

ZAHM SENIOR GETS CHOOSY ON ELIMIDATE

TALLYING UP IRISH WINS FOR THE SEARS CUP

SCHOLASTIC

NOTRE DAME'S STUDENT MAGAZINE

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THE FIFTH OF DECEMBER, 2002

TABLE OF CONTENTS

>>	ND Cribs by Sarah Shaheen	08
>>	Bonding with Students by Nick Kolman-Mandle	10
>>	Skating on a Deeper Pool by Jimmy Atkinson	22
>>	Invasion of the Movie-Watchers by Matt Killen	29

From the Editor	2	Out of Bounds	28
ND Notebook	4	Week in Distortion	30
Campus Watch	18	Calendar	31
Splinters	20	Final Word	32

Abnormal Norms

by Annie Robinson

COVER: On a campus packed with perfectionists, it's no surprise that eating disorders and compulsive exercising are major problems. Can the administration help break the body-conscious cycle?

12

Race for the Cup

by Gerard Meskill

Scholastic examines how the Sears Directors' Cup is awarded and evaluates Notre Dame's chances of winning the trophy this year.

24

No Amore for Amato

by Carolyn Sweeney

Zahm Hall's own Pat Amato takes to the small screen on the *Elimidate* reality show.

26

notes

FROM THE EDITOR

RESPOND TO: SCHILDRE@ND.EDU

When Too Much Isn't Enough

There is no easy way to tell a friend who has an eating disorder that they have an eating disorder. There are a lot of hard ways.

One of these ways begins with guiltily talking about your friend (a girl, this time) with other friends (who aren't in denial). You wonder why she has always "just eaten" a huge dinner. You compare notes on when she last ate something besides a cherry Skittle. (Nobody can remember.) You try to come up with solutions, and instead you spend nights sleepless and helpless.

"This is not anything you can fight yourself." The knowledge comes in one lucid moment, when you catch a glimpse of the skin stretched over blue veins in a skeleton hand. You clutch that cold hand and pull it closer. The tighter your grasp, the more quickly it — and your friend — slip from your own warm fingers, her personality warped until her words are as sharp as her bones, which poke through layers of sweaters. You and your friends wonder whether it possibly could be worth the agony to try — but only fleetingly. Because then you remember her life before this thing and you promise to fight to win her back unpossessed, laughing and warm like she is in the pictures pasted on your purple bedroom walls.

It takes too many months to get to the beginning of the end. You finally form a counseling group at school and make a weak excuse to drag her there. She sits silent and seething beside you. You think: Maybe I am Judas.

The fight starts accidentally, five minutes before the meeting's end. She snaps at you, and you blurt out something in desperation. There is shouting and tears. And a promise to help, and to try. Healing begins then.

That is one way, one story.

There are countless others on this campus alone. Men and women wrestle with eating disorders daily, even if they don't show outward signs of the disease. And no, their problem can't be fixed by handing them a cheeseburger, because it's not about the food. It is about control.

At this university, with one of the heaviest workloads in the country and perhaps one of the most driven student bodies, keeping a steady hand on the wheel often can be a trying challenge. The easiest option might be to let go, but we weren't programmed that way. That's why we're here: We were trained to do more, faster and better. Unfortunately for so many, too much is never enough.

On page 12, *Scholastic's* Annie Robinson examines why eating disorders are so common here and discusses the ways the university has chosen to combat the diseases.

We're Outta Here

This is our last issue of the semester. On behalf of the staff, I wish you all the best of luck with final exams and a happy, restful holiday. We'll see you in January, when we release our 2002 football review.



Sarah Childress, Editor

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*Disce Quasi Semper Victurus
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Congregation of Holy Cross **We only take the best.**

Our team at Old College



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Matt Vereecke



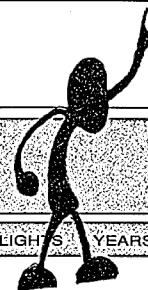
Ben Wilson



Matt Young

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**ANSWER
THE CALL** 



Cafeteria Curve

The Wall Street Journal gets a taste of South Dining Hall

EILEENVARGA

A *Wall Street Journal* reporter traveled the country recently, checking out 20 dining halls nationwide, from Harvard to the University of Southern California, looking for collegiate culinary nirvana—the best place for college students to drop their backpacks and chow down. The *Journal* managed to stop long enough in Indiana to investigate South Dining Hall's food and atmosphere.

Although most students might think South Dining Hall would score relatively high, it earned only two-and-a-half stars out of a possible four, beating out Duke's "mediocre" offerings, but falling well short of top-rated Yale's leather-furnished cafeteria and Berkeley's chandelier-lined dining room. The article, which appeared in the November 8 issue of the *Journal*, praised South's wealth of frozen treats and selection of sports drinks, but docked points for its dry barbecue chicken and lack of made-to-order pasta.

"The *Journal*'s rating system wasn't so accurate," says Marc Poklinkowski, South Dining Hall manager. "They were looking

for fluff. We may have lost points because we didn't have sushi on that particular night."

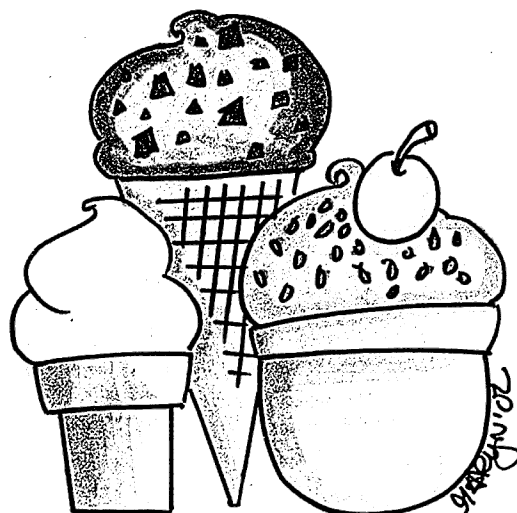
Student manager Lucy Marinangeli agrees. "I'm surprised at the rating. Most dining halls don't have our variety," she says.

Actual research for the evaluation involved perusing the dining hall for a half-hour, trying out some of the foods with the commentary of a local chef, and collecting a few student opinions to add an experienced perspective. Domers raved to the interviewer about the key lime pie frozen yogurt, accounting for its rank as the "best feature" of the dining hall.

The *Journal* neglected to check out the offerings across campus at North Dining Hall, which, according to North Dining Hall operations manager Julia Sickler, isn't surprising. "South Dining Hall is a newly renovated building. Most publicity events are held there," says

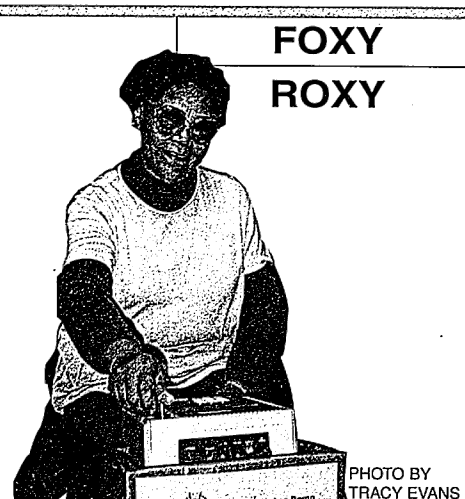
Sickler.

The *Journal*'s judgments aside, students appreciate the consistent, if not gourmet, selection from South. "We have stir-fry every day!" says Lyons Hall junior Jennifer Jones. "And have you tried the chicken parmesan? What more could you want?" Indeed. □



Ten Questions

with the smiling dining-hall monitor ...



When you're waiting in the South Dining Hall line with an empty stomach, it can be hard to take your eye off the corner of the stir-fry station ahead of you. At such times, handing over your ID card to be swiped is nothing more than an irksome, time-consuming obstacle between you and your favorite fro-yo. One lady, however, has surpassed the status of invisibility, causing more than one Domer to stop and say hello. Is it her constant smile? Her friendly attitude? Scholastic came to discover that the key to her popularity is a really cool name.

How long have you been working at the Notre Dame dining halls?

It's going on 18 years...only in South Dining Hall. When I first got started, they called me a "checker." Then they changed "checker" to

"monitor," what they call me now. I always sit on the same side. The right side is my side.

Which dining hall is better? Do you have loyalties to either?

I like the South. This is where I got started, and once I got to going I never even wanted to go to North.

Have you been a local ND fan all your life?

I came here to Indiana about 40-some years ago, so I've been here for a while. I was always a Notre Dame fan ... oh yes. I followed football even before I came here!

What's the best and worst part of being a "monitor"?

I like my job! If I didn't like it, I wouldn't stay

LISTENING

> "He's about 55 elements short of a periodic table."
— overheard student describing a chemistry professor

> "Normally I'd let you sleep in class, but today we're talking about plants. Plants are important because they give us beer."
— biology professor, instructing student to wake up

> "If you're living on Grab 'n Go and sleeping one hour a night, cocaine's a great thing!"
— psychology professor

> "Not only can they not get their pants off, but once they do, they're shooting blanks!"
— government TA, on how the tight pants worn by men in Italy are responsible for the country's nonexistent population growth rate

> "But yet he's not schizophrenic, either."
— theology TA, on the duality of Jesus' human and divine natures

HEY YOU!

E-mail listening in quotes, letters to the editor, or other comments to

SCHOLAST@ND.EDU

LET YOUR VOICE BE HEARD

27 Years Ago Study in the Stacks

Students studying at Hesburgh Library could procrastinate and relieve frustration with the administration through dialogue in the very nifty "library complaint book," which was featured in the December 5, 1975 issue of *Scholastic*. Here's a sampling of a few of the entries:

Q. True or False: How many rooms does the library have? If so, why not?

A. Manifestation of midterm malaise seems to be surfacing. We sympathize.

Q. Can you tell me if Connie Stevens was strangled?

A. No.

Q. You never answered my question about the library's "no kegs" policy. This was not to be taken in jest. If I throw a party upon the 6th floor, keep it in between bookcases and have a guest list (no hard drugs or priests allowed), what then is the problem? Is this so unreasonable? As I have previously said, you too are invited.

A. I know what a disappointment this will be to you, but I'm afraid you have mixed us up with another "Library."

— Meghan Gowan

here this long.

If you could select one dining-hall item to eat, which would you choose?

Well, right now? Hmmm ... We didn't have stir-fry when I came here, so I would say now that's what I like.

How was the food when you started working here?

Well, I didn't really eat it a lot ... It was just like everywhere else you go, you know? Hamburgers, spaghetti ...

Have you come to recognize the same students that come in every day?

Yes, I do, and they know me ... I don't have to look at their ID, I know them, especially when they come up and say something to you

... But if you have a whole lot of students and you're just so busy, you don't have time to look up!

Do the students typically talk to you?

Whole bunch of them ... they always pick on me 'cause I'm always smiling all the time. I wish you could stand there when it's really busy and see what I'm talking about.

How did the nickname "Foxy" come about?

I lost my first name card so I went upstairs to get a new one and the lady said, "Oh, I made you two this time" ... I looked at them and one of them said "Foxy Roxy" ... I think it was just a joke but maybe somebody said something to her. After that, over a month or so, that's what they called me ... Now she's got everybody

saying it. It's gone all the way around so even the managers are calling me that! (*Laughs*) It doesn't bother me.

Do you tolerate those kids that try to sneak in without their IDs?

I've been here all these years, so I know exactly what they're trying to do. They say, "Oh please! I'm your friend!" Once in a while, when it's cold and snowy or whatever, sometimes I go ahead and let them go through, but not if they continue to do that.

How much longer do you see yourself working here? Are there others who have been here as long as you have?

Well, I think I can be here another 10 years. No, I'm the oldest one — seniority!

— Tracy Evans

Judgment Calls

Opinions and observations

SCREECHING IN AN EMPTY STADIUM

Bats, birds or very vocal squirrels? That's what the administration wants you to think. But what you're really hearing is the screams of those students locked up and tortured by ResLife for tailgating violations.

COACHES' POLL

NCAA Division-I coaches rate us No. 13, behind three teams with three losses, including Michigan. Ouch! We might have gotten our bottoms handed to us by USC, but didn't we beat the Wolverines in September?

"SOUTH IS BETTER" T-SHIRTS

The latest in Grab 'n' Go lady fashion proclaims what every Domer knows to be true.

"I LOVE NDH" T-SHIRTS

North Dining Hall employees' response to the South shirts. Pretty weak for a dining hall with only pasta stir-fry and National Rice Month displays going for it.

KEY LIME PIE ICE CREAM

According to *The Wall Street Journal*, it's South Dining Hall's best feature. What, they didn't sample the spicy sea nuggets?

ENTERTAINMENT FORTNIGHTLY

Tears of Joy

The Onion adds a new book of old stuff to its growing library

MATTKILLEN

There probably isn't a college student in America who hasn't heard of *The Onion*. This satirical newspaper — published online and in print weekly — continues to be the No. 1 source of gleefully offensive satire for anyone with a funny bone. The paper has ventured into book publishing again with its latest installment, *Ad Nauseam*.

The Onion's first book, *Our Dumb Century*, was an original collection of front-page headlines from the last century. From such dispatches as "Infectious Diseases Celebrate Opening of Panama Canal" to the book's darkly humorous take on both world wars, *Century* launched *The Onion* to a whole new level of fame.

Its next two works, however, were disappointing. *Dispatches From the Tenth Circle* and *The Onion's Finest News Reporting* were both merely collections of articles which could be found in *The Onion's* previous weekly editions.

Although articles like "Saddam Hussein Steps Down Following Sex Scandal" and "Columbine Jocks Safely Resume Bullying" were great pieces to read and re-read, there was no new content. The editors simply compiled some of the best articles of the last few years and formed them into books. Considering that most of the content still was available in their online archives, the collections seemed pointless.

Ad Nauseam, their newest book, is a

mixed bag. It isn't as innovative as the *Century* book — in fact, it's just another collection. The difference this time, however, is that *Ad Nauseam* is a complete compilation.

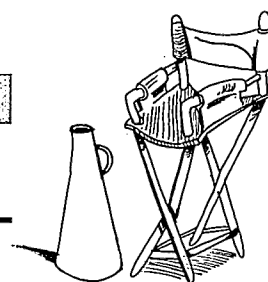
The book, which promises to be the first in a new series, is a collection of every *Onion* issue published between October 2000 and October 2001. The articles might not be new, but *Ad Nauseam* does surpass its predecessors in completeness. The issues are bound together in a single massive volume and formatted like their original printings.

The articles may not be new, but *Ad Nauseam* does surpass its predecessors in completeness.

though, the writers at the paper push the envelope every week, and the content remains as funny as ever.

The key to *The Onion* seems to be its strict adherence to its writing format. The articles read like true newspaper stories, giving absurd premises a distinct sense of realism. Articles like their post-9/11 piece "God Angriely Clarifies 'Don't Kill' Rule" are written with a detail and sense of professionalism comparable to that of real newspapers.

