

Pure Pop

• Parietals Under Scrutiny

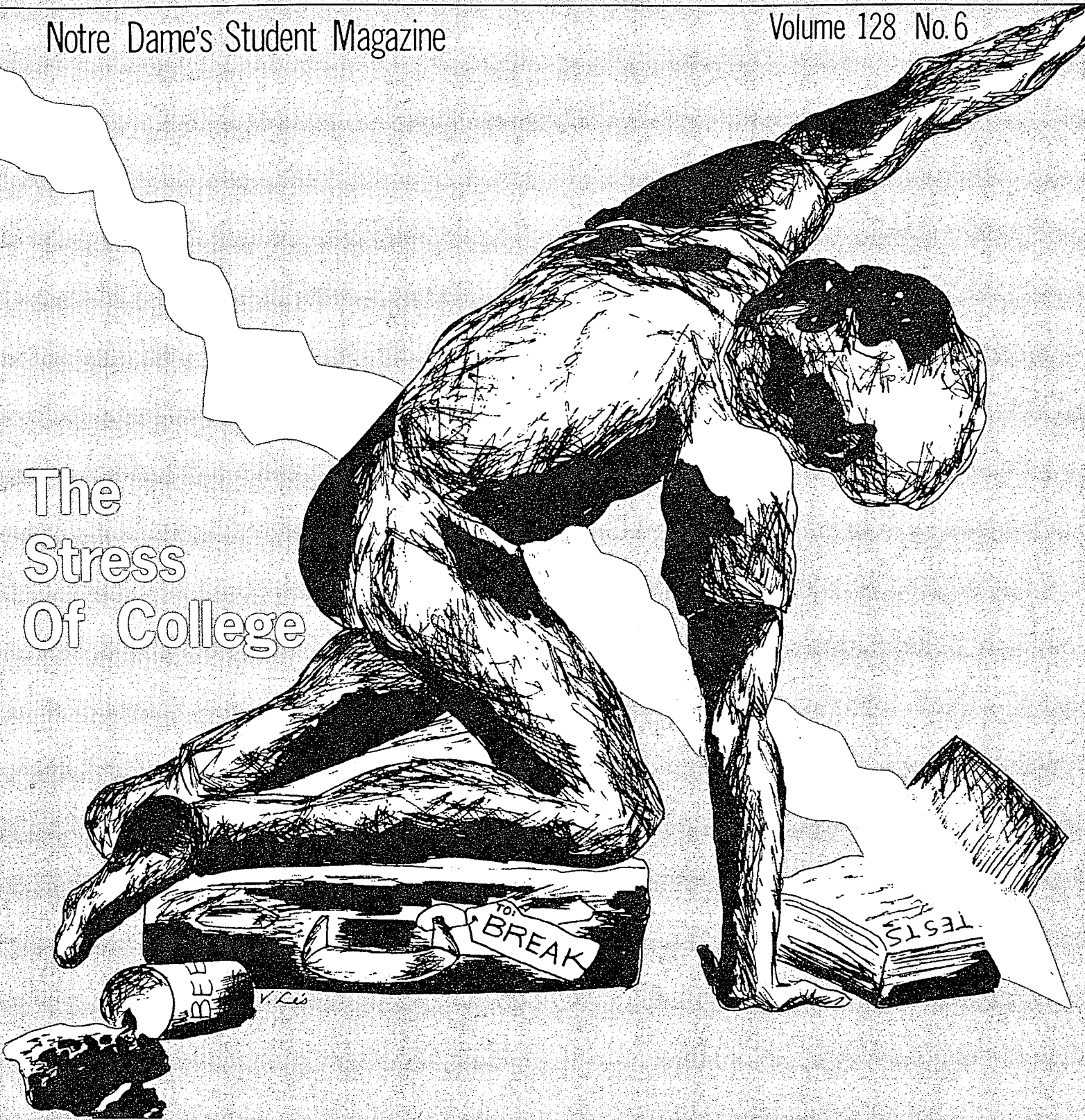
Scholastic

Notre Dame's Student Magazine

October 16, 1986

Volume 128 No. 6

The
Stress
Of College



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Volume 128, No. 6

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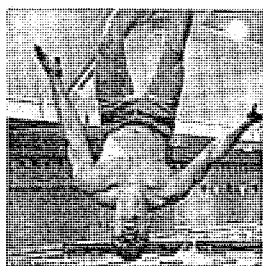


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Another Chance For Change

Once again, Notre Dame and Saint Mary's student governments have addressed the issue of parietals. Students at both schools have expressed a desire for evaluation of and possible change in parietals rules. Their proposals, however, have met with different results.

Last week the Saint Mary's Board of Governance and Programming Board voted down a proposal that would have eliminated the current requirement that all male visitors to Saint Mary's dorms leave their IDs at hall desks. It is significant that the student leaders themselves rejected this proposal.

A majority of the student leaders said that they felt the proposal did not adequately anticipate all the potential problems which such a change would bring. For instance, administrators who have offices in the halls might have been inconvenienced and security changes might have become necessary if the proposal passed.

Saint Mary's Student Body President Jeanne Heller said students will be polled this semester concerning their feelings about parietals, as they were at the end of last year. If students express a desire for a change in the policy, student leaders should reopen the debate on this issue. The problems with this recent proposal are not insurmountable; the solutions to those problems were not adequately researched this time. Future proposals should start with a survey showing student support, include thorough research and move through the proper administrative channels.

At Notre Dame, the Campus Life Council has delayed voting on a three-part student proposal concerning parietals until after fall break. The most controversial part of the proposal is a change in the wording of du Lac to lessen the punishment for overnight parietals violations. The other parts of the proposal would extend dorm visitation hours: parietals would begin each morning at 10 a.m. and on Sunday nights would extend until 12:30 a.m.

Student leaders have done admirable work on the parietals issue up to this point. They have thoughtfully considered the issues, expressed their opinions and have gone through the necessary channels to get their proposals passed.

But their work is not yet done. These leaders should take advantage of this delay and strengthen their proposal. It seems clear that the leaders know what they want as an end result, but the wording of the proposal has caused confusion. The next step is to regroup and eliminate any loopholes in their proposal. Then when the CLC meets again, the sensibility of the proposal will be evident.

The delay by the CLC is discouraging, especially in the light of the tabling of a similar proposal last spring. Nevertheless the door does remain open for change. And such change would be beneficial. Although not essential, the extension of visitation hours would improve the quality of student life. The lessening of the severity of punishment for overnight parietals violations would avoid potential injustices and bring the letter of the law in line with the spirit of the law. All three parts of the proposal should be approved.

Scholastic

Editor-in-Chief

Maher Mouasher

Managing Editor

Keith Harrison Jr.

Design Editor

Alex Peltzer

Production Manager

Matthew Bradley

General Manager

Phil Coghlan

Editorial

Larry Burke/Sports

Catherine Coffey/Departments

Frank Lipo/News

Greg Miller/News

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Layout

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Susan Serrato

Art & Photography

Bob Challenger

Tom Falvey

Maria Murphy

Steve Moriarty

Mike Napierkowski

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Because of midsemester break, Scholastic will not be published during the next two weeks. Publication will resume November 6.

The Scholastic staff wishes you a safe and restful break.

If you have an opinion about something in Scholastic, write us a letter c/o

Scholastic Letters

LaFortune Student Center

Notre Dame IN 46556

Letters to the editor must be typed and must include the author's name, address and phone number. Letters should not exceed 250 words in length.

Avoiding A Big Stink

Football games with morning kickoffs
show little consideration for students' schedules

By John Coyle



Forget about boycotting the Olympics for political reasons, blacklisting businesses in South Africa because of apartheid, or heaven forbid, refusing to patronize 7-Eleven on account of a couple of innocent porno magazines. Let's boycott something of real importance that's extremely detrimental to society: 11:30 a.m. Notre Dame football games.

Who's kidding whom here? To be at the game by kickoff you have to get up by 11:00. This is cruel and unusual punishment for the average college student on a weekend morning. Even prisoners are allowed to sleep in once in a while. On a normal Saturday, I don't roll out of the rack 'til about 12:15 and that's only so I can catch the last half of "American Bandstand."

If I somehow manage to motivate myself and rise from the dead, the scene is never pretty. You just know that the majority of the students are not going to have time to do something so unimportant as shower. Everybody just throws a hat on and waits for that magical, almost religious experience, when their 'do makes that transition from bed head to hat hair.

When you finally get to your seat

you quickly find that you are not alone in your shabbiness. Looking like the biggest grub-ball is the newest status symbol, and people are quick to brag about their unshowered state.

"I got home at three in the morning after dancing for two hours in a sauna of a basement with everyone spilling beers all over and I didn't even take a shower this morning," the guy next to you says with the mandatory, eyes at half-mast, cheesy smile.

He continues, though you wish he wouldn't, "I must be smelling pretty bad." You nod in agreement as you hold your nose, hoping he won't burp in your face for good measure.

By halftime the realization sets in that you have made a grave mistake and that life would be a whole lot cooler if you were back in bed. The noise from the band is doing nothing for your hangover, no one's really into the game and the normally faithful sea legs are starting to give out. This is definitely not fun.

Football was meant to be played in the afternoon. It is a social event and the stuff that goes on before kickoff is oftentimes more enjoyable than the game. Everything was fine and dandy before those jokers from ESPN and TEN Sports came along. But surely Notre Dame would never sell out for a few extra television revenue dollars. We are too righteous (or is it self-righteous?)

to do something like that.

Direct from the ever-popular "got a gripe, blame the alcohol policy" mentality, the possibility that maybe the alcohol policy is the root of the problem arises. If that's the cause, I say we show Ted how we feel about a.m. kickoffs by going out at four in the morning and drinking our collective face off. But if the director of

"Looking like the biggest grub-ball is the newest status symbol and people are quick to brag about their unshowered state."

psych services got wind of this we'd probably all be over there lying on a couch before we could say, "toss me another coldie."

No, the best solution is a very easy one, mostly because it requires no effort. The next time we have an 11:30 start, we'll put our little plan into action. When the band comes by your window and wakes you up, don't nudge your roommate and greet the new day, just roll over. That's right, just roll over and go back to sleep.

