

SCHOLASTIC

NOTRE DAME'S STUDENT MAGAZINE

VOLUME

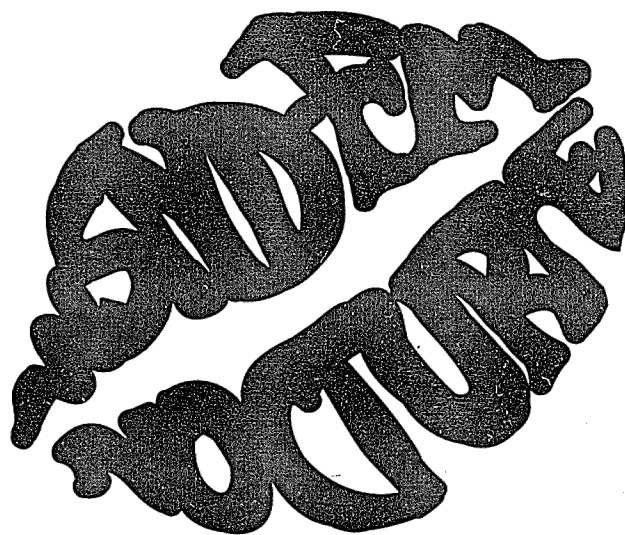
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23 Sept 2003

DEPRESSION

the invisible illness
afflicting notre dame students

meet at 88.9 fm...
midnight til 2
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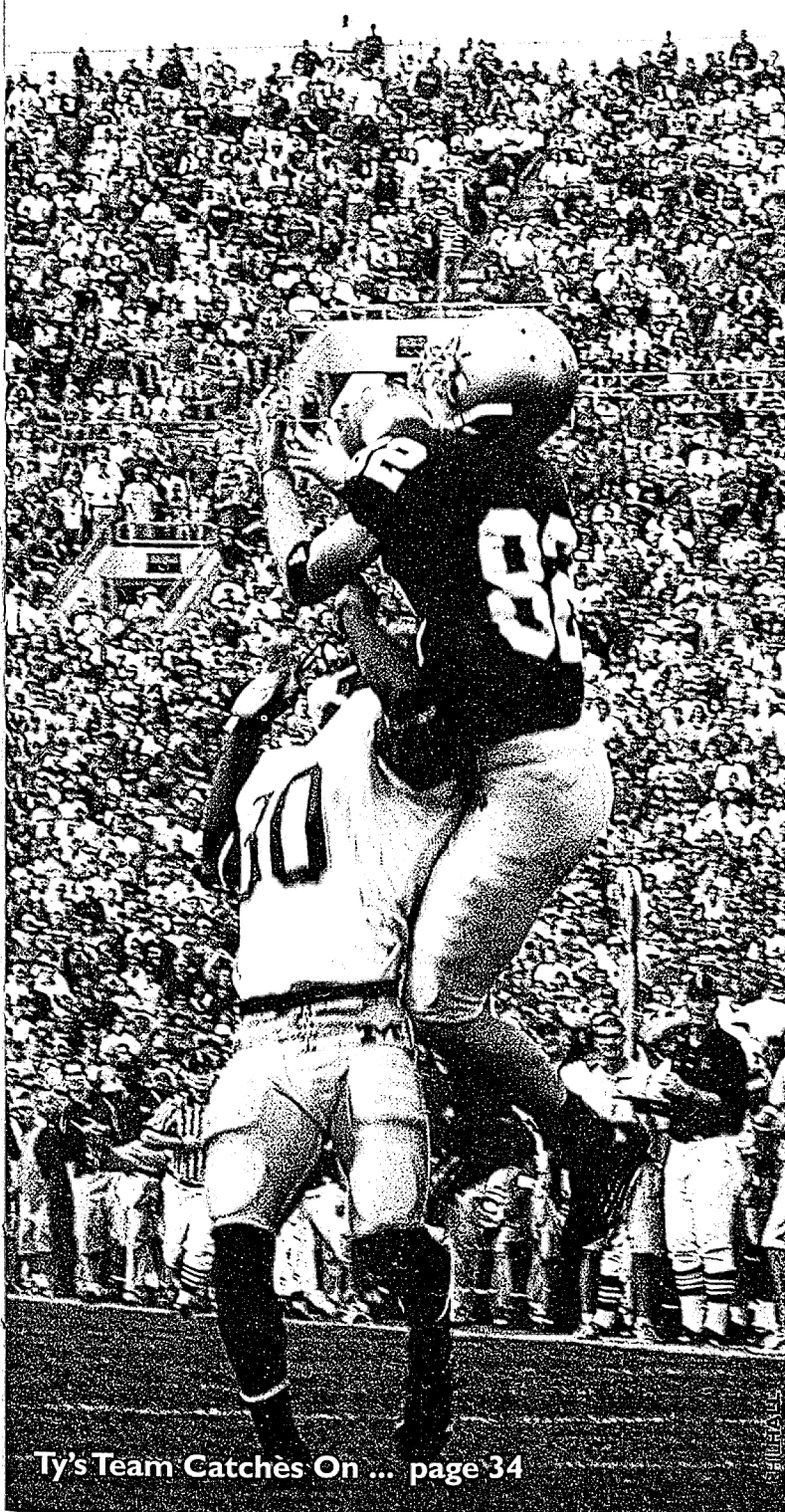


Nocturne

SCHOLASTIC

DEPRESSION

THE TWENTY-THIRD OF SEPTEMBER 2004



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NOTES FROM THE EDITORS

Understanding the Silent Affliction

Life as part of the Notre Dame family is defined by togetherness — arms linked while singing the alma mater, section dinners at South Dining Hall, the Sign of Peace at Sunday mass that lasts for 10 minutes. Beneath the appearance of the unified family are students who feel isolated, detached, who suffer from depression.

For those afflicted by depression and their friends, it is difficult to determine when the common behavior of college-aged students — skipping class, erratic sleeping habits, frequent mood changes — develops into a paralyzing sickness that requires medical attention.

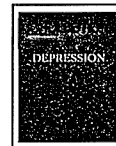
Some shocking statistics, affirmations from university counselors and visceral personal testimonies all combined to create a story that, we hope, paints a semblance of an illness that is difficult even for those whom it afflicts to accurately describe.

Sharing this story with you would be impossible without the students that shared their very personal stories with us, both anonymously and identifiable. Their honest reflections grant us all insight into a little discussed, but very present, issue in our community.

Meghan Gowan
Executive Editor

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SCHOLASTIC



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*Disce Quasi Semper Victurus
Vive Quasi Cras Moriturus*

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Congregation of Holy Cross

*Friends and Brothers
in Holy Cross*



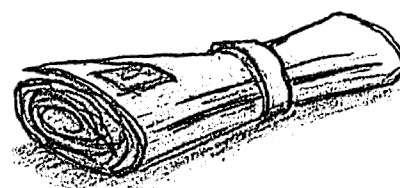
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ANSWER
THE CALL





Judgment Calls

Opinions and observations



LEGWARMERS

The '80s called. They want their clothes back. If you're that worried about the temperature of your legs, try buying a pair of socks.



ND LIP GLOSS

Economists say the best way to increase the cost of an item tenfold is to slap an ND on it. Next week the bookstore is going to be selling green petroleum jelly.



'90S PARTIES

They're fun and all, but wearing Abercrombie and listening to Counting Crows is not much different from what ND students usually do on weekends.



SPORTS ILLUSTRATED ON CAMPUS

We're flattered that they ranked ND the 5th-best college football weekend, but the weekly jab at Rudy/Catholics/South Bend is getting a little old.



BACKPACKS IN SDH

While thefts of bags should go way down, thefts of salami and cheddar hoagies will definitely go way up.

STAFF EDITORIAL

"There's nothing to do in South Bend."

SCHOLASTIC EXECUTIVE STAFF

It's an adage heard from the earliest days of one's freshman year, repeated ad nauseum by students and professors. The phrase is standard artillery for campus humor and opinion writers (including those that have been featured in this magazine) looking to get a few laughs or to vent their frustrations about a dull weekend. *Sports Illustrated On Campus* can't seem to let it go, either.

But this label is unfair, and it has become a readily available excuse for many students who expect entertainment to arrive at their door.

Perhaps the same could be said about this label that is said about so many others: it comes from a grain of truth. Is South Bend a great college town? Definitely not. But once we depart from that grain, we find ourselves buying into exaggerations and unsubstantiated claims.

First, let's consider the nightlife. Clearly the local bars don't exactly measure up to their trendier urban counterparts, or equal the sheer number of those in big college towns like Madison or Austin. It is difficult, however, to picture Notre Dame students willing to pay what many popular urban clubs charge. Plus, given the number of off-age students at Notre Dame and Saint Mary's, students here do have a lot of options. With the possible exception of home football weekends, there's always room at a number of the popular student bars.

Underage students do have a bit more to gripe about, but their plight is that of

underage students nationwide. At colleges where social life largely revolves around drinking alcohol, being underage is clearly a disadvantage, especially since police are cracking down on underage drinking across the country. Underage students do have one legitimate complaint: South Bend lacks clubs for students aged-18 and up.

Perhaps the area's greatest strength is the number of restaurants and stores. While frequenting many of the same chains found back home can seem pretty drab, at least the Grape Road area offers something for everyone; and though Borders and Barnes & Noble don't exactly have the anti-establishment feel of an independent book or music store, they get the job done.

But don't be fooled: South Bend and its surrounding areas have more than national chains. Just check out some of the restaurants in downtown South Bend — the Emporium, The Vine, Siam Thai — or even in downtown Mishawaka (no, it's not Grape Road).

Perhaps the greatest danger of the "nothing to do here" mentality is that it becomes a self-fulfilling prophecy. When students hear from day-one that there's no reason to venture off campus, they're less likely to do so, giving local businesses little incentive to cater to students.

Sure, South Bend is no Madison, but for those planning to stick around for a while, making an effort to enjoy the town will be more fruitful than complaining about it. □

West Nile Hits Close to Home

Incidences of virus reported in St. Joseph County

ANNAO'CONNOR

Most Notre Dame students would probably say they feel relatively safe on campus. However, most members of the Notre Dame community don't know that a potentially fatal disease carried in organisms smaller than a fingernail has been found on campus.

The alarming discovery of numerous dead crows and blue jays has safety officials concerned that the West Nile virus is spreading across Notre Dame's campus. According to a university press release, the Indiana Department of Health confirmed that St. Joseph County — the county in which Notre Dame is located — became one of the 38 Indiana counties with confirmed cases of West Nile virus, including one human case. The Department of Health reported that an elderly person, who had been diagnosed with West Nile, died last week in Elkhart County, which borders St. Joseph County to the east.

West Nile virus can cause encephalitis — which is the inflammation of the brain — meningitis or even death. Symptoms include fever, headache or body aches. Only a small percentage of people who contract West Nile will develop any symptoms, and most will fully recover on their own.

People over the age of 50, people with chronic diseases — such as diabetes — or people whose immune systems have been weakened by AIDS or chemotherapy are most at-risk for developing severe West Nile symptoms.

West Nile virus spreads when a mosquito bites an infected bird and then bites a human. It cannot be transmitted from one human to another, and it cannot be spread from birds to humans. Even so, dead birds should not be handled with bare hands. Anyone who finds a dead bird should contact University Landscape Services, who will use a state-approved protocol to collect and freeze the remains, according to a university press release.

"I think it is really scary. I never thought it could happen at this campus because it seems so distant from anything like that," says junior Lauren Halleman.

"Each of us can protect ourselves pretty easily," says Ann Kleva, director of Health Services at Notre Dame. "There is a very low risk of anything happening to you if you are in good health."

Health experts recommend the following precautions for protecting yourself from contracting the West Nile virus:

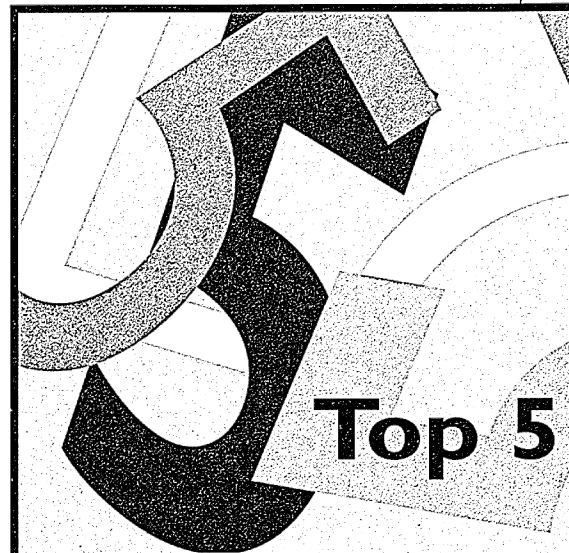
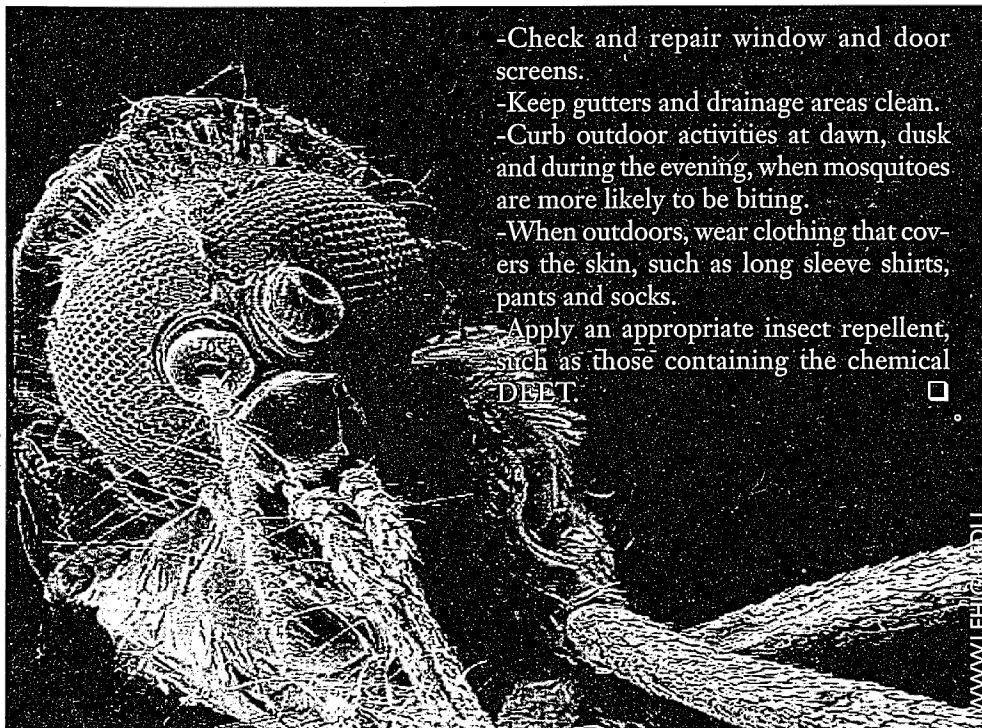
-Check and repair window and door screens.

-Keep gutters and drainage areas clean.

-Curb outdoor activities at dawn, dusk and during the evening, when mosquitoes are more likely to be biting.