The Onion remains an excellent source of witty satire of current events. Even though *Ad Nauseam* puts it together neatly in one place for the casual reader, veteran worshippers of *The Onion* will be left wanting something more — something similar to the biting originality that spanned the *Century*. □



DomeLights

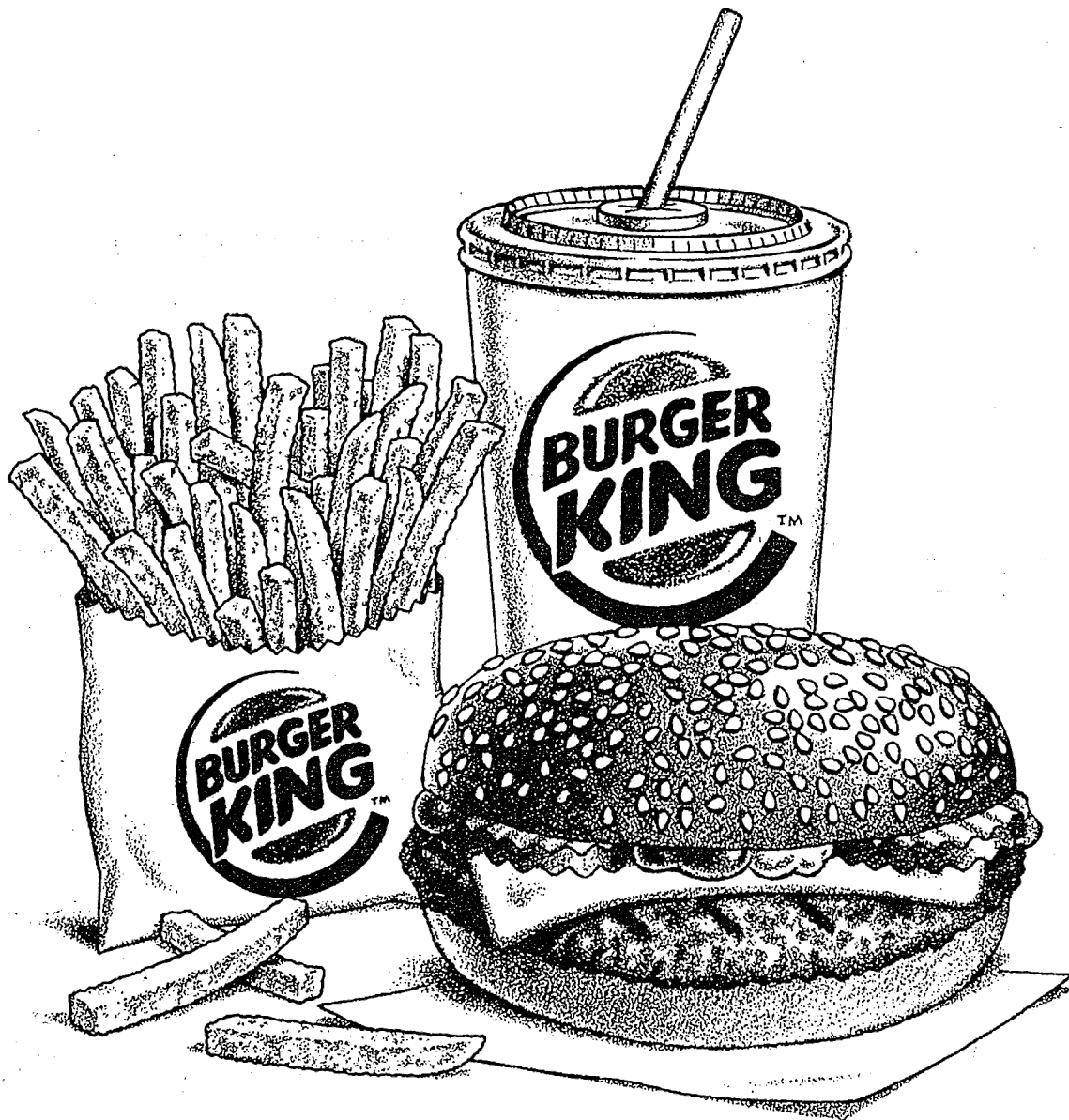
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Source: Katie Christman, Help Desk Manager

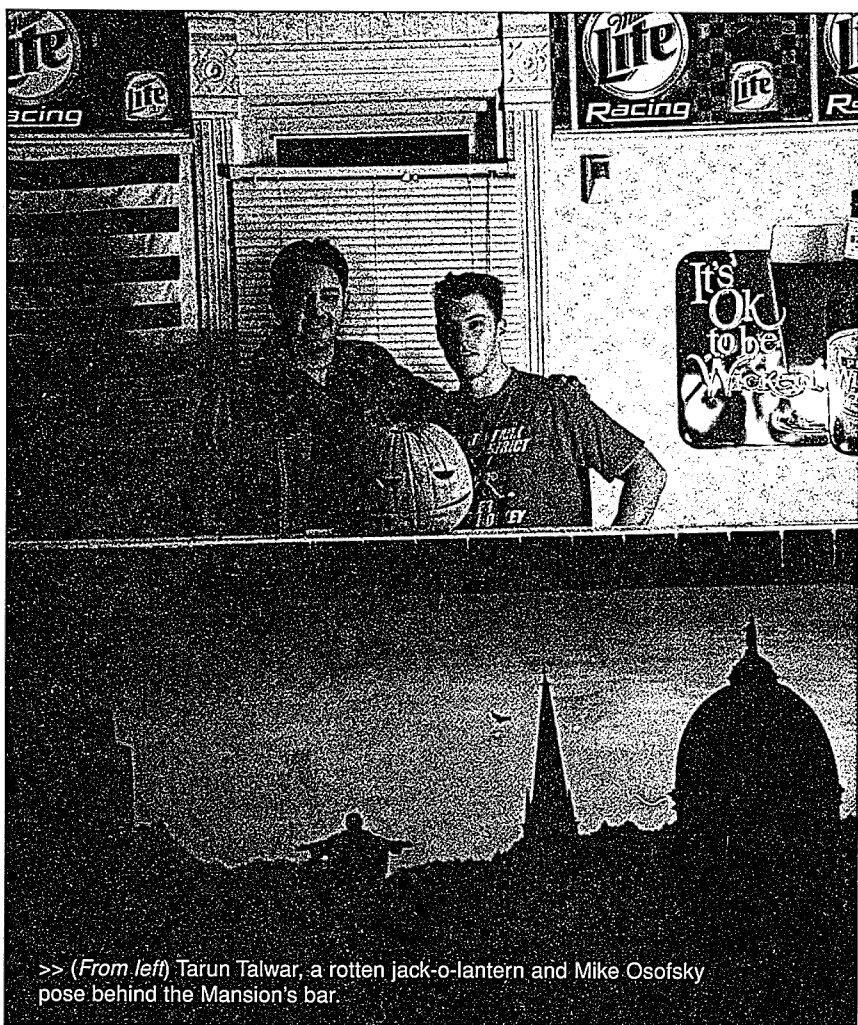
The Office of Information Technologies (OIT) Help Desk provides computer assistance to all members of the Notre Dame community. Ever wonder how many problems the consultants fix? More importantly, how do they keep their sanity answering the technology questions of an entire college community? Here are some statistics on the desk with the answers:

Average number of calls received: 4,500 per month. 85 percent of problems are solved on the first call. (Problems not solved on the first call are solved in less than two days.)
 Most popular questions: AFS and e-mail.
 Average length of a call: six minutes. Strangest call: Someone who said his cat changed his password.

*It's hard to put a price on good taste. How does \$2.99 sound?
The Bacon Cheeseburger Value Meal.*

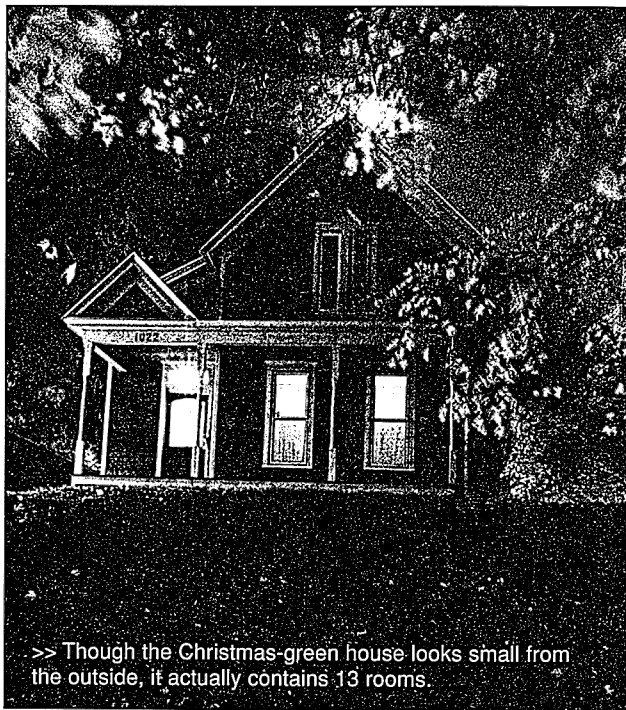


*Got the urge?™
The Huddle- LaFortune Student Center*



>> (From left) Tarun Talwar, a rotten jack-o-lantern and Mike Osofsky pose behind the Mansion's bar.

CRIBS



>> Though the Christmas-green house looks small from the outside, it actually contains 13 rooms.

BY SARAH SHAHEEN | PHOTOS BY LIESL MARX

The seven-bedroom house on 1022 East Madison Street has an appropriate nickname: the Madison Mansion. Painted an inviting Christmas green, it appears deceptively average in size from the outside. Inside, however, it boasts an impressive 13 rooms.

Seniors Tarun Talwar, Scott Hart, Ryan Sullivan, Dan O'Keefe, Christian White, Mike Sweiker and Micheal Osofsky — all former Alumni Dawgs and a very “colorful bunch of guys,” according to Talwar — call the Mansion home.

They drew names out of a hat to assign the bedrooms, which range in size from really big to huge. Each reflects the individuality of its occupant. As Talwar says, “Every room in this house has a different vibe.” Sullivan, for example, lives in what Sweiker calls a “*Phantom of the Opera*-style” bedroom on the bottom floor, housing little more than a mattress and a piano; he can be heard banging out tunes at various times throughout the day. “It’s a little freaky,” Sweiker says.

Another unique bedroom is both a blessing and a burden to its occupant. The triangular ceiling of the room is adorned with several skylights, and White, who lives in the room, can see the stars

at night. “I like the skylights a lot, but it is pretty annoying in the morning,” he says.

The smallest room in the house, counted as only half a room, is a converted furnace room. The seven men transformed this unused, dirty space into a game room. “When we saw the room, we were like, ‘Wow, we could definitely use this for something,’” Talwar says. They were able to fit a Ping-Pong table into the brick-walled room perfectly.

The “bar room,” as one might guess, sports a colossal, beautifully-painted wetbar. The bar spans almost the entire width of the room, and a painting of the silhouette of the Notre Dame campus covers its facade. “Every time we have people over, it’s one of the coolest things to open up,” Talwar says.

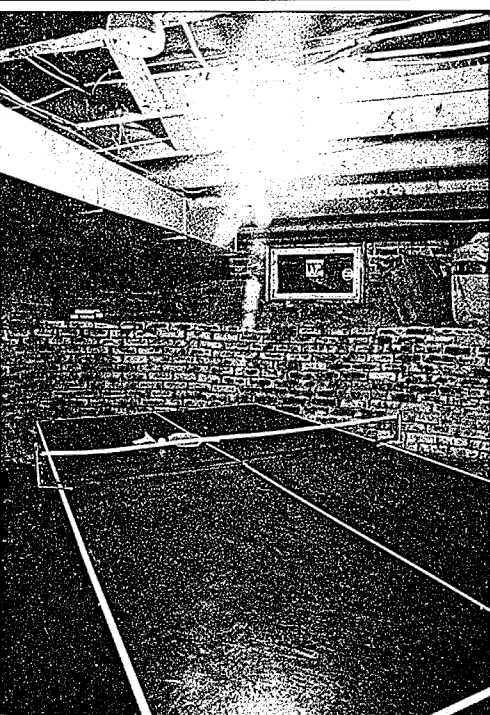
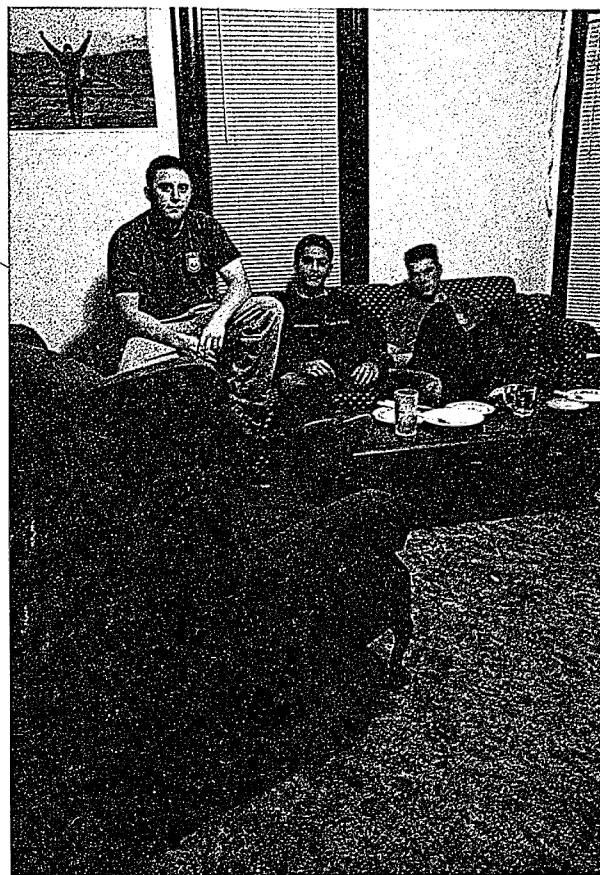
The house has only two bathrooms, but Sweiker explains, “It hasn’t been a problem, because we all have different schedules. Like one guy [Talwar] pretty much only comes out at night, so it works out.”

Right next to the house is a 7-11, which the men of Madison Mansion consider to be part of their home, too. “All the guys at 7-11 know our names, and we know theirs,” says O’Keefe. □

YOU OUGHTA SEE MY ROOM Want your on- or off-campus place to be featured in ND Cribz? Tell us about it! Send an e-mail to new Cribz writer Beth Giudicessi at egjudice@nd.edu with your name and phone number. Tell her what makes your room cribworthy.

As If A Mansion Weren't Enough ...

These seniors even call the 7-11
next door home



^ Mansion men (*from left*) Ryan Sullivan, Tarun Talwar and Michael Osofsky relax in their spacious living room.

>> While all of the house's bedrooms are fairly large, some, like this one, are really big. Residents drew names out of a hat to assign them.

<< This former furnace room seemed unusable until the guys realized their Ping-Pong table fit it perfectly.



Bonding With Students

National award recognizes contributions of chemistry professor

NICK KOLMAN-MANDLE

Chemistry professor Dennis Jacobs's office is easy to find — a sign proclaiming "Congratulations!" adorns the door. However, the man typing away on his computer inside is a bit more unassuming. Soft-spoken, Jacobs greets his visitor warmly as he relaxes in his chair.

Jacobs is one of four college and university professors selected for the 2002 U.S. Professor of the Year Award, which credits the work of educators who impact and involve themselves with undergraduate students, take a scholarly approach to teaching and learning and contribute to undergraduate learning in their respective institutions and communities. The award is directed by the Carnegie Foundation and the Council for Advancement and Support of Education which formed the program in 1981. Jacobs and the other winners were selected from over 400 nominations.

"I was shocked and speechless at learning that I had won," Jacobs says. "I got a call from Lee Schulman, the president of the Carnegie Foundation and a friend of mine, and he asked me what I was doing on the 21st [of November]. When I said 'nothing,' he said 'Good. I'd like you to meet me at the National Press Club [in Washington, D.C.] for lunch so we can give you this award.'"

Jacobs told his wife, Thea, about the award, but he did not tell his children — Dan, Katrina and Gabe, — who smile from inside picture frames lining his office windowsill. He was afraid the younger ones might tell their friends the news before the awards ceremony. Before they made the trip, Jacobs gave his children a refresher course in table manners, although at the time, they had no idea why.

Jacobs came to Notre Dame from Stanford University's graduate school in 1988, where his teaching assistant positions sparked his interest in becoming an educator. At first, Jacobs's main pedagogical style was based on traditional lectures. It wasn't until he taught his first section of freshman chemistry that he realized his style needed revising. Unlike the major and graduate courses he taught

previously, the freshman class was made up of a broad array of students. Chemistry is a required course for many fields of study, and Jacobs learned that it doesn't come as naturally to every freshman as it might to a graduate student who has chosen to focus on the subject. "A common interest level doesn't exist. I was blind to how students were learning in that environment," he says. After a freshman broke down in tears in his office out of frustration with the course, he decided it was time for a change.