We'll show them. It will look pretty silly when the world's greatest student body is back home in bed instead of "cheer, cheer, cheering" for old Notre Dame. See if Ted and the fellas don't back down then. And even if it doesn't work at least there won't be 10,000 cheeseballs stinkin' up the stadium.

Break A Leg

Coaches who reprimand their players
should be on their guard against mishaps

A campus disc jockey has been fired by the University of California-Santa Barbara, according to the College Press Service, for playing a Lydia Lunch record.

The 15-minute record, "Wet Me in the Dead of Night," narrates the thoughts of a fictional couple during a "violent, anonymous sexual encounter." "It's one thing to introduce new ideas (and) broaden horizons," said KCSB station manager Malcolm Gault-Williams, who fired DJ Laurel Waco for playing the record, "but it's another to abuse our audience."

A lawsuit concerning the University of Detroit's use of a discriminatory grading system was settled recently, reported the Chronicle of Higher Education. The University must pay \$60,000 to 24 former students who are black. The school must also erase their tuition debts, allow them to reapply to the university, and make a statement endorsing affirmative action.

Godfrey Dillard, the lawyer representing the students, contended that although the settlement was small, it would serve as a warning to other institutions in similar circumstances. The students split a third of the settle-

ment, while Dillard received the remaining \$40,000. This could turn out to be the students' most important lesson so far in law school.

"College football coaches may start thinking twice about reprimanding their players," suggests The Chronicle of Higher Education. So far this season two coaches have suffered broken legs after colliding with players they had recently punished or lectured.

Five minutes after lecturing Daryl Robinson about skipping classes, the six-foot three-inch 235 pound linebacker "inadvertently" ran into Akron University coach Gerry Faust during a kickoff drill.

The second victim was University of North Carolina coach Dick Crum. Crum's tailback Dick Fenner was reprimanded after failing to board the team bus to the airport on time prior to the Kansas game and was consequently benched. A week later during the team's next contest, Fenner was shoved out of bounds by a Florida State player and fell on top of his coach, fracturing Crum's lower right leg. He will wear a cast for four to six weeks. Both players insist that the mishaps were unintentional.

\$2.5 million worth of World Series tickets were mistakenly sent to Allan Hancock College in Santa Maria, California, reported the College Press Service. The Fort Smith, Arkansas, printing firm of Weldon, Williams and Lick intended to send the 64,000 tickets to the New York Mets box office.

"I think this is better than (winning) the lottery," A.H.C. President Gary Edelbrock joked. "We have enough tickets for all of Santa Maria. We're going to New York!" Mets fans should be wondering if this is a bad omen.

Tragedies on campuses across the nation abound, reports the College Press Service. A University of North Carolina at Wilmington student drowned in a campus pool in full view of three lifeguards. A train killed two St. John's students who fell asleep on the tracks near St. Joseph, Minnesota. A Greensboro (N.C.) College freshman was electrocuted while trying to retrieve a frisbee. San Diego State police reported the third on-campus rape in two weeks.

In addition, Delaware police found a University of Maryland student shot to death in a state forest. Sources speculated that the student, apparently doing botany research on her own, was killed accidentally by hunters in the area.

Feeling the Pressure

By Kyle Olinger and John Peric

College is often a stressful environment
but the effects of pressure can be alleviated



It's 4 a.m. and Terry is struggling with his calculus. On his desk sit several cans of Mountain Dew, a cold, half-eaten Naugleburger and an overused calculator. Over and over, he reads the same theorems, studies the same integrals.

"I have to do better," thinks the student in his never-ending quest for that elusive grade. "What would the graduate schools think? What about my friends? My family? My girlfriend?" Visions of an uncertain future begin to cloud the picture. Terry has tumbled into that deep abyss that all students, at one time or another, have fallen into: stress.

Stress not only has an affect on students' grades, but also affects their personality, attitude, and ultimately their lives.

"Stress is a mismatch between our expectations and what our environment can deliver," says Dr. Robert S. Eliot in Chicago magazine. Eliot, whose specialty is teaching people how to control this mental enemy, is the founder of the preventive and stress medicine program at the University of Nebraska Medical Center.

"Stress is a modern epidemic. . . There are 40 million Americans with high blood pressure, and

stress is a precipitatory, sustaining and aggravating factor in this potentially fatal condition." Stress is a mental disorder that not only affects our thinking processes, but also our physical well-being. In a complex world of changing technologies and new ideas and different social problems that affect us all, it is no wonder that more and more people are beginning to feel their stress catching up with them.

There are many reasons for the stress present among students. For

Stress not only has an affect on students' grades, but also affects their personality, attitude, and ultimately their lives.

the freshman, trying to adapt to a new surrounding, different people and harder courses becomes a source of great anxiety, tension, and fear.

In one sense, students at Notre Dame and Saint Mary's are sure candidates for stress. They have high expectations for achievement, based on accomplishments in high school. According to the Saint Mary's College catalogue, 50 percent of recent entering freshmen were ranked in the top one-fifth of their graduating class and 30 percent were in the top tenth.

Of the 1986 freshmen at Notre Dame, 35 percent were ranked among the first five students in

their high school class, according to Notre Dame's 1986-87 Fact Sheet. 75 percent were in the top tenth and 92 percent in the top fifth. The competition when these extremely successful high school graduates are thrust into a pool far more competitive than they've ever experienced. The self-applied pressure to do well can be intense.

"When I slept through a Calculus 125 test as a freshman," junior Teri Hanley recalls, "I broke down completely. I was told that I couldn't take the exam over. I didn't know what to do."

Junior John De Souza, was originally an engineering student and is now a business major. He too attests to the amount of stress which freshman face.

"My most stressful course was 'Emil, (Chemistry 115-116)," he says. "I remember spending twice the amount of time studying for Emil as some of my friends, and getting only half the score."

No matter what major a student chooses to pursue, once he gets involved in college studying, stress undoubtedly becomes a part of his life. It is apparent in an architecture student feverishly trying to put a design together in his head and transfer it onto draft paper in the basement of the architecture building.

Stress is on the faces of ten business majors in a dorm hallway figuring out a managerial economics problem at 3 a.m. Students in

every major have to deal with the stress of deadlines and exams; there is no student not prone to stress.

Most often physical symptoms act as a warning sign for the trouble lurking within the person.



"The signs of stress are familiar and troubling: anger, anxiety, and sleeplessness," says Eliot. "Along with these symptoms come headaches, muscle tension - maybe a backache." People may be unconscious of the effects of stress, but very often their bodies tell the story.

"I usually wasn't able to sleep before an orgo test," pre-med major Robert Burke recalls. "Usually big tests get me stressful. If my next test score decides my semester grade, no doubt I'll be a bundle of nerves beforehand."

Many students can sympathize with Rob. At one time or another, all students have felt that fear of an impending test. College students are targets for "stress attacks." All students will at some

point undergo a stressful situation in school. Grades, curves, class competition, romantic trouble, and du Lac contribute to the growing mental instabilities that hurt the intellectual status of students.

In order to deal with pressure, students must first acknowledge that they have some form of stress. "On a scale of one to ten," Robert Burke says, "I'm around a five or a six. Some things get me more stressed out than others and it changes according to the tests. It depends on the kind of test and the work load that accompanies the studying. That's where stress comes in."

Secondly, students must somehow find a way to deal with the problem. Dr. Eliot says that "you need to know how to gain that sense of control. Stop struggling with fantasy and the pain of unrealistic expectations. Let go of stress." He warns that by taking too much control, however, people create a new form of stress - how not to lose that control over themselves.

"I'm usually worried about goals," junior science major Mike Murray admits. "I'm usually worried about my grades, and that puts me in a vicious cycle because I go from one subject to another without a break."

The most important way to alleviate stress is through relaxation and exercise. To relieve mental tension, students should try some sort of relaxation. It could even be just closing the eyes and breathing rhythmically in a quiet room for 15 minutes, as Eliot suggests. Students can substitute anything that they think will best relax them. One way of relax-

ing is music.

"I usually play loud music that has a hard bass line," says Teri Hanley. "The music reflects the intensity of the work load I have to get through. It keeps me more in control of stress. You can't play Sade when you're relieving stress. I'd probably play Led Zeppelin or Rush."

By relaxing the mind, students can better relieve the tension of studying for or surviving a test. Some feel that physical exercise is very important in relieving stress.

"After playing, say, football," Robert Burke says, "I gradually become more capable of studying. A physical game wakes me up both physically and mentally, and I'm able to cope with the course-load with a fresher mind and attitude."

Most important, especially in the case of students, is peer acceptance. Friendships relieve the anxiety of school. Going places, attending hall activities, playing interhall sports, donating time to other worthy causes, all have the benefit of relaxing a person.

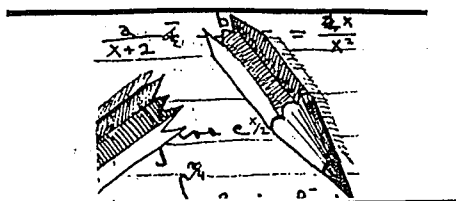
Mike Murray, who disagrees with Hanley's taste in stress-reducing music, says: "Usually I'll listen to mellow music, kick up my legs onto the table, drink a couple of 'brew-has' and talk to friends. What could be more relaxing?"

No matter what activity the student chooses to relieve stress, this relief is ultimately necessary for a successful and satisfying college career. The pressures of college will not relent and will continue to induce stress in all students. Only the student who is aware of the effects of these pressures will both overcome stress and master the challenges of college life.

Blowing Off Steam

By Paula Abowd

The best way to relieve the effects of stress
is by using imagination and initiative



Glaring fluorescent lights, vacant chairs, unplugged typewriters, closed books and crumpled papers decorate the familiar study lounges of most dorms. On a classroom blackboard, scribbled in yellow chalk, the mood of many students on campus is expressed: "What is sleep? Does anyone know what it is? I wouldn't because I get such a small amount of it here."

Amidst a swarm of assignments, quizzes, reading assignments, examinations and papers, calls for help can be heard all across campus. There is no group that escapes it: freshmen, sophomores, juniors and seniors alike eventually encounter a stressful situation caused by academic demands. Students face a variety of crises every day.