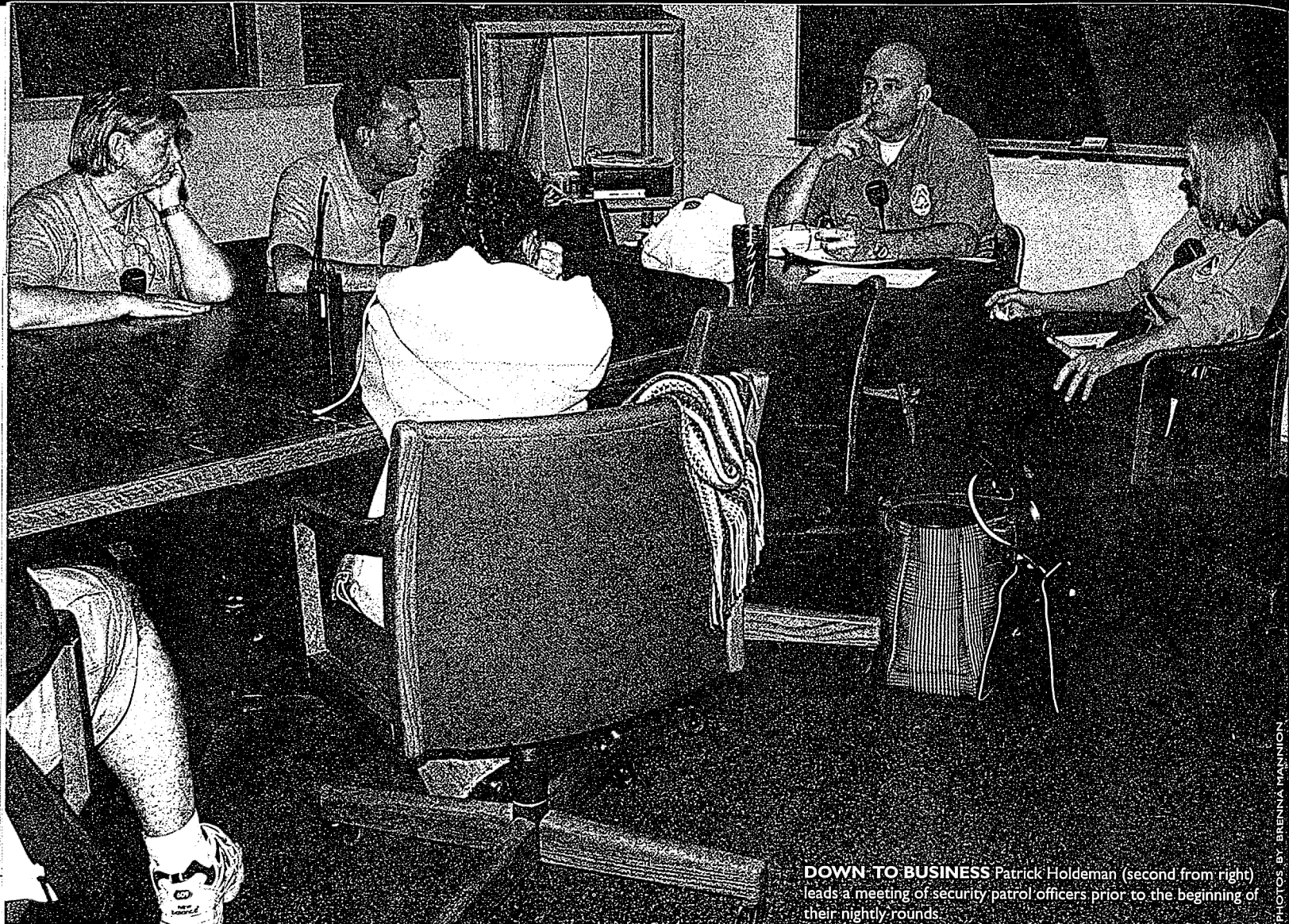
-When outdoors, wear clothing that covers the skin, such as long sleeve shirts, pants and socks.

-Apply an appropriate insect repellent, such as those containing the chemical DEET. □



Good things South Bend has going for it:

- 5. Madison Oyster Bar**
We have no idea where they get their oysters, but they go down well with a beer at this downtown bar.
- 4. Dirt cheap cabs**
Try getting a \$2 ride from Main Circle to Boat Club in Manhattan.
- 3. Muffins from Martin's Supermarket**
The muffins topped with icing are the best.
- 2. Two Frank Lloyd Wright houses**
Just think how cool Stepan Center could have been if Wright had been around to design that.
- 1. Higher Grounds**
This Washington Street coffeehouse serves a slightly better cup of joe than Grab 'n Go.



DOWN TO BUSINESS Patrick Holdeman (second from right) leads a meeting of security patrol officers prior to the beginning of their nightly rounds.

PHOTOS BY BRENNAN MANNION

Changing of the Guard

Students and campus leaders react to the recent change in campus security

KATIE SOLAN

At the beginning of the new school year, many women returning to their residence halls may have noticed a discernible change — an empty front desk. The desks that sit vacant were once the posts of the dorm security monitors, who were a presence in women's dorms for 20 years longer than they were in men's halls.

This year, in an effort to provide a higher level of security that is not gender-biased, a residence patrol squad replaces the dorm security monitors.

Before 1980, when the university dorms were not equipped with such fire-protection devices as sprinklers and fire alarms, security monitors served as firewatchers. Fire-protection devices were installed

campus-wide in 1980, eliminating the need for security monitors, but women's dorms kept the monitors for added security.

In recent years, questions began to surface about the security monitors' effectiveness in women's dorms. Three concerns were raised: the security monitors served different functions in different dorms, the unequal security measures for male and female dorms were considered sexist, and the stationary positioning of security monitors at dorm entrances had little overall effect on campus-wide security.

In response to these concerns, Notre Dame Security/Police implemented a five-year strategic planning process seeking to

increase student safety and standardize security efforts on campus, says Chuck Hurley, assistant director of NDSP. Input was gathered from security consultants at Michigan State University and Wake Forest University, as well as from Notre Dame hall staff and students.

The research resulted in the formation of a residence patrol squad, a group of security officers that patrols campus from 9 p.m. – 5 a.m. every night to watch for suspicious behavior and create a heightened level of security.

Previously, the role of the security monitor fell into a gray area; they often functioned more as a part of hall staff than as an extension of NDSP.

"We found that the hall monitors' jobs varied, depending on the hall and rector," says Hurley. For instance, some performed hourly rounds and ensured that only authorized students entered the dorms, while others enforced parietals and watched for student alcohol violations.

Some students enjoyed what they felt to be the caring presence of monitors who would greet students arriving home late and would help residents who may have had too much to drink. Others felt the monitors to be a conduct-police force.

Hall, feels that the decreased presence of security in the dorms is a drawback of the new system. Skinner gives the current patrol "positive feedback for the job they are doing," but adds, "The lack of presence of a security monitor within the dorm

of the new measures. "In this day and age, we'd be fools not to have security patrolling around campus," he says.

The Rev. Jim Lewis, O.Carm, rector of Carroll Hall, likes the idea of the additional security for his dorm, which is located on the fringes of campus. "This is an upgrade for us," says Lewis, "in terms of never having security present before."

Rectors of women and men's dorms alike have cited that they are impressed by the professionalism of the residence patrol and their dedication to student security. The skills of the residence patrol are due much in part to the extensive training they have undergone — a minimum of 80 hours before beginning the job.

Members of the residence patrol attended the Office of Residence Life and

Students felt that [the security monitor system] was biased; females felt "over-observed."

— Rex Rakow, director of NDSP

Meredith Jakubowski, a senior from Cavanaugh Hall, says the security monitors were essentially members of the hall staff, and therefore, male dorms should have had them as well. However, her overarching opinion was that there was no real need for security monitors on campus. "You could say they were superfluous," she says.

Conversely, Sister Carrine Etheridge, rector of Farley Hall, thought the security monitors to be great assets. She feels that the new, roving monitors cannot provide the same degree of service or protection for women in the dorms, do not serve as a caring presence, nor do they check on women after the hall staff is asleep. Furthermore, says Etheridge, security monitors are essential in women's dorms because, "Women have more to fear than men."

It was this discrepancy between security measures in women and men's dorms that NDSP wanted to ameliorate. When considering a change in the system, student input was taken into serious consideration, says Rex Rakow, director of NDSP.

"Students felt that [the security monitor system] was biased; females felt 'over-observed,'" says Rakow. With the residence patrol squad, equal attention is paid to all dorms. Rakow says that four security officers are on patrol every night, each assigned to one quadrant of campus. He says they enter the residence halls only to monitor social spaces and do not ascend the floors of the dorm.

Beth Skinner, rector of McGlinn

needs a lot of attention." Skinner feels the old security monitors were a "caring presence for ... women," in addition to being helpful reporters of dorm problems during the night.

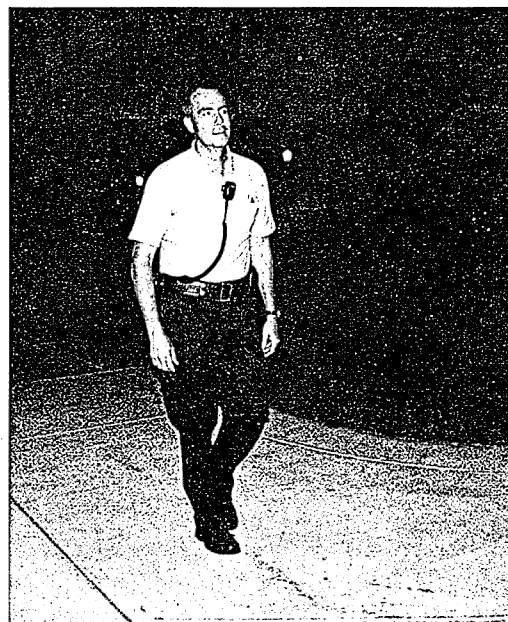
Although the security monitors were seen by some as an asset to dorm life, Rakow says, logistically, their immobile station often meant that only traffic in and out of the dorm was monitored. NDSP intends for the residence patrol squad to focus on overall campus security and the safety of all students.

Keri Kei Shivata Johnson, a residence patrol squad officer and former rector at Bethel College, says that a stationary patrol is not as effective as one that is mobile. "When you stay in one spot, you become complacent," she says.

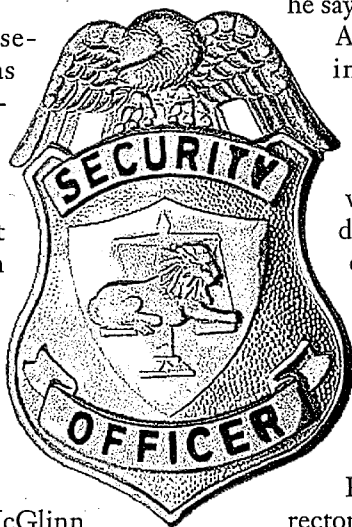
Although the crime rate is low at Notre Dame, the campus is neither completely isolated nor free of intrusions by non-Notre Dame community members, says Rakow. Therefore, a roving patrol seems a better fit for the campus as a measure of prevention. "Most security threats occur outside, not within the dorms," he says.

Andrea Wolfe, a senior in Welsh Family Hall, approves of the new residence patrol. "I feel safer when I am walking back to the dorm very late after being out studying. Once in the dorm, I don't feel very threatened," she says.

Some also see that the residence patrol squad will benefit the men on campus. The Rev. Jim King, C.S.C., rector of Sorin Hall, approves



ON GUARD Residence patrol officer Steve Stebbins makes his nightly rounds.



Housing's five-day resident assistant training program, are First Aid certified and went through a 42-hour campus-protection program. Rakow believes that the residence patrol is more effective than the previous security monitors, adding that the residence patrol is better equipped to handle emergencies. The security monitors were not the primary respondents in emergency situations and had to call NDSP for assistance.

Now it remains to be seen whether the roving patrols will improve campus safety, or if the newly vacant desks in the residence halls will lead to a security gap. □

Uncommon Courage

Decio Commons manager inspires customers, fellow cancer survivors

ALISAFINELLI

Loyal patrons of Decio Commons — the sandwich shop on the first floor of Decio Faculty Hall — do not stop in just to grab a warm cup of coffee in the morning or a good lunch. For many regulars, it is the familiar and friendly attitude of manager Debra Patterson that keeps them coming back. The shop is even known to many as “Deb’s Place.”

Those same loyal patrons kept Patterson coming to work each day as she fought a difficult uphill battle with cancer.

In late 1996, doctors found squamous cell carcinoma growing on the outside of Patterson’s voice box. As a smoker, Patterson had been concerned about laryngeal cancer for many years.

“When I was younger, we had someone with a stoma come speak to our high school about smoking,” Patterson says. “After seeing that, my biggest fear became having the same thing happen to me.”

A stoma is the hole created in a patient’s neck in a procedure called a tracheotomy. The windpipe is brought to the front of the neck as a hole, which the person then uses to breathe air in and out. A tracheotomy is required whenever a patient undergoes a laryngectomy, which is the surgery to remove his or her voice box.

However, Patterson’s doctors believed a laryngectomy would not be necessary in her case. They hoped to remove the cancer while keeping the voice box intact. Patterson had the operation in January 1997, followed by six weeks of radiation therapy. Throughout these six weeks, she still made it into work everyday. “I would go to therapy everyday after work, so I was



A MOTIVATIONAL SPEAKER Cancer survivor Deb Patterson speaks with her husband during this year’s Notre Dame Relay for Life. Patterson was the honorary faculty chairperson for this year’s event.

pretty exhausted by the time I got home,” she remembers.

But neither the surgery nor the radiation was successful in killing the cancerous cells. Shortly after the end of radiation, doctors discovered the cancer had spread. They told Patterson a total laryngectomy was the only answer.

For Patterson, however, having her voice box removed was not an option. “I knew I didn’t want to live with a stoma,” she says. In addition to the effects on her appearance, she was unwilling to accept other physical limitations that would result from such an invasive surgery. Water-skiing and swimming, two of her favorite activities, would no longer be possible without special instruction and equipment. Additionally, a stoma can cause aspiration — when food or liquid enters the lungs — and excess mucus build-up. Without a voice box, Patterson would also have to relearn how to speak. She was determined to find an alternative.

After searching the Internet, Patterson and her husband found a doctor in Chicago who was willing to provide experimental treatment for laryngeal cancer. In 1997, Dr. Barry Wenig was one of only five doctors able to perform an experimental type of partial laryngectomy that

required removing part of the voice box and reconstructing the remaining vocal chords. Patterson waited until the fall of 1997 before deciding to have the surgery done by Wenig. At the time, Wenig was researching another treatment option: photodynamic therapy. However, the treatment was not yet available in the United States, and by November, Patterson could not afford to wait any longer.

Wenig rebuilt Patterson’s voice box after removing 90 percent of her vocal chords. Though her cancer had been removed, the surgery required her to make adjustments. For three months after the surgery, she was unable to speak, eat or drink.

Furthermore, the procedure required Patterson to undergo a tracheotomy, leaving her with a temporary stoma until the scar tissue — which was blocking her airway — that she developed from the laryngectomy could be removed. Once her airway was cleared, doctors would reverse the tracheotomy and the stoma would close.

Despite her temporary stoma, the physical strain of her recovery and her inability to speak, Patterson started work again only two months after the surgery. She chose to keep her stoma covered,

wearing scarves around her neck each day. She communicated with customers by writing everything down using a marker and dry-erase board. While she learned to speak with her stoma soon after returning to work, she had to use her finger to cover it in order to talk, so she still chose to use the board frequently. "One of my customers used to joke with me and say I probably used up an entire marker each day," she recalls.

Despite additional surgeries, the scar tissue blocking

Patterson's airway continued to grow due to residual radiation from the therapy she received a year earlier. As a result, Patterson had to travel to Chicago once a month so Wenig could monitor the tissue's growth. Over the next four and a half years, she had over 20 surgeries to remove scar tissue.

Wenig tried several different procedures to prevent the growth, but had no success. Finally, in June 2003, Wenig was informed of an antibiotic that could stop Patterson's scar tissue from growing back. She took the antibiotic that June and two months later was able to have the tracheotomy reversed.

Today, Patterson is cancer-free and in good health. Though her voice is altered from her numerous surgeries, she speaks with her reconstructed voice box and without a stoma. She attributes much of her recovery to the relentless work of Wenig and his willingness to seek out experimental treatments.

Equally important to her recovery, Patterson says, was the love and support of the Notre Dame community. "It's so exciting to know that people here care so much," she says. Seeing her customers each day at work helped sustain Patterson as she went in and out of surgeries. She managed to keep nearly perfect attendance

throughout her illness, using weekends to travel to and from Chicago.

Patterson's commitment to Decio Commons has been constant since she started managing it in 1996, six years after she became the first manager of Waddick's in O'Shaughnessy Hall when it opened.

[PATTERSON] TAKES A HOLD OF SOMETHING AND MAKES IT SPECIAL ... SHE MAKES THE IMPOSSIBLE POSSIBLE.

—Jessica Brookshire, co-chairperson of Notre Dame's Relay for Life

Many of her customers say their support for her was well-deserved and given willingly. Kenny Delinski, staff sergeant of Notre Dame Security/Police, has known Patterson since she first came to Notre Dame 16 years ago, and he has frequented Decio Commons since its beginning. "She's certainly a fighter," he says. "She's very positive and thoughtful for others. She goes out of her way for everyone."

Brendan McHugh, a sophomore who has worked at Decio Commons for a year, explains what makes the sandwich shop so unique. "It's Deb's loyalty to the customers and her close relationship to all of them. There are definitely a few items on the menu that she makes just because one person wanted it."