The change came about in 1997, when Jacobs introduced a pilot Chemistry 113/114 course to run alongside the regular Chemistry 117/118 intro course. The idea, he says, is to give structure to experiencing chemistry so

skills to contribute to the surrounding community. Students in his new course, Chemistry 331: Chemistry in Service of the Community, work in Michiana-area homes testing paint, dust and soil samples to determine whether a risk of lead poisoning exists. Chemistry 331 is the first community-based learning course that counts for a science credit.

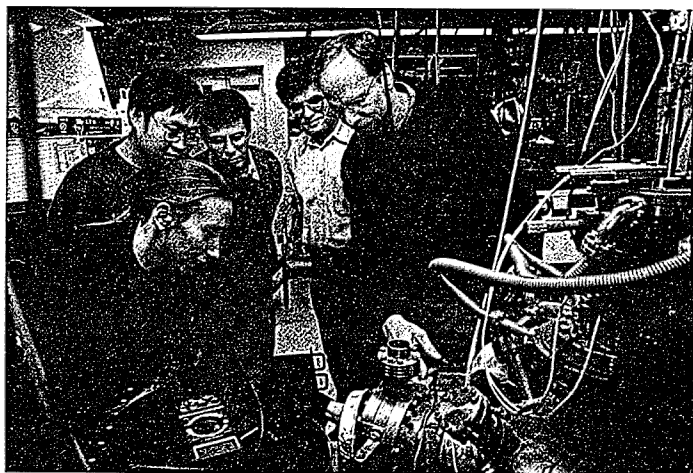
"Dr. Jacobs put a lot of time and effort into Chem 331 because he knew what a great opportunity it would be for both students and the community," says senior Erin Carmichael, who helped create the course. "It is only one example that attests to his character as a professor and a person."

In addition to teaching and researching, Jacobs enjoys playing the piano and painting.

"In fact," he says, "when I was struggling with my profession in science, I was considering a career in studio art." He points to a painting of a black-and-white chess board with some of its pieces melting into colored pools that hangs on his office wall. "That's one that I painted when I was practicing with surrealism." Jacobs does not hide the fulfillment he finds in expressing himself artistically, something he once thought would never be applicable to his science-centered career. Now, however, he says, "I've come to realize that art and expression can indeed be found in what I do here."

Jacobs credits Notre Dame for molding him into the professor he is today. He sees the award not only as an affirmation of innovative teaching, but as a reflection of the university's quality. "It opens doors," he says. "I think the fruit of all this will be greater investment in innovation and the study of student learning."

But to Jacobs's students, the award simply is the product of his personal dedication to teaching. Senior chemistry major Todd Engstrom, who introduced Jacobs at his awards ceremony, says: "He has shown me what exceptional teaching is, and if that is where I end up, he will be the standard of excellence to which I compare myself." □



HANGIN' WITH MR. WIZARD Professor Dennis Jacobs (far right) engages students (from right) Tochko Tzvetkov, Mostafa Maazouz, Xiangdon Qin and Patty Maazouz in an interactive demonstration.

that students can generate original solutions instead of regurgitating lecture notes. "This course," he says, "is really designed to be an active learning course. Memorization is not enough."

The new course produced a 55 percent improvement in the introductory course's year-long retention rate and a 50 percent increase in the number of students who go on to complete a second year of chemistry. Jacobs's intense involvement with peer-led, cooperative curricula earned him the title of Carnegie Scholar in 1999 and the Notre Dame Presidential Award for dedication to the university.

This semester, Jacobs is using his teaching



[illustration by Eric Doversberger]

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Abnormal Norms

Guys need to bulk up. Girls need to slim down. Campus culture even makes eating and exercising a competition. How some aim to change the rules.

ANNIEROBINSON

Caitlin Grady doesn't hesitate for a second. The Notre Dame junior spells it out: "It's such an uncomfortable topic on this campus, and there's very little open discussion, not even in girls' dorms. It's not talked about enough." But Grady is talking about what many students believe to be the most significant problem facing Notre Dame females today: Eating disorders.

The story doesn't begin or end with female college students. While national statistics consistently show female eating disorders to be more widespread, the rate of male eating disorders is believed to be on the rise. And Notre Dame isn't immune to this change. Both sexes are motivated by pressures to achieve the "perfect Notre Dame body" — the compulsion often merely manifests itself differently in the two genders. Despite the dangers they also face, many male students are still unaware of the disorders' prevalence. Most men interviewed for this article asked to remain anonymous, which perhaps underscores the stigma of shame attached to concerns — and diseases — related to negative body image, especially for men.

But no matter who the disorders affect, students and faculty alike agree that the problems may not be receiving the consideration they deserve.

Five percent of the U.S. population is affected by eating disorders — and three to four percent are female college students, who most commonly suffer from bulimia nervosa, anorexia nervosa or a binge-eating disorder. Statistically speaking, the percentage of Notre Dame's undergraduate population affected by eating disorders does not diverge much from national figures. The university, some students and faculty claim, has long overlooked the problem, and must make major improvements to combat disorders — especially from the side of prevention.



PHOTO BY ANNIE ROBINSON

Disweight perfection imagediet

"Without a doubt, it is the number one problem with women on campus," says Allie Swiacki, a senior and co-leader of Notre Dame's woman's spiritual group A Life Uncommon, which was started in response to the high number of eating disorders on campus. Some students attest that it tops much-talked of alcohol and drug abuse as the most pressing student issue.

Notre Dame's University Counseling Center (UCC) conducted a study in 2000 to examine the prevalence of eating disorders among ND undergraduates. Valerie Staples, UCC staff counselor and eating disorder specialist, warns against using its results to make generalizations about the Notre Dame undergraduate population as a whole. Despite a "decent response," Staples says, the results relied on student initiative to complete and return the surveys. The UCC also can only base its analysis on the type of afflicted student that comes in, which can provide an inflation or underrepresentation of disorders. There remains no single means of accurately gauging the problem's frequency.

Nevertheless, the UCC survey provides the only gauge for eating disorders on campus. The survey reported that around seven percent of the sample was bulimic, and 0.6 percent was anorexic. Twenty percent of the sample had serious eating problems or a full-blown eating disorder. The study also found that the majority of female respondents exhibited problematic symptoms of disordered eating and body image *prior* to coming to Notre Dame.

Grady's past problems fit this pattern, as her disordered eating started long before she set foot on campus. "Starting junior year [of high school], I would just drink coffee instead of eating, snack on candy all the time and run a lot. I would feel like I had to go run off the two pieces of gum I ate that day." Grady quickly dropped to a size two, which she says is not appropriate for her body type. After passing out while at work one day, Grady realized her health demanded immediate treatment for her disorder. But change and recovery aren't easy. "You know something is wrong, but you can't stop yourself. I don't want to compare it with alcoholism, but it's similar because you first need to admit to the problem."

The UCC survey also reported that more

serious symptoms (such as self-induced vomiting and laxative abuse) seem to develop during college. What starts off as strict dieting and calorie restriction can culminate in a variety of symptoms — from compulsive exercise to bingeing and purging.

The survey also showed that cases of bulimia are "slightly" higher than at other "private, selective colleges and universities."

Staples says that she generally consults more bulimics than anorexics, but that this semester, more anorexics sought help. Because turnout varies, one disorder can't be classified as more prevalent based only on attendance at the UCC. "We see clients with more bulimic symptoms, because those girls are more likely to

seek treatment," says Staples. She explains that bulimia tends to interfere more with a student's life, since the symptoms demand a conscious decision to perpetuate the disorder. Anorexic students exhibit more controlling personalities and are less likely to seek treatment, or begin benefiting immediately from the help. Bulimic students react better to treatment because they aren't as competitive as anorexic patients. "It's more difficult for [anorexic patients] to be in a [support] group ... they are nutritionally starved and can't mentally engage as easily." What is it about Notre Dame that exacerbates existing problems for some students and creates them for others? Virtually all those interviewed for this article came to a consensus on one issue: The type of stu-

dent attracted to Notre Dame is at a high risk for developing an eating disorder or aggravating an already existing condition. "The norms you compare yourself to here are skewed," says Staples. "In most ways, Notre Dame is no different than other campuses. But the area we are different is that we have a lot of students who have been number one at something." Add to the mix a stressful

lifestyle, and the result is a high percentage of extremely talent-driven students in a condensed environment. "People here are perfectionists," echoes Jocie Antonelli, the university's nutrition and safety manager.

While the compulsion to realize this "Notre Dame perfectionist" image

might manifest itself differently in males and females, body image issues aren't limited to either sex. "Male body image plays a much bigger role here than most guys realize," says one Zahm resident, who asked to remain anonymous. A recent report in the *Journal of American College Health* suggest that eating problems might be increasing among college-age males, and between 10 and 15 percent of diagnosed bulimics are men.

Pressure to get the perfect body often pushes students to extremes in hopes of living up to unrealistic standards of physical fitness and beauty. For many Notre Dame students, including men, compulsive exercise is the answer. Obsession with exercise often accompanies — and magnifies — cer-

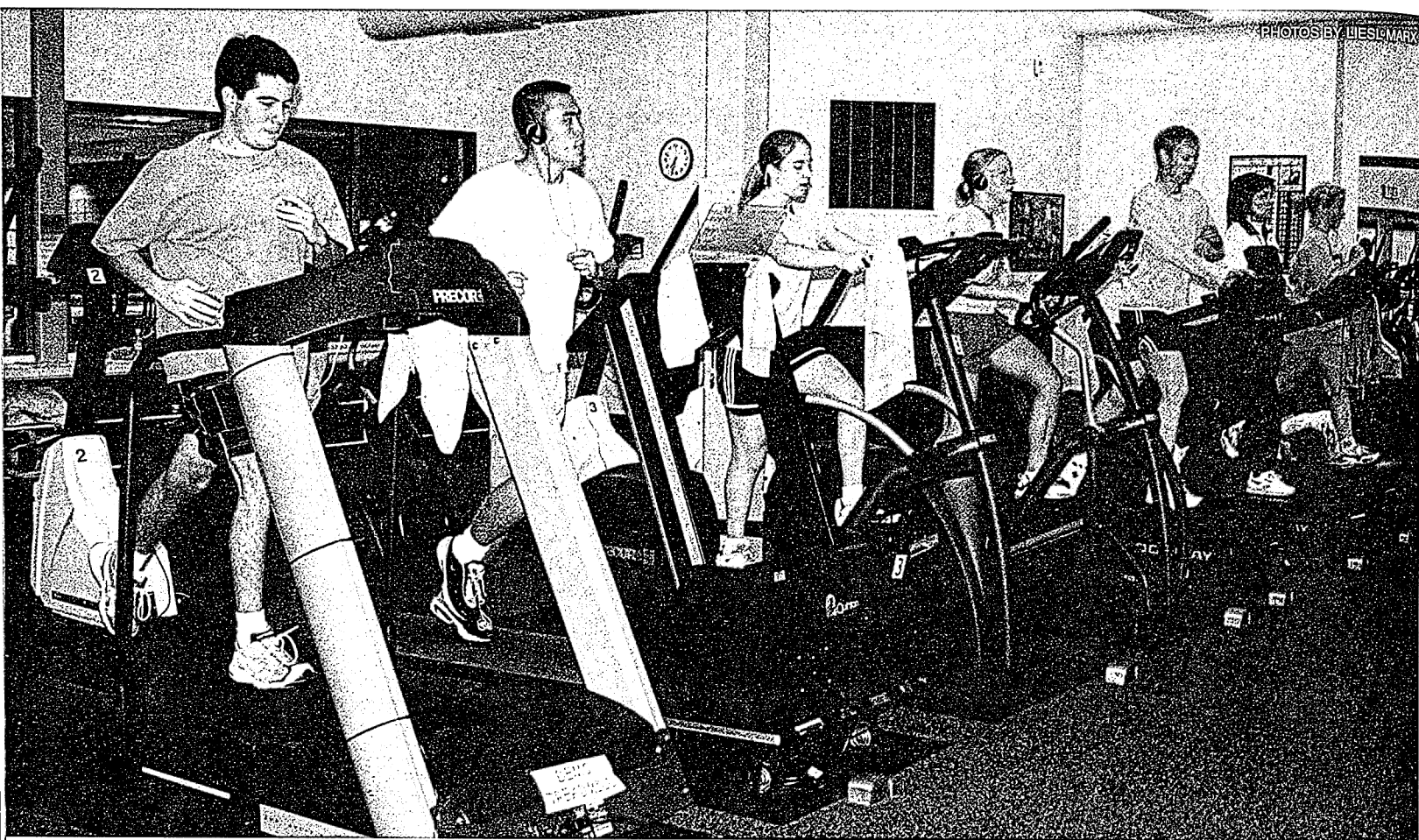
Most fashion models are thinner than 98% of American women.

Anorexia Nervosa Anorexics intentionally starve themselves, resulting in extreme weight loss (typically at least 15 percent below a young woman's normal body weight). Anorexics suffer from a variety of physical symptoms, ranging from anemia to thinning hair. They often maintain strict eating rituals, exercise frenetically and undergo severe mood swings.

Bulimia Nervosa Bulimics consume large amounts of food (binging) and then rid their bodies of the excess calories (purging). Non-purging bulimics suffer similar symptoms but engage in excessive exercise and/or fasting in place of self-induced vomiting or laxative and diuretic abuse.

For more information on eating disorder causes, warning signs and resources, see the UCC Web site <http://www.nd.edu/~ucc>.

thin beauty exercise weight perfect



The Need For Speed An athletic environment and the pressure to attain physical perfection leads many Notre Dame students to engage in compulsive exercise.

tain eating disorders, particularly anorexia nervosa and non-purging bulimia.

But how could there be such a thing as *too* much exercise? Excessive workouts become another form of “purging,” used as an extreme way to control weight, says the Nemours Foundation, an organization focused on preventing destructive exercise habits in children and young teens.

Exercise disorders, referred to by terms like “exorexia,” “anorexia athletica,” “obligatory exercise” and “hypergymnasia,” affect both males and females. Anorexia Nervosa and Related Eating Disorders, Inc. (ANRED) defines compulsive exercise as burning more than 3,500 calories a week, which is the point at which the health benefits of exercise decrease and the risk of injury increases. Working out more than once a day is often a warning sign of the disorder.

While the term “exorexia” was not familiar to ND’s counselors or dieticians, none of them disagreed with the described symptoms. And none denied their applicability

to Notre Dame. “People exercise more on this campus than I’ve ever seen,” Staples says. Antonelli says she often observes individual students working out at Rolfs Sports Recreation Center for more than three hours at a time. “That is not healthy,” she says.

“At times, I have to laugh at some of my friends who get scared to work out at Rolfs,” says Siegfried RA Neal Boyle. “They feel intimidated because, at times, they think that everyone over there is so close to perfect already. I think part of it has to reflect the competitive nature here at this university.” Throw in Notre Dame’s emphasis on athletics and the high number of former high-school varsity athletes, and many students see a combination leading directly to compulsive exercise disorders.

