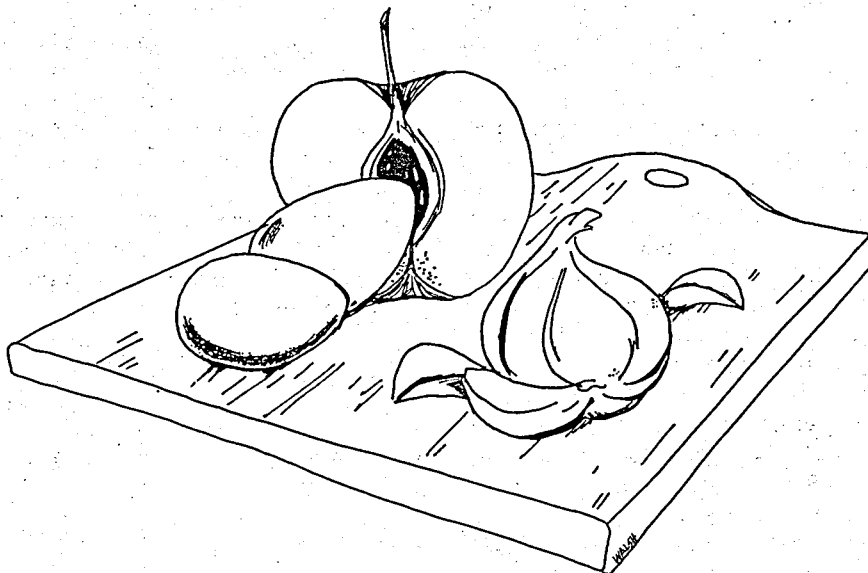
Marylou Walsh, a junior in Farley, chose vegetarianism three years ago after living with a vegetarian roommate. She believes this decision has increased her awareness of the danger of insufficient attention to the nutritional demands of the body. She is cognizant of the environmental reality that it takes much more land to support a meat-eating population than it does to satisfy vegetarian needs.

The "Global Citizen," a Hunger Coalition publication, states that "3½ acres of land are needed to produce a meat- and milk-centered diet for one person. One-fifth acre of land is needed to produce a diet based on plant protein for one person." More than half the land being cultivated in this country is devoted to animal feed.

Examples of loss of control of eating and dieting, like food fights and dieting for slenderizing effect, are counterproductive to wise consumerism, environmental priorities and good health through informed calorie-consciousness. Frances Lappé's *Diet for a Small Planet*, a book of high interest to serious vegetarians, relates that food "instead of being my most direct link with the nurturing earth, had become mere merchandise by which I fulfilled my role as a 'good' consumer."

Is the American's heart and mind as accessible by route of the stomach as the onslaught of advertising suggests? Ingrained assumptions about the necessity of beef are easily perpetuated in a fast-food, fast-buck culture that associates fasting with foreigners and fanatics. The over-eating habit may have become as American as apple pie a la mode, but the 900 plus among the student body who pledge away their Wednesday evening meal indicate that for them, culturally determined assumptions do not hold up in view of world hunger or more immediately in the face of a hungry child.

Both meat-eaters and vegetarians are moved by their recognition of suffering to the action of Wednesday



night fasting. Last year the number of participating students in the option (possible through the efforts of the Hunger Coalition with the University dining halls) increased by 25 percent over the first year total. The concern evidenced by these individuals is not just a make-shift attempt to assuage a perturbed conscience but rather a sustained commitment.

Chemistry major Chris Brinegar's vegetarianism is an off-shoot of his affiliation with the Hunger Coalition. He is satisfied that it is not necessary to slaughter animals to live well. Doug Kinsey, associate professor of art at Notre Dame, who reached this conclusion on his own in the fifties, relates, "The raising and slaughtering of animals seemed inconsistent to the kind of sensitivity I thought I should be cultivating in myself." Chris Brinegar maintains, "I couldn't go back now if I wanted to. You gradually develop more respect for life."

The sincere case for vegetarians does not come across in the "take-it-from-me-now-that-I-know-it-all" tone, but rather, in the examples of individuals acting upon what they do

know in conjunction with an earnest desire to know more and to share the discoveries of meatless eating. Spreading the enthusiasm generated by the new life style can create the difference in meal preparation between thankless chore and labor of love, between grabbing a bite and sharing a meal, or the difference between a fast food establishment that mechanically churns out prepackaged food items and a vegetarian eating spot like the Cornucopia which prepares diverse and zesty food fare.

The vegetarian can expect some opposition at home until they demonstrate responsible, varied eating habits as opposed to finicky, hazardous ones. The decision to become a vegetarian, for whatever ethical or practical reasons, *must* be accompanied by sound provision for a healthy, balanced diet. A well-read vegetarian is a well-fed vegetarian. Several students have found ill-advised or exotic vegetarian diets extremely dangerous.