Patterson gets to know many of her patrons on a personal level. "We've laughed and cried together," she says. "They know they can come in anytime and tell me their problems."

Some customers have even relied on her throughout their own battles with cancer. "Dozens of people who have had cancer have come in to talk with me about it. I'll go to the hospital to be with them when they wake up from surgery," she says.

Patterson's commitment to others extends to her employees as well. "You al-

ways know you can find comfort at work," says Alice Pennington, a junior who has worked for Patterson since her freshman year. "She would do anything for us. She goes to all our activities to support us."

Another of Patterson's top priorities is to remain active with the American Cancer Society (ACS). This year Notre

Dame's Relay for Life Committee chose her as the honorary faculty chairperson.

"We look for a cancer survivor who

is supportive of cancer research and American Cancer Society events," says Jessica Brookshire, co-chairperson of Notre Dame's Relay for Life this year. "She was the natural choice for us."

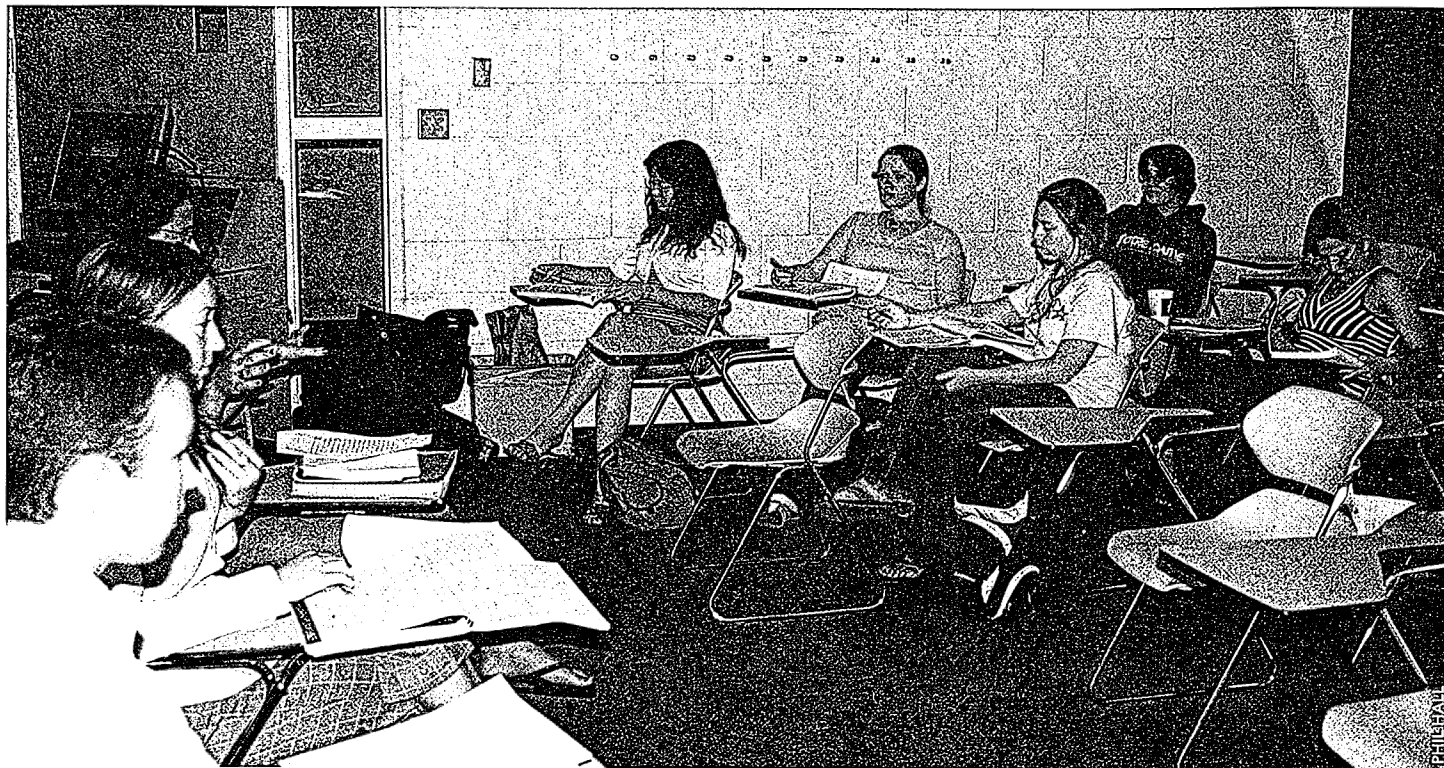
Relay for Life is an overnight event held nationwide and sponsored by the ACS during which participants walk or run laps to raise money for cancer research and aid programs.

Brookshire has known Patterson for several years and originally met her through the St. Joseph County Relay for Life. "She takes a hold of something and makes it special," Brookshire says of Patterson's involvement with the ACS. "She makes the impossible possible."

Patterson also helped to support the Notre Dame relay this year by compiling a cookbook of recipes from Notre Dame faculty and staff. All the proceeds from the sale of the cookbook will go to the Relay for Life. "My biggest hope is to sell all the cookbooks and donate a big check that will really make a difference," says Patterson.

Looking ahead, Patterson knows retiring from Decio Commons — a move she has considered but has no definite plans for — will be a difficult decision to make when the time comes. "I love my job and everyone that comes in here," she says. "Everyone is my favorite customer." □





HITTIN' THE BOOKS Sophomores (from top to bottom, on left) Lindsay Hero, Christie Starzec and Jeff Dorocak give a presentation in professor Michael Brownstein's College Seminar course.

Core No More

College Seminar replaces Core as requirement for Arts and Letters sophomores

JIM RYAN

For some sophomores in the College of Arts and Letters, it was an opportunity for provocative dialogue in the liberal arts.

For others, it was the bane of their existence.

Either way, Core is dead.

The Arts and Letters College Council voted last winter to eliminate the controversial, year-long requirement for college sophomores. Beginning this fall, Arts and Letters sophomores will be required to take a one-semester College Seminar instead.

George Howard, director of the College Seminar Program and former director of the Core Program, says the primary difference between the two programs, other than duration, is the professor's ability to customize the course.

The curriculum of Core was dictated by the Core office, and professors had to cover the topics of nature, society, self and God, Howard says. In the College Seminar, professors choose their own topics and syllabi.

Howard says that this freedom will allow more professors to teach the College Seminar than previously taught Core. In recent years, it was difficult to find Core

professors because teaching the courses required a broad knowledge of many areas of the liberal arts. Few professors have such general knowledge, Howard says, and it was therefore necessary to allow professors to teach in their own fields in detail.

Howard says this change reflects the trend in academia of emphasizing deep knowledge in one area in lieu of broad knowledge in many. "Specialization is the hallmark of the modern university," he says, "and it takes somebody with very [broad] intellectual interests to teach Core."

This move away from Core's common curriculum has permitted a wide variety of topics in the College Seminar Program. Seminars this semester range from Sex, Money and Mother Earth to Trojan War Tragedies to Islamic Ethics, which was supposed to be taught by the controversial Muslim scholar Tariq Ramadan.

Without a common curriculum, Howard says there may be the same disparities in the workload among the different College Seminars as were commonly complained about among students in the Core Program. Howard notes that disparities in workload can exist among sections in any course in the university.

Howard says that the diversity of the College Seminars will alleviate another common student complaint about Core: disinterest in the content.

"If a student can't find a topic of interest to them in the array of 30 sections that we've provided this semester, they have serious intellectual problems," Howard says.

With so great a variety of topics, the College Seminar Program deviates from the Core Program's goal of providing students a general, cross-disciplinary, liberal education. Howard says that many longtime Core professors were opposed to that change.

One such professor is Andrew Weigert, who taught in the Core program from its inception. "I am convinced that Core was the best humanistic educational experience available to students," he says. He believes that the shorter duration of the College Seminar, along with its specialization, will detract from that experience.

Yet most of the former Core professors, Weigert included, continue to teach College Seminars. Some continue to teach the Core topics. One professor even retained the title of a Core course: Self & God: Ideas

and Images.

Howard says that it is fortunate that some longtime Core professors have continued teaching in the new program. "The [professors] who stayed with Core over a long period of time did so because they were unusually effective at it," he says.

One longtime Core professor who is happy with the new program is Mark Roche, dean of the College of Arts and Letters. He says the College Seminar preserves an important element of Core: the introduction into diverse ways of knowing in the arts, the humanities and the social sciences. As in Core, Roche says, students in the College Seminar will watch movies, attend plays and view artwork in addition to their readings.

Roche is particularly enthusiastic about one large change from Core: At least 67 percent of a College Seminar student's grade is based on oral performance. Roche says the College Seminar will give students practice in verbal expression that will be useful in the future when applying for jobs and scholarships.

Karen Richman, another former Core professor who teaches a College Seminar, shares Roche's enthusiasm for the program's emphasis on oral expression. "The students are taking more responsibility for the course [than they did for Core]," she says. "They have to be more active."

Another advantage of the College Seminar, Roche says, is that the College Seminar frees an additional course for students. Roche says that since the College of Arts and Letters has many required courses, some students do not develop the intellectual maturity within their major that they and the faculty would like them to attain. Roche says the new program, which lasts one semester as opposed to Core's two, might help students enter their majors earlier.

But students are not limited to one College Seminar, and Roche says there will probably be extra seats in the spring for students who would like to take a second seminar. Students do not have to be enrolled in the College of Arts and Letters to take a College Seminar, either. Howard says he knows of a student majoring in engineering who chose to take a College Seminar simply because he was interested in the topic.

Enrollment in College Seminars this semester has been surprisingly high, Howard says, with almost all of the sections being either full or over capacity. Thirty seminars

were offered this semester because Howard believed that most students would want to take one in the fall.

One hallmark of the Core Program was the Core Congress, an advisory committee comprised of one student from each Core section. Howard says a similar body will exist for the College Seminar Program.

The Core Congress played a role in changing the program because it had been talking for years about various issues with Core, Howard says. College Council min-

utes show that Roche consulted members of the Core Congress on the day the College Council decided to adopt the College Seminar Program.

While Howard notes the importance of students and faculty continuously evaluating the College Seminar, he says the changes that the College Council made that day are pretty permanent. "It was a decision that was a long time in coming," he says.

Now it remains to be seen if future Arts and Letters students will find that it was worth the wait. □

College Seminars: A Sampling

Rather than having a set curriculum like the Core Program, professors in the College Seminar Program can choose their own topics and syllabi. Here are a few of the 30 seminars being offered this semester, along with their professors.

Techne, Nature, Death: The Problem of Antigone

Kathleen Biddick -

Living (and Learning) in a Postmodern World

James Collins

A & L, What's the Point?

Martine DeRidder

Engaging Environmental Issues

Matthew Doppke

Once Upon a Time: The Wisdom of the Folk Tale

Darlene Mathis Eddy

Music and Ideology

Paula Higgins

Dante: Poetry, Arts, Politics

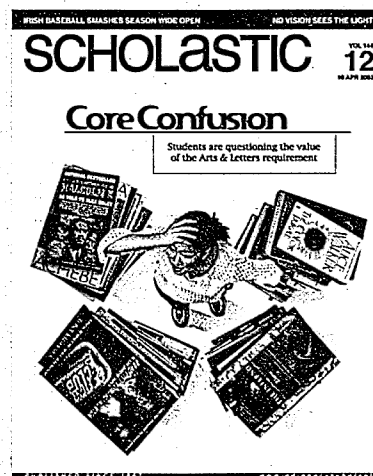
Christian Moevs

Everything but the Burden

Richard Pierce

Basic Texts: Define 'Human'

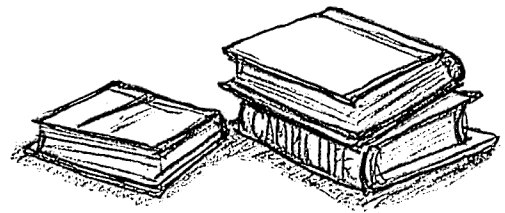
Jeffrey Schneibel



A Scholastic cover story written by Jim Ryan in April 2003 discussed the controversy surrounding Core.

CAMPUS LIFE

WHAT'S GOING DOWN ON THE GROUNDS

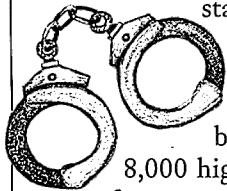


DomeLights

COMPILED BY ERIK POWERS

Smooth Criminals: NDSP Takes a Bite out of Crime

You've seen NDSP patrolling in sport utility vehicles, riding 10-speed bikes in daisy dukes and gunning \$8,000 all-terrain vehicles down South Quad at 15 mph. You've seen them direct traffic, stake out Reckers and ransack any bag larger than a purse at Main Circle; but what else does that thin, blue line do to separate 8,000 high school honor students from complete anarchy? According to the NDSP Web site's police blotter, officers responded to or updated information on 145 incidents during the first

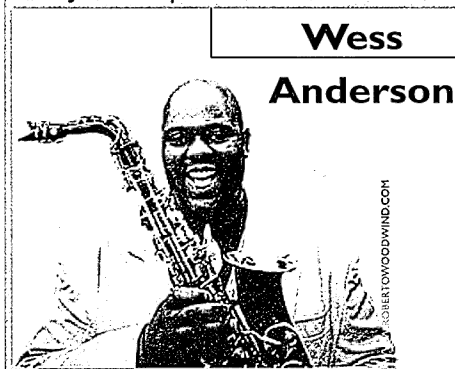


three weeks of school. The most common criminal offenses were as follows:

- 73 cases of larceny
- 24 instances of illegal possession, consumption or transportation of alcohol
- 16 found properties
- 7 burglaries
- 4 telephone harassments/threats
- 4 instances of trespassing
- 3 instances of vandalism
- 2 lost properties
- 2 indecent exposures

Q & A

With Jazz Saxophonist



Notre Dame sees plenty of blowhards on campus, but none like those who belted out a string of foot-tapping medleys during the inaugural concert in the Marie P. DeBartolo Center for the Performing Arts last Sunday. Scholastic met up with saxophonist Wess "Warmdaddy" Anderson of the Lincoln Center Jazz Orchestra to chat about his music, his work with the renowned Wynton Marsalis and his passion — jazz.

First of all, I have to ask. What's the significance of your nickname, "Warmdaddy"?

(Anderson laughs.) Everybody always asks me about that. Well, when I first joined the band in 1988, our drummer gave me the name. After our first concert, I was so surprised that people wanted to get

autographs that I would go into the audience and invite people backstage to meet the musicians. Our drummer said I was so nice, warm and fuzzy that he gave me the name, Warmdaddy.

So, where are you from originally, and when did you first learn how to play the saxophone?

Brooklyn, N.Y., and at age 14. I started with the piano first, at age 12, and then switched over to the saxophone after hearing Charlie Parker play. My father was also a musician; he's a drummer. So it's just always kind of been around me.

How did you meet up with Wynton Marsalis?

After I graduated from high school, I went to college in Baton Rouge, La., and he came to give a clinic there during my junior year. I attended his workshop, and he asked me to play with him the following summer, which I did ... I thought I was just going to stay with him, but he told me to go back to school. So, I did. But when I graduated in 1988, I gave him a call and asked if he could refer me to someone. He immediately asked me to join him, and that was it ... I graduated on Friday and started work on Monday!

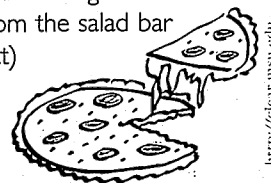
Who would you say has been your greatest musical influence?

That would have to be my father. He's always guided me. Even now, he still calls me and tells me what to do. He's a big presence in my life, and he's very proud of what I've accomplished.

D-Hall Tip

Garlic Ranch Custom-Made Pizza

- Ready-to-Make Pizza line at NDH
- White or wheat pizza dough
- Ranch dressing from the salad bar (do not use non-fat)
- Garlic
- Tomatoes
- Onions
- Choice of meat



Sprinkle garlic into the ranch dressing so that you can see the garlic specs. Do not use the non-fat ranch dressing, as it creates an unusual consistency when the pizza is cooked. Use the dressing for the pizza sauce in the NDH Ready-To-Make pizza line and add tomatoes, onions and your choice of meat.

Have your own delicious D-Hall concoction? Submit the recipe to scholast@nd.edu.

How would you describe the sound of jazz?