Many students say that male body image problems exhibit themselves more visibly in the aforementioned compulsive exercise disorders. Antonelli’s consultations with male

students usually revolve around exercise addiction and the abuse of body-building products. The UCC’s survey asked its respondents to quantify their use of creatine and other nonsteroid weight increasing prod-

Males account for 5 to 10% of bulimia and anorexia cases.

ucts. Of the sample, 19 percent used such products, with about eight percent of the male respondents using them at least once a week or more. Boyle says being an RA has opened his eyes to this side of the problem. “There’s a lot of Ripped Fuel [a metabolic enhancer] out there, a lot of whey protein,” says Boyle. “Sometimes, these guys don’t know what they’re getting into.” “This is an extremely athletic campus,” says the second Zahm resident. “People come here with sports being such an essential part of their

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high-school experience and then all of sudden they aren't the athletic stars that they used to be. So I think, to make up for it, guys overload themselves with working out and Interhall and RecSports. Most guys don't

ries or less today,' or 'I want to lose three pounds by Friday.'" Staples agrees that single-sex dorms might intensify inter-female competition: "People don't dress or diet for guys, it's to compare with other

like I need to work out — and when I don't, I'm not fitting the image of the slim, muscular, athletic guy."

Also, the historical social and academic competition between women at Notre Dame and St. Mary's, whether spoken or unspoken, is yet another potential contributing factor to the problem, says Chandra Johnson, assistant to the president and

**"The norms you compare yourself to here are skewed."
— Valerie Staples, UCC staff counselor**

take it to an extreme, but some definitely do."

Aware of mounting national attention towards male disordered eating, A Life Uncommon responded in early November. "Men's Education Night" was held for the second year in a row for both women and men inquiring about or suffering from eating disorders. Two women gave personal testimonies, and representatives provided information about male eating disorders. Many considered the event a successful step forward. "It's fantastic they try to work with men, that's tough. Better sponsorship of [such programs] means there's more awareness out there," says Grady.

With female students, Antonelli says she usually deals with initial diets that grow into serious eating disorders. The infamous "no-carb diet" is a frequent topic. The controversial diet outlaws virtually all simple carbohydrates like bread, pasta and cereal, which then results in rapid weight loss. But, Antonelli insists, far too many students diet with misconceptions guiding their self-imposed calorie restrictions and are unaware of the physical dangers of these diets. "Just about every eating disorder results from a period of restrictive dieting [that then morphs] into a full-blown eating disorder." Grady also notices a widespread preoccupation with food in general. "Everyone talks about the 'Freshman 15,' " making even a trip to the dining hall a stressful endeavor.

In addition to the emphasis on athletics and widespread dieting, many suggest that single-sex dorms — one of the most glaring differences between Notre Dame and other colleges — intensifies the problem. They say single-sex dorms are mentally unhealthy environments for some. Grady says the dorms can even promote eating disorders. "You're always watching your roommates eat, watching girls go to work out, or seeing your friend who just has a salad at dinner. I hear girls say 'I only want to eat 1,000 calo-

women."

Even the posting of nutritional information on the Food Services Web site and on the South Dining Hall's walls is a controversial topic. "To a certain extent, telling us what's in the food is good, but it's bad too," says Grady, who thinks this may inadvertently contribute to the already heightened food obsessions of many students. Although Antonelli protested the posting of nutrition facts in close proximity to food in the dining hall, she says it was the dining hall managers' decision to display the information. "I want [students] to get away from numbers," says Antonelli. When asked about rumors that dining hall lettuce is starched to combat the extremely small portions of many female students, Antonelli says that ND Food Services does not alter any food or products in response to eating disorders.

Other aspects of campus culture don't help matters, male and female students say. "Before I came here, I heard about this ridiculous poll that said that ND has the best-looking guys. When I'm walking to class, I see very few overweight guys," says the first Zahm Hall resident. While acknowledging the problem is more common among Notre Dame female students, he still feels the need to fit an ideal. "I always feel

assistant director of cross-cultural Campus Ministry. Many females feel the long-standing campus joke that Notre Dame girls are "ugly" only aggravates widespread body image problems.

Johnson also believes that the pervasive influences of American society and media also are to blame. "[Eating disorders are]

Campus Resources

University Counseling Center (UCC)
631-7336

University Health Services
631-7497

Food Services
631-0106

Campus Ministry/A Life Uncommon
Chandra Johnson 631-3748

RecSports
631-6100

Women's Resource Center
631-9028

Residence Hall Staffs

In addition, the South Bend community offers a variety of counseling and treatment options. Contact the UCC or visit Web site (<http://www.nd.edu/~ucc>) for more information.

exappealthinbeautyexercisewe

particularly the problem of Anglo-Caucasian women, which is fed by the magazines that we buy," says Johnson. Staples agrees, saying that Notre Dame's culture reflects this societal bias. "You can't find a lot of really big people here on campus, and it's not a

at Notre Dame is very different than what other counseling centers do who enroll the same kind of bright visionary students," says Johnson. "At Harvard, Vanderbilt, Stanford you would find the same issues. It's all part of the competitive nature of institutions of higher learning."

But is the number of counselors adequate? Citing higher numbers at fellow universities, Swiacki asks, "Why are there not three of [Staples]?" According to many women, the line to get a consultation with the UCC is long. "Some girls get overlooked" because of time constraints, Swiacki says. A woman seeking assistance is "making a huge personal decision, and she has to wait three weeks because there are not enough people [to offer counseling]." Wodoslawsky agrees, pointing out that, because of the nature of the disorder, "People with eating disorders need to be seen every week, not every other two weeks."

Johnson agrees: "Yes, we need more counselors to address young adult issues. Many [students] are coming in with preexisting pathologies, from anxiety to depression to eating disorders." Unfortunately, budgetary and hiring limitations are unavoidable realities, and Johnson says the an-

swer isn't so simple. "It's a very, very complicated issue, and if counseling was the only thing lacking, girls who have come forward would not have." Peer acceptance, she says, is an essential component of recovery and treatment. "We need to stop basing our interest and engagement on what we see on the outside."

A Life Uncommon attempts to tackle

many of these problems at once. "It's empowering, and it's not your normal support group," says Swiacki, a cofounder and co-leader. Started in Spring 2001 by four female undergraduates, A Life Uncommon was first cosponsored by the UCC and now falls under Campus Ministry, with Johnson serving as the club's advisor. Leaders of the club, which meets every Wednesday night at 10 p.m. in Pangborn Hall, say spirituality is its most unique aspect. "We took a different twist to it," says Sarah Shacklett, one of the original founders. Johnson believes the spiritual aspect of the group practically ensures that it will last. "This is not a show we're putting on," says Swiacki. "It's an environment where women can be friends." In two years, the group has taken a once-taboo topic and brought it to the campus forefront. "A Life Uncommon has helped to promote the reality of the problem, and the group has literally changed the way I administer," says Johnson, who admits her familiarity with eating disorders was extremely limited before arriving at Notre Dame. The club hopes a spring retreat and a publication of personal testimonies will increase campus awareness.

But not all of the university's actions have been lauded. Junior Leslie Pechkurow's story is fodder for those who say the university's actions overlook the victims of eating disorders. "When I was a freshman, I was pretty sick ... and [my old rector] was adamant about sending me home," says Pechkurow, who was seeking help from the UCC at the time. "She would call my parents and tell them to make me take a semester off." Pechkurow recognizes that her rector did have success with sending a similarly situated female resident home the previous year, and assumes the rector thought the same results would occur if she was sent home for treatment as well. Pechkurow agrees that for some ailing students, leaving is the better option. However, she insists that in her case

**About
1,000
women
die
each
year
from
anorexia.**

Watching the Numbers Nutrition facts posted in the dining halls can encourage some students to slip into an unhealthy habit of counting calories.

culture or environment that promotes acceptance of diverse body types."

There's no question that eating disorders are a problem at Notre Dame, and the university has taken steps to address the issue. The UCC offers a wide range of services, including group sessions, one-on-one counseling and dietician consultations. "I don't think that what we do here

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her home environment was part of her problem to begin with. Some victims, like Wodoslawsky, said professional help spurred her recovery. In the end, Pechkurow was able to remain at Notre Dame, and now is an ALU member.

Staples says that individual case decisions

knew eight girls in my section who had eating disorders, those are just the ones I knew about. I don't know eight alcoholics in my section." The information available to freshman needs to be increased, she says, particularly in the mandatory physical education classes. Wodoslawsky spent much of the

tify the problem if they don't know what they're looking for."

As far as the issues affecting male students, Staples believes more can be done. "We don't have the same red flags for men ... [male eating disorders] are not as identified, and we need to make it easier for

"Without a doubt, it is the number one problem with women on campus."

—Allie Swiacki, A Life Uncommon leader

are not clear-cut and university counseling is done on a "very case-by-case basis." The course of action on inaction depends whether it was the ailing student or a concerned colleague who first approached the UCC for help. If a referral from a rector spurred the initial counseling, Staples says she might ask the student to sign a "release of information," which allows University Health Services and UCC staff to notify the student's hall staff and/or family. (Unless the student exhibits potential suicidal tendencies, in which case immediate action is necessary.) At Food Services, Antonelli often faces the same dilemmas: "Sometimes people totally seek me out on their own, sometimes friends come to us."

Concerning students with exercise disorders, Antonelli says that if there is sufficient cause for concern, Rolfs staff might try to find out the student's identity and then speak to the respective rector. "Sometimes [hall staff] knows there's a problem, and they already are doing something about it. We're just all trying to help somebody, but it's hard to work with someone who doesn't come forward."

Educating fellow students only is one of several necessary steps. "Yes, we have administrators and rectors who really don't know what to do with [the eating disorder problem]," says Johnson. But she says that steps are being taken to increase awareness. She points out the issue was directly addressed at RA training this past summer, with an emphasis on detecting warning signs of potential disorders.

To the ALU leaders, time is of the essence. "We need to get this on the same plane [as alcohol and drugs]," says Wodoslawsky. "I

past year working to increase awareness of the problem, especially among rectors. She wrote a letter to each of them, encouraging them to promote ALU presentations in their respective halls. The degree of responsiveness varies greatly from dorm to dorm, according to Wodoslawsky, with a handful of rectors choosing to hold meetings at the beginning of the school year. Many chose to make the meetings mandatory not only for incoming freshman, but also for hall staff. Others were considerably less responsive.

But a so-called "solution" is not as simple as required attendance, some say. "I don't think mandatory meetings are necessarily the way to help students understand what

them to acknowledge it. We need to minimize the stigma," she says. But, Staples points out, it is difficult to effectively treat the problem when she has not had a single eating disorder consultation with a Notre Dame man.

Swiacki specifically believes that the female stigma of eating disorders remains a common misconception, despite the rising rate of incidences among male college students. "We feel different concerns would be shown if it was affecting men [to the same degree]," says Swiacki. "This is not to insinuate blame on [rectors or the administration], but many people in authority need to take it more seriously. Both women and men

95% of those who have eating disorders are between the ages of 12 and 25.

they need," says Johnson. "Part of the challenge is that everyone comes forward in their own time, and some girls get so depleted someone else has to step up. Concealing is part of the disorder."

In the near future, Staples plans to work more closely with the athletic department by educating coaches and trainers, as well as introducing eating disorders to those possibly unfamiliar with the symptoms and causes. "You can't expect coaches to iden-

in authority at this school need to understand it better."

In an environment ripe for eating and exercise disorders, the need for change may be more urgent than ever. □

—With reporting by Mike Borgia and Cristin Fenzel

CAMPUS WATCH BY THE GIPPER



TIP: THE GIPPER 1@ND.EDU

Happy Holidays, Gippings. The Gipper hopes you're staying warm and cheery in the face of these frosty finals and football failures. To fortify you, here's a tip or two.

A Beautiful Sight, We're Happy Tonight!

A pair of young ladies were lounging in their room not too long ago when a commotion outside drew one of them to the window. Seeing a scandal brewing outside, like a diligent Catholic collegienne, our friend immediately sounded that primordial female alarm, shouting "Penis!" for all to hear. The dorm erupted into a frenzy as all the residents scrambled to protect their chastity and hide in the closets. All, that is, except for our brave tipster's roommate, who stepped boldly to the window to observe what was going on. Sure enough, a gang of young men had left, in brontosaurus-like proportions, a holiday "package" crafted from the freshly fallen snow.

Wishing to return the gift, our friend proposed to the gents outside (who had returned to marvel at their creation) that if they could hit her window with a snowball, she would give them a glimpse of her two turtledoves (although, apparently, not the partridge). The fellows put up a furious effort, finally pegging the screen, and they were rewarded as promised. Unfortunately, a rectress appeared on-scene and, as often happens in such situations, the offending phallus shrank away under her mighty glare.

Too Much Eggnog and a Nasty Yule Log

Speaking of gifts, a freshman on the top floor of one of Notre

Dame's most hallowed halls found a mysterious stocking-stuffer in his sink a week or two ago. Apparently, the boy had had a bit too much buttered rum (Natty Light) and was sleeping in heavenly peace (passed out), when his Secret Santa came down the chimney (heating pipe) and left him a Yule-tide treasure (turd) with a big shiny bow (the frosh's toothbrush) on top. Pretty nasty, and probably not worth printing, except that, through the miracle of artificial drunken-memory implantation, the young man's section has convinced him that he did it himself.

Strangely enough, we're told that this guy is one of the popular freshmen in his section.

A Tribute to Ty

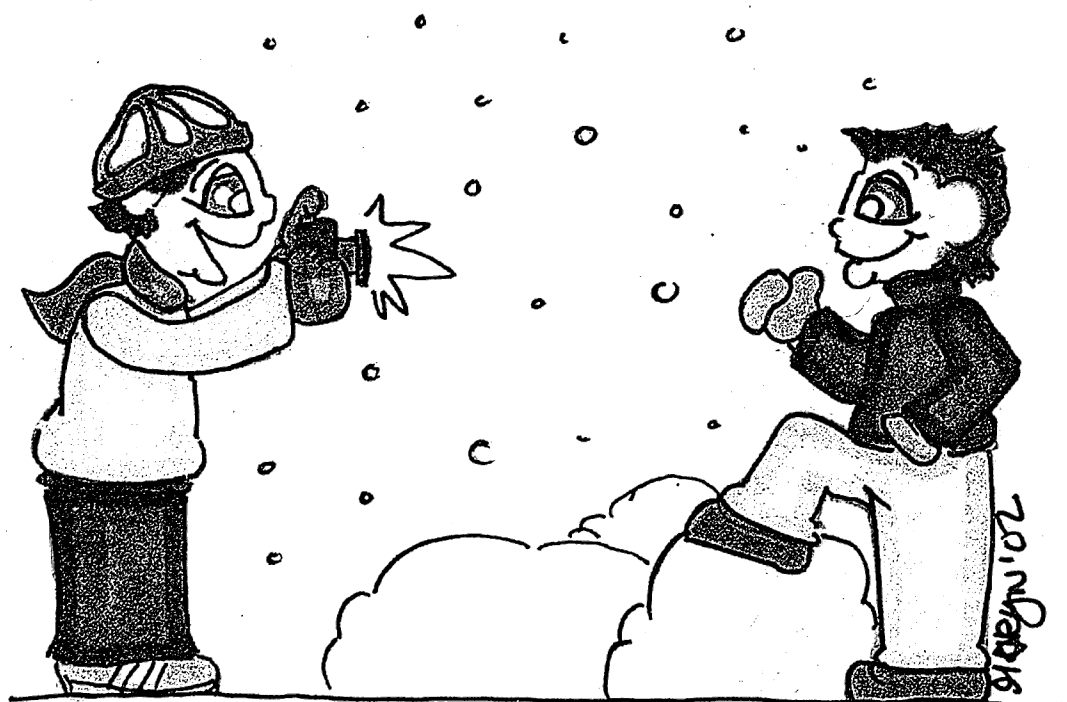
The Gipper would like to salute our favorite new coach, who, despite a couple of disappointing games, has brought back the respectability of our beloved football team. In particular, the Gipp would like to thank coach Willingham for:

- a) Winning against tough teams.
- b) Forming coherent sentences.