Susan is a classic example. At three o'clock in the morning she realizes that not only is the ten-page paper due at eleven o'clock incomplete, but that she is also equally unprepared for the eight

o'clock statistics test she is scheduled to take in a class of very competitive and bright students.

Whether trying to decipher a complex math problem or dodging that clinging SYR date, students constantly struggle with rising levels of stress. Searching for a type of relief from stress is a serious concern for most students at Notre Dame.

Anxiety runs high for students of all majors. Living space can be cramped, the dining hall cuisine less than tasty, the social life limited - especially for those underage - both on campus and in South Bend. Add to this academic requirements, extracurricular commitments as well as time to sleep and the potential for stress increases.

Do something different; on a campus flooded with new facilities, alternative means of coping with stress wait to be tested.

Finding places to relieve such stress, however, especially on campus, may seem almost impossible at first. Just to "blow off" for a while is easy; watching television, talking with friends or listening to music are common ways to relax a little. But there are times when more drastic measures are called for, times when the urge to burn all books or strangle a roommate becomes overpowering.

Although the campus is like a second home to most students, it is also the site of some of our most stressful situations. Students like Cindy find themselves consumed in an endless battle to make the grade. For many the relief from such pressure may be exercising, eating, commiserating with a friend or making an extended long-distance phone call home to Mom and Dad.

Maureen has established several methods to relieve stress, following the advice of her mother, who suggests trying to do something fun each day. This can mean watching a favorite television show, reading a magazine, or "running in the rain without an umbrella."

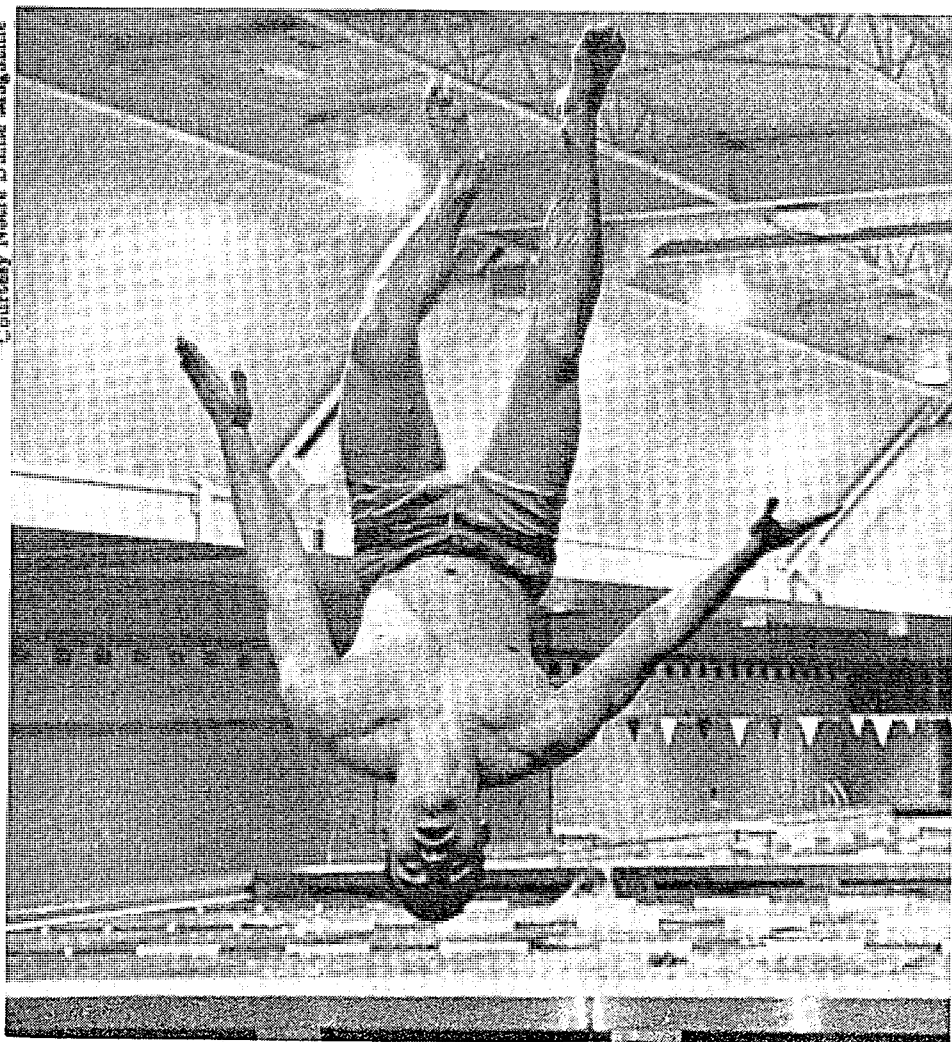
It is important to stay in touch with the outside world. Take the time to read a major newspaper or just write a letter to a friend and step outside the concerns of your own little world. Blast a favorite album. Do something different; on a campus flooded with new facilities, alternative means of coping with stress wait to be tested.

Take advantage of the outdoors. Grab a take-out lunch from the Deli (temporarily located in South Dining Hall) and picnic by one of the lakes. Feed the ducks or just go for a walk or a jog and take time to really look at the picturesque surroundings of the Notre Dame and Saint Mary's campuses.

Explore some of the intriguing-looking buildings on campus that you pass by in haste on the way to your next class. Visit the Snite Museum, which houses an extensive and impressive art collection. See a movie there or elsewhere on campus, or go off campus for a flick.

Physical activity is a method of stress relief highly recommended by doctors. Practice your figure eights at the ACC ice rink. Relax those aching and tense muscles at the pool. Climb into one of the racquetball courts at the 'Rock' and release some anxiety. Put some swing into your day and play a round of golf. A simple game of midnight basketball may work for you as a stress reliever.

Courtesy Notre Dame Magazine



Swimming is one soothing way to relieve the effects of everyday stress.

If you're not in the mood to exercise, try out some of South Bend's offerings. Treat your sweet tooth to some refreshing Yogi's Yogurt. Swirl some spaghetti at Tina and Joe's Restaurant. Dive into a luscious hot apple pancake at the Original Pancake House. Down a dog at Frank's Red Hots. Make your ultimate challenge for the night to eat pizza at Bruno's without having cheese slip down your chin. In addition to these suggestions there are numerous other eateries to test.

If you feel domestic, rearrange your room. Bake your buddies some cookies or treat yourself to some of your own creations. An even quieter approach could soothe frazzled nerves. Light a

candle and say a prayer at the grotto. Attend an evening Mass or prayer service. Visit Sacred Heart Church or anywhere quiet and take a few minutes to sit and think about pleasant memories.

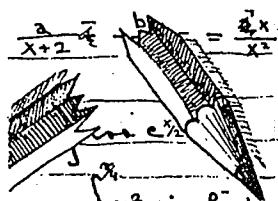
Maybe these suggestions are too conventional for you. Try getting a wild haircut. Find a shorter route to the golden glow of a Hawaiian vacation by hitting the tanning salon.

The most important guideline to use when combating the effect of stress is imagination. Find an activity that will take your mind off of what's causing stress, even if it's only for a short time each day. Remember that college should mean more than just good grades.

Too Much Stress: Losing Control

By Kathleen McKernan

Doctors say stress can be a factor in problems such as alcoholism, eating disorders and even suicide



Suicide Prevention - they put me on hold."

"And after I started counseling," he continues, "I'd walk home from the sessions and the con-

is not entirely uncommon at Notre Dame.

Other self-destructive reactions are common as well, although they may tend to be somewhat less

Michael had a few problems last spring. For one thing, his car kept breaking down. And while his thoughts turned to romance, it became clear that the object of his affections had been unintentionally manipulative and was otherwise uninterested. In a final blow, his best friend from home suffered a violent death.

"It was awful," he says. "I seriously considered suicide. Looking back on it, it's almost funny the irony of the situation. I mean, I did start counseling (sessions) after Mark died, but I would call the Psych Services Counselline for the suicide tape, and it wasn't working. It was like that line: 'I called

cerned Notre Dame students with nothing better to do would yell insults out their dorm windows. It was just a really bad situation."

Michael's reaction to the stress was extreme. He immediately thought of suicide. His reaction, although it may not seem typical,

final, and considerably less direct. Alcoholism and the eating disorders of anorexia nervosa and bulimia are also related to stress. While the problems may not be exclusively related to stress, stress plays a role in the manifestations of these disorders.

"There are many reasons certain disorders come out in students. It is difficult to attribute problems to one cause only."

-- Dr. Patrick Utz

"There are many reasons certain disorders come out in students," explained Dr. Patrick Utz, director of the University Counseling Center. "It is difficult to attribute problems to one cause only, as is apparent with eating disorder problems. Some reasons, however, do become clear.

Utz explained that bulimia and anorexia are predominantly, although not exclusively, female disorders. "First of all, society's overemphasis on the external variables of appearance affects the way young women relate to food and increases the likelihood of eating disorders. Secondly, stress does activate negative coping strategies.

"Thirdly, a person's personality affects the way she handles the situation," Utz continues. "And finally, the way family and other significant others cope with stress sets up a model."

Last week, Dr. David M. Garner, one of the foremost experts in the field of eating disorders, spoke at Saint Mary's College on the subject of eating disorders. While the majority of his talk centered on the problems of eating disorders as related to a culture that holds a distorted ideal for the female figure, Garner echoed Utz in his assessment of the reasons for the problems.

"The problem is not strictly a cultural disorder," Garner says. "If it were, there would be a lot more people walking around with eating disorders. Stress doesn't cause bulimia. But stress in the presence of depression, negative body image and low self-esteem can easily contribute to the situation.

"It becomes necessary for the



eating disorder patient to learn how to control the social pressure," Garner adds. "And, when the average weight of a centerfold goes down almost in inverse proportion to the rise of the average weights of the general population, it's very difficult."

The bulimic eating disorder patient, who purges themselves of the food they eat by inducing vomiting or abusing laxatives, tends to have a negative body image and a predilection for consoling themselves in stressful situations through food. The bulimic is much more likely to have their condition aggravated by stress than the anorexic, who gains satisfaction in self-denial.