Well, I've been around it so long. The rhythm is a combination of a march and a waltz. And when you put those together, you get the ... bum bah beep bum bum bah beep *(he starts slapping his knee and creating a rhythm)* that everyone loves. It's almost like the engine of a train. The pull between those two different rhythms actually creates a new rhythm.

Do you perform most of your concerts out of the Lincoln Center in New York City?

Well, we're based out of there, but a lot of our concerts take place on tour. We did just open a new building, though, so we'll be in New York for about the next two months. We'll have concerts every weekend.

Do you ever get tired of performing?

No. I love to perform, but the traveling does get to be a bit much. We travel almost every day. We've been from Wisconsin to Chicago to here, all within a week ... When you're on tour, there are the autographs, the reception, and by the time you get back to the hotel room, it takes another hour to get down off the adrenaline high.

But I would imagine you get treated pretty well on the road?

Oh yes, very well. Like kings!

— Beth Murphy

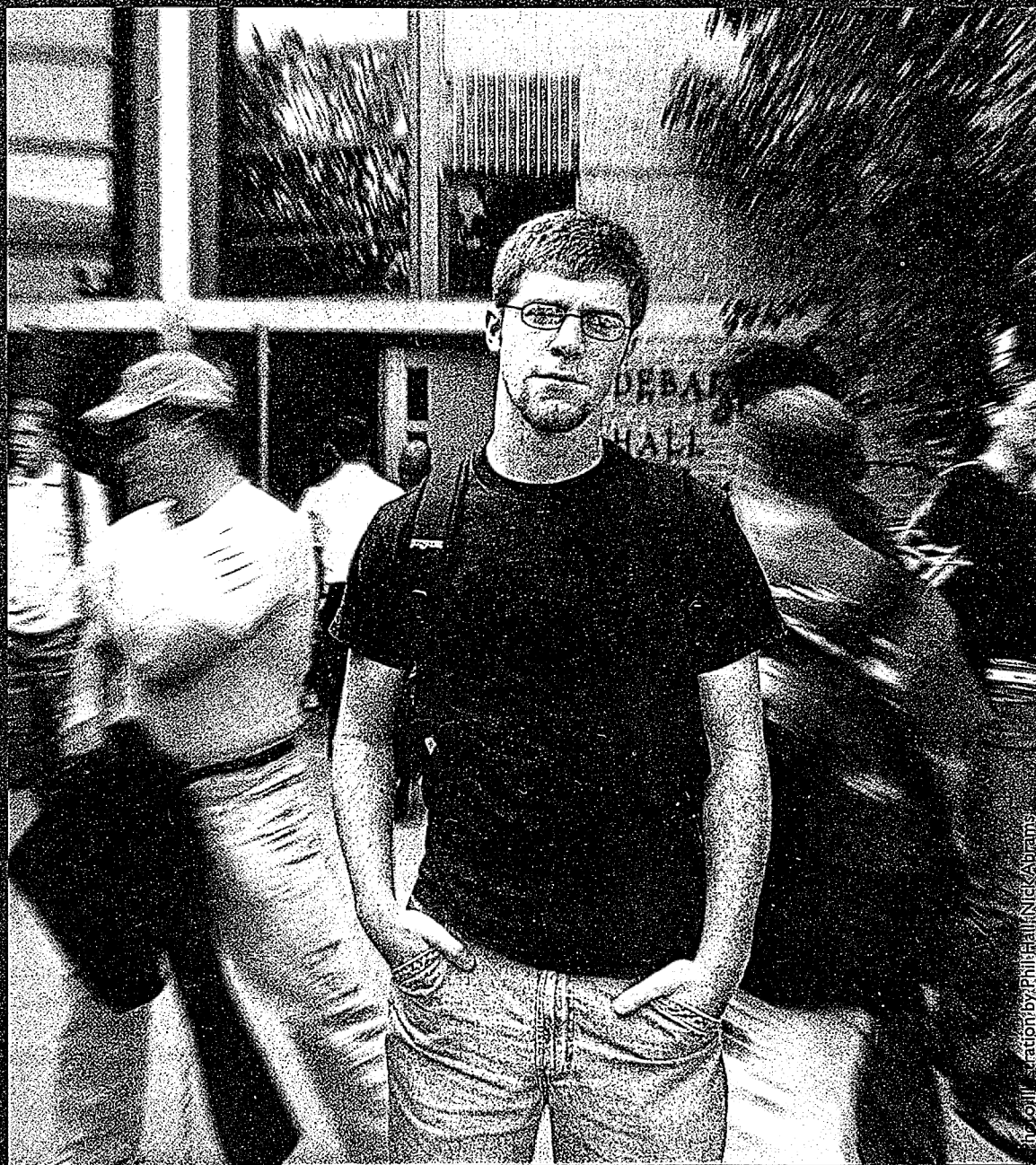


Photo by Phil Hall/Nick Abrams

LAUREN WILCOX

Depression, for me, was a bleak numbness. Everything seemed gray. I couldn't taste food or get motivated to do the things I loved. Most of all, I didn't feel. No happiness; no sadness; just nothingness, which is a million times worse than just feeling 'really sad.' Senior Ben Butwin's words help to

Seasonal Affective Disorder (SAD) is a mood disorder associated with depressive episodes related to seasonal variations in light. During the bleak months of December through March, students may feel more depressed due to the lack of sunlight in South Bend. Symptoms of SAD include:

- Depression during the fall or winter months

- Full remission in the spring and summer months from feelings of depression

- Symptoms occurring for the past two years with depressive episodes only occurring in fall or winter months

- Craving sugary or starchy foods

SAD can be alleviated through treatment with special light bulbs or a winter trip to a more temperate locale.

Sources: National Mental Health Association, University Counseling Center

paint a picture of an invisible affliction. He has struggled with two separate onsets of depression during his past three years at Notre Dame. Butwin's description illustrates not only the psychological and physical severity of the disease, but also the complexities inherent in an illness that is vaguely defined and often misunderstood.

Depression affects about six percent of the U.S. adult population, and feelings of depression are the symptoms most frequently reported by Notre Dame students to the University Counseling Center (UCC), one of the primary on-campus resources for students. The UCC's staff includes clinical and counseling psychologists, counselors, a social worker, a dietician and a consulting psychiatrist. For many students, the real test is distinguishing prolonged periods of sadness from clinical depression.

"Real, clinical depression is when it's beautiful and sunny outside and you feel terrible. You are crying, can't concentrate, and nothing gives you pleasure. You miss class and you're sleeping all the time," says Dr. Susan Steibe-Pasalich, director of the UCC.

Many questions remain about depression for those unfamiliar with the disease. When does an extended period of perpetual sadness cross over into diagnosable depression? Is there a quantifiable way of analyzing when depression is life-threatening? What differentiates clinical depression from a "bad mood?"

The UCC publishes a long list of common symptoms of depression, including excessive or deficient sleep, a drastic loss or gain of appetite, persistent headaches,

uncontrollable and inexplicable crying, lack of energy and a loss of interest in previously normal daily activities. (See page 17 for a more comprehensive list of symptoms of depression.) UCC staff warns that depressed students are susceptible to excessive procrastination and self-imposed hibernation. Individually, many non-depressed college students share these symptoms, which makes clinical depression difficult to diagnose. However, if any of these symptoms persist for more than two weeks, the afflicted student should seek evaluation.

According to the American Psychiatric Association, at least one in five Americans will experience a major depressive episode during his or her lifetime, with women twice as likely to develop depression as men. Clinical depression is a serious health issue that alters a person's behavior, physical health and appearance, academic performance, social activity and his or her ability to handle everyday decisions and pressures, according to the National Institute of Mental Health.

At the UCC, approximately 36 percent of clients take some form of psychotropic medications — a class of drugs that includes anti-depressants, as well as medications for anxiety, ADHD and a variety of other mood disorders. During the 2003-2004 academic year, about 26 percent of the UCC's clients were on prescription psychotropic medications, and the remaining 10 percent had medications prescribed by outside doctors, says Steibe-Pasalich.

just a blue mood?

Studies show that depression is characterized by much more than just the com-

mon symptom of a descent into a "blue mood" or a "funk." The UCC staff says that exhibiting four or more of the aforementioned symptoms for more than two weeks is a potential sign of clinical depression, and the afflicted person should seek professional assistance immediately.

So what exactly causes an onset of depression?

According to the National Institute of Mental Health, it is more often than not an interaction of environmental, biological and genetic factors that contributes to the onset of depression.

Many researchers believe there is an inherited genetic component that may predispose a person to the disease, and that the stressful college environment only exacerbates these pre-existing conditions. Interpersonal relationships, academic pressures, financial problems and family problems can all be contributing stress factors, says Dr. Wendy Settle, psychologist at the UCC.

According to the UCC staff, people at a higher risk for depression include those who have a family member with depression; have suffered a stressful or traumatic life event; lack a strong social-support network; abuse drugs and alcohol; or have a history of medical illnesses or persistent physical pain.

"There is absolutely no difference between a person who has depression and a person who has, say, diabetes. Most people don't realize that depression is a disease," Butwin says. "It occurs from a lack of the proper amounts of chemicals in one's body. It's nothing [the sufferer] did wrong; it's just a fact of science."

As the various elements that contribute

to depression interact and a person experiences an onset of clinical depression, he or she will begin to exhibit multiple symptoms. Which indications of severe depression a person will exhibit, however, varies from person to person. "For me, the red flag has been the utter irrationality of my behavior and my inability to pull myself together, even though I know better," says Leigh Radigan, a Notre Dame senior who is currently undergoing treatment for clinical depression. Radigan says that frequent anxiety attacks were taking a physical toll on her body and helped her realize that she was suffering from more than just sadness. "It's not hard to distinguish between being really sad and depressed," she says. "Depressed is feeling hopeless and knowing that you aren't, but not being able to defeat that doubt."

The development of a distorted view of the world can push students into a downward spiral of depressive feelings is the most standard, yet still very serious, symptom of depression. Frequently, this distorted view creates a tendency to polarize everyday events into extremes of either black or white, or good or bad, says Settle. This leads the individual to think in catastrophic terms and to assume that everyone is negatively judging him or her. Because of this fear of judgment, the depressed student will frequently sever social ties.

Butwin says that he became increasingly antisocial immediately after both of his onsets of depression: "It wasn't anything to do with my friends; it's just what this disease does to you. [My friends] started to feel like I didn't want to be around them." But cutting off social ties only worsens a student's depression, says Settle.

The reluctance of friends or family members to intervene only adds to the isolation the student feels, which serves to perpetuate the disease. This reluctance can be life-threatening. "It's not uncommon for college students to have thoughts of suicide. If someone is showing signs of depression, don't be afraid to ask if they are suicidal," says Settle.

Thoughts of death and suicide frequently occur during bouts of depression. According to the National Institute of Mental Health, an estimated 15 percent of those with depression commit suicide, and depression is considered to be the underlying motivator in half of all suicides.

the treatment debate

The decision to undergo treatment can be difficult to make. While there is not a "cure-all" treatment for depression, counselors agree on one thing: depression is not an illness that should be — or even can be, for that matter — waited out. Clinical depression requires treatment, whether it is anti-depressant medication, therapy or admission into an in-patient counseling facility, says Pastor Jim Lewis, licensed Clinical Social Worker and rector of Carroll Hall. "The students we get are high achievers, and often times it might be camouflaged, but depression is a very serious disorder," says Sister Susan Bruno, a licensed Social Worker and rector of Pasquerilla West Hall.

While some form of treatment is a necessary part of recovering from clinical depression, Vanessa — a Notre Dame senior who asked that her name be changed — cautions against the use of medication, stating that isn't always the right answer. She battled depression her freshman year and was skeptical of the medication prescribed to her after her doctors were notified of her family's history of depression. "I have a hard time believing the fact that a pill is going to change the situation around me, the realities that I think about ... so I didn't take it," she says. "I still don't know how I feel about all that, because I do see people who are [taking medication] doing OK, and then once they stop taking it, they take a noticeable turn for the worse. But I still don't know whether that's chemical or psychological," she says.

If a student is prescribed medication, he or she must be acutely aware of the potential dangers existing on a college campus that can counteract with the effectiveness of the medication. Alcohol, for example, can have disastrous effects when mixed with anti-depressants.

Bruno says that along with harmful physical side-effects, alcohol can cause other setbacks as the depressed student attempts to recover. "Alcohol is a depressant, and when students are taking anti-depressants and then ingesting alcohol, all they do is exacerbate their symptoms and

troubles," says Bruno.

"[Alcohol] works against the body's serotonin levels. It's not hard to understand, therefore, that when I came to college and began drinking alcohol, it probably had an adverse effect on my brain's stability of chemicals," says Butwin, who calls alcohol a "negative coping mechanism."

However, Butwin doesn't attribute either of his two bouts of depression to alcohol alone: "It just didn't help."

Alcohol is not the only agent that can interact adversely with chemical levels in the body. Students experiencing symptoms of depression should also be careful not to abuse other drugs, caffeine, or even food.

In some severe cases of depression, counseling and medication are ineffective, and a complete change of environment is essential to ensure a successful recovery. "Some kids just need some medicine and counseling, and they can back to normal within a few months while remaining at Notre Dame," says Butwin. Others aren't



DR. SUSAN STEIBE-PASALICH Director of the UCC where eight percent of the Notre Dame student body visits during the academic year.

so fortunate.

"[The student] just needs to be honest with himself and seek a lot of advice and counseling before deciding to go or stay," says Butwin. "In certain situations ... it's necessary to leave, while in other situations, the best thing for [the student] is to be reintegrated and reimmersed into all the things that the students needs to be around."

notre dame's role

The extent to which the university's campus culture exacerbates the stability of students with pre-existing depression — or if it creates an environment that encourages the development of depression — is debated on campus. There are even those that maintain that the campus does neither and instead helps to relieve depression.

"I think there are strengths on our campus that help alleviate depression," says Steibe-Pasalich. "The strong residential-life system creates community in the

dorms and a caring atmosphere."

But for Vanessa, it was the all-hallowed Notre Dame community that contributed to the onset of her depression freshman year. "For some people, it's great to come in and feel like everyone is accepting of you and to have all the dorm activities to be involved in," she says. "But for someone who maybe doesn't get into that right away ... [it] just makes him or her feel even more like an outsider, and it can be pretty intimidating and — in short — depressing. So seeing everyone else be a part of this greater 'community' or 'family' just makes you feel that much more isolated and alienated, both from the community and the school in general. Pretty much, you feel like a failure."

The university's commitment to reinforcing the Notre Dame family mentality on campus sometimes clashes with the personalities of some of its students. "For maybe more shy or independent types, too, it seems like from the beginning [of

freshman year], an emphasis is placed on group activities, doing everything as a group ... But at that point in the year, it makes it seem like everyone is getting along great, having a great time with everyone, while you're not," says Vanessa.

Mary — another senior who asked that her name be changed — disagrees with the stereotype on campus that all depressed students are reclusive loners. In her experience, it is more often the extroverted and socially aggressive students who are actually suffering from depression. A positive person herself, Mary faced great difficulty when trying to come to terms with her own depression.

She cites the competitive atmosphere on campus as a contributing factor to the onset of her depression freshman year. "Notre Dame made it worse. The competition is so out-of-control. In high school, I was the best at everything. Let's face it; here, everyone is the best," she says. "I got here, and I just didn't feel



like anyone."

Butwin, on the other hand, does not believe that the Notre Dame campus culture was directly responsible for his first episode of depression. "Depression isn't specific. Depression just is," he says. "It affects every part of your life, so it's hard to say there was one or two things about the environment that caused it. It's a mixture of everything."

Radigan agrees: "I have a tough time implicating something so large as Notre Dame in something so personal as depression, because nobody knows what triggers it, and it is different for every person."

Regardless of the cause of Notre Dame students' depression, the university offers a number of resources for students suffering from clinical depression, spurred in part by the growing national concern about the prevalence of depression on college campuses.

"As colleges and universities increase their means of addressing student needs,

we are finding that depressive illness is a growing concern. Notre Dame has a number of layers that allow for good treatment and support of students who struggle with depression," says Lewis. "If the problem is increasing, so are the means of addressing it, particularly at schools like Notre Dame," he says. "Further, [with increased treatment options and recognition of the epidemic of depression among college-aged individuals] there is less of a stigma associated with depressive illness and its treatment."

Approximately eight percent of the Notre Dame student body uses the UCC's resources during a typical academic year.