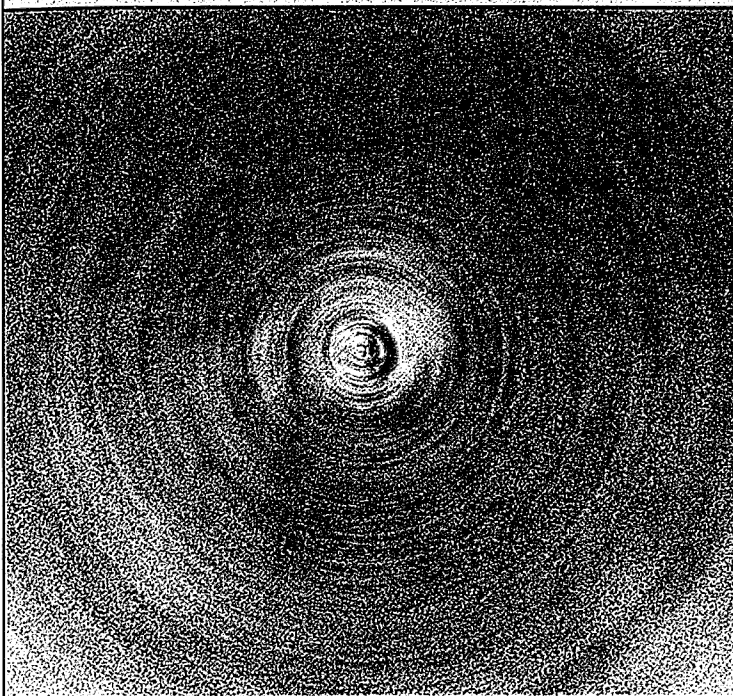
We look forward to many great seasons under your leadership, Ty. In recognition of your achievements, the Gipp has composed a song for you. (Set to the melody of "Hark! The Herald Angels Sing.")

*Hark, the green-clad students cheer,
'spite no tailgates and no beer,
The student section's going wild,
Team and fans are reconciled.
Deja Vu ads in the skies
No longer attract our eyes.
Finally we're playing well!
So long Bob, and go to hell.
Hark! Angelic hosts proclaim,
"Football's back at Notre Dame!"*

Well, ladies and gents, the Gipp is spent. Have a merry Christmas, and be sure to bring back a little slice of holiday mirth for the Gipper. □



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STUDENT NEEDS

University Resources for Gay, Lesbian, & Bisexual Students

The Standing Committee on Gay and Lesbian Student Needs

(Confidential information, education, and resources)

Contact: Sr. M.L. Gude, CSC, 1-5550, or student
members (see web site for student contact info.)

Office of Campus Ministry

(Annual retreat for gay/lesbian/questioning students
and their friends; pertinent library resources in
304 Co-Mo; confidential discussion and support)

Contact: Fr. J. Steele, CSC, at Steele.31@nd.edu

University Counseling Center

(Individual counseling)

Contact: Dr. Pat Utz at Utz.1@nd.edu, or Maureen
Lafferty at Lafferty.3@nd.edu

For more information, check out our web site: <http://www.nd.edu/~scglsl/>

WINTER AT NOTRE DAME? not quite, but this is...

ND UNPLUGGED

12/5 Huddle 9 pm-12

DOUBLE FEATURE

How the Grinch Stole Christmas and Zoolander
12/5 10 pm
12/6 & 12/7 7:30 & 10 pm

155 dbrr

101 dbrr

ZANE WILLIAMS LOFT CONCERT
12/6 Lafortune Ballroom 9 pm

STRESS RELIEVERS

12/15 Lafortune Ballroom 8 pm-12





SPLINTERS

FROM THE PRESSBOX

THE RANT JIMBO'S JABBER IRISH EYES ON OUR CALLS THE RANT JIMBO'S JABBER IRISH EYES ON OUR CALLS

The Rant

Texas A&M needs a reality check after firing legendary football coach R.C. Slocum

by Gerard Meskill — respond to the king of sports at gmeskill@nd.edu

Tis the season for foolish and lavish monetary decisions. As Christmas shoppers flood the malls and flush their wallets, the end of college football's regular season means pink-slip time, at least for those coaches who haven't been good boys when it comes to making money for hopeful athletic departments. This season is no different, as nine Division I-A coaches have been canned already, with more surely on the way.

For some programs, these moves are justified and pragmatic. Then, there's Texas A&M, who fired legendary coach R.C. Slocum after 14 seasons at the Aggies' helm. This has to rank as the least intelligent move in college football this year. A&M president Robert Gates made the decision on Monday, three days after the Texas Longhorns thumped the Aggies, 50-20 in Austin. In addition to this disappointing defeat at the hands of A&M's archrival, Slocum was dismissed due to the Aggies' recent decline in Big 12 competition; the team hasn't won the Big 12 South division or conference title since 1998, and has posted a 1-4 record against Texas in its last five seasons.

But, in truth, that decline is *very* recent. A&M's 3-5 Big 12 mark placed the Aggies fifth in the South division. Prior to 2002, the Aggies never had finished worse than third in the division, and Slocum has been head coach for every Big 12 conference game the Aggies have ever played. The results were three third-place finishes, one second-place finish and two first-place finishes in the Big 12 South.

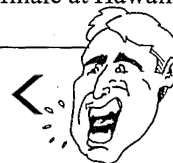
Slocum posted a 123-47-2 record at Texas A&M, standing 51 victories taller than the

second-winningest coach in Aggies' history, Homer Norton. Like Slocum, Norton coached A&M for 14 seasons, but his mark hardly compares to Slocum's .715 career winning percentage, the second highest in Texas A&M history. In Slocum's 14 seasons, he never posted a losing record, finishing 6-6 twice during his tenure. His team posted only one

the Aggies.

Despite Slocum's loyalty and record, Texas A&M's alumni, students and boosters were eager to clear the road in their pursuit of Alabama's Dennis Franchione. But it is rumored that Franchione has agreed to a 10-year, \$15 million contract extension. Before Alabama's season finale at Hawaii,

Slocum has been ruthlessly evicted from the place he cherished, simply because he failed this season to meet a standard that he himself set by elevating the level of Aggies' football.



losing conference record during that span — this season. Since 1990, only Florida State's Bobby Bowden and Penn State's Joe Paterno have won more Division I-A football games than Slocum, who posted a 94-28-2 record in the 1990s. So where's the decline?

Gates's decision to dismiss Slocum is an injustice. Slocum dedicated 30 years of his life to Texas A&M football, turning down other positions to remain in College Station. Omitting the Texas game, A&M's five losses were by a total margin of 29 points, less than a touchdown per game. In addition, Slocum's Aggies upset then-No. 1 Oklahoma 30-26 in College Station, proving Texas A&M's potential to play elite football in the near future. Furthermore, the Aggies are expecting another stellar recruiting class, handpicked by Slocum, of course. As for A&M's embarrassing loss to the Longhorns, it's impossible to ignore the emotional impact that freshman defensive lineman Brandon Fails's death just four days before game time might have had on

he told the media, "It's been my full intention [to return next season]." If I were an Aggie, I wouldn't count on Franchione waltzing along the Kyle Field sidelines next season.

Slocum and Texas A&M both lost on Monday. The Aggies lost the best coach they have ever had, and Slocum has been ruthlessly evicted from the place he cherished, simply because he failed this season to meet a standard that he himself set by elevating the level of Aggies' football.

Nebraska has exercised better patience with Frank Solich, a coach with a similar record at a school whose football history, standards and current roster far exceed what Slocum had at Texas A&M. Solich deserves a pink slip far more than Slocum.

What A&M is doing to R.C. Slocum makes me sick. Keep your head high, R.C. Take your 123 victories and four conference titles, and go find a better job. You're too good for College Station, anyway. □

Jimbo's Jabber

The man himself brings you...

ALL THE STATS

you need to know



MEN'S BASKETBALL: It must be basketball season! Sophomore point guard **Chris Thomas** dominated the floor Monday night, scoring a career-high 32 points and going 12-of-18 from the field as the Irish pounded Marquette 92-71. The trouncing over the 10th-ranked Golden Eagles was Notre Dame's largest margin of victory over a ranked opponent since March 3, 1990, when the Irish knocked off Missouri

98-67. This weekend, fifth-year senior **Dan Miller** will look to light up his former team as Notre Dame takes on eighth-ranked Maryland.

WOMEN'S BASKETBALL: Notre Dame defeated USC in a 69-57 come-from-behind effort last weekend at the L.A. Sports Arena. Sophomore forward **Jacqueline Batteast** had a double-double, scoring 14 points and grabbing 11 rebounds. Senior guard **Alicia Ratay** was the scoring leader for the 10th-ranked Irish, finishing with 17 points.

IRIS HEYESON KRISTEN KINDER



Junior captain Kristen Kinder didn't always want to play volleyball at Notre Dame. A California native, she originally wanted to go to Stanford. Luckily for the Irish, her affiliation with coach Debbie Brown ultimately led her to join ND as the team's setter. Last season, as a sophomore, she earned Big East Setter of the Year and second-team All Big East honors, contributing to a campaign that culminated in an NCAA tournament berth and Notre Dame's sixth conference title in seven years.



COURTESY OF SPORTS INFORMATION

My biggest role model either on or off the court growing up: was my club coach, Damian Elder. He was a setter, I'm a setter and just his demeanor and competitiveness and his court style, how he plays always inspired me. I've always aspired to be like him.

My volleyball superstitions are: if you play well in these socks, then you have to wear those socks for the next tournament. [But] for college you play so many tournaments that you can't do that. You have to wash the socks. I've gained so much confidence that I don't do that anymore.

I chose to come to Notre Dame because: Actually, I chose Notre Dame because of the coach, most of all. She played in California. Actually getting to meet her and play for her was a great honor and huge opportunity that I couldn't pass up. Growing up, I always wanted to go to Stanford, but it didn't work out. This is like Stanford in the Midwest. It doesn't get any better.

My favorite player of all time is: Karch Kiraly. He's probably the greatest volleyball player, everybody's hero. We actually got to meet him this year and watch him play. He's amazing, and he's a great person too.

My role on the team is: being a captain. It's a huge leadership role, and I'm more of an on-the-court leader. Generally, I'm loud and emotional on the court. I want to be a steady player that everyone can count on all the time.

The team has earned a 16-seed in the NCAA tournament. This is: kind of a relief of the pressure. I think going in at a higher seed and being able to play at home takes a lot of pressure of playing on the road away, especially this year since we've had a lot of trouble on the road. As far as the seed, we just see it as a number. It doesn't really mean too much.

The most memorable moment for me in a Notre Dame uniform was: the Pepperdine game this year. We knocked off a top-10 team, and it was at home. It was a big game, high pressure and we pulled it out. It was amazing.

I started playing volleyball: in the seventh grade. —Gerard Meskill

YOUR CALL?



vs.



NOTRE DAME

CHARLESTON

Our Calls Volleyball

OPPONENT: COL. OF CHARLESTON

WHERE: NOTRE DAME, IND.

WHEN: SAT, DECEMBER 7, 6:00 PM

The College of Charleston has had a long, memorable season that has culminated in a trip to the NCAA tournament. The trip home won't be long or memorable. Notre Dame dominates once more in the JACC, 30-21, 30-12, 30-18.

GERARD MESKILL
SPORTS EDITOR

The Irish come into their first-round matchup against Charleston having won eight of their last 10 matches. After suffering two straight defeats to close the regular season before winning the Big East Tournament, the Irish are refocused and ready to make a run. ND wins in three games.

DAVID MURRAY
ASSISTANT SPORTS EDITOR

College of Charleston? Please! What kind of a pick is this, anyway? What next? Notre Dame football vs. Rutgers? Emily Loomis and the Kinder twins are too hot to handle for the Cougs. Notre Dame wins in three games, 30-13, 30-17, 47-45.

JIMMY ATKINSON
ASSISTANT SPORTS EDITOR

OUR CALLS RECORDS

DAVID MURRAY: 3-2

JIMMY ATKINSON: 3-2

GERARD MESKILL: 3-2

VOLLEYBALL: After defeating Miami to earn its seventh Big East title, the Notre Dame volleyball team has been selected to host first and second round games of the NCAA Tournament, starting Saturday at 6:00 p.m. against College of Charleston. The winner of that match will face the Michigan State-George Mason winner Sunday at 4:00 p.m.

FOOTBALL: Linebacker Carlos Pierre-

Antoine's touchdown against USC was the first blocked punt returned for a touchdown for the Irish since **Joey Goodspeed** returned a blocked punt 33 yards against Rutgers in 1996. Quarterback **Carlyle Holiday** broke **Steve Beuerlein's** school record for consecutive passes without an interception. Before being intercepted in the second quarter of the USC game, Holiday had thrown 126 straight, a streak dating back to

the Pittsburgh game.

HOCKEY: The Irish fell to 5-6-2 overall and 4-6-0 in league play after being swept at Alaska-Fairbanks over the Thanksgiving weekend, 4-3 and 5-4. Junior right wing **Rob Globke** scored two goals and added one assist in Saturday's 5-4 loss, but it was not enough, as the Nanooks mustered four power play goals in six attempts.

—Jimmy Atkinson

Skating on a Deeper POOL

Notre Dame
hockey looks
to compete at
the highest
level

JIMMY ATKINSON

Notre Dame used to be considered a second-rate program by the collegiate hockey scene. But after forcing a tie with No. 3 Boston College and upending two other top teams, the Irish hockey team is beginning to garner attention. In only its fourth season of full funding from the university, the team finally is starting to compete with the country's elite programs.

In past seasons, Notre Dame has struggled on the ice. In seven years, Irish head coach Dave Poulin has led his team

LIGHTING THE LAMP Junior right wing Rob Globke leads the Irish in scoring this season.



to a winning season only once, in 1998-99 (19-14-5). But a deeper bench, renewed confidence, and an improved sense of purpose have the Irish off to a fast start in the 2002-03 campaign.

"A lot of [overcoming adversity] was just growing pains," says junior right wing Rob Globke, the team's leading scorer with 12 goals. "We were growing up as a team, maturing, and learning how to win, [but now] it seems like we're finally starting to turn the corner."

The turnaround started last February in a regular-season game at Michigan State, when the Irish upset the third-ranked Spartans 3-2, snapping Michigan State's 33-game unbeaten streak at home (30-0-3). In that victory, the Irish found the confidence they needed to go on a late-season surge, during which they posted a 7-2 record and upset Nebraska-Omaha in the first round of the CCHA tournament. With that three-game series win over Nebraska-Omaha, Notre Dame earned a trip to the CCHA's Super Six at the Joe Louis Arena in Detroit for the second time in three years.

Notre Dame's early success this season can be attributed to its carrying over last year's momentum, as well as the return of 12 of their 13 top scorers from last season. The success started with early season wins over Minnesota-Duluth and Western Michigan, but didn't truly show until the Eagles came to town.

A tie against third-ranked Boston College in front of a sellout crowd at the JACC caught the nation's attention in the first week of November. The Irish led for most of the contest, holding a 2-0 lead midway through the second period. Early in the third, the Eagles evened the score



WELL-STOCKED This season, head coach Dave Poulin is working with the deepest team of his Notre Dame career.

to 2-2 and eventually took a 3-2 lead with under four minutes left in regulation. Notre Dame's luck seemed to have run out, but with an extra attacker on the ice and an empty net behind them, junior-center Aaron Gill took a pass from Globke on the left wing boards and fired it into the net with 42 seconds left in the third period. That score forced the game into overtime, during which neither team was able to score.

Although unable to hold onto a lead and earn a victory, the Irish were able to skate to a draw against one of the nation's best teams. They gained renewed confidence and respect around the nation as a serious competitor by giving Boston

College's record its first blemish.

The following weekend, the Irish finished a five-game home stand by hosting 13th-ranked Miami. A night after falling 3-1 to the RedHawks, Notre Dame won a tightly contested 2-1 game. Sophomore goaltender Morgan Cey finished with a career-high 44 saves as sophomore center Cory McLean and Globke each scored a goal.