The University staff dietician cautions potential vegetarians to be

aware that vegetable protein alone is insufficient. The vegetarian must intelligently choose a variety of vegetable items in order to provide sufficient bulk and the proper ratio of essential amino acids.

By way of accommodation of vegetarians on campus, the dining hall provides at least one meatless entree at either lunch or dinner, in addition to eggs every morning (except Sunday when brunch is served). Tossed salad and peanut butter are standard fare. The amount of fresh fruit and yogurt available has been increased. Suggestions from campus vegetarians for diet supplements include honey, nuts, granola and vitamin pills. The Food Service Advisory Committee of students is an avenue open to vegetarians who want to effect more vegetarian options. Cafeteria staff and students share the genuine desire to avoid waste.

The off-campus vegetarian's access to wide variety in meal planning is in keeping with the derivation of the term from the Latin "vegetus," meaning "whole, sound, lively, fresh." Off-campus student Ginny Faust, who participated in a program at Yale this summer that provided a natural health food line for the dinner meal in the cafeteria, says, "I'd like to see off-campus students broaden their food experience, get into the habit of not eating meat at every meal, eat more fish, more grain dishes that are less expensive and healthier." Ginny is convinced that, "If people think about what they're eating then it's easier to encourage them to think about larger issues and life styles."

Token gestures range from tea and rice suppers to soy-burger dinner parties. Perhaps both find a distinct precedent in the novelist Tolstoy's

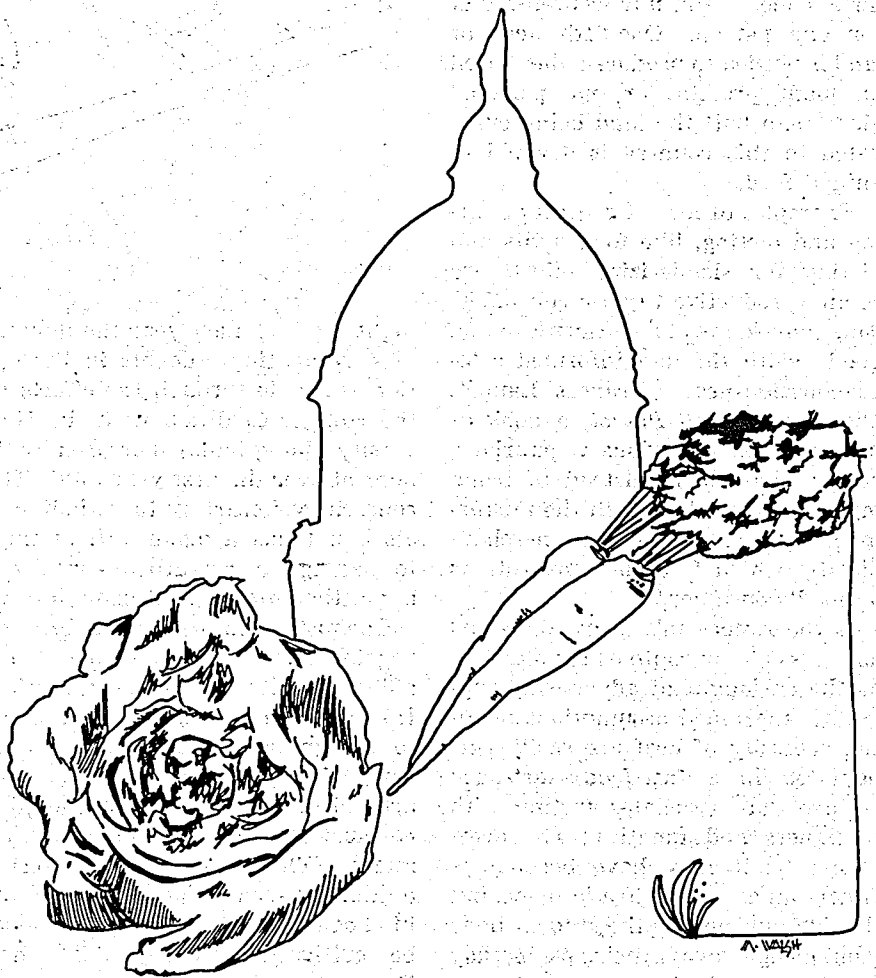
reputed ploy of tying a chicken to a guest's chair and explaining to the astonished guest that before he could eat it he would have to kill it.

Notre Dame's position is pivotal with campuses across the nation. Without adopting a holier-than-thou attitude, vegetarians can choose foods of the "whole, sound, lively, fresh" variety.

Actions toward the hungry of the world demonstrate thanks more appropriately than mere words of grace before meals. Al Sondej says, "A

penny's worth a bowl of porridge. Your letter (to the powers of government) is worth a lot more." Maybe only a "turkey" could look forward to Thanksgiving dinner without turkey (excuse the fowl play!), but those who know where their next meal is coming from must witness the value of that knowledge.

Taking time to consider the two all beef patties in a "free" Big Mac can make all the difference in saying the jingle within the four second time limit.



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