But how common are eating disorders at Notre Dame?

"Well, the honest answer is that we don't know," Utz says. "Among our students, I would imagine that we're a little above the national average - only because of socio-cultural factors such as the emphasis on looking good at this age, and parental pressures."

Notre Dame also beats the national average in cases of alcohol abuse - to the best estimations of the University Counseling Center.

"That's really a traditional thing here," Utz admits. "Alcohol is clearly an area in which we are above the rest."

continued on p. 14

Notre Dame

FILMS:
 "A Streetcar Named Desire"
 Engineering Auditorium
 Oct. 16 at 7, 9:15, 11:30 p.m.
 \$1
 "The Sword Ship"
 Library Auditorium
 Oct. 18 at 7 p.m.

SPORTS:
 Pep Rally
 Stepan Center
 Oct. 17 at 7 p.m.
 Notre Dame vs. Air Force
 Notre Dame Stadium
 Oct. 18 at 11:38 a.m.
 WWF Wrestling
 A.C.C.
 Oct. 20 at 8:00 p.m.

Chicago

CONCERTS:

Tom Jones
 Holiday Star Theatre
 I-65 & US 30 in Merrillville, IN
 Oct. 16-18 at 8 p.m.
 \$18.95

Johnny Mathis & Dionne Warwick
 Chicago Theatre
 175 N. State Street
 Oct. 16-22 at 3 p.m.
 \$9.90 - \$29

Monteith and Rand
 Ramsey Auditorium
 Kirk Road, Fermilab
 Oct. 18 at 8 p.m.
 \$7

Donnie and Marie Osmond
 North Central College
 310 East Bennton Ave.
 Oct. 17 at 8 p.m.

Richard Thompson
 Park West
 322 W. Armitage
 Oct. 20 at 8 p.m.
 \$13.50

Jimmy Johnson
 Blue Chicago
 937 N. State
 Oct. 17, 18 at 9 p.m.
 \$2

Magic Slim and the Teardrops
 B.L.U.E.S.
 2519 N. Halsted
 Oct. 17-18 at 8:30 p.m.
 \$4-5

Skip Gripparis
 Zanies
 1548 N. Wells
 Oct. 22 at 7, 9, 11 p.m.
 \$8

Tokyo Art Dealers
 Gaspars
 1359 W. Belmont
 Oct. 16 at 9 p.m.
 \$4-8

Reaction
 Gaspars
 1359 W. Belmont
 Oct. 17 at 9 p.m.
 \$4-8

Buddy Guy and Junior Wells
 P.J. Flaherty's
 2535 W. 95th
 Oct. 17 at 10 p.m.
 \$2-5

Vanessa Davis Band
 P.J. Flaherty's
 2535 W. 95th
 Oct. 18 at 10 p.m.
 \$2-5

THEATRE:

"Amadeus"
 Apple Tree Theatre Company
 770 Deerfield
 Oct. 16-18 at 8:30 p.m.
 \$12

"Art, Ruth and
 Briar Street Th
 3133 N. Halsted
 Oct. 16-17 at 8
 \$15

"Highest Stand
 Organic Theatr
 3319 N. Clark
 Oct. 16, 17, 22
 Oct. 18 at 9:30
 \$14-17

"Shear Madnes
 Mayfair Theatr
 636 S. Michiga
 Oct. 16, 17, 22
 Oct. 18 at 9:30
 \$15-18

"Union Boys"
 Wisdom Bridge
 1559 W. Howar
 Oct. 16, 17, 22
 Oct. 18 at 3, 8
 \$15-18

DANCE:

Chicago Dance
 Columbia Coll
 4730 N. Sherid
 Oct 17-18 at 8

Lauri Macklin
 MoMing Dance
 1034 W. Barry
 Oct. 17-18 at 8

MUSIC:
 David Lines: Organ Recital
 Sacred Heart Church
 Oct. 16 at 8:00 p.m.
 Faculty Chamber Music Recital
 St. Mary's Little Theatre
 Oct. 16 at 8:00 p.m.

ART:
 "American Master Photographers"
 Print, Drawing and Photography Gallery
 Snite Museum of Art
 Oct. 16-19
 "Piranesi: Prints From the Indiana Collection"
 O'Shaughnessy Gallery East
 Snite Museum of Art
 Oct. 16-22

Compiled by Rich Corsetto

Michiana

Indianapolis

FILMS:

"The African Queen"
 IUSB Little Theatre/Recital Hall
 1700 Mishawaka
 Oct. 18 at 8 p.m.
 \$1.75

"The Prince and The Pauper"
 IUSB Little Theatre/Recital Hall
 1700 Mishawaka
 Oct. 19 at 2 p.m.
 \$1.75

"Nashville"
 IUSB Little Theatre/Recital Hall
 1700 Mishawaka
 Oct. 19 at 8 p.m.
 \$1.75

THEATRE:

"A Thousand Clowns"
 Firehouse Theatre
 701 Portage
 Oct. 16-18 at 8:30 p.m.

"The Magic Arrow Boy"
 Colfax Cultural Center
 914 Lincoln Way West
 Oct. 16 at 10 a.m.

"On The Razzle"
 IUSB Northside Hall
 1700 Mishawaka
 Oct. 17-18 at 8:15 p.m.

MUSIC:

The Intimate P.D.Q.
 Sponsored by the Elkhart Concert Club
 Elkhart Memorial High School
 Oct. 16 at 7:30 p.m.

Faculty Recital & Art Exhibit
 Science Building Octorium
 Bethel College
 Oct. 17 at 8 p.m.

THEATER:

"A Chorus Line"
 Beef And Boards Dinner Theater
 9301 N. Michigan
 Oct. 16-22 at 8 p.m.

"Bewitched, Bothered & Bewildered"
 Indiana Repertory Theater
 140 W. Washington
 Oct. 16-17 at 8:30 p.m.
 Oct. 18 at 8 and 10:30 p.m.

ART:

"Gary Justis: Electrokinetic Sculptures"
 Patrick King Contemporary Art Museum
 427 Massachusetts
 Oct. 16-22

"James L. Cunningham: New Paintings"
 Cunningham Gallery
 314 Massachusetts
 Oct. 16-22

"African Arts: Masks to Sculpture"
 Atrium Gallery
 36 S. Pennsylvania
 Oct. 16-22

CLASSICAL:

Indianapolis Symphony Orchestra
 Circle Theater
 45 Monument Circle
 Oct. 17 at 8 p.m.

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 line with performance schedules
 (312) 977-1755

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 concert information (312) 666-6667

STRESS - WHAT TO WATCH FOR:

- 1) When people anticipate or experience physical or psychological pain, they are likely to experience stress.
- 2) The more life changes a person's experiences during a given period of time, the greater the probability of stress.
- 3) As the level of stress increases, the more likely it is that personality decompensation will occur.
- 4) The fewer social supports a person has, the greater the stress he or she feels in a potentially dangerous situation.
- 5) The more limited the number of available coping responses in a threatening situation, the greater the stress experienced.
- 6) The greater the ambiguity or suddenness of the situation, the greater the potential for stress.
- 7) The amount of stress that an individual experiences depends very much on the emotional characteristics of the individual.

Source: University Counseling Center

University Counseling Center's Dr. Timothy Onkka believes that there has been an increase in academic pressure. He observes that before 1970, any college degree would insure a hopeful future; after that year, more people began looking for fewer jobs and an incredible amount of competition emerged.

"Many people felt," Onkka says, "that the competition for jobs justified the intensified competition to excel and succeed. That may be a legitimate reason, but something was lost - learning for learning's sake."

Stressors brought on by cultural and personal factors cause difficulties for Notre Dame students, and students in general, but academic pressures arguably cause the greatest stressors here, a fact which is revealed through the idea that it causes the most serious difficulties among students.

"For all suicide cases we encounter academic pressure is at least part of the problem," Utz says. "It's the dominant factor in at least 50 percent of the problems. It's clearly an issue. Some people

don't realize the academic pressure."

For those who become depressed to the point of suicide, there are a few things that counselors try to do with the suicidal patient in order to discourage a suicide.

"It's imperative that the suicide patients realize a couple of things," says Barbara Berebitsky, a case management worker at the Madison Center. "There's lots of hope in life. It's not an either/or situation. It's not 'I have to be with this person or die.'"

"It's not, 'I have to get five A's,'" Schrieber adds. "It's not just stress that leads to suicide. It's an attitude of people who feel they can't succeed, people who feel that they're not doing as well as they should be or they can, people who have little self-confidence. When people get that stressed-out, they aren't thinking clearly. That's when the option of suicide gets into people's heads."

As far as suicide at Notre Dame goes, a graduate student and his wife killed themselves after his dissertation was rejected. Utz has the view that the Notre Dame

continued from p. 11

The tradition Utz speaks of may influence student attitudes towards alcohol. Some students use alcohol to relax on weekends. Alcohol for relaxation may be common, but some counselors take a hard-line approach on the issue.

"On the issue of drinking for fun," Sally Schrieber, a social worker at South Bend's Madison Center, says, "it may be fun, but what are you trying to escape from?"

In the case of students, what they are most often trying to escape from, to use Schrieber's terms, is academic pressure.



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community reflects national trends, and therefore some incidents are to be expected here.

"Suicide and suicide attempts have increased nationally," Utz says, "and while we are better here as far as overall rates go, it's reasonable to expect that we could see an increase here. In this Catholic college, suicide takes on an added moral aspect. We've been well below the rates of the last ten years."

Officials are often unwilling to talk about suicide among students - and with reason. Statistics show that after television programs on suicide or after a suicide in a community, the general rates of a population tend to go up. Even when an attempt at increased awareness of preventive measures is the goal of media coverage, it seems that any amount of attention

increases the romantic aspects attributed to suicide.

Michael recovered from his crisis. The car still doesn't quite work all the time. And while the young woman has not changed her perspective, he has found other

Utz sympathizes with Notre Dame students like Michael who have incredible outside stressors in addition to their workloads, and he feels that the majority who undergo even large amounts of stress handle it well.