A trip to Ann Arbor to face Michigan's perennial power further boosted the team's confidence. Following a 4-2 loss to the fifth-ranked Wolverines in the Friday night game, the Irish rebounded Saturday to upset Michigan with a third period comeback win, 4-3. Junior defenseman Tom Galvin, Globke and McLean each tallied goals in the final period. The victory was the first for Notre Dame at Yost Arena since 1982.

"It's a big win," says senior defenseman and team captain Evan Nielsen. "More than anything for confidence for the team. To go in there and take the game in their barn is huge. I don't know if there's anywhere better to win in our conference. To take one game and probably play well enough to win both is obviously a big confidence boost."

With that win, the Irish hockey team brought its overall record to 5-4-2 and 4-4-0 in the CCHA, including a 2-2-1 record in the last five games, all against top-10 teams. That the Irish were able to post such a record against a strong schedule speaks volumes about the team's confidence and improvement from last season.

Success and improvement also have been the result of increased roster depth. Prior to the 1999-2000 season, the Notre Dame ice hockey program was not fully funded by the university. While the NCAA allowed a maximum of 18 scholarships to be awarded to ice hockey players, Notre Dame was operating with only 14 until four years ago.

"That's a big, big, big difference," says Poulin. "Now that we're fully funded after four years, I think the depth is starting to show."

This is the end of the first cycle of players, meaning that this year's senior class was the first to be recruited with 18 schol-

emerged to aid the team. Poulin lists Nielsen and Gill along with senior center Connor Dunlop, junior defenseman Neil Komadoski and junior left wing John Wroblewski as leaders who have stepped up for Notre Dame this season. But now, "the next level of support behind them is

starting to increase, and that's guys like [junior defenseman] Brett Ledba and McLean," says Poulin.

Clearly, the Irish are playing well, and it is showing. But no one on the team is satisfied with merely playing well. "You have to win," Poulin says, "[and] I think we're very close to that tipping point right now."

The team's plans to get to that point were hindered last weekend when the Irish were swept by Alaska-Fairbanks, 4-3 and 5-4. Most disappointing for the Irish was their special teams play, which had been strong up until then. The Irish went 1-for-6 on power plays over the weekend, while the Nanooks scored four power play goals in the second game.

While Poulin claims, "The special teams are improving dramatically," he still isn't getting the consistent results he would like. The Irish currently rank 10th out of the 12 teams in the CCHA in power-play percentage, converting only 10 of 70 chances for 14.3 percent, while giving up four shorthanded goals.

"Attitude-wise and mentality-wise and commitment wise, yes, we're quite far ahead of where we were last year," says Poulin. But the results are struggling to catch up. After being swept by Fairbanks last weekend, this weekend's game against Bowling Green will be



CAPTAIN CRUNCH-TIME Captian Evan Nielsen is part of a core group of team leaders who make it happen on the ice.

arships available. For Poulin, this is the deepest team that he has had in his eight seasons as the Irish head coach.

"This season, we have more depth," says Globke. "We have more skill all the way through instead of being so top-heavy."

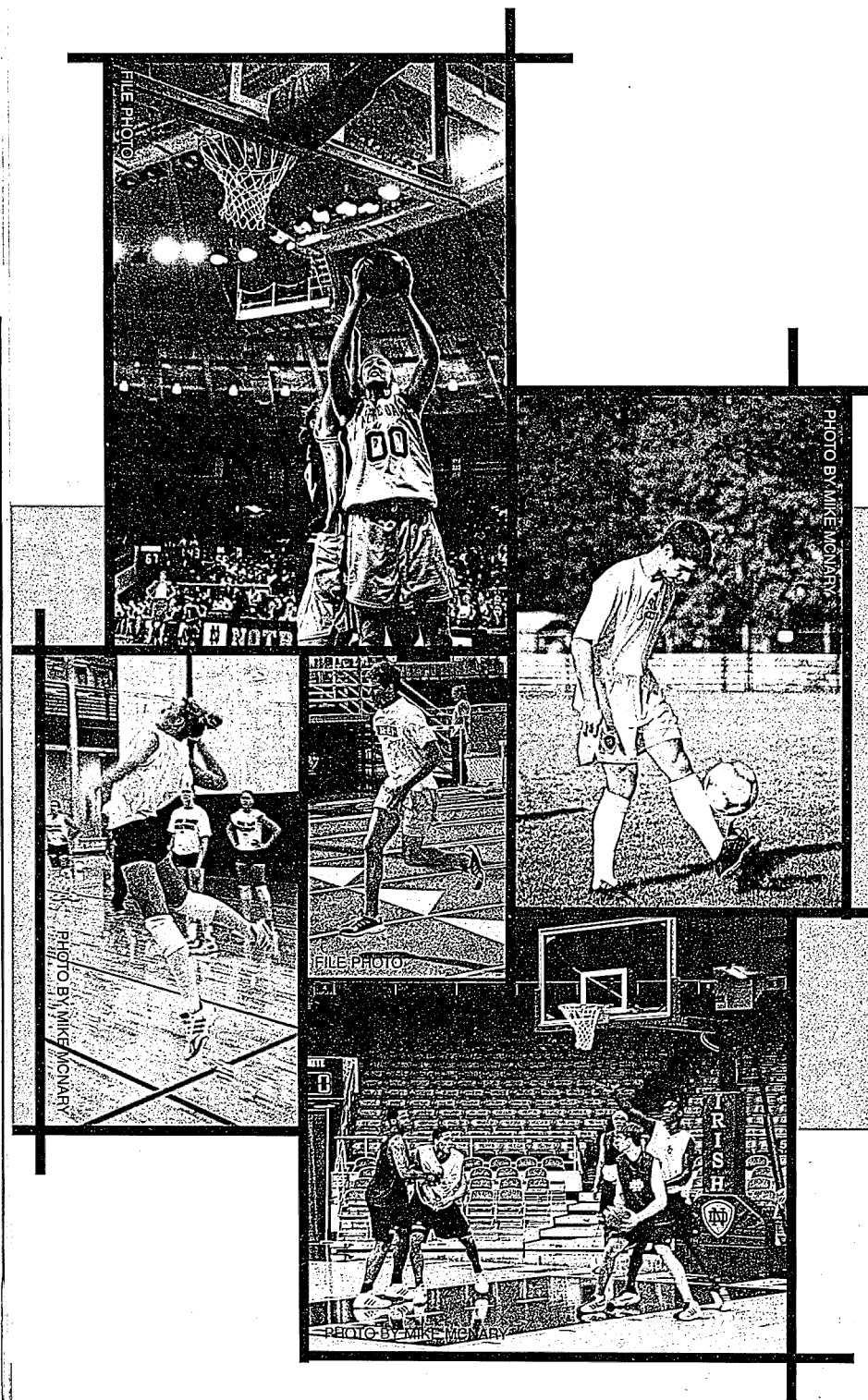
In addition, a core group of leaders has

critical.

"We really need to do well and get some momentum into Christmas," says Nielsen. "That's our goal for right now." If the Irish are able to get back on track heading into January, another Super Six appearance and even an NCAA Tournament appearance certainly aren't out of reach. □

Race For the Cup

Competition is underway
among U.S. colleges for
the overall athletic
program in the Sears Cup



GERARD MESKILL

When the Rev. Edward Malloy, C.S.C. hired Kevin White to replace Mike Wadsworth as Notre Dame's athletic director in the spring of 2000, he knew White had a reputation for transforming athletic programs into national powerhouses. White's four-year tenure at Arizona State University saw the Sun Devils rise from 23rd to 12th in the Sears Directors' Cup standings — a system that ranks universities based on overall performance in varsity athletics.

When White arrived at Notre Dame, he said that one of his top priorities was to take Notre Dame's varsity athletics program into the Sears Directors' Cup top-10 standings within the next few years.

"Fully scholarshiping all our programs will help us realize our goals over the next five or six years of pushing Notre Dame's athletic program toward a top finish in the annual Sears Directors' Cup standings," White said at the time.

Now, with this year's first edition of the

Sears Directors' Cup standings to be released today, Notre Dame appears poised to challenge for its first top-10 finish since the competition's inception in 1994. In the past, Notre Dame has amassed three 11th-place finishes and placed 13th in last year's competition.

But even as Notre Dame moves closer to its goal of winning the Sears Directors' Cup, most individuals affiliated with the university pay little attention to the competition. In fact, due to the complexity of the system and its lack of publicity throughout the year, it's likely that few people understand the method employed to choose the annual champion.

The Sears Directors' Cup for Division-I athletics is an annual award presented by the National Association of Collegiate Directors of Athletics (NACDA) to the university whose overall performance in

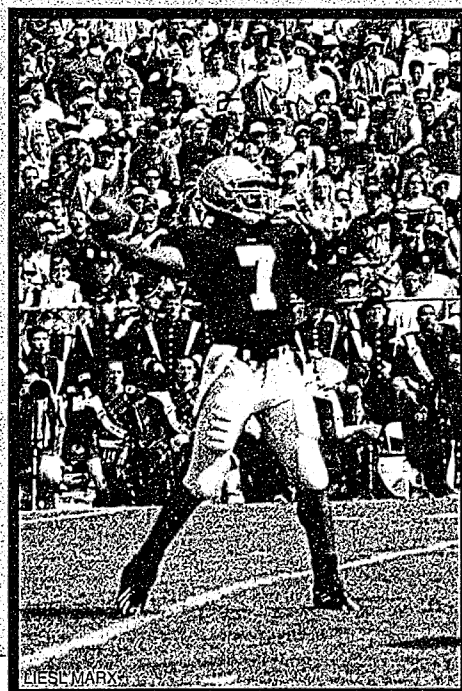
varsity athletics is paramount in the NCAA. To make this competition fair to schools that do not offer all NCAA varsity sports, the NACDA uses the top 20 team performances — 10 men's teams and 10 women's teams — to determine a composite score. Scoring is based on an institution's finish in the NCAA championships, with the exception of Division I-A football, which is determined by a school's final position in the ESPN/USA Today Coaches' Poll. All varsity sports are divided into two categories — bracket sports and non-bracket sports — based on the format of each sport's championship: bracket sports finish with a tournament, while non-bracket sports do not.

Bracketed events include field hockey, Division I-AA football, women's and men's soccer, women's volleyball, women's and men's basketball, men's ice hockey, baseball, women's and men's lacrosse, softball and women's and men's tennis. In bracketed events, no effort is made to determine a final ranking for each team. Instead, teams eliminated in the same round of competition receive the same amount of points. Those who drop out in the first round receive 25 points, while the national title winner takes home 100 points. Depending on the number of teams in the championship tournament, the cup awards the intermediate points according to a sliding scale based on one of five models: 64-team, 48-team, 32-team, 16-team or 12-team tournaments. (Events with fewer than 12 teams do not count in the standings.) For example, with the 16-team model, all teams eliminated in the first-round of the bracket receive 25 points. Defeated quarterfinalists receive 60, defeated semifinalists 83, the runner-up 90 and the national champion 100 points.

Non-bracketed events include women's and men's cross-country, Division I-A football, women's and men's swimming, women's and men's indoor and outdoor track and field, men's wrestling, women's and men's golf, women's rowing, fencing, women's and men's gymnastics and skiing.

For sports that do not have a bracket, each team receives a certain number of points based on its performance in championship event. Because these sports culminate in one all-inclusive championship final, it is possible to determine specific

places for teams, rather than classifying them by the round in which they were defeated. In this system, last-place finishers receive 10 points and national champions receive 100. Teams that fall in between receive a denomination between 10 and 100, depending upon their final place and the scoring model used, which is again based on the number of teams involved. In championships hosting more than 64 participants, each team finishing below 64th place receives five points. With a 12-



TY'S GUYS Football is certain to score points in the Sears Director's Cup Standings with a top 25 team model, for example, the following places would receive these respective scores: 12th — 10, 11th — 19, 10th — 28, 9th — 37, 8th — 46, 7th — 55, 6th — 64, 5th — 73, 4th — 80, 3rd — 85, 2nd — 90 and 1st — 100 points.

There are four minor addendums to the Sears Directors' Cup scoring. First, fencing and skiing are the only two sports whose titles are not separated by gender. Since both sports have only one coed championship, they can be scored as either a men's event or women's event, depending on which classification affords the institution in question the greatest advantage. Second, there are two seasons of track and field: indoor and outdoor. Beginning with this academic year, the NACDA only will count the better finish of these two seasons for each gender. Third, in the event of a tie in a non-brack-

eted event, points allotted to all places that are tied are pooled and divided evenly among the deadlocked institutions. For example, in the 32-team model, 30th place receives 14 points, 31st 12 and 32nd 10; if the teams occupying these three positions were to finish in a three-way tie, each would receive 12 points — the sum of the three scores divided three ways. Finally, in the unlikely event of a tie for first place in the final standings, the Sears Directors' Cup would be awarded to the institution with the most national championships during the academic year.

In the first edition of the Sears Directors' Cup standings, Notre Dame should again be 13th, trailing 10th-place Providence by a mere eight points. These standings will be deceiving, however, as the Fighting Irish are faring much better in the winter athletic campaign than their point tally depicts.

The new standings will be influenced by only three varsity sports, since only women's and men's cross country and field hockey have completed its championship events. The Irish placed 3rd (85 points) in women's cross-country and 22nd (30 points) in men's. (Field hockey is not a varsity sport at Notre Dame.) Meanwhile, women's and men's soccer are concluding their seasons, as are football, volleyball and water polo. These sports won't be included in the first NACDA standings. But when they are, Notre Dame is guaranteed 64 points for a third-round finish in women's soccer, 50 points for a second-round finish in men's soccer and at least 25 points for the No. 16 Irish volleyball team, which opens up NCAA competition against the College of Charleston on December 7. It is uncertain how many points the football team will earn, but with a major bowl bid lurking, Tyrone Willingham's team will add something to Notre Dame's point total.

When these sports are tallied and the final fall Sears Directors' Cup standings are published on January 9, Notre Dame should be in or close to the top 10. Should this hold true, it would be an excellent start toward White's goal of finishing in the top 10 come June 26. □

The NACDA Sears Directors' Cup standings for Division I athletics will be updated periodically on www.nacda.com

ON THE COUCH

Though Pat Amato wasn't the chosen suitor on *Elimidate*, he still finds himself surrounded by girls at Notre Dame. (From left to right: Meghan Winger, Gretchen Byars and Christy Tabit.)

PHOTO BY MIKE MONAHAN

No Amore for Amato

a student's brush with reality tv dating

CAROLYN SWEENEY

When a random girl stopped ND senior Pat Amato as he jogged down a Los Angeles beach during July 2001, he wasn't totally surprised. Accustomed to being something of a success with the ladies, Amato's only complaint was that this particular one had a rather unorthodox approach. "This chick came up to me and asked if she could do a mini-interview, and she had a camera, so I was a little weirded-out," Amato explains.

The young lady was, in fact, attempting to convince him to audition for the WB show *Elimidate*. After a few minutes of conversation, he was convinced, and thus began what Amato's father now refers to as "the sleazy adventure," which culminated in the airing of the show this past summer, a year after it originally was taped.

Though he hails from Toledo, Ohio, Amato was in Los Angeles for the summer interning at a law firm. At the same time, *Elimidate* executives in the area were hard at work filming episodes for the new series, which features "four suitors pitted against one another for the hand of one lucky single on a group date." After the fateful encounter on the beach,

Amato was invited to tape an episode on July 27.

Though Amato was excited to appear on the show, some roadblocks still existed between him and celebrity. "The parents were not so sure this all was a good idea due to some previous ResLife incidents and ND's spick-n-span image and all," Amato says with a sigh. "I think they were worried that ND might kick me out, which would, of course, be classic."