According to the UCC, the majority of student-clients are self-referred. "They walk in on their own and are not sent in by a friend, rector or parent," says Steibe-Pasalich. Typical reasons students visit the UCC include feelings of anxiety or stress. Frequently, these feelings

stem from problems with alcohol, drugs, families, friends, roommates or relationship partners. To assist students with their concerns, the university ensures that all staff psychologists are licensed in the state of Indiana and are all bound to confidentiality. Attendance at counseling sessions is private. The UCC also offers group therapy sessions, meditation consultation and a group called "Feel Better Fast," which is specifically designed for students suffering from depression. (*Visit the UCC Web site, <http://www.nd.edu/~ucc>, for more information on offered programs.*)

During a student's first appointment, a counselor conducts an intake interview, which is designed to aid the counselor in evaluating an individual's current mental health and determine any negative external factors that could influence it. These intakes include an alcohol-use evaluation, questions about family history of psychological disorders and other health issues, as well as questions about current

On getting help

Nearly 70 percent of people with depression never receive professional help, according to the University Counseling Center.

If you or someone you know has experienced four or more of the following symptoms for two or more weeks, you should seek professional help:

- Sleeping too much or too little
- Slowed thought processes
- Inability to sleep through the night
- Difficulty in concentrating, remembering and making decisions
- Eating too much or too little
- Loss of interest in daily activities
- Inability to perform in school
- Persistent feelings of sadness, anxiety, or hopelessness
- Headaches, digestive disorders, nausea or pain with no medical basis
- Restlessness or irritability
- Excessive crying
- Feelings of inappropriate guilt or worthlessness
- Thoughts of death or suicide
- Lack of energy or constant fatigue

Please call the University Counseling Center for 24-hour consultation and emergency services at (574) 631-7336.

Notre Dame is a member of the Jed Foundation for suicide prevention. Students may visit the foundation website at www.ulifeline.org for counseling advice.

life stressors. If individual counseling is recommended, the student will be assigned to one of the staff psychologists or counselors. The UCC counselors also refer students with special needs to off-campus counselors, but the vast majority of the students who consult the UCC are assigned to a specific counselor.

Senior Eleigh Radigan did not have a positive experience with the counseling services at the UCC; in particular, she objected to being required to take an intake interview each time she visited a different counselor, despite her assertion that her depression does not stem from alcohol-related issues. However, Radigan believes that the UCC's approach and services can possibly help other students suffering from depression. Furthermore, she believes afflicted students need not look much farther than the campus community for help. "Nobody is alone on this campus," she says. "And if you feel alone, then you have the choice to recognize the truth; there are literally thousands of compassionate and fun people here."

On-campus counseling is extremely affordable. There is no charge for the intake interview, and there is a \$4 fee per individual counseling session. In addition, each semester the UCC offers group therapy experiences. Group therapy is a great feature of the UCC; not only can students count on the expertise of psychologists and counselors, but they also get to know other students who are facing similar struggles.

the recovery process

Among the students interviewed, there was a general consensus as to one characteristic of depression: its undeniably long recovery process. "Don't expect to just snap out of it ... See, when you're in depression, everything's a fog. You can't see two feet in front of you, and you don't even know which way is up," says Butwin, who feels his dorm rector, the UCC and other administrative members were instrumental in his recovery.

"Turn to a doctor first, and

a licensed psychologist," he says. "But don't underestimate the advice of your best friends and parents. They know the real you, and all they want to do is help you. The process goes so much faster once you admit that you're sick and that it's not your fault." Radigan provides a word of caution, adding: "Don't diagnose yourself by something you read online or see in a television ad."

Vanessa says that friends, above all else, can be the single most important factor in recovery, and encourages concerned friends to alert hall staff if they are concerned someone is suffering from depression. Interventions, while emotional and difficult, are often necessary, says Vanessa.

"Even if the person doesn't accept the

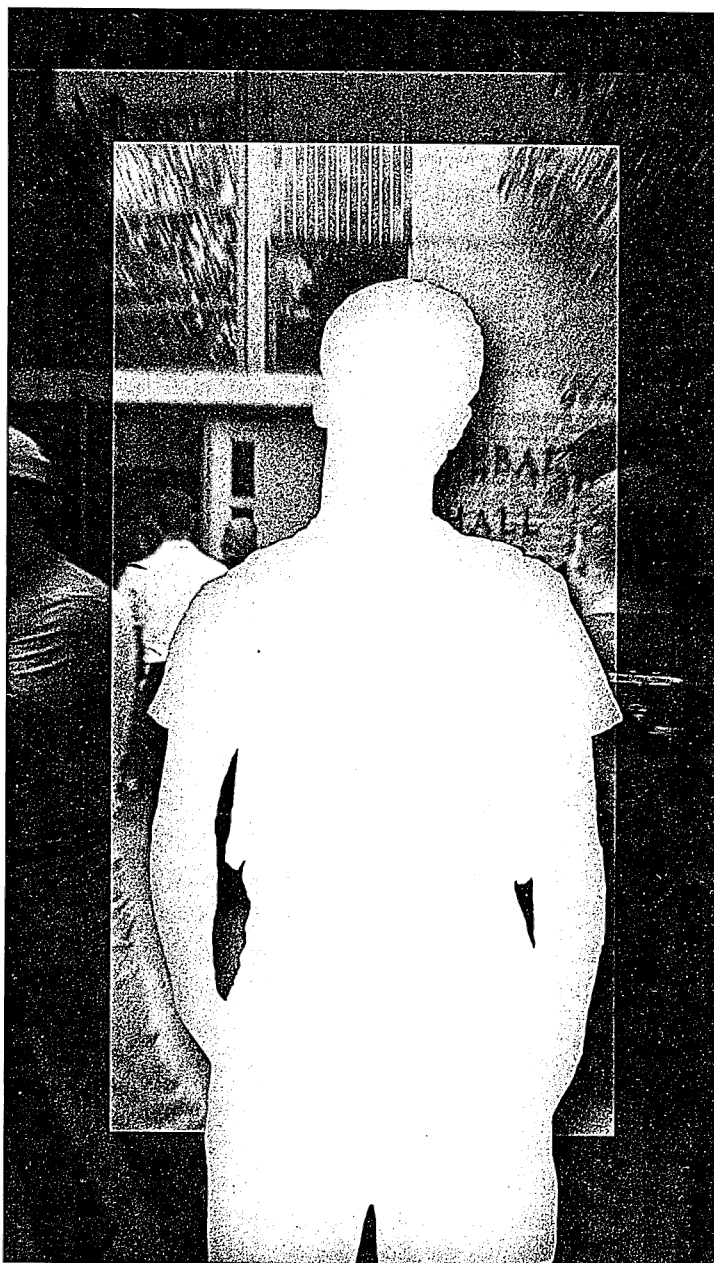
help right off the bat, at least knowing that someone has noticed or cares enough about his or her situation gives some sort of hope ... Also, if you feel like ... the person isn't responding to your efforts to help, don't just stop and ignore him or her altogether. Just be a presence so that he or she knows you're still there for him or her," Vanessa says. Radigan adds: "Don't hold stuff in, but don't be too eager to share and let everybody know how horrible you've been feeling. Self-pity and false sympathy only exacerbate depression." She emphasizes the futility in attempting to make friends and family understand depression. "Chances are, you don't even understand what's going on," she says.

Mary advocates the support-network approach as opposed to professional counseling, saying that openly discussing battles with depression with similarly situated students is beneficial and empowering.

In the end, how does a student know when he or she has recovered — and is full recovery even possible? "Let people encourage and strengthen you, because right now, you can't do it yourself," says Radigan.

"I think you know when you are OK," says Mary. "I have a different feeling about myself now: so much more self-confidence. You have one eye covered for so long — and that's how you viewed everything — but now my eyes are open."

Butwin says it is a slow journey, but recovery is certainly possible: "You'll come out of depression a wiser, more aware person. You'll be years beyond your age, you'll be happier, stronger and more courageous. Seriously, nothing phases me anymore. I fear nothing in life, after what I have finally made it through." □



New Brew Raises a Stir

Student Government and student activists help bring Fair Trade coffee to dining halls

EMILY PALADINO

Starting this semester, Notre Dame students can take a stand on a major international issue by doing something they already routinely do — drinking coffee.

Fair Trade coffee was introduced into the dining halls this year, largely due to the efforts of Student Government leaders and the student participants of last spring's high-profile hunger strike.

Coffee is the second-leading import in the United States. Most imported coffee comes from developing nations — such as Colombia, Guatemala, Costa Rica and Nicaragua — where Fair Trade proponents say coffee farmers are paid unjustly low wages.

In order to be certified as Fair Trade coffee, importers and manufacturers must meet specific criteria set by Fairtrade Labelling Organizations International (FLO) — an international standards body that monitors Fair Trade products. In the United States, a small

non-profit organization called Trans-Fair USA awards companies Fair Trade status and regulates business practices to ensure that the companies adhere to the international standard.

FLO criteria require that coffee growers are paid at least \$1.26 per pound for the coffee they produce. For organically grown coffee, buyers must pay growers a minimum of \$1.41 per pound for their product. The criteria also stipulate that producers must belong to democratically-controlled growing associations or coop-

eratives, as well as employ the most environmentally sound methods of production. Some Fair Trade supporters also say that FLO standards eliminate the need for middlemen in the coffee production process by ensuring that importers buy directly from certified growing associations. Supporters say that under conventional trading practices, the middlemen would take a share of the profits, thereby reducing the amount of income growers are able to earn.

Many opponents of Fair Trade coffee, however, say that this method of increasing the wages of these growers will decrease the demand for their labor and lead to higher unemployment rates in their respective countries.

Advocates of Fair Trade coffee have been visible on college campuses throughout the United States. "A lot of colleges are broadening their Fair Trade options," says Katie Boyle, chairperson for the Student Senate Committee for University Affairs at

Notre Dame. Last spring, Boyle made a presentation to the Student Senate about the benefits of bringing Fair Trade coffee to the dining halls. "Notre Dame has a commitment in its mission statement to work for social justice," she says. "As a Catholic university, I think Notre Dame had to go down this path."

Kamaria Porter, another student activist supporting Fair Trade coffee, says the changes at Notre Dame came about after years of meetings and discussions. "The university has been exemplary in the anti-sweatshop movement," she notes. She says the changes advance the university's position as one of the leading academic institutions for the promotion of

social justice.

Prior to the current semester, Fair Trade coffee has been available at other campus locations, including the Huddle, Starbucks and Wad-

dick's. Expanding its availability to the dining halls is viewed as a major success by Boyle and Porter.

Boyle says the continued offering of Fair Trade coffee in the dining halls ultimately depends on how many students drink it.

Because the coffee in the dining halls is not exclusively Fair Trade, students will have to actively choose to drink it in order for it

to remain. "The coffee's here. Now it's just a matter of people using it," Boyle says. "The ultimate success of our efforts will depend on the amount of student support we get. They have to say, 'We're the consumers who want a product produced in a fair, just way.' The best way students can say that is by only using Fair Trade." □



108 million people in the U.S. drank coffee yesterday.

At 2.3 billion pounds each year, Americans consume more coffee than any other nation.

In one year, the average two-cup-a-day coffee drinker will consume the annual harvest of 18 coffee trees.

More than 300 college campuses now serve Fair Trade coffee, including Yale, Harvard, Georgetown, University of Texas, Oklahoma State, and UCLA.

Small, family-owned farms grow over 50 percent of the world's coffee.

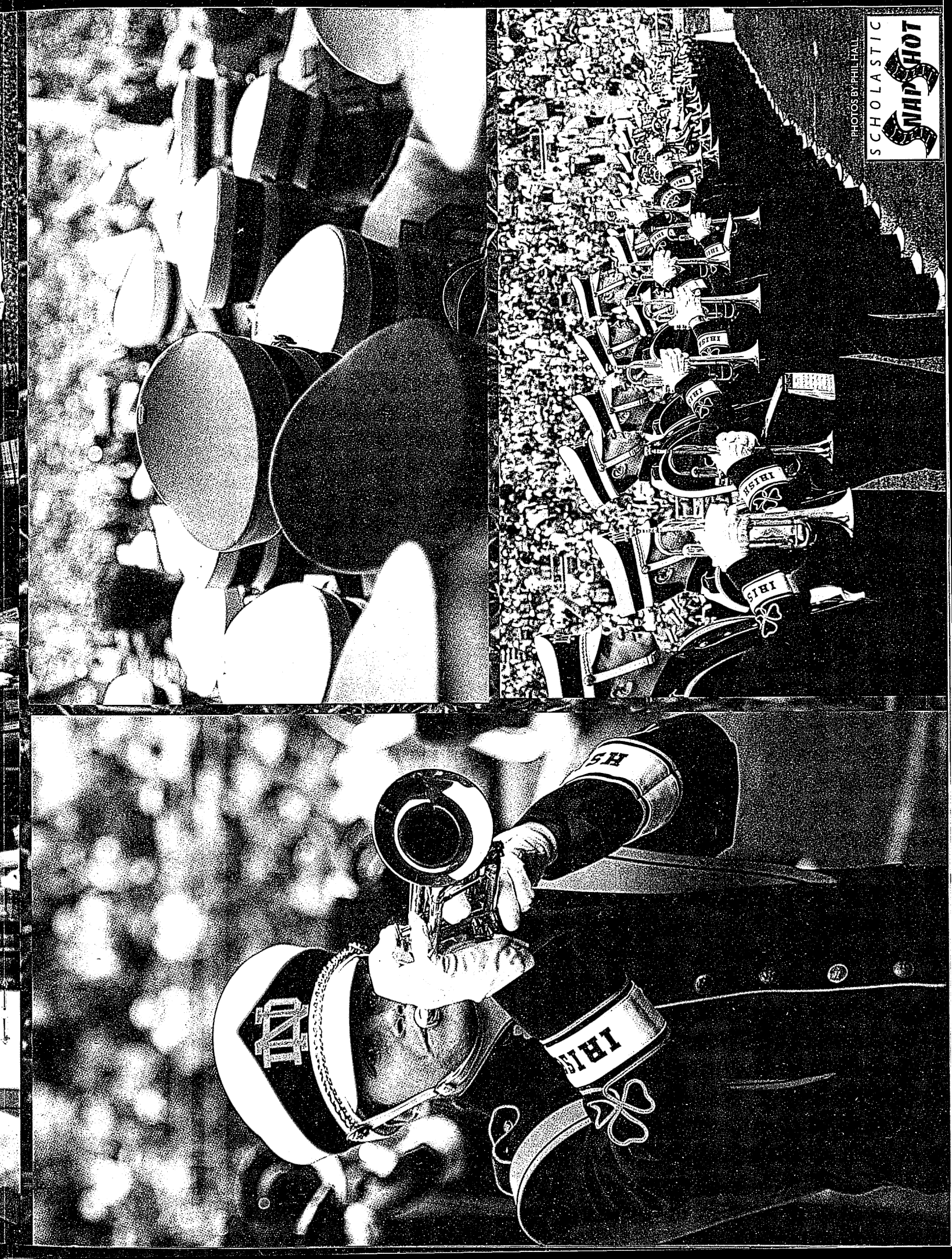
The average \$3 latte delivers less than 2 cents back to farmers on non-Fair Trade coffee farms.