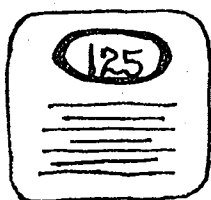
Notre Dame also beats the national average in cases of alcohol abuse - to the best estimations of the University Counseling Center.

company. He still thinks of his best friend - but it has been a while now. There's no longer the urgency.

"I'm not considering it anymore," he says. "Not to say that maybe someday it wouldn't come up again, but now I can't really consider it an option."

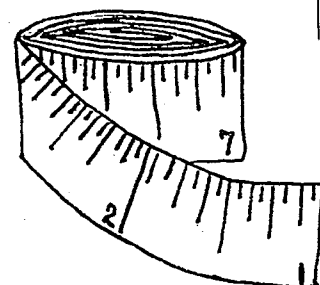
"I'm very impressed," Utz says. "We have a student body who is under significant pressure. Overall, we recruit and have intelligent, highly motivated students here. We ask a lot of them: academics, volunteerism, commitment to the university. They respond magnificently."

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DATE : THURSDAY, OCTOBER 30, 1986
TIME : 8:00 P.M.
PLACE : CENTER FOR SOCIAL CONCERNS
PRESENTOR : JOAN EBBITT, MSW, PROGRAM DIRECTOR
OF PARKSIDE LODGE, CHAMPAIGN/URBANA

Successful Sounds

Smiths' new album shows emotion and idiosyncrasy while Fogerty's puts distance between himself and CCR

By Melchizedek
& Jones

Pure Pop



The Smiths' newest record, *The Queen Is Dead*, is idiosyncratic and often offensive, but the album as a whole is interesting, amusing and successful. A delicate and soft-edged sound merges with Morrissey's distinct vocals and morbid lyrics to make the band's sound unique.

But some songs on this record are just plain bad. "Frankly Mr. Shankly" has a slow, boring instrumentation that allows Morrissey's vocals to degenerate into inconsequential whining. Other songs just don't translate well onto vinyl, although the lyrics themselves have value.

The best song on the record, and possibly of the year, is the morbid "There Is a Light That Never Goes Out." The deft bass line, strumming guitars, and mystical flute and string music combine with images of Morrissey and his date, as it were, getting smashed by double-decker buses and ten-ton trucks to create a transcendent pop song.

Morrissey's ironic vocals are great on "Big Mouth Strikes Again" when he coos, "Sweetness I was only joking when I said/By rights you should be bludgeoned in your bed." Perverse, perhaps, but funny anyway.

The last song on the record, "Some Girls Are Bigger Than Others," is representative of the Smiths' signature style. Straight-forward music and idiosyncratic vocals sing of the strange concern that "some girls' mothers are bigger than other girls' mothers." Despite, or perhaps because of the somewhat appalling innuendo present here, the song is intriguing. In its mixture of hits and misses, so is the album.

"Morrissey's ironic vocals are great on 'Big Mouth Strikes Again' when he coos, 'Sweetness I was only joking when I said/By rights you should be bludgeoned in your bed.' Perverse, perhaps, but funny anyway."

John Fogerty's second album, *Eye of the Zombie*, is also worth a listen. Though by no means a great album, it continues the same admirable if uneven effort of last year's record *Centerfield*.

The first song, "Goin' Back Home," is by far his most unusual.

It consists of a plodding Gregorian chant overlaid with a graceful, intense guitar line that punctuates the music's solemn mood with feeling. The odd construction of the tune works.

The rest of the album is spotty. On some songs Fogerty seems to be trying too hard to distance himself from his former band Creedence Clearwater Revival and its sound. "Headlines" seems like material from *Survivor* or *Triumph* or some other inept crew. It screeches to no avail. And the song "Violence is Golden" is all but unlistenable. It is the sort of music whose sole reason for existing is to have its lyrics printed on the inside sleeve. Definitely the low point of the record.

There is much right with this album. The lilting "Knockin' On Your Door" and the gentle "Sail Away" are wonderful, inventive tunes. "Eye of the Zombie," the title track, moves the artist away from the CCR sound while still managing to sound like John Fogerty's characteristic biting sound.

And when he does decide to sound like his old group - on "Change in the Weather" - it is a deft return to form that reminds one of some of CCR's last moments. This album's a good one, an adequate successor to "Centerfield," and, hopefully, a sign of more to come.

"Pure Pop" is written by "now people" Sean Callahan and Tom Szromba.

A Taste Of Mishawaka

By Eric Cruz

Francesco's offers fine dining along the river,
serving hearty Italian fare in a family atmosphere

A renovated house, a veranda, great hospitality, comfortable decor and great food add up to an excellent restaurant - Francesco's. Nestled into a quiet residential area in Mishawaka, this restaurant creates outside and inside dining areas that promote relaxation and comfort.

Francesco's serves an exceptional variety of appetizers, salads, soups and entrees. Made with mozzarella cheese, ham, black olives, green peppers, lettuce and tomatoes, the antipasto appetizer is pleasing to the eye as well as the tastebuds and is a reasonable \$3.95 a plate.

Fresh vegetables sprinkled with pepper and homemade Italian dressing make the salads another superb choice. Also provided for

"The dim lighting and the classic red and black decor are very soothing and the friendly waiters and waitresses make patrons feel right at home."

\$1.50 is garlic bread, prepared the real Italian way, served hot and crunchy.

On to the entrees. Francesco's offers traditional meals, Italian

sandwiches, pizza and seafood. As a main meal, the Spaghetti Allogio e Olio is a quality choice. The spaghetti, neither too wet nor overcooked, is combined with a mixture of oil, parsley and garlic that is just right. Not too much oil, not too much parsley, not too much garlic.

More traditional dishes also invite the famished. Two large mouth-watering pieces of breaded veal covered in spicy tomato sauce and mozzarella cheese just wait to be devoured. However, one should be warned that a large amount of pasta, also covered with the spicy

"Francesco's offers traditional meals, Italian sandwiches, pizza and seafood."

sauce and cheese, comes with the meal. The dish itself is enough to satisfy the healthiest of appetites and comes at a cost of only \$8.50.

For a slightly different entree try Seafood Canneloni, made with pasta shells stuffed with shrimp, crabs, and sauce and covered in white clam sauce.

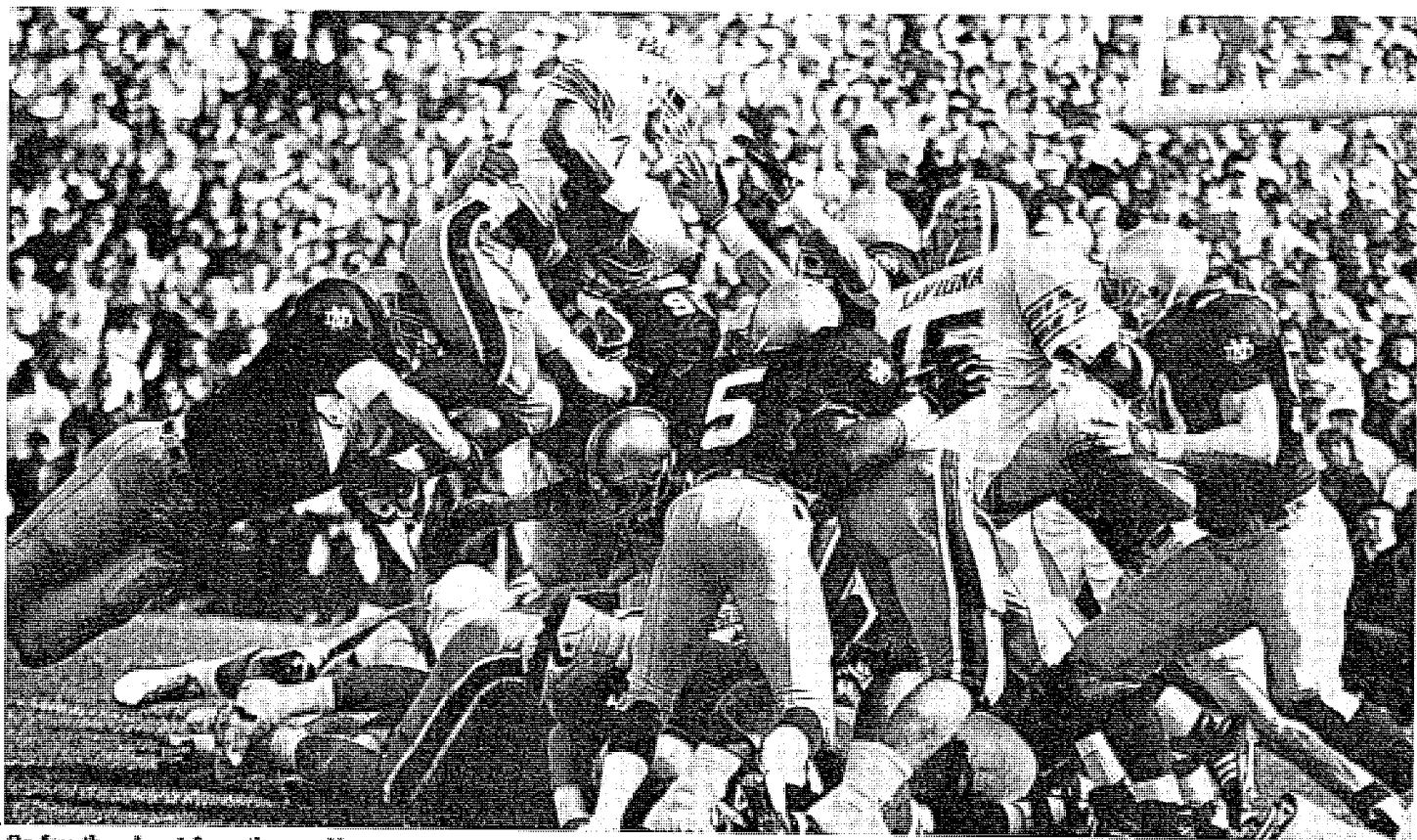
If there's room in your stomach for dessert, sample Francesco's cheesecake. There are two irresistible varieties: cappuccino and amaretto, each of which is sold for \$1.95. Also on the menu are Spumoni and Calzone, but the cheesecake is more highly recommended.