Alas, duLac outlaws many activities, but making a fool of oneself on national TV is not one of them. With his fears of expulsion calmed, Amato embraced the chance to gamble away his heart.

Amato's date begins in a Hollywood coffee shop. His potential soul mate arrives first. Her name is Erica, a legal secretary with long blond hair and a penchant for tossing it over her shoulder while saying "You know?" Amato's rivals appear soon after, including Ralph, a gym-membership salesman; Ben, a comedian/motivational speaker; and Beau, a construction worker who voluntarily admits that his considerable side burns have earned him the nickname Elvis. Amato is introduced as a junior accounting major at Notre Dame who "loves kids." "Come on," he says in retrospect. "Why didn't they just come out and say pedo-

phile?"

After voice-overs introduce the guys, shady interests and all, they sit down to discuss their occupations. Amato explains that though he studied accounting, he doesn't like numbers all that much and so the logical next step might be to work for the FBI. "Being undercover would be kind fun," he says thoughtfully. Immediately, the show cut to clips of the other guys subtly hinting that they think Amato is the least promising of the challengers, saying things such as, "Patrick has no game."

Beau then begins to discuss himself, or, more specifically, his tattoos. Apparently the snake on his arm is proof of his passion for body art, because he proceeds to take off his shirt to reveal the design covering the majority of his chest. Not to be outdone, Ralph takes center stage and asks Erica if she can "apply lipstick with her toes." She replies that she cannot, and that avenue of conversation seems all but exhausted. Ben saves the day, and the conversation, with a Bill Clinton impersonation, repeatedly saying in a southern accent, "I did not have sexual relations with that girl." A confused Beau thinks that Ben is just hitting on Erica. "Why did he have to keep asking her for sex?" he wonders during his next scene. "That was not smooth."

With competition like this, Amato immediately realizes that he needs to pick up the pace if he wants to survive. He seizes his chance when Erica explains that she works at a sports bar specializing in Mexican food. After a moment of quiet reflection, Amato wonders aloud if it could possibly be "anything like a Mexican Hooters?"

Opinions vary about the Hooters line, which is regarded either as Pat's shining moment or his worst faux pas. "My parents liked my Mexican Hooters line," Amato says, though they could not be reached to confirm their approval.

"It was my favorite moment," says Amato's friend and fellow ex-Zahm resident Dan Burke, "mostly because he was immediately met with scorn by the other contestants and the girl. It was a pretty lame and classless attempt to make conversation. Exactly what I would expect of Pat."

Back on the show, the comment is met with a long silence, which Erica breaks with a piercing hyena-laugh. "I can't believe he said that!" she shrieks. The show next cuts to individual commentary by the guys. Beau tells the audience, in painstaking detail, about Amato's tendency to stare, which alternately is described as "glaring" and "stalker-ish." From this point on, "stalker" captions periodically flash across the screen whenever Amato appears particularly intense.

I'M COOL Amato shows off the ultracool outfit he wore for the show.



PHOTO COURTESY OF SUSAN THOMA

To lighten the mood, the contestants proceed to a comedy club down the street.

"Some producer told Erica to pick a theme," Amato says, "and so she picked 'Space Aliens from Iowa.' Beau and I had to act it out as the other guys made up a story about the phrase."

The drama heightens when Ralph, who is narrating, throws in an unexpected plot turn. "The aliens are actually ... gay aliens," he cries. Beau, who is playing the alien, promptly hugs Amato, finishing off the embrace with a firm butt squeeze. The show cuts to a stricken Amato telling the camera that the entire sequence of events "was really, really unfortunate."

The role play, and Amato's discomfort, end when each of the competitors is asked to guess who they think Erica will eliminate first. Beau, Ralph and Ben each name Amato. Then, Amato names ... himself. Tension again builds as Erica demonstrates the impeccable logic she will use to narrow down the field. "Since the show is called *Elimidate*, I have to *Elimidate* someone!" she says, not one to miss the subtleties of the game. "The chick was a real ditz," Amato says. "She completely tripped over many of her lines. We think she was going for the word 'eliminate' in the second part of that sentence."

She opts to boot Ralph, explaining that "I'm reaching for the stars, but he's just staying right where he is." Though her deeply metaphorical explanation can be interpreted in a number of ways, most viewers suspect that she truly just objects to the fact that Ralph is a lowly gym-membership salesman.

For the second round, the contestants proceed to Aardvark's, a thrift shop. Erica instructs the guys to pick out clothes that show their personality. Pat emerges in a bright orange John Elway jersey, a puffy blue vest and some self-described "weird" pants, which also happen to be orange. He also sports a red knit ski cap and winged sunglasses, and points out that the ensemble highlights his "cocky and bold" personality. The outfit is "just a flash of my brilliance," he explains to his fellow show members. "It's a sign of his lukewarm intelligence," Beau explains to audience members.

After the fashion show, Erica must eliminate another suitor. This time she gets her words right: "Since this show is called *Elimidate*, I have to *eliminate* one of you!" she says. After a pause and lots of giggles, she informs Amato that he's out, mostly because



PHOTO COURTESY OF ELIMIDATE

POOLSIDE A typical scene from the show featuring four women surrounding one very lucky fellow.

he described himself as cocky.

"Yeah," says Burke sadly. "The cocky quote really punched Pat's ticket off the show."

But Amato wasn't heartbroken over his early exit. "A plus about getting kicked off early is that I didn't have to put my dancing on display; that's being saved for future Boat Club performances," he says. "Actually, it's unfortunate that the Boat wasn't one of the stops on our date. But, yeah, I think the lack of dancing saved some of my integrity, maybe."

"Also," he says, "it was fun to see how the show worked and how long it takes. We started at 6 a.m., which was an adventure. [I'm] not really a morning person. It was 8 p.m. by the time I got booted, and they still had a third of the show to film."

While Amato is content to admit that he just wasn't high enough in the social stratosphere to impress Erica, his friend Phil Brennan offers alternative theories why Beau was her final choice. "I think Beau was just much, much cooler and more normal than my good friend Pat," he says. "Or, actually, it could have been that Pat's been hanging around us Zahm guys for too long, and it shows. Or, maybe he got nervous because he was sober."

"In the end, Pat walked away with some new clothes from the dress-up party, a greater ability to make conversation with stupid people while sober and a tape that he shows off every chance he gets," Burke says.

"I'm just glad I didn't embarrass my parents too much," Amato concludes.

Elimidate airs in South Bend on channel 69 at 5:30 p.m. and 11 p.m. "It's very possible that Pat's episode will be re-played," says *Elimidate* publicist Kim Kottler. "We're going into re-runs soon. And there's always the chance that we'll do a blooper-themed show. So he could be on that." Check out www.elimidate.com for future schedules.

I Elimidate ... Decency

The dregs of society aren't just on Jerry Springer anymore

First of all, I know what you're going to say. This is my third column in a row that deals with a game show, and for this I should owe the discerning public an apology. But lest I be accused of skipping to the well one too many times, I would like to point out that I am not responsible for the depressing glut of game shows currently saturating the airwaves. As a respected member of the press, (respected in that I have only been thrown down a flight of stairs twice by people who hate my column) it is my job merely to hold the mirror up to nature, as it were. In this case, nature appears to adore easy New Jersey girls wearing corpse-blue eyeshadow that was probably more flattering on the rabbits L'Oreal swabbed it on in the first place.

But enough of my vitriol. After all, if you wanted scathing commentary on why society is terrible, you'd be reading Charles Rice's column right now. The people want to read about the magic of *Elimidate*, and I shall not disappoint them. As always, I will begin with a synopsis of the show for those unfortunate few who remain in the dark about this masterpiece. Essentially a blend of *The Dating Game* and what I assume *Survivor: The East Village* would look like, *Elimidate* stars one happy-go-lucky bachelor (or, occasionally, bachelorette) who dates four women simultaneously, leaving them behind like crippled gazelles throughout the course of the evening until he has finally arrived at the woman he believes to be Ms. Right (or at least Ms. Wake-up-and-buy-me-an-awkward-breakfast-at-Denny's). Granted, the individuals involved do occasionally seem to have real chemistry, but 90 percent of the time the audience gets to witness four competitive, whiny girls hang around a guy who by all accounts seems to have won the frat-boy sweepstakes. Then again, that last line assumes that you view the man who has to hang around most of these girls as a "winner." I've looked at the majority of the contestants, and frankly I haven't seen so many zeroes since the last time a guy won on *Millionaire*. By the time only two girls remain, the imbecile boy always drags his companions off one at a time for a private make-out session, which he proceeds to characterize as "Eh, no big deal." I've got news for you, Don Juan de Elkhart: When you're fresh out of Bowling Green and "working on your screenplay," mak-

ing out with two women in one night is a big deal. Hell, I'd be happy to make out with two women, period. The only way girls like this will ever fight over you again is if you wake up one morning as a chocolate-covered billionaire.

I could fill pages talking about the humorous quirks of various female hopefuls (and have, in fact — look for my new book, *I Weep for the Future*, to hit stores in mid-February), but I think I'll have to limit today's little Algonquin Round Table to the standouts of my *Elimidate* history. First off, it needs to be pointed out that these contestants aren't typically Mensa material. I think the high point of one show came from the girl who firmly believed "devious" was a synonym for "daring," and used it liberally, with hilarious consequence (e.g. "Since you're rich, you're probably looking for a girl like me who's really devious — want to come skydiving?"). Then again, we can't discount the girl who,

after describing her competition as "cupcakes," posed the question "... but why have cupcakes when you can have creme brulee?" A cleverly executed little dig, if we ignore the fact that she pronounced "creme" as "cream" and was nearly laughed off the cruise ship and relegated to dating Carrot Top for the rest of the evening.

However, as all men know, nothing's more frustrating than a girl who pretends to be into having a threesome in order to get you into bed. Such was the case with one unfortunate lad who kept on a bisexual and the girl she was flirting with, only to have one of the two *Elimidate* herself when she realized her partner-in-crime was

more interesting than the male contestant.

Does anyone honestly believe there is potential for long-term commitment and happiness from any of these random matches? I certainly hope not. Besides, in the unlikely event that the contestants do end up getting hitched and having children, how will they tell the kids the darling story of their first meeting? "Well, son, I was going to *Elimidate* your mother and go with Kitsie, but then this special lady lifted up her Abercrombie tube top, and she had the sweetest rack on her ..." The deeper into the evening the contestants go, the more their shame falls by the wayside. I still don't know whether *Elimidate* has a "grand prize," but if it does, I'm sure it's not dignity, self-respect or credibility. □



B O U N D S

BY JEFF EYERMAN

Invasion of the Movie-Watchers

A new club brings movies, comedy and giant Viking women to Notre Dame's campus



MATTKILLEN

Take some bad movies, a few robots, an orbiting space station with an in-house theater and a group of devoted ND students, and what do you get?

A defunct television show with its very own club on campus. The Mystery Science Theater 3000 Club is a group of students whose sole purpose is to watch people watching bad movies.

"It's like a cult. It's kind of underground, since no one really saw the show when it was on," says sophomore Geoff Matteson, the club's president. Twice a week, Matteson and other devoted fans of the show huddle quietly in O'Neill Hall's darkened 24-hour space. The couches get re-arranged around the television altar, and everyone silently awaits the appearance of a certain pasty Midwesterner and his two lovable robots.

Matteson jokingly embraces the stereotyped image of the show's fans not exactly fitting into a popular mold. "I always thought of myself as a geek, and if I like it, it must be a geeky thing," he says.

Matteson and club vice-president Andy Proulx, a sophomore, met during freshman orientation last year and quickly discovered that they shared a love for the show. The club began later that year as an unofficial gathering where several students would meet and watch tapes of the episodes. Last spring, Matteson filed for official club recognition.

The popularity came quickly. "At Activities Night, people came up to us and thought it was a great idea," Proulx says. "They asked us, 'Why didn't you think

of it sooner?'" Matteson and Proulx brought only one sign-up sheet to the event with slots for 40 names. They left with more than 150 names on the list.

The show's premise is simple: Mad scientists have imprisoned their innocent and helpless intern with two off-the-wall robots on a space station called the Satellite of Love. Their torture? The captors force them to watch bad movies. Really, really bad movies. Viewers see the robots and the intern sitting in the theater watching films, cracking jokes about some of Hollywood's historically terrible offerings.

"It's a really intelligent show," Proulx says. "They do some broad jokes sometimes, but much of it is very obscure." Proulx thinks the show is hilarious, but the movies are sometimes too horrible even to watch. "Some of the movies are so bad, it's hard to watch them even with the commentary."

Many fans appreciate the show as a light-hearted and hilarious look back at some of pop culture's most disastrous mistakes. Aside from the movie screening, the show is filled with small segments tied to the featured film, such as Elvis impersonations and elementary-school bake sales.

Matteson asserts that the show's flexible premise gives it a unique variety that can't be found anywhere else. "It's different every week. It's not like a sitcom," Matteson says. "These movies are so bad, you really wonder what they were thinking. They're just begging to be made fun of."

The movies include *Pod People*, *The Deadly Mantis* and other low-budget films

ranging from 1950s sci-fi all the way to early 1990s low-budget fantasy films. Like the films they feature, the show proudly has maintained a low-budget look since its inception over a decade ago. Even after switching to network television, the cast stayed in Minnesota, not wanting to betray the "outsider" feel that made them famous in the first place. Since its cancellation three years ago, reruns have aired on the Sci-Fi Channel, and the show's fan base continues to expand.

ND's club watches tapes every Sunday at 7 p.m. and Tuesday at 8 p.m. in O'Neill Hall. Those tapes come courtesy of club member Eric Houston, whose complete collection of all 150 episodes spans more than 60 videocassette tapes. Houston, who initially had 45 episodes in his collection, completed the set over a single summer by tape-trading with other fans over the Internet.

"I'm a crappy-movie junkie," admits Houston, whose favorite episode is *Viking Woman v. The Sea Serpent*. "I just think the show's hysterical. And as a film student, it's also very educational."

But don't expect to learn anything from the club. Matteson says they're just interested in sharing an appreciation for great comedy about not-so-great movies. Aside from their regular meetings, members plan to assemble for an all-day marathon this Sunday.

Mystery Science Theater 3000 might have seen its last days on television, but the show lives on thanks to the effort of clubs like these. "This is just a fun, relaxing club," Proulx says. "We don't like to do anything serious. We hate seriousness." □

Philanthropy in a Tub of Vodka

The road to Appalachia is paved with half-hearted intentions — and some coal

MEGHANGOWAN

I am aware that the following Week in Distortion will not be “popular.” I am also aware that a handful of people who formerly mildly disliked me will now hate me. I accept this “punishment,” as one who cared would call it, and choose, instead, to educate this campus’s youth (and elders) on what happens when an unchaperoned trip to an impoverished Appalachian region goes terribly awry.

Disclaimer: This is not an attack on community service—no, no it is not. Rather, it is an attack from a tree-hugging liberal on the money-grubbing, self-aggrandizing conservatives that composed the majority of my group—who chose to search for bars in the Appalachian night instead of building bonfires, and who giggled, change jingling in their Ralph Lauren pockets, about migrant labor oppression while stuffing their faces with 59-cent burritos from Taco Bell.

Many have had rewarding experiences on similar excursions. My friend—we’ll call her Mary Sue—pessimistically anticipated a grueling trip. “They’re all ardent non-drinkers,” she said, grimacing while she filled her flask. Forty-eight pictures later, she returned, her flask still full (no need to waste in sorrow, as there was only joy), and with a crush across the quad. Mary Sue’s experience is what would be called the “norm” for Appalachia excursions: People serve and learn and bond, and are drawn from apathy to action. On my trip, this did not happen.

I started the trip excited. Really excited. I even baked cookies, and I am not a cookie-baker. In retrospect, I cannot place the reason for my hopefulness—maybe it was the promise of fresh mountain air, the prospect of swapping manual labor for Aristotle, or the anticipation of road-tripping to the sounds of the Beatles Anthology I secretly stole from my roommate.