Source: www.transfairusa.org

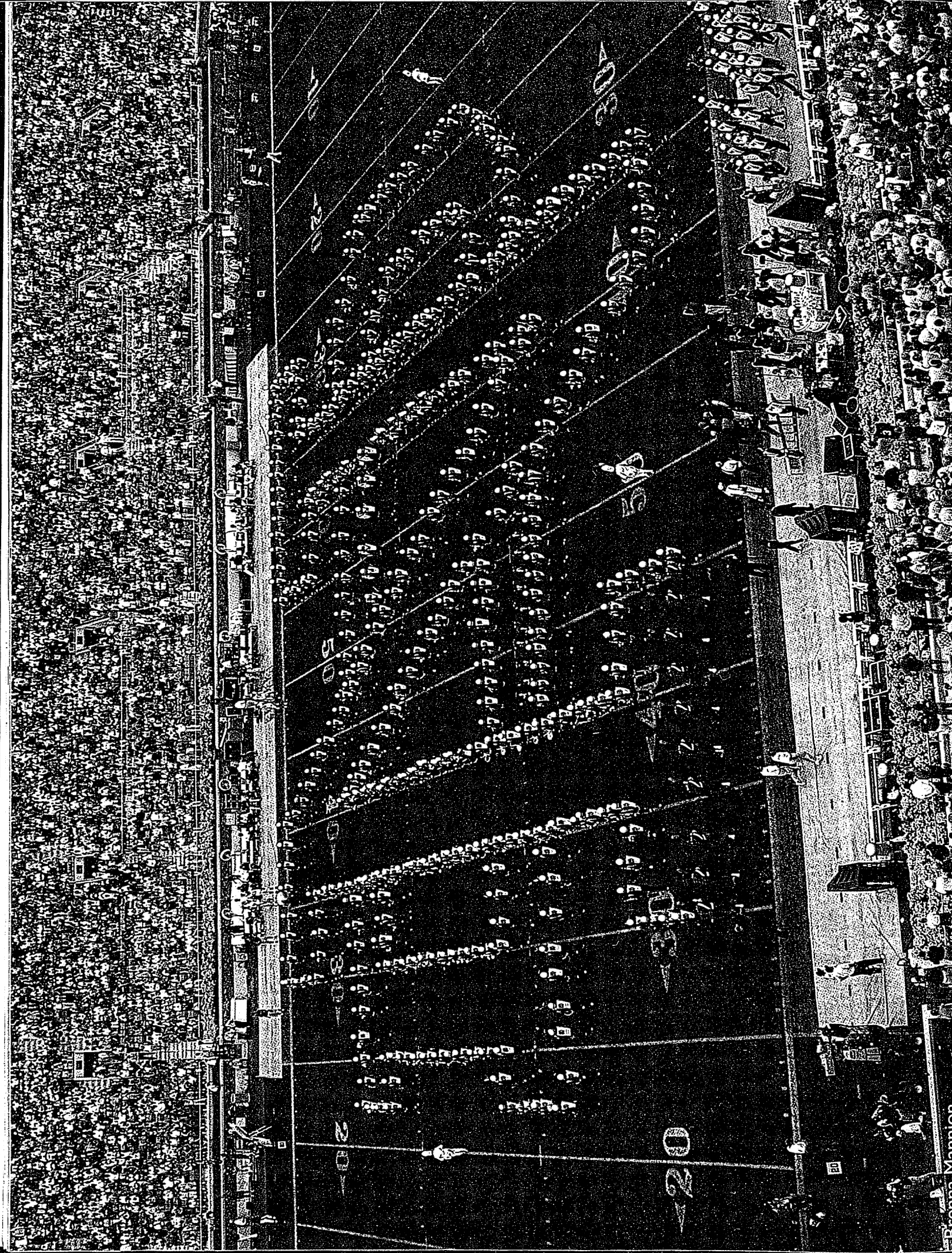
— Emily Paladino







PHOTOS BY PHIL HALL
SCHOLASTIC
SNAP SHOT



Brenna Mannion

CAMPUSWATCH BY THE GIPPER



TIP THE GIPP: GIPPER@ND.EDU

We meet again, deaf Gippings. We'll get back to business as usual in just a sec, but before we begin our chronicles this week, the Gipp would like to ask a favor of this university. Could someone please direct him to the office where you get the dough to set up new campus organizations? Apparently, as long as your application involves vague words such as "development," "dialogue," "issues" or "relations," you can throw as much money down the drain as you please. So the Gipp wants to set up the "Gipper Relations Center," which will encourage a discussional dialogue that aims to address issues involving the relationship between ND students and their Gipper. OK, so the Gipp doesn't really mean to bash this new group, but rather the logic behind its formation: "Nineteen out of the top 20 schools have one, so we need one, too." Last time the Gipp checked, 19 of the top 20 schools weren't Catholic and weren't good at football. But who needs an identity? As long as all the cool kids are doing it ...

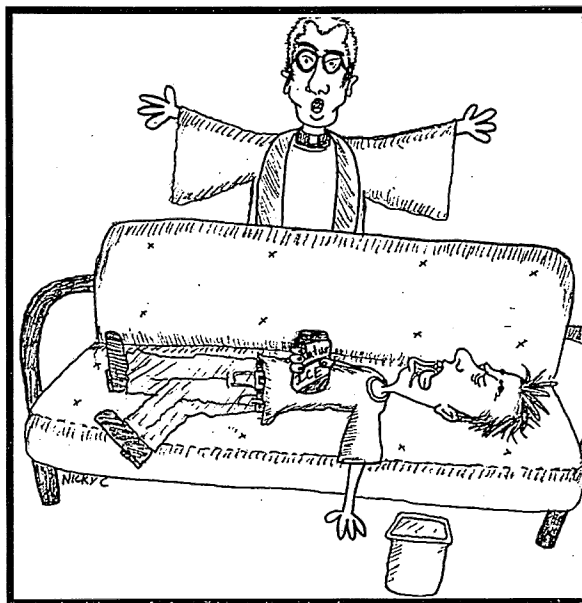
But the Gipp digresses. We've got a few nice secrets to dig up, so let's get to work.

What's Yours Is Mine

The Gipper's heard this one many times before, but, hey, until this campus gets sick of '80s fist-pumping power rock, the Gipp won't get sick of morally casual freshman girls.

At some point in time, we've all walked by some type of restroom unit that contains an extra pair of feet. Or, in this case, knees. But this time, the witness didn't just pass it off with an immature chuckle; he gathered up all his buddies to wait outside and give the stall duo a warm round of applause when they emerged. Ah, yes, the classic gag-that-killed-the-crowd when done to your seventh-grade buddy in the

make-out closet. The Gipp's glad to see we've all grown up since then. Anyway, after this gal received her ovation, she got so flustered that she ran and drug another male froshie into the same water closet. The logic behind that response is beyond the Gipper, but he does appreciate the co-



incidence that the new lucky dog was the roommate of the original recipient. It's quite nice to have a few things in common with your first-year comrade, but the Gipp advises that these two hop on over to Health Services to make sure they don't have too much in common.

Tip Me Baby One More Time

The Gipper awards all available props to the tipster who brought home both juicy slabs of bacon this week. The rest of you slackers should be ashamed.

This tale takes us back to the Saturday of the Notre Dame's unimpressive conquest over our ugly neighbors to the North. After the postgame party on the pitch, our main character, who reportedly started throwing them down before dawn, was stumbling out of our hallowed coliseum when he realized his pee-pouch

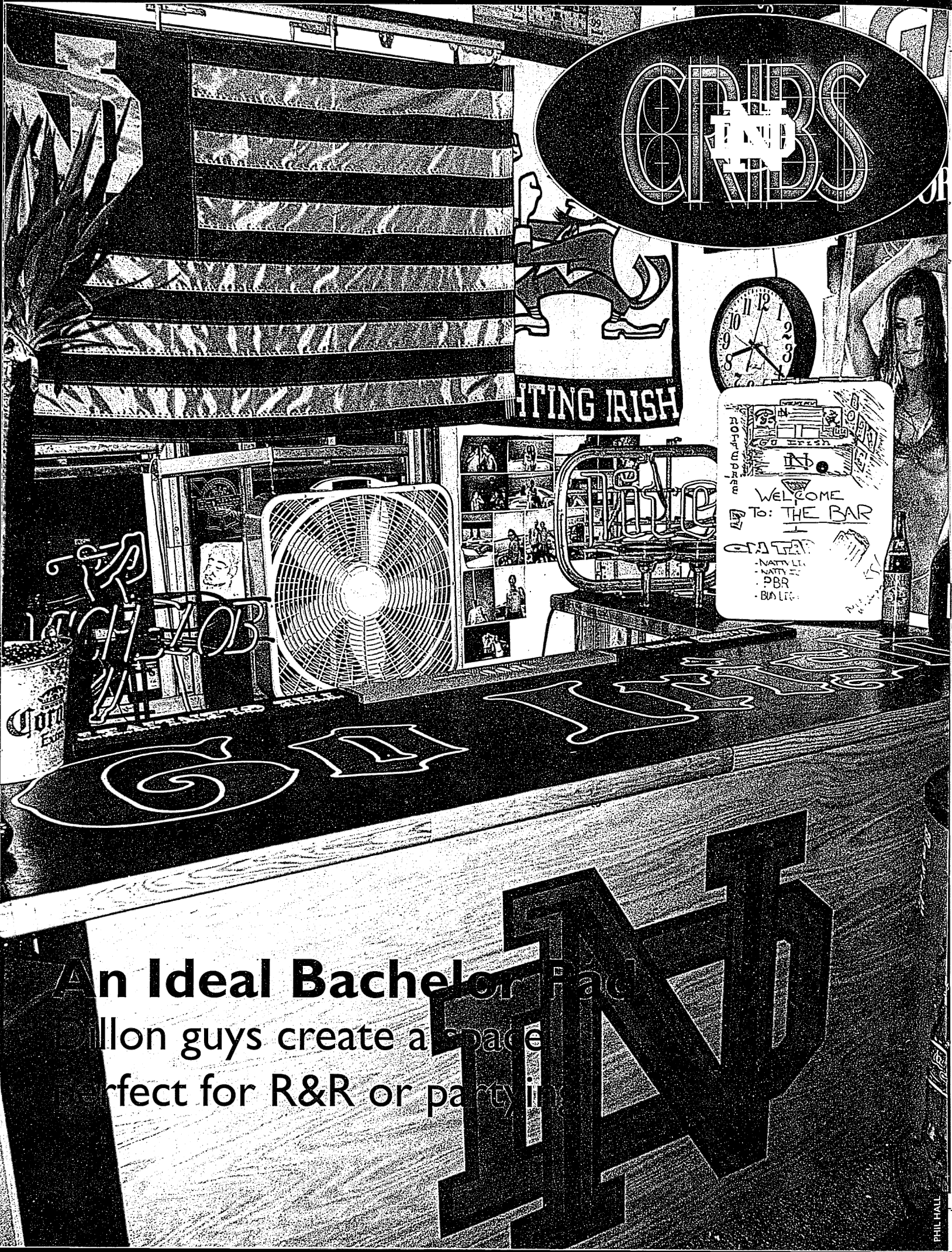
could hold it in no longer. Fortunately for the ushers, he made it out of the stadium without marking his territory. Unfortunately for the few other spectators who happened upon South Bend for the game, he did not make it back to his dorm room. We're told that at a stone's throw from

Stonehenge — whose free-flowing fountains aren't good visuals when you're holding back the floodgates — he cleansed his pants with a naturally sterile detergent. Seeing that the nearby flora needed some washin' too, he pulled out the hose in clear view of the surrounding tourists. He then reportedly attempted to cover the evidence with a Solo cup, which proved quite inadequate for what our source called a "pillow-sized stain."

Alas, we continue. Upon returning home, our friend realized he had just donated all the alcohol in his system to our luscious grass. (the Gipp hopes all you sunbathers use towels.) Thus, he would need to continue imbibing. Heavily.

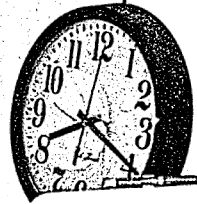
He eventually ended up taking a sloshed snooze on a friend's futon. His cronies, unable to wake him with some not-so-gentle physical contact, slowly became alarmed. The hall staff got involved and decided to call the bullpen for their rector, whom our informer describes as the "Patron Saint of Hopeless Drunks." Pops laid his hands upon our friend, called out his name, and he awoke. The rector would later describe his feat as "a moment like Jesus waking Lazarus from the tomb." The Gipper is anxiously awaiting a new messianic mosaic to be constructed on the side of a certain campus dorm.

And so we close the chapter on another Gipper. While amused by our last tip, the Gipp is still searching for the rector who spread his hands over our football squad two weeks ago. □



CRIBS

ATING IRISH



WELLCOME
TO: THE BAR
- NATTY LI
- NATTY LI
- PBR
- BULL

An Ideal Bachelor Pad

Dillon guys create a space
perfect for R&R or partying

NO



PHOTOS BY PHIL HALL

OPEN DOOR The residents of 371 Dillon have found people they don't even know using their poker/bumper-pool table.

ANNA O'CONNOR

WARNING: Walking into 371 Dillon Hall may give you sensory overload. The endless barrage of posters and flags that covers the walls, the professional-looking bar that occupies an entire side of the room, and the poker/bumper-pool table may overwhelm an unsuspecting visitor.

And that is before the room's residents turn on the black lights they installed in the sink's overhead lamps.

The residents, sophomores Mike Keller, Justin McGeeney, Cole Isban and A.J. Cedeno, have spent countless hours perfecting the three rooms of their quad.

The room they sleep in

contains only their desks and lofted beds. However, these desks are crammed into the room and are so cluttered that they are virtually useless.

The middle room is their "chill room." A big Corda-Roys bean-bag sofa sits opposite an entertainment center, which is equipped with a TV and a DVD-player. A rock fountain and a lava lamp promote relaxation. "This room is where you can take a girl back, put in a Sisqo CD and you never know what'll happen," McGeeney says.

The guys put the most effort into making their third room — the party

room — the place to be. The center of attention is a large, wooden bar, built by Keller this past summer.

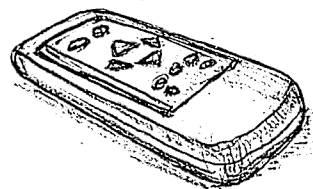
The bar is decked out in Notre Dame paraphernalia, showing the guys' immense pride in their school. Other posters and flags adorn the walls, including a Hilary Duff poster upon which McGeeney forged a love note.

Large speakers positioned high in the corners of the room allow the residents to blast music at parties without losing crucial space. Even when they are not throwing parties, the poker/bumper-pool table attracts many visitors.

"People come in all the time to play," Keller says. "One time I came in here and did not recognize one person playing poker in our room."

Whether you want to sleep, relax or party, there is something for everyone in this quad. You can be sure you will never be bored in 371 Dillon. □





Time is Running Out, and That's Not All



CD REVIEW

SCOOP LATTAL

With two successful albums and a huge European fan base, Muse dropped *Absolution* on the States this spring. Its previous record, *Origin of Symmetry*, never saw release in the U.S. due to American label disputes. Muse fought to find a label for *Absolution* so the band could try to match its European success on this side of the Atlantic.

The band signed with Warner Brothers in 2004, and radios immediately exhausted its apocalyptic first single, "Time Is Running Out." The song lured American fans with its catchy bass lead and vocalist Matthew Bellamy's unique vocal range.

While most mainstream rock albums

combine mellow and harder tracks to create diversity, Muse achieves this diversity within each track. "Stockholm Syndrome" opens with a lightning-fast guitar solo that refuses to decelerate



until it reaches a chorus during which Bellamy's voice ascends to the stars.

"Falling Away With You" and "Sing for Absolution" prove that going emo isn't the only way to write love songs anymore. The guitars and keyboards pursuing the vocal line give each track a singer/songwriter feel, despite the pompous and climactic production.

Interludes before and between tracks give *Absolution* a movie soundtrack feel. The "Introduction" march leading into

the destructive piano intro of "Apocalypse Please" cranks up the intensity. The "Interlude" following "Falling Away With You" provides passionate closure to the pleasant love song.

Bellamy's songwriting is flawless throughout the album. He mixes surprise and predictability, delivering each when the listener wants them most. Radio-friendly tunes like "Hysteria" and "Thoughts of a Dying Atheist" don't need to go out of their way to impress the listener. More experimental tracks, such as the closer "Ruled by Secrecy," keep us guessing with every chord change and musical transition.

One of the most talented trios in all of current rock music has concentrated on songwriting to produce the best album of 2004 thus far. □

Listen to Scoop Lattal on WVFI
4 p.m.-5 p.m.
<http://wvfi.nd.edu>

Down by the Riverside

Emporium an all-around favorite with a twist

BETH MURPHY



Is it possible that a restaurant with character and class is located only a few blocks from antithetical Boat Club? Yes, it's true. The East Bank Emporium Restaurant, more commonly referred to as the Emporium, is about to celebrate its 25th anniversary. The fact that business has been booming for so many years was no surprise to *Scholastic* after dining there; neither are the two plaques on display that read "2003 and 2004 Favorite Saint Joseph County Restaurant" (awarded by the *South Bend Tribune*).

The Emporium offers quality food at reasonable prices in a fantastic setting. Located alongside the St. Joseph River, the restaurant overlooks the Century Center, Island Park and the East Race Waterway.

The building, originally an abandoned warehouse, was restored in 1979 and is decorated with various artifacts that were gathered from the surrounding area. The oak doors with stained glass windows, for example, were taken from old local churches.