Aside from the usual soft drinks, the restaurant offers cappuccino, espresso, and Cafe Francesco, as well as imported spring water. Reasonably priced wines from California, Italy and France are also available.

Francesco's offers a cozy and enjoyable environment. The dim lighting and the classic red and black decor are very soothing and the friendly waiters and waitresses make patrons feel right at home. Also contributing to the atmosphere is Francesco Catanzariti and his family, who own, cook for and manage the restaurant. This

family-centered unity extends into the dining room and makes the customer feel as if he is part of the family.

Francesco's, located at 1213 Lincolnway West, is open Monday through Thursday from 11 a.m. to 10 p.m., Friday from 11 to 11, and Saturday from 5 to 11. The restaurant is closed Sundays. Parking may be a problem, especially on the weekend when business is at its peak. Francesco's does not take reservations. It is not uncommon to wait in line for a table. However, the combination of ambience, decor, friendliness, quick service and excellent food make Francesco's worth the wait.



On fourth-and-goal from the one, Notre Dame's defense stopped Pitt's Charles Gladman short of the goal line to keep the Irish within one point.

Breaking The Streak

By Larry Burke

Against Air Force on Saturday, Notre Dame will try to get back on the winning track and to end the Falcons' recent dominance

It seems only fitting that the Falcons of the Air Force Academy will visit Notre Dame Stadium Saturday. If the 1-4 Irish need any extra incentive to win, they need only consider that the Falcons will be gunning for their fifth consecutive win over the Irish. Air Force has managed to defeat Notre Dame each of the past four years, twice blocking field goals to do it. So after four straight losses, do the Irish feel like they owe Air Force one?

"Right now, we owe *anybody* one," said senior quarterback Steve Beuerlein, after the Irish had suffered loss No. 4 last Saturday, a 10-9 heartbreaker to Pittsburgh.

"Especially Air Force," said Beuerlein, "because they've beaten us the past four years. But we're looking to come away with any victory we can. With the kind of close games we've been losing, it's been especially frustrating."

Putting an end to that frustration is the primary motivating factor for Lou Holtz and his Irish this Saturday. Notre Dame's 1-4 start is its worst since 1962, and the Pitt game marked Notre Dame's third narrow loss of the season. It also was the second time this year that the Irish lost a game in the final minute on a missed field goal. This time John Carney's 38-yard attempt missed by inches and the Irish came up empty.

Another on the list of motivating factors for Saturday's game is the desire to keep Air Force from becoming only the third team in history to defeat the Irish in five straight seasons. Since Notre Dame football began in 1887, the only two teams to ever have accomplished that feat are Michigan State (1959-63) and USC (1978-82).

For the 5-1 Falcons, the game provides an opportunity upon which Head Coach Fisher DeBerry would dearly love to capitalize. DeBerry is 2-0 against Notre Dame, and he is well aware that the Falcons' recent win streak has been a key factor in Air Force's move toward national prominence.

"Beating Notre Dame four in a row has brought a lot of recognition to our program," DeBerry said. "Only two teams have ever beaten them five consecutive times, so that will provide great incentive for our young men. But so far beating Notre Dame has brought some focus on our program, and beating them has enabled us to attract better football players."

Still, Air Force's recent mastery over Notre Dame has been somewhat of a mystery. The Falcons never seem to match up well with Notre Dame on paper, yet they have given the Irish all they could handle over the past four years.

But much of Air Force's recent success against Notre Dame can be attributed to more than luck: a well-disciplined wishbone offense orchestrated by quarterbacks such as Marty Louthan (1982-83) and Bart Weiss (1984-85) has led to the streak. The option attack has given the Notre Dame defense fits, and has enabled the Falcons to average more than 300 yards rushing in the last four games of the series.

But the Notre Dame defense, which was a strong point in the Pitt game, appears ready to meet the challenge. The Irish mounted an impressive goal-line stand midway through the second half to keep Notre Dame within one point. For the afternoon, the Irish defense allowed 23 net rushing yards on 32 carries. But Pitt doesn't run the wishbone.

"Notre Dame has good speed in the defensive secondary with (cornerback) Troy Wilson and (free safety) Steve Lawrence," DeBerry said. "Those are players who have played against the wishbone before. But this season, Notre Dame has not played against a wishbone team per se, although Michigan did line up in the wishbone at times against them. But that situation presents some

questions for us about how Notre Dame will line up against our offensive scheme."

Junior quarterback Jim Tamallo directs the Falcons' wishbone this season. Tamallo has thrown just 31 passes, completing 17 for 346 yards, two touchdowns and three interceptions.

As usual, the running game is vital to Air Force's attack. The workhorses are senior fullback Pat Evans (114 carries for 458 yards and five touchdowns) and senior halfback Marc Munafo (72 rushes for 348 yards and five touchdowns).

"You can't help but get the feeling you're snakebit. But you can't go out there believing that bad things are going to happen because that only makes things worse."

-- Steve Beuerlein

"They run the wishbone with amazing efficiency," Holtz said of the Falcons. "And they keep coming at you with people like Evans and Munafo."

Although the Air Force offense usually attracts a lot of attention, it is defense that has held the Falcons together this season. This is a unit that held Navy's Chuck Smith, the nation's top rusher at 157 yards per game, to only 40 yards on 17 carries last week.

Led by linebacker Terry Maki, Air Force starts eight seniors on defense. Maki had 30 tackles and a blocked field goal against Notre Dame in last season's game. Other standout players on the Air Force defense are junior nose tackle John Steed and senior tackle Steve Spewock, the team leaders in quarterback sacks, and senior cornerback Tom Rotello, Air Force's career interception leader.

"I haven't been around for the last four games, but Air Force has to have something special going for them to beat Notre Dame four times in a row," Holtz said. "I know they've blocked field goals a couple of times to do it and I know they ran one back last year to win the game."

"But I can't imagine our players don't understand what they're up against this week. Sure, things haven't gone well for us, but we better be ready to play Saturday because Air Force plays with as much intelligence and intensity as anyone you'll see."

Mistakes, turnovers, and missed opportunities have been Notre Dame's biggest problems this season. In its four losses, the Irish have been inside the opponent's 45-yard line 15 times without scoring, and the Irish have committed 13 turnovers in those games.

"You can't help but get the feeling you're snakebit," Beuerlein said. "But you can't go out there believing that bad things are going to happen because that only makes things worse."

"It seems like every time we put ourselves in a position to win a football game, we just can't seem to make it happen for ourselves," Holtz said. "We just have to keep stressing with our football players that we're that close to being 4-1. I can't explain what's happened. I don't know why we don't seem to have things fall our way."

"But we've been competitive every week, and we've played hard. And if we continue that, something positive will happen one of these weeks. I just hope that week comes soon because our players are a little disappointed and frustrated right now. We've just got to keep eliminating more of the errors, both mental and physical, until it works."

Setting For The Future

By Pat Crawford

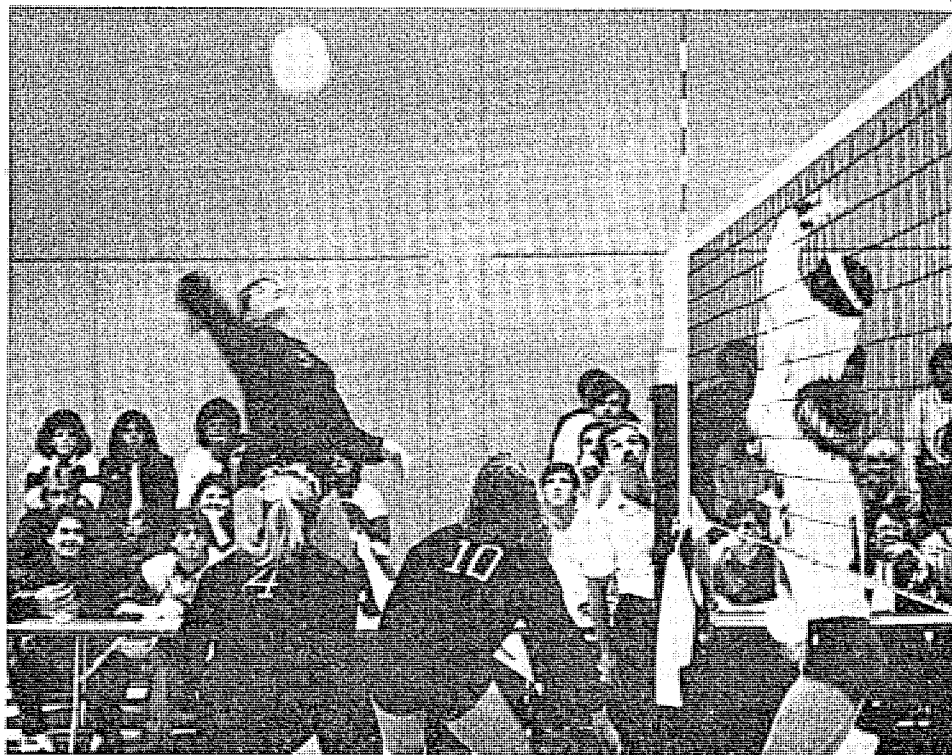
This season's 14-5 record may be just the beginning for Art Lambert's talented young volleyball team

Senior Karen Sapp looked back on her first volleyball season at Notre Dame, remembering the long bus rides, poor quality opponents and a frustrating 11-30 record. "We would be exhausted before games from the long bus trip," Sapp recalled, "and to top it off, we'd lose to a team which we knew we should have beaten."

Sapp, one of only two seniors on this year's women's volleyball team, has witnessed the changing of the guard. She has been a part of the transformation of the women's volleyball program from what amounted to little more than a club team, into a well-financed Division-I sport. Sapp came in on the ground level of a program that had plans of taking off.

"(Notre Dame's 1980-83 head coach) Sandy Vanslager told me when I first came here that I would be a part of a building program," Sapp recalled. In 1983, Sapp's freshman year, the team made the jump from the Division-II to the Division-I level, but maintained a primarily Division-II caliber schedule. The next year, Notre Dame athletic director Gene Corrigan hired a new head coach: Art Lambert. Corrigan also increased the number of volleyball scholarships from seven to 12, the most allowed by the NCAA.