I returned with brief memories of a trip to Hooters and a hatred of coal. I really hate coal. All forms. I saw a piece of charcoal the

other day, lying lazily on the ground, a remnant from a past barbecue, and I kicked it as a form of misplaced protest.

I should have known, I whispered to myself quietly when people were and were not looking. We were supposed to leave the parking lot behind the infirmary at approximately 7:30 a.m. At 8:30 we were



parked behind a women’s dormitory waiting for one member of the group to gather her things. She had fallen into a death-like slumber, ignoring her 6 a.m. alarm. In her absent-minded packing process, she forgot any form of modern currency and pants. She spent the rest of the week clad in our site leader’s size-28 overalls (she is about a size two), scrounging for food in Appalachian cupboards.

At 8:45, we drove away from the Notre Dame campus and stopped five minutes later for an hour-long breakfast at the Burger King next to Martin’s. It was at this point that our group leader explained in broken English that we had only \$180 to feed 13 people for five days, and that we had to pay for both gas and tolls. It was also at this point, in hindsight, that I should have quietly abandoned notions of a spiritually fulfilling trip, walked back to campus and resigned myself to a week alone in my dorm room,

eating tuna with my fingers.

At about 6 p.m. that evening we arrived in West Virginia. There was nothing noteworthy about the drive south except for the fact that really bad music was played incessantly from only the speakers on the right side of the van. Also, there was an hour-long conversation about how we should use our day off to buy vodka, then pour it into a tub and stand in it. Together. Because someone had once heard somewhere, though they really couldn’t remember where, that it gets into your bloodstream a lot faster this way.

Each of the five days of labor began with a morning prayer—an undertaking that should be simple, but was not, as 39 percent of the group stuttered heavily when asked for an intention. Except for the beloved group leader who would, each day, pray for “hard work and efficiency.” This same group leader would then spend the following eight hours drinking water out of multiple paper cups in various stages of repose, playing with a drill in the corner farthest away from any real work.

I cannot pinpoint the problem exactly. From an outside perspective, much was accomplished. The sacrifice of our missionary site leader was inspiring, and our work made a tangible difference in a few people’s lives, but the expected unification of group towards one important cause never occurred. The most unification we had was a rebellion against our site leader: We all escaped to gamble and imbibe at a dog track an hour and a half away in Charleston. The CSC apologized to the site coordinator for a group that came to help those in poverty, but instead supported an institution that helps perpetuate the cycle. A small joke was made at the closing meeting about the suffocating indolence of our group. No one laughed, and there is no real reason to wonder why.

I think that is all I have to say. Except that the only thing that I hate more than my group is coal. □

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Submit an 800-word essay for Week in Distortion. E-mail us at scholast@nd.edu.



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It's the most wonderful time of the year ...

COMING DISTRACTIONS

COMPILED BY JENNIFER OSTERHAGE
AND MEGHAN GOWAN

As you get ready to trade in your current batch of classes for a brand new set, take your mind off exams and get into the holiday spirit! Don't forget to submit your spring semester events to scholast@nd.edu. (All submissions are subject to *Scholastic* approval.)

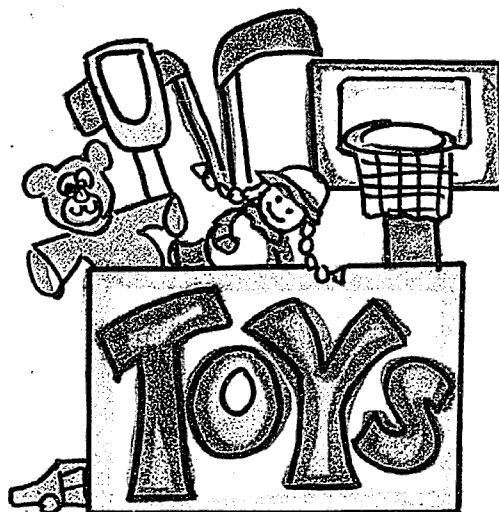
What: Toy Drive

When: December 9-11, 9 a.m. to 11 a.m.

Where: Outside DeBartolo Hall

How much: Cost of the toy you donate

Why: You know you're going to enter that massive classroom building sometime during the glorious mornings of the last three class days. Why not brighten the holidays for some underprivileged kids as you trudge through? An added incentive: hot chocolate. Yum.



What: Tom Petty and the Heartbreakers with Jackson Browne

When: December 11, 7:30 p.m.

Where: United Center, Chicago, Ill.

How much: \$35-\$57.50; to charge by phone, call (312) 559-1212

Why: It's on the first night before study days, when you know it will be physically impossible for you to do work. You might as well put your procrastination time to good use. Travel to Chicago, look at the pretty lights, listen to Tom croon and then return home to hit the books.



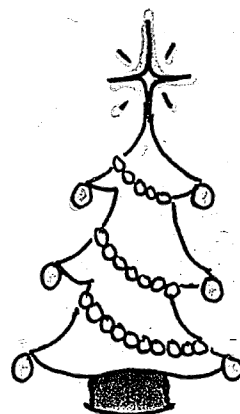
What: Trip to Meijer

When: Whenever

Where: Well, Meijer. And your car.

How much: Depends on what you buy

Why: South Bend can sometimes be a bleak, lonely place. But even the coldest, cloudiest day seems a bit brighter when your dorm room is full of snacks. So make the trip and stock up in advance. You're out of Flex points anyway, right?



What: A Carroll Christmas

When: December 6, 6:15 p.m.

Where: Carroll Hall's front lawn

How much: Free; donation of a book or toy for Toys for Tots welcome

Why: Cure any study-induced blues by watching a very large Christmas tree become resplendent with sparkling lights, accompanied by the vocal stylings of the Glee Club. If that doesn't stifle the Grinch in your eggnog-less soul, nothing will.

What: "Joy to the World": Voices of Faith Winter Concert

When: December 7, 8:00 p.m.

Where: Washington Hall

How much: \$3 for students; \$5 general admission

Why: The sounds of Notre Dame's own gospel choir will bring you instant Christmas cheer! Attend, and then hum the hymns from the concert while you're studying for that chemistry exam you can't wait to conquer — a little divine intervention on test day can't hurt.



"Real" Misery

by Christine Becker

On October 25, 2001, Leanne Potts of the *Albuquerque Journal* pronounced reality TV dead. She reported in her "autopsy" that the "cause of death, say network executives, was poor ratings apparently caused by the excess of genuine reality that viewers have been subjected to since Sept. 11." One of those executives, ABC Entertainment Television co-chairman Lloyd Braun, predicted in late September 2001, "I'm not so sure the country will be as accepting of these shows as they've been in the past."

Fast-forward one year. *Survivor: Thailand* currently sits in the top 10 of the Nielsen ratings for broadcast shows, the *Real World XII* (yes, 12) rests at No. 3 in the ratings for cable shows, and the season finale of *The Bachelor* drew an average of 26 million viewers to ABC, a number that surely sends a shiver of excitement up Braun's spine.

Now, one has to wonder why the reality show genre has remained so prominent. Why do networks schedule such heavy rosters of reality shows, and why do viewers enjoy watching them? Why are people so willing to appear in them?

The first answer is a no-brainer. Relative to the typical drama or sitcom, reality shows are cheap to produce. There are no stars or writers to pay, and even large cash prizes are small potatoes in an industry where each *Friends* star gets about \$1 million per episode. Further, reality shows are a good way to

brand a network in an age of channel clutter: E! is the *Anna Nicole* network, TLC is the *Trading Spaces* network and CBS is the *Survivor* network. Finally, and most essentially, reality shows are all over the TV grid because most of them do well in the ratings.

That raises the second question: Why do people watch reality shows? These shows hinge on the most basic of spectatorial desires: We want to know what happens next. Who will get voted off? Which roommate will be the most dysfunctional? What zany thing will Ozzy do tonight? While cloaked in the rhetoric of reality, these shows' situations obviously are contrived to draw out the most provocative narratives possible. No matter the genre, television viewers are attracted to clear, compelling stories. Reality shows are the prototypical TV pap: They can be fun to watch, and they don't require much thinking to follow.

Because of the "real" people depicted, this genre also has a special voyeuristic appeal not found in scripted genres. There is a definite guilty pleasure in judging others and watching them get judged (*American Idol*), observing how a family deals with anachronistic living conditions (*Frontier House*) or reveling in the horrors of others' bad dates (*Elimidate*). In a sense, reality shows are mentally participatory; we imagine what we would do in these situations and then criticize their actions from the comfort of our couches and at the proverbial water cooler the next day.

An intriguing factor here is that so many reality shows depict people in situations of utter misery, whether performing grotesque stunts, associating with others, or being Anna Nicole Smith. Viewers apparently get a perverse thrill from watching the suffering of others, perhaps to reinforce a sense of contentment or superiority in their own lives.

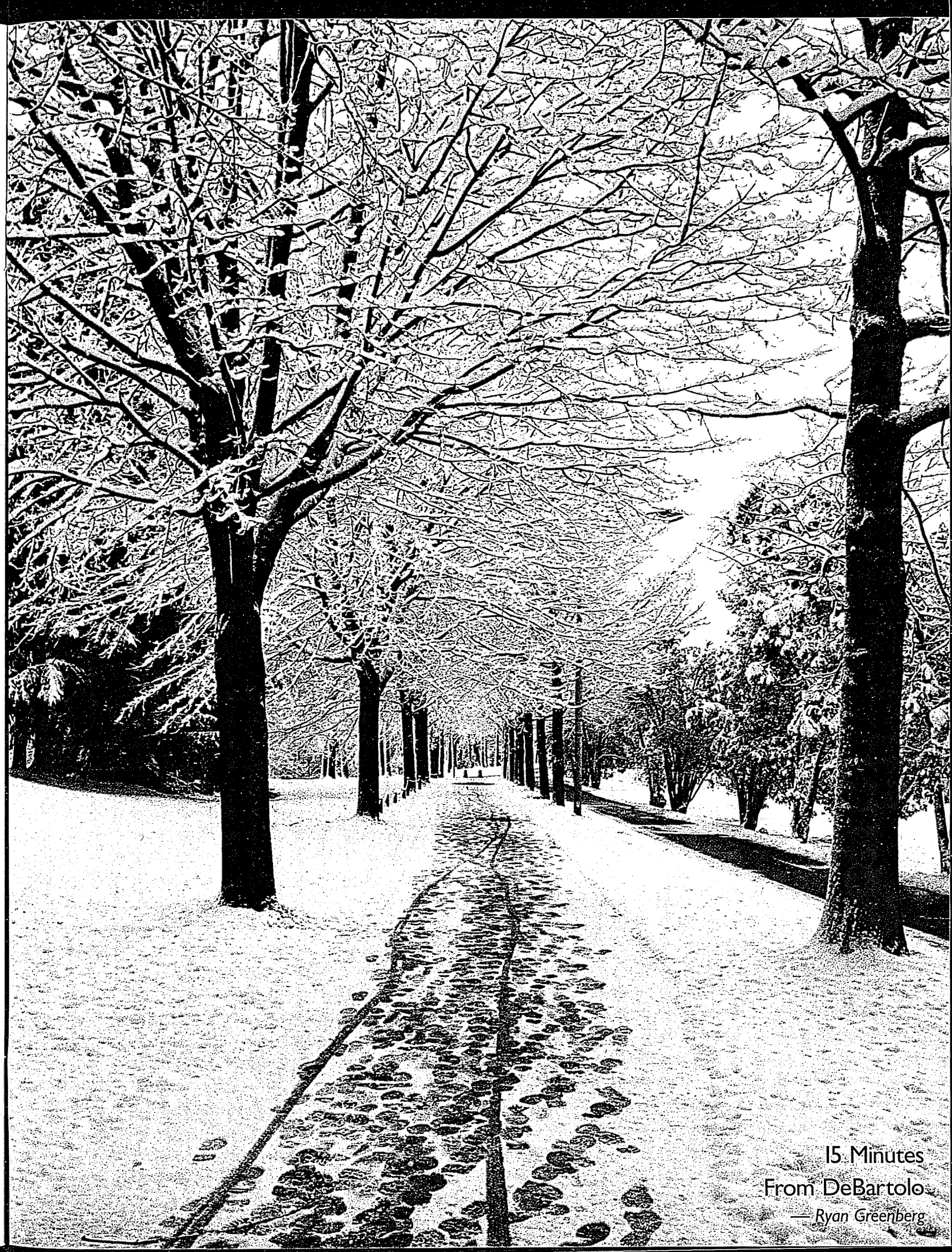
This leads to the most perplexing question of all: Why are people willing to appear on reality shows and have their anguish televised? The answer would seem to be an obsession with celebrity. While few will win an actual prize for being in these shows (only one gets the million dollars, only one gets to marry the bachelor), they are at least televised. While some hope to use this as a springboard to other entertainment careers, others are content with the phantom thrills of fame. Maybe they had to eat a bucket of worms, but 16 million people tuned in to watch them eat those worms. How many of us can say we've had that kind of attention? Of course, many of us would scream, "Not me, and thank God for it!" But others enjoy those 15 minutes of fame, no matter what it takes to get them.

While we tend to think of the reality genre and its aesthetic of misery as a new phenomenon, we can look back to '50s television and see *Queen for a Day*, where despondent housewives told true tales of extreme woe — "I just lost my husband and my boy is in an iron lung, and all I want in the world is a new dishwasher" — and whomever the audience deemed to have the most pathetic story, as measured by an applause meter, would receive their wish plus a whole raft of other consumer goods. One of the cruelest shows in television history, *Queen for a Day* ran for eight seasons.

So, to cite what has now become a cliché, we really haven't changed much since 9/11, or even since the '50s. We still enjoy watching the structured parade of misery and conflict, and people still are willing to be the object of that gaze, so television executives will keep directing the procession through our living rooms. □

Maybe they had to eat a bucket of worms, but 16 million people tuned in to watch them eat those worms. How many of us can say we've had that kind of attention?

Christine Becker is an assistant professor in the Department of Film, Television and Theatre. She never has seen an episode of *The Bachelor*, but frequently gets hooked on *Real World* marathons.



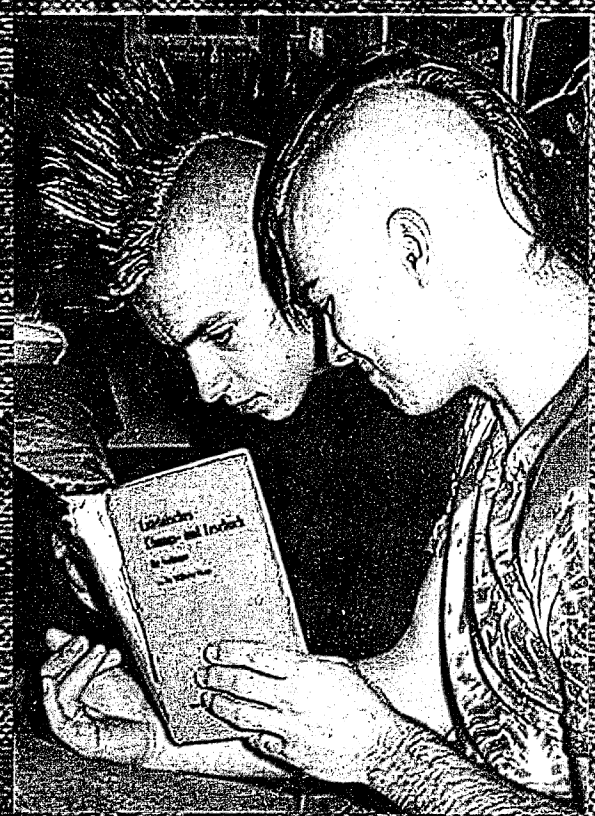
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