The inside dining area is warm and

cozy, and a beautiful atrium commands the center of the room. Wide open windows line the side of the building that overlooks the river, allowing streams of natural sunlight to enter the dining area, not to mention providing a gorgeous view.

We recommend going to the Emporium at dusk, just as the sun is about to set. If you're in the mood to dine al fresco, ask to be seated outdoors. What was once a four-table patio overlooking the river was expanded last summer to accommodate 16 tables.

Must See ND

BOUND DOWN THE INDIANA DUNES:

These beach-worthy temperatures won't last long, so get to Lake Michigan now or hold your peace until the spring. The trip is about 45 minutes by car (Indiana Toll Road), or you can take the South Shore Line. Check out www.nps.gov/indu/ for more info.

Scrutinize Outfoxed: Rupert Murdoch's War on Journalism at the Marie P. DeBartolo Center for the Performing Arts:

Check out Robert Greenwald's critique of Rupert Murdoch's media empire, Fox News, in particular. Seething Michael Moore-esque documentaries not your thing? You should still see it; you won't be able to argue credibly otherwise. Besides, a little controversy is healthy on a college campus. Playing Sept. 30, at 7 p.m. and 10 p.m.

See *The Odd Couple (the Female Version)*, co-starring Barbara Eden at the Morris Performing Arts Center:

Nick-at-Nite fans, your prayers have been answered. That is, of course, if you've ever prayed to see Eden, of bottle-sprouting, no-belly-button, *I Dream of Jeannie* fame, live on stage. The actress co-stars as Florence with Rita McKenzie as Olive in Neil Simon's twist on his popular Felix and Oscar characters. Playing Oct. 1-3. Visit www.morriscenter.org for ticket info.

Waste away in Margaritaville:

Seniors, head to St. Joe's beach (next to the boathouse) on Thu, Sept. 23, for some class bonding along with margaritas and a pig roast. Free cover. Held in Monogram Room of the Joyce Center if it rains.

Yuck it up:

Rodney Carrington, star of ABC's new primetime comedy *Rodney*, performs standup at the Morris Performing Arts Center on Fri, Sept. 24, at 8 p.m. Tickets required. Visit www.morriscenter.org for more info.

Lounge by the river:

Take a break from the lakes. Picnic, walk, run or bike downtown along the St. Joseph River while the sun still shines on the Bend. A biking/jogging path begins on Angela Boulevard across from St. Joseph High School and runs along the East Race waterway toward grassier riverside banks.

Fore!:

Notre Dame Golf Course (nine holes) offers amazing rates for students: \$6, Mon - Thu and \$7, Fri - Sun. Twilight golfing is \$5 every day. Tee times are accepted and advised. The more-challenging 18-hole Warren Golf Course on Douglas Road is pricier but offers some student discounts. Tee times are required. Just want to drive? Head to Hacker's Driving Range on U.S. 31. (Heading north, it is on the right side just past the Michigan border.)

— Compiled by Nick Kolman-Mandle

The Emporium's menu is extensive: It includes staple dishes like New York strip steak and chicken tenders, as well as unique specialties like the Big Island Chicken breaded in macadamia nuts and served with a delicious raspberry-apricot sauce.

Each entree comes with a salad, and we suggest the avocado-garlic dressing. The



baked brie appetizer is spectacular. And the filet mignon is tender and juicy, sautéed in a tasty bearnaise sauce, covered in Alaskan king crabmeat and garnished with spears of asparagus.

If you're not a meat-lover, the menu also features several seafood and pasta dishes, as well as some great low-calorie options. There's

even a great children's menu to satisfy any youngster's appetite.

The Emporium is fitting for nearly any occasion, but make sure you call ahead to make a reservation: Business is hopping on football weekends and during other major campus events. □

Location: 121 S. Niles Ave, South Bend
Phone #: (574) 234-9000

Prices: Entrees range from \$7.99 - \$27.99 (Lobster Tails)

Average entree: \$12.99

Hours: Mon - Thu, 11 a.m. - 9:30 p.m. (open until 9 p.m., Fri - Sun)

They live to breathe the cold morning air. They endure hours of planning, cooking and preparing, often starting during the wee hours of the morning. They are the most steadfast Fighting Irish fans, yet many are content to watch the game from TVs in the hatches of their minivans. They are the tailgaters, and the pavement is their domain.

The tailgating culture is perhaps one of the most celebrated rituals for a team's devotees. It transcends sport, but remains an intrinsic part of it — so much so that John Madden compiled a cookbook in tribute, *John Madden's Ultimate Tailgating*.

"When you're a participant in the game," Madden writes, taking the perspective of both head coach and head chef, "it seems you are always looking over the fence at the other side and thinking, 'I like what they're doing. It looks good. Some day I am going to do that.'"

From the perspective of a sports fan attending a game just for what happens on the field, the world of tailgating may seem twisted and foreign (Madden is taken aback when a tailgate party unabashedly reveals she doesn't know who the opposing team is). But for those who have been hauling their Grand Cherokees or Caravans, logging miles and miles on the trek to Notre Dame Stadium, it's all part of the experience.

Scholastic ventured into the chaotic world of Notre Dame tailgating, traversing Edison Road, the baseball field and the vast C-Lot to find the best gatherings and ask of their creators: What makes a great tailgate? Amid the smoke, sun, beanbag tosses and green-clad revelers, this is what we found:

Dedicated tailgaters had a lot to say about the keys for a perfect parking-lot party, and even more to say about why theirs was the best of the bunch. Most of their insight can be broken down into four basic categories, so novices take heed.

Food

Food is a vital requirement for anyone who plans on standing in either the oppressive sun or the blistering cold. In his book, Madden divides food into "floaters" — foods like sushi and salad — and "sinkers," which "sink down there and keep you on the ground." Madden writes that all tailgating foods are sinkers. At Notre Dame, this mostly holds true.

Take Jim Anastos and Eric Schramm,



PHOTOS BY BRENNAN MANNION

ONLY THE ESSENTIALS The tailgate of John Welsh (ND '88) has it all — including a fully stocked bar and a cardboard cutout of Pamela Anderson waving a Lou Holtz mask.

Tailgating 101

Tips and Advice from the Asphalt



IT'S THE LITTLE THINGS THAT COUNT

Tailgaters will go to great — and sometimes strange — lengths to make their tailgates stand out.

who, once a year with a group of friends, deep fry approximately 460 pounds of turkey, creating a feast that lasts from 7:30 a.m. until 4:30 p.m. Yes, unbelievably that was a whopping 460 pounds of turkey, deep fried.

Pam DeCola, whose husband has been tailgating for 27 years, makes chili for every game but warns not to underestimate prepackaged Hostess goodies. "They're indestructible, like a hot dog. You can't kill a Twinkie," she says.

Scott Smolinski plans two menus: lunch before the game and dinner afterwards. Dinner guests get the royal treatment with prime rib, jumbo shrimp and perhaps the most gourmet food in the lot — frog legs.

The most awe-inspiring table was that of Melissa Hennel's group, a veritable cornucopia of fare served in silver platters with lavish centerpieces. Her secret?

Lots of money.

"I've usually done the cooking," Hennel says, "but this year 40 to 50 people are going to come and so I decided to hire out." Two caterers in white coats stand proudly behind their masterpiece.

Still, money isn't always what counts. Notre Dame senior Bob Masters is entirely satisfied with his much simpler tailgate. "We've got Old Style beer and Bruce Springsteen. This is an American tailgate right here," he says. Chicken, burgers and grilled corn-on-the-cob balance out the menu.

Joe Cahn, the self-proclaimed "Commissioner of Tailgating," has visited tailgates at college and professional games across

America. Cahn eats and researches recipes of all kinds, then lists them on his Web site. For more culinary tips and recipes, check out www.tailgating.com.

Booze

Sorry to disappoint those not yet of age, but most tailgaters listed some type of alcohol, from beer to merlot, as a necessity. "You need at least one bottle of all liquor families and a whole trunk full of beer," tailgater Jason Williams advises.

Above all, make sure beer is kept cold. Williams suggests dividing beverages among several coolers and labeling each one with the contents, which keeps thirsty tailgaters from opening each cooler in their search. "The ice lasts longer and guests love it," he says.

One party, hosted by Joann Welsh (ND '88), sported a complete bar in the trunk of a sport utility vehicle. While meeting and greeting, Welsh drizzles chocolate syrup down the sides of plastic cups, then fills them with chocolate martinis, the party's main attraction.

Smolinski took wooden cupboards from his cabinetry and woodworking business and turned them into a lot-side bar.

And the worst thing to forget at a tailgate? "The bourbon!" Anastos shouts. "After that it's all trivial."

Atmosphere

Your tailgating basics include food, beverages, usually a propane grill and, of course, a car. But serious tailgaters wouldn't dream of limiting the experience to just these bare necessities. Welsh, for example, flies a Notre Dame flag on a tall pole for all to see, and has a cardboard cutout of Pamela Anderson waving a Lou Holtz mask.

John Glaub says the golden rule of real estate is just as applicable to tailgating: location, location, location. Natural shade is coveted and hard to find, but otherwise an umbrella or awning will do just fine. Glaub also favors grassier spots to asphalt, like those behind Eck Field and across Edison Road.

Memorabilia from flags-to-footballs is often on display. A tailgate proudly blaring the Notre Dame Victory March or swathed in blue, gold or green invigorates what might otherwise be an ordinary picnic. A big screen television in the trunk attached to a satellite on the roof doesn't hurt either.

Attitude

In the words of Irish fan Bobby Williams, the best tailgates take "a little preparation, a lot of organization, and a will to win." A host's self-drive is the force that brings and holds together the good food, bottomless mugs and lively environment.

Even when they're not deep frying a quarter-ton of turkey, Anastos and his neighbors are up at 6:30 a.m. to prep for the day. "It's not easy," he says. "For us it's a 12-person community effort."

But even 6:30 a.m. isn't an early enough time for Jason Williams' family. "Be there at 6 a.m. to get prime real estate," Williams says. "This is like the Louisiana Purchase." Die-hard tailgaters suggest arriving at the lot at least four hours before kickoff.

The Friday night before is often work-heavy as well, as Welsh testifies. "We were up until three in the morning making food." For many, a long checklist is indispensable. Welsh admits, though, "It gets easier as you do it every year." A fellow tailgater echoes the adage, "Practice, practice, practice."

Finally, it is universally recognized that a successful tailgate is impossible without good company. Whether planned together or hosted by a few, the people make the tailgate. When all is said and done, 10 burned hamburgers and warm beer pale in comparison to who you choke it down with. So, the most important aspect of a great tailgate? Says one fan: "The people, absolutely ... a good football team wouldn't hurt either."

—with reporting by Jennifer Osterhage

Tailgating Checklist

- ✓ Log on to tailgate.nd.edu
- ✓ Get your hands on a small propane grill — charcoal isn't allowed in ND lots.
- ✓ Make a checklist of required items (include antacid, if you're smart).
- ✓ Arrive at least four hours before kickoff to set up (make your self known!) and cook.
- ✓ Have food ready 2 hours before game.
- ✓ Clean up before entering stadium — you'll be too wired/tired to do it afterwards.

Haunting South Bend

A Story of Studebaker

NICK KOLMAN-MANDLE

On the west side of town, situated next to the ruins of the once-thriving Studebaker automobile plant, the former Deluxe Sheet Metal factory looms over Stanley Coveleski Regional Stadium. The main doors of the sheet metal factory are locked tight and the building is hollow and dark. A side door, located adjacent to a dumpster, is even less inviting, except it has an inconspicuous little flyer taped to it: "*Avanti*," it reads, "*A Postindustrial Ghost Story*." And underneath that sign, another reads: "Pull hard — door sticks."

Inside, it is too dark to see your hand in front of your face. Images that flicker surreally on a movie screen and a pervading odor contribute to the ensuing "What am I doing here?" feeling.

Sitting in the darkness, in front of a wide-open space bordered by the screen, are at least 10 people with their faces dimly lit by desk lamps. Their gazes shift from the open area in front of them to their many laptops and instrument panels. A woman's voice echoes through a speaker, issuing instructions.

The entire scene resembles the arcane tribunal of an evil organization, or maybe the base of operations for a military excursion. But it is actually the rehearsal of *Avanti: A Postindustrial Ghost Story*, a new play written by Notre Dame Film, Television and Theater professor Jessica Chalmers.

Later, in a coffee shop downtown, Chalmers sips an extra-strong cup of coffee and talks about her play. "It took me about six months to write, but I spent two years doing research," she says. As a native of Manhattan, Chalmers admits she didn't know much about the Midwest when she moved from New York to South Bend.

Writing a play about the Rust Belt — the long-stagnant industrial centers of the Midwest — was her education.

She was interested originally in researching and writing a play centered on Irish football that would draw from the tradition and athletic culture of campus. She soon realized, however, that writing a play about football would require more than two years of research. "I was teaching a class of freshmen or sophomores and I turned to one of the guys there and asked, 'Do you like sports?' Everyone started laughing," she says. Chalmers was talking unknowingly to former Irish linebacker Courtney Watson.

She then looked to the city of South Bend for inspiration and was enchanted by what she saw: a prosperous automotive history, with Studebaker as one of the town's largest businesses. For Chalmers, the great abandoned factories were a link to South Bend's golden age. "The whole thing

could be considered a love story between past and present," she says.

The plot of the play centers on a demolition team's discovery of a ghost in the old Studebaker factory. A modern-day worker is transported back to 1963, where he meets such historical figures as designer Raymond Loewy, who looks to save the financially troubled company with a futuristic new car, the *Avanti*. This attempt failed, however, and Studebaker was forced to close its South Bend factory in December 1963, an event Chalmers describes as the tragedy of an era.

"The kind of theater I

do," says Chalmers, "brings together a lot of different interests: video, acting, writing, set design." *Avanti* features all of them, most notably by complementing stage actors with illusions from video, like making one of the main characters appear to be walking down the length of the factory.

Chalmers is no newcomer to the theater scene. For the 1999-2000 theater season, she won a Village Voice OBIE Award — "Off-Broadway's highest honor" — for her play *Jet Lag*, about a woman who tries to live on an airplane with her grandson. Like *Jet Lag*, *Avanti* examines how technology can be a driving force in our lives. Also like *Jet Lag*, *Avanti* will feature The Builder's Association — a New York-based performance and media company that has toured worldwide.

When production and rehearsals began, the downtown community was skeptical of the university's involvement, Chalmers recalls. She says the community had a "What are you doing here?" mentality. She adds that Notre Dame and the surrounding community have grown increasingly distant since the local economy shifted from industrial-based to service-based. "The Notre Dame 'bubble' is actually a fairly new thing," she says.

With *Avanti*, Chalmers hopes to regain some of what has been lost since 1963 — a connection between the university and South Bend's once-thriving downtown. She spent a good deal of her time researching in the Studebaker Museum's archives, and the play strives to fictionally recreate the feel of Studebaker's plant some 40 years ago.

Driving past the decrepit Studebaker factory, where smashed windowpanes and weeds dominate the landscape, Chalmers gazes inquisitively and almost reverently at what once was. There will be no resurrection of the past, but for Chalmers, a ghost of the past will do just as well. □



A GOOD REPORT Actor Michael Coffee talks to a reporter in rehearsal.



HOLD THE PHONE Actor David Pence plays a Studebaker employee.

WHEN: AVANTI PREMIERES
THU, SEPT. 23, AND WILL RUN UNTIL SUN,
OCT. 3.
WHERE: THE FORMER DELUXE SHEET METAL FACTORY,
506 W. SOUTH ST., SOUTH BEND

TOURS IN CHICAGO AND NEW YORK WILL FOLLOW
COST: \$18 FOR ADULTS, \$16 FOR SENIOR CITIZENS, \$12 FOR STUDENTS
MORE SHOW DATES, TIMES AND DIRECTIONS TO THE VENUE ARE AVAILABLE AT
WWW.ND.EDU/AVANTI.

Divided We Fall

Why America is so partisan

RICH McIVER



Spewing insults under the thin guise of civility, Notre Dame students arguing at this year's on-campus presidential debates followed in the footsteps of their respective party's leaders as they hurled every type of damning propaganda they could muster at one another.

The entire audience listened as Republicans were accused not only of not caring about the poor, but also of having the main agenda of funneling money into Halliburton. Meanwhile, Democrats were characterized as spineless wimps who spend their time sipping martinis in the Hamptons while they philosophize and over-simplify the world's problems.