Bob Challenger



The experienced Sapp (6) has worked well with younger players like Shea (10) and Collins (4).

Lambert spent five years at Stanford, coaching both the men's and women's volleyball teams to regional and national honors. He returned to coaching in 1984 after being involved in private business since 1978. "I came back to coaching because I missed it," Lambert said, "and because I had the opportunity to coach at a quality institution like Notre Dame, where they really believe in the concept of the total student-athlete."

When he made the coaching change, Corrigan said, "We've talked to volleyball people all around the country and we're now prepared to do the kind of things

that will enable us to compete with the top teams in the nation. And Art Lambert is the man to lead us. His experiences here will be similar to those he had at Stanford in terms of the student-athlete and the commitment to academics."

Despite Corrigan's expectations, Lambert said he feels little or no pressure to perform miracles. "As I understand it," he said, "the athletic department is committed to making volleyball an integral part of the women's athletic scene. They see it as the missing link between the big attendance draws to the north at Western Michigan and to the south at Purdue."

The Notre Dame athletic department and the volleyball team itself are now starting to reap the benefits of the decision to build a program that is aiming for national recognition.

The Irish are off to their best start ever, and with a 14-5 record the team has already surpassed the victory total of last year's 12-21 performance. Notre Dame also recorded its first tournament championship at the Gene Hackerman Volleyball Showcase in Houston, as well as two runner-up finishes at the Hoosier Classic and the Bradley Invitational.

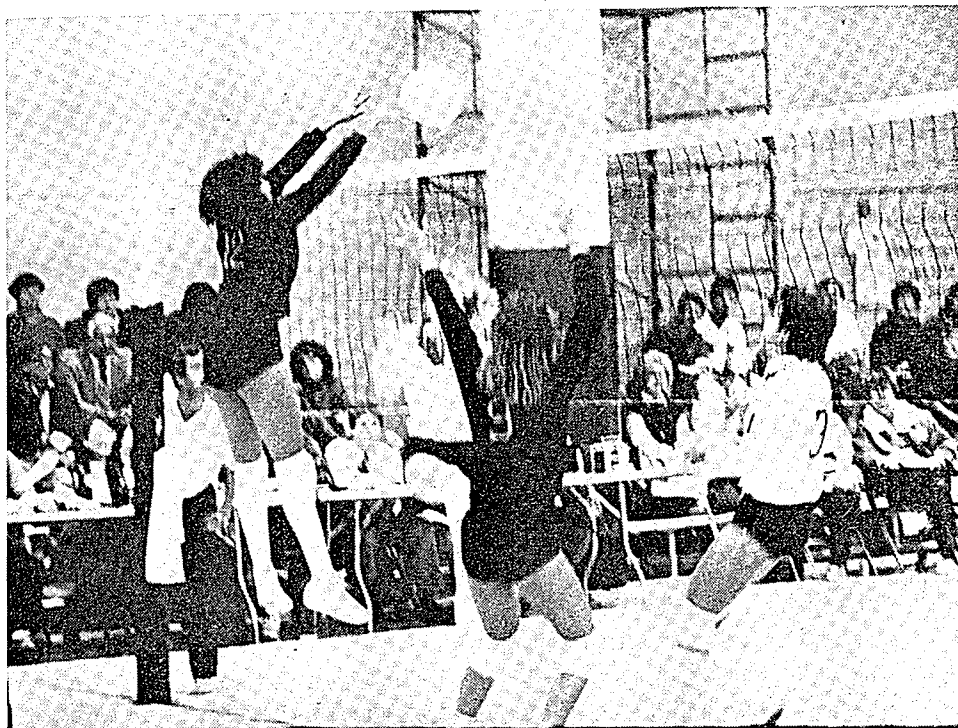
The young Notre Dame team has been tested early and has responded well, notching four wins over teams ranked in the Midwest coaches' preseason poll. The Irish have defeated No. 4 Illinois State, No. 11 DePaul, No. 13 Indiana, and No. 18 Bradley. The victory over Indiana was Notre Dame's first-ever win over a Big Ten school.

With a perfect 3-0 record and a combined point total of 135-24, the Irish have dominated their North Star Conference foes thus far. A conference title in 1986 would have special significance, because this most likely will be the last year of existence for the North Star Conference.

Lambert attributes the success of this year's team to the two exceptional recruiting years preceding this season. His current team has several outstanding players, but Lambert is careful not to single out any one above the rest.

"Right now our key players are probably four sophomores and two freshmen," Lambert said. The sophomores are Zanette Bennett, Maureen Shea, Whitney Shewman, and Mary Kay Waller. The top rookies are Taryn Collins and Kathy Cunningham. "In addition to being good athletes, these girls play with a great deal of intensity

Bob Challenger



Bennett (12) and Waller (9) led the team to its first-ever shutout in game two against DePaul.

and have a desire to improve their volleyball skills," Lambert said.

Lambert's squad also has some experience to add to its youth. Senior Mollie Merchant is a three-time monogram winner, and there are four juniors on the squad: Jill Suglich, Kathy Baker, Gretchen Kraus and Kathleen Morin.

In last Friday's match against Kentucky, the Irish were trying to break the school record for consecutive wins, going for their eighth. But the Wildcats, rated fifth in the South, knocked off Notre Dame 15-5, 15-13, 15-8. "We were really inconsistent," Suglich said of the Kentucky match. "And we finally played a team equal to our ability, but we weren't ready."

The Irish rebounded well, however, with an impressive victory at Louisville the following night, 15-3, 15-6, 15-9. "We were much more prepared against Louisville," Lambert said. "Our effort and concentration were vastly improved, as was our setting."

The Irish have rested and regrouped this week and will return to match play Saturday at Ohio State. The Buckeyes were rated ninth in the Midwest coaches' preseason poll. Following its encounter with the Buckeyes, Notre Dame will remain on the road for showdowns with Georgetown, Duke, North Carolina and Virginia in a six-day span over break. The team returns home to face Bradley in the ACC on October 30.

The Irish are extremely optimistic about the remainder of the season. Their goals are to win the rest of their games, earn a spot in the Midwest coaches' poll and earn an NCAA tournament bid.

"There are a lot of exciting things happening with this program, and I almost wish I was coming in as a freshman," Sapp said. Over the past four years, the senior has seen more talented recruits and more competitive schedules. The team now has the funds to fly to its matches, and the program itself appears ready to spread its wings and take flight.

Parietals Under Scrutiny

By Mark Gredler

New parietals proposals at Notre Dame and Saint Mary's meet different fates under student direction

Last week the Campus Life Council decided to postpone a vote on a proposal which seeks changes in parietals hours and the potential penalties for parietals violations at Notre Dame. Earlier in the week a joint meeting of Saint Mary's Programming Board and Board of Governance voted against a change in the present parietals system at the College.

Despite obvious similarities between the residence policies of the two schools, these recent events show the different focus the policy has at each school. At Saint Mary's, members of student government themselves brought the parietals discussion to a close. But at Notre Dame, student leaders have been unified behind the proposal, only meeting opposition at the CLC meeting.

Most of that opposition was in reaction to the students' proposal that the wording in du Lac concerning overnight parietals violations should be changed. "The discussion centered upon what penalties should be applicable for overnight parietals violations and how that could be best expressed in words," said Bruce Lohman, member of the Notre Dame Student Senate Committee on Parietals.

That committee, made up of Lohman, Student Senator Brian Holst, Judicial Coordinator Maria

Cintron, Student Senator John Bauer and Lewis Hall President Kris Thompson, proposed three changes in du Lac at the CLC meeting.

The committee first gained approval for the proposal from the Student Senate and the Hall Presidents' Council. The proposed

offense than a violation of the sexuality, drug or physical injury codes. The nature of a parietals violation differs from the nature of a violation of the above codes because a parietals violation may not be intentional, according to Lohman.

One reason why that proposal was not voted on at last week's meeting is that some CLC members said the wording of the proposal is unclear. According to Lohman, that problem was caused by a lack of discussion among the student leaders. "There wasn't enough student discussion on the matter amongst those who were (at the CLC meeting). A resolution needs to be written up for exactly what we want to make clear," said Lohman.

"The fundamental principle is that the majority of students don't perceive an overnight parietals violation to be as serious as a sex or drug penalty," said Holst. He said he agrees with Lohman that the proposal has to be revised to make it clear how students feel concerning a parietals violation.

The CLC decided that changes would be needed in the proposal before it could be voted upon, according to both Student Body President Mike Switek and vice president Don Montanaro. An understanding about the seriousness of a parietals offense has to

PARIETALS AT NOTRE DAME

1968-69: Visitation allowed for first time. Women allowed in "parlor" of each dorm.

1969-70: Fri-Sat from 5 p.m. to 1 a.m. Women allowed in dorm rooms.

1970-71: Weeknights until 11; Fri-Sat 5 p.m. to 2 a.m.

1971-72: Noon to midnight weekdays; noon to 2 a.m. Fri-Sat.

1974-Present: 11 a.m. to midnight weekdays; 11 a.m. to 2 a.m. Fri-Sat.

Source: Father Matthew Miceli

lessening of penalties given to overnight parietals violators has received the most attention of these proposals. Two other proposals involve changing parietals hours.

"No one is suggesting that suspension or dismissal is not an alternative," Lohman added. He said that a parietals violation is a private matter and is a less severe

be reached between the administration and the students if the proposal is to work, they said.

Du Lac states, "Overnight parietal violations involve suspension or dismissal." The wording of the committee's original proposal to the CLC read, "An overnight parietals violation is a serious violation of the University regulations."

Also, a rule would be added: "Repeated violations of University rules and regulations may result in suspension or dismissal." The emphasis is on the evaluation of the current University policy's effect on first-time offenders of overnight parietals, said Switek.

Montanaro said he feels that the punishment for a first-time overnight parietals violator is constrained by the present wording in du Lac which implies that a violator must suffer the maximum penalty.

"I think (the proposal) is a good way of reopening the debate to make parietals something that is not so severely punished," said Cintron. She said she believes that the proposal is not meant to hinder the security provided by parietals.

Instead, Cintron said, the purpose of this du Lac amendment would be to question the penalties for parietals offenders. Under the amendments, the University would retain the right to suspend or dismiss any individual with a poor record or who is a repeat offender, according to Cintron.

The CLC will meet sometime after fall break to reconsider a reworked proposal. If passed, it must be approved by Vice President for Student Affairs Father David Tyson. Tyson declined to comment on the pro-

posal until the CLC makes a final decision, because the bill is currently being revised.

The two proposed changes in the parietals hours have received less attention. Under the proposals, visitation would be extended to 12:30 a.m. on Sundays to accommodate hall Masses, and morning visitation hours would begin at 10 a.m. each day, as it does now for home football Saturdays.

"For convenience's sake, we are pushing for consistency," said Holst, "It's up to the residence halls to establish their visitation hours within the parameters set in du Lac. What we're doing is giving each dorm the opportunity for maximum visitation in the morning hours," he said.

PARIETALS AT SAINT MARY'S

1970-75 : No weekday parietals. Fri 6 to 10 p.m.; Sat 1 to 10 p.m.; Sun 1 to 5 p.m.

1975-78 : Fri 6 p.m. to midnight; Sat 1 p.m. to midnight.

1978-82 : Fri 6 p.m. to 2 a.m.; Sat 1 p.m. to 2 a.m.

1982-85 : Weekdays from 4 to 10 p.m.; Fri 4 p.m. to 2 a.m.; Sat 1 p.m. to 2 a.m.; Sun 1 to 10 p.m.

March 1985-Present : Weekdays from 4 p.m. to midnight; Fri 4 p.m. to 2 a.m.; Sat noon to 2 a.m.; Sun noon to midnight.

Source: Patricia Rissmeyer

The recent re-examination of parietals at Saint Mary's has taken a different route, one which has shown the unique problems the College faces if a future revision is to be made.

The proposed revision still would have required that men be escorted in Saint Mary's dorms at all times, but would not have

required men to leave their IDs. The consensus of the boards was that there was not a foreseeable need for changing the present policy because of its success in enforcing parietals at Saint Mary's.

"At Notre Dame, it is not necessary to leave IDs; I wanted the same thing to work out at Saint Mary's," said Judicial Commissioner Mary Fisher, who favors the change. Security would not have been a problem if the change was handled correctly, according to Fisher. Fisher said that a trial period with the new policy would have been possible if the proposal would have been passed.

A majority of the board members believed that the proposed change would have meant added responsibility for RAs and the hall government, said Betsy Burke, vice president for academic affairs. Also, students were concerned that additional security measures might have to be taken and that a revision of punishments for violating the policy might occur if the policy was changed.

Vice President for Student Affairs Sarah Cook said that there was a special problem with changing the parietals system at Saint Mary's: the presence of administrative offices in the dorms. "That's also the reason why we wouldn't be able to implement a detex system: because the administration would have to bother with that also," said Cook.

"We did a survey at the end of last year," said Student Body President Jeanne Heller. "Students were satisfied with parietals hours. Changes were made back at the end of 1985, and we are doing another survey in about a month. If something comes up, we'll pursue that."

What's Cooking?

By William J. Hickey, Jr.

The director of University Food Services says the key to his organization's success is motivation and creativity

University Food Services is an organization made up of 350 food service career professionals and 400 student workers. Food service personnel service for various constituencies at Notre Dame. UFS serves and caters to 9000 students, 2,682 faculty and staff members, alumni groups, and campus guests.

We must be in line three meals a day, seven days a week throughout the school year regardless of snowstorms, tornados or floods. Since Notre Dame has many international students, services are required regardless of circumstances, serving meals beyond contractual agreements. Despite these efforts, many students sometimes abuse and make light of the heavy work that is executed.

Four and a half years ago, the administration decided to switch from a contract to a self operated service, feeling that central control of the services should be located on campus. Since that time, the service has grown and expanded.

Every school year, UFS has presented 70 to 80 mini and major special events in the dining rooms, adjusting schedules to meet the rigid demands placed on students' time by a myriad of academic and athletic activities. UFS has become the anchor producer for Junior Parents Weekend, supporting the student committee for this celebrated 35-year-old tradition.

Legendary special food events introduced by UFS include the famous Capt'n Crunch Week in

1983 and the "Taste of Notre Dame" this year where over 96 Companies presented 250 different kinds of food samples. Other well known events are the Senior and Athletic Luau's, the Welcome Back Picnic, and Green Field and Stepan Center Picnics.

Satellite social centers such as the Limited Edition Deli in South Dining Hall were opened to accommodate students during the

"[University Food Services] must be in line seven meals a day, seven days a week throughout the school year regardless of snowstorms, tornadoes or floods."

William Hickey Jr.

renovation of LaFortune. The Deli has the earmark of staying around after the completion of the new contemporary food mall, "The New Huddle."

Our catering service has become a hallmark of the campus, used by over 700 campus groups annually. Thousands of birthday cakes are very cleverly produced and decorated by our 18-hour-a-day bakeshop. USF has been requested to provide services at Corby Dining Hall in Corby Hall, Moreau Seminary, the infirmary, and Decio Commons in Decio Faculty Building.

Our student dining and auxiliary units have not gone unnoticed

by professionals in the food service industry. One would ask why UFS received such recognition as the 1984 Ivy Award presented by Restaurant and Institutions magazine, one of the top magazines in the industry. Why we were cited by student government for the first annual Irish Clover Award. Why our accomplishments were recognized by the 1984 Theodore Hesburgh Award. Why our Decio Commons, student and special event menus were cited as second and third runner ups for the National Association of College and University Food Service recent competition.

Finally, the highest award in food services, the very coveted International Food Manufacturers Association Silver Plate Award of 1986. I believe that the answer is that our operations have been recognized for the introduction of creative and innovative food services, which more often than not, is the hallmark of a good campus food service. We have been cited for our constant commitment to excellence, outstanding leadership, and complete renovation of the bad reputation of the food service program.

Our customers expect the impossible and we deliver. We will continue with every ounce of energy, every resource available to us, every employee - professional or support staff - to constantly work to achieve the ultimate situation: a high quality food service operation that strives each day to meet the heavy demands of an innovative, creative University Food Services.

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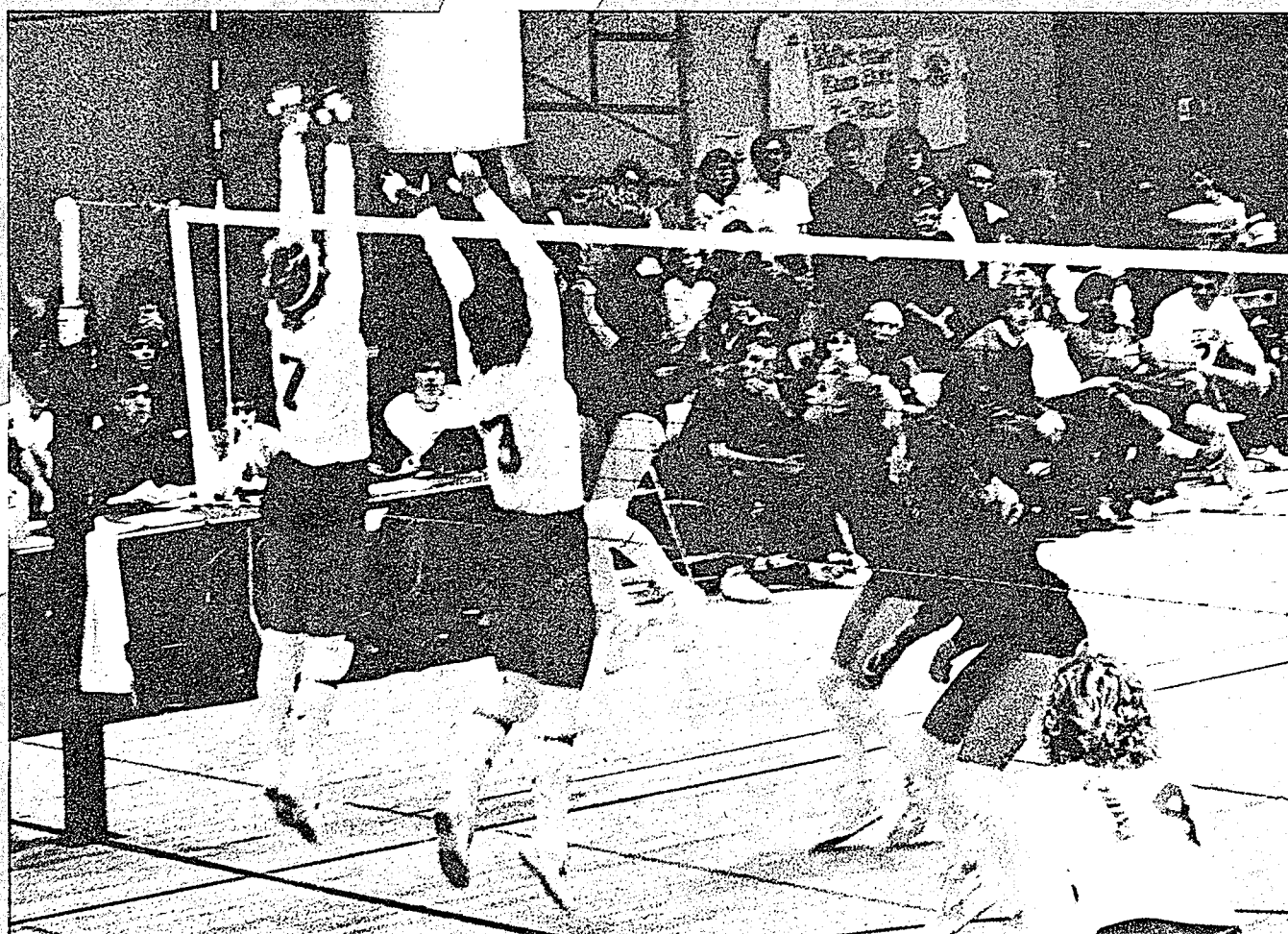
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