Now more than ever, people on both sides of the political divide hate the opposition. Their attacks indicate not only a fundamental

disagreement over policy, but a deeper disdain for the very individuals who make up the opposing party.

Not only do Democrats think that neo-conservatives are wrong about the war in Iraq, but many also think that Bush and his supporters are completely incompetent, and that their administration is evil. In the same respect, many Republicans believe not only that the idea of universal health care is impractical, but also that those Democrats who disagree with them are socialist and anti-American.

Defaming one's opponent is nothing new to politics. But now, partisan bias is gaining traction not only among extremists, but also within the mainstream population. Americans are buying into simplistic "good vs. bad" and "right vs. wrong" views of political parties. Today, many average citizens actually believe that this election is a political apocalypse — a final showdown, if you will — between good and evil. Of course, those same citizens are almost evenly divided on which

party is good and which is evil.

What is striking is that no one in the media is asking why the political climate is as partisan as it is. The media's silence, however, may point to the answer.

With viewership dispersed from basic network stations to more widespread and diverse cable channels, Americans today have the ability to choose from a plethora of news stations. One would expect that the more channels there are competing for ratings, the better the TV coverage would be. In some respects, this assumption is correct. TV news has given Americans what they wanted: more exciting news.

Sound bites, 30-second summaries of speeches and entertaining analysts have therefore been added to news programs in an effort to draw higher ratings.

In the end, America's news media has turned out to be akin to the entertainment industry, with news personalities as its stars.

On the whole, stations no longer present honest debates or analyses of complex issues or even an unbiased presentation of facts. The 24-hour news stations have paradoxically eliminated much of the mainstream moderated news debates. They instead show a one-sentence highlight from a 30-minute speech and follow it with hours of biased analysis. To compensate, politicians adjust to the news and tailor their speeches for the media. No longer do candidates extol the benefits of their proposals; instead, they focus on giving an exciting sound bite to fill the lead story.

So, the spiral continues ever-downward. The media gives less airtime for policy presentation, thus politicians talk less and less about it. What we, the voters, are left to determine is who can produce the better sound bite.

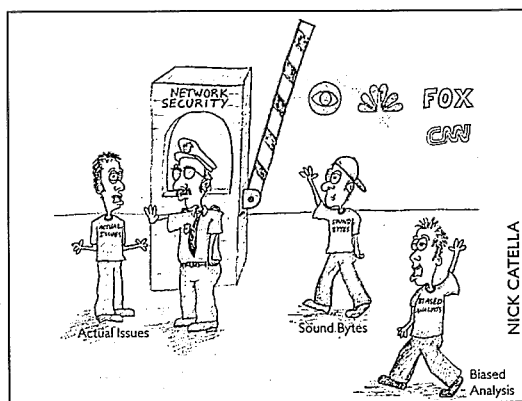
In this climate, where voters are presented with only the juiciest of sound bites and no real substance, it is easy to see why voters are becoming ever more partisan. If they are unable to hear the merits and deficiencies of both candidates' policies in a relatively unbiased forum, then voters will simply pick a side and stick to it. The partisan rants at last week's campus debate were just further evidence that — though our politics were founded upon debate and compromise — those virtues are no longer the American way.

So who is to blame? Ironically, the very politicians whose policies are marginalized are the ones who have shaped the media into its present condition.

In 1996, Congress passed the Telecommunications Act, which created more media market competition by allowing anyone to start a cable company. Market pressure is usually a good thing. In this case, however, it motivated news organizations to increase profits by cutting panels and replacing them with fluff human-interest pieces, exciting (read: biased) commentators, and sound bites.

Furthermore, by not passing the McCain-Feingold bill — which would have ensured free air time to candidates and put restrictions on biased political advertisements by special interest groups — politicians failed to put in place the safeguards which could have ensured more comprehensive political coverage.

Having politicians reform public policy will not completely eliminate the growing revulsion between Democrats and Republicans, but it is a start. Politicians must find a way to ease the media market pressure. Only when market pressure is at a minimum will stations be able to cut such devices as human-interest pieces, which will allow airtime for actual news stories. In addition, the media must be pressured to provide unbiased coverage of mainstream candidates so that Americans can have the opportunity to understand all sides of an issue. And as our student body's one-sided portrayal of the issues at last week's debate demonstrates, change is desperately needed. □



SPORTS

SPLINTERS FROM THE PRESSBOX



A Promising Sign

A few reasons to be optimistic about Irish athletics

CHRISTOPHER MESKILL

Last year was tough for Notre Dame sports fans. Football and basketball didn't live up to the pre-season hype, a few teams emerged into the national spotlight, but then quickly fell back out. Even our national championship fencing team came up short. It was hard to believe in the luck of the Irish at the start of this school year, especially when faced with the football team's loss to BYU. I will admit; I was starting to doubt our ability to be an athletic powerhouse. Although I have been harboring my own skepticisms, I keep looking for a good reason to put my faith in Notre Dame athletics this year. For me, even a simple sign would suffice. And luckily, I believe I have found it.

Just the other day, while walking across Mod Quad on my way to Flanner Hall, I caught a glimpse of something out of the corner of my eye. I went to the top floor of Flanner and looked out at the eight-foot tall, fully illuminated "#1" atop Grace Hall. Looking out of other windows and seeing the dome, the basilica and the library gave me renewed confidence in all things Irish.

As you are probably aware, the Notre Dame women's soccer team is ranked first

in the nation, usurping the long-held reign of the North Carolina Tar Heels. Ten years ago, the Irish first climbed to the top of the women's soccer polls and were able to regain the No. 1 ranking at various points during the next three seasons. They even won a national title in 1995. Hopefully, history will repeat itself, and the Irish women will be able to celebrate their first NCAA women's soccer title in ten years.

Meanwhile, the football team finally has shaken off the ghosts of last season and begun to perform like a team worthy of wearing Notre Dame's blue and gold. With wins over Michigan and Michigan State, Notre Dame has earned the respect of sports analysts as one of the top unranked teams in the

country. If the Irish claim a victory over Washington on Saturday, they should be able to crack the top 25. And what's more, the situation has the potential to improve; if the Irish can battle past Purdue in two weeks, I see no reason why they can't steamroll to a 7-1 record and, more than likely, a top-10 ranking. I can smell a bowl game already.

And how about the fencing squad?

The reason the team fell short last year was because the required 12 fencers did not qualify for the NCAA Tournament. However, the 2003-2004 team was comprised of five freshmen, who will improve as they mature. Furthermore, junior Derek Snyder has returned from injury, and with the addition of gold-medalist freshman Mariel Zagunis, the Irish will be a force to reckon with this year.

What else is there to expect? Our basketball team will celebrate its 100th-anniversary season in style, facing some traditional rivals, like UCLA, as well as some ego-boosters, like Harvard. With senior guard Chris Thomas, junior guard Chris Quinn and junior forward Torin Francis returning, and with transfer-student senior forward Dennis Latimore now eligible to play, I expect the Irish to have their best season since advancing to the third round of the NCAA tournament during the 2002-2003 season.

It might just be the pro-Irish sentiment I'm still riding on from our recent win at Michigan State, but I have high expectations for this year. Football, basketball, fencing, soccer — I'm sure we will give our best and earn some respect and recognition. NCAA, brace yourself, because here come the Irish. □

STATZONE

Megan Connelly brings you ...

ALL THE STATS

you need to know



Football (2-1): Under the watchful eyes of Kirk Herbstreit, Lee Corso and the rest of the College Gameday crew, the football team came up big with a win at Michigan State, 31-24. Irish Head Coach Tyrone Willingham, a '77 graduate of MSU, is 2-1 against his alma mater as coach of the Irish. This weekend the Irish will play the Washington Huskies for the first time since 1996, when the 11th-ranked Irish defeated the 16th-ranked Huskies 54-20

at Notre Dame Stadium.

Men's Soccer (4-1-1): This past weekend at Alumni Field, the ninth-ranked Notre Dame men's soccer team defeated Georgetown 4-1 in the Big East Conference opener for both squads. The Irish notched three goals in just over seven minutes of play to put the game away. The Irish now will go on the road for two key Big East contests. Notre Dame plays West Virginia on Thu, Sept. 23, and will travel

IRISHEYESON

DARIUS
WALKER

Just two weeks ago, freshman running back Darius Walker saw his first collegiate football action in Notre Dame's win over the University of Michigan, and he is already an essential element of the Irish offense. Walker was the first freshman running back since Julius Jones to rush for more than 100 yards in his first game. *Scholastic* got a chance to talk to Walker about his contributions to the team.



You watched the BYU game and played against Michigan and MSU. What is the difference between the Irish squad we saw play BYU and that of the past two weeks?

I think that the offensive line has been the biggest difference. They opened up the holes incredibly for us, so it makes our job a lot easier. All we are doing is just running through holes that the guys up-front made, and the guys up-front have been doing really good work.

You seem to find those holes very quickly, though. Sometimes there doesn't even seem to be a hole there until you run through it.

[Laughing] Ah, well, I just try to bring that aspect to the game. That's something that I've been working at for a while, and I'm working hard on it at practice. It's going in the right direction.

What kind of feeling do you have in the huddle when you're in the midst of a 75-yard drive and every play, every snap of it is on the ground?

It's excitement in the huddle. We're all geared up and working hard. We just keep pushing and pushing; and it's a good team feeling when we're driving down the field like that.

How have you and Ryan Grant worked together?

Ryan and me, we are very close. He actually was my host when I came up here on a recruiting trip. And we room together in the hotels when we go on trips, so we're real close. We both try to bring our aspects to the game and make the team successful. We try to help each other out, keeping each other focused and motivated.

What is the next step for you right now? Are you as advanced as you would like to be?

Well, I think that I have a great deal of room for improvement. I do not think that you can ever be too good. So I'm still going to work [on] my craft and continue to work hard, both in the weight room and on and off the field.

Many freshmen say that the game appears to be a lot quicker their first year. However, the game does not appear to be a lot quicker for you than it was in high school.

I think that's an aspect that I am very happy about and excited about — my adaptation to the game. The game is a little bit faster, but it does not seem to be much faster to me. I heard that the speed was the roughest thing in college, and I've adjusted to that pretty well. And I'm feeling confident.

—Bryan Lowery

to Villanova Sun, Sept. 26.

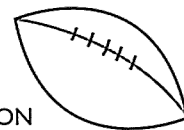
Women's Soccer (8-0-0): The Irish, No. 1 in the nation, have maintained a perfect season so far. Last Sunday, they defeated Syracuse 2-1, giving them a 32-2 scoring edge in the history of the Syracuse series (now 6-0-0). Strong starts are nothing new for the Irish, with nine of the last 13 Notre Dame teams opening the season 8-0-0 or better. There are 308 teams in Division I women's soccer, but

just one month into the season, there are only five unbeaten/untied teams left in the nation: Notre Dame, Virginia (8-0-0), Washington (6-0-0), UNC-Wilmington (8-0-0) and UC-Riverside (6-0-0). The Irish are now 28-1-1 in their last 30 regular-season games.

Volleyball (5-4): This past weekend, the Irish lost to South Carolina in four games, 30-28, 25-30, 30-22, 30-23, in the title match of the Gamecock Invitational. In the effort,



Our Calls Football



OPPONENT: WASHINGTON

WHERE: NOTRE DAME STADIUM

WHEN: SATURDAY, SEPT. 25, 1:30 P.M.

After beating two Michigan schools in two weeks, I fully expect the Irish to crush the Huskies, especially on home turf. Washington has not been able to stop the ball on the ground this season, so Grant and Walker should be able combine for over 250 yards. The Irish will win this one, 35-14.

CHRISTOPHERMESKILL
SPORTS EDITOR

Notre Dame comes out and continues to run the ball effectively against a weaker Washington defense. The Irish defense will once again be impressive, shutting down the Washington offense and putting points on the board for the fourth week in a row. The Irish beat the Huskies, 27-17.

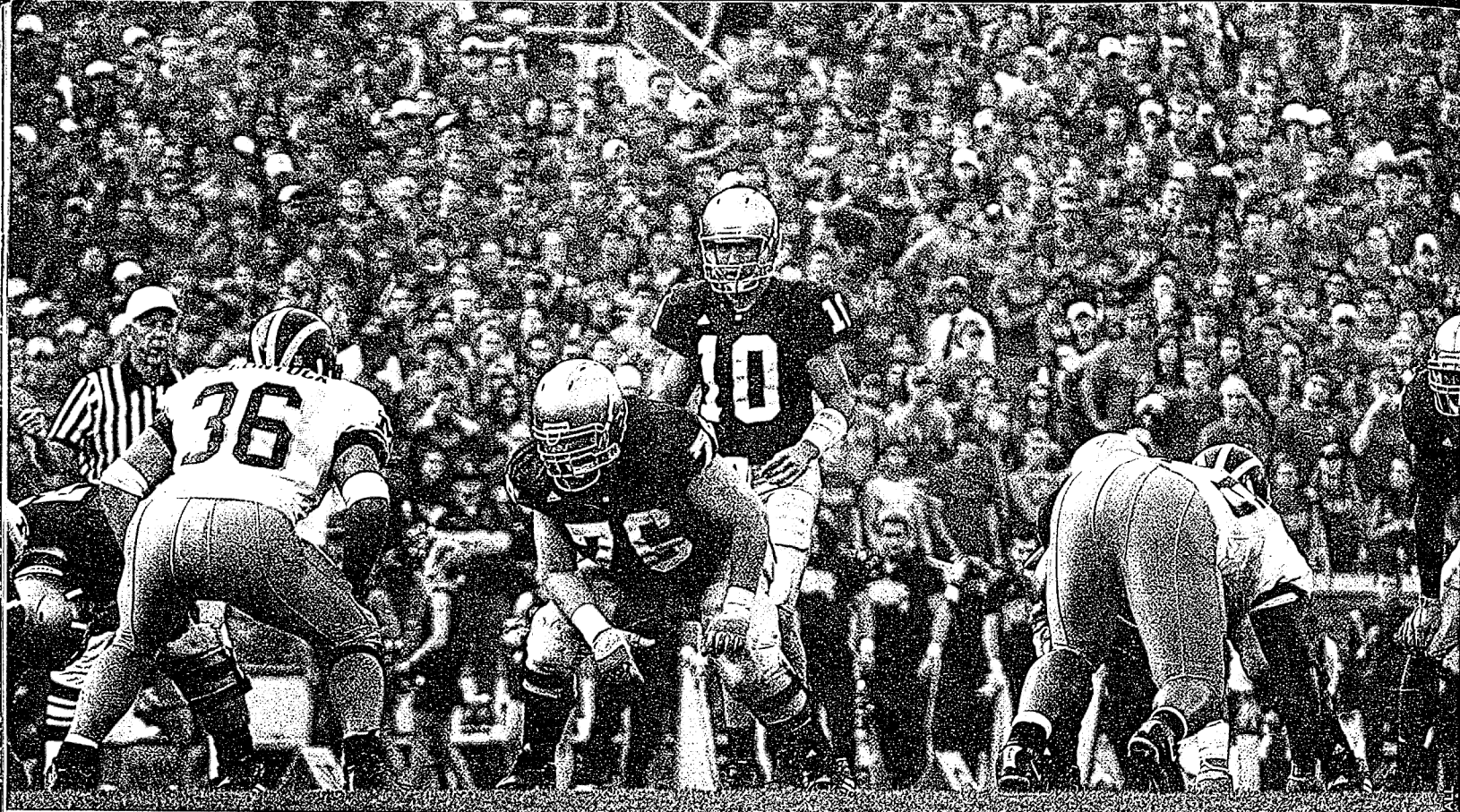
MIKEISELIN
ASSISTANT SPORTS EDITOR

KEY TO THE GAME:

Finding the Holes

Washington makes many mistakes on the line and leaves a lot of gaps that can be converted into big yardage. Just last week, UCLA tailback Maurice Drew ran for 322 yards against the Huskies, setting a UCLA yardage record and tying the Pac-10 touchdown record for a halfback with five.

junior Lauren Brewster had six aces — including four on a single rotation in game three — to mark the best serving performance by an Irish player since Angie Harris' nine-ace performance in a single game against Syracuse in 1995. Brewster's total is tied for the second-highest mark ever by an Irish player in a four-game match. Over the course of two matches in the Gamecock Invitational, she had 10 aces and only one error. □



TY'S GUY Sophomore quarterback Brady Quinn has stood out among Tyrone Willingham's recruits.

Ty's Team

Tyrone Willingham's recruits are starting to make significant contributions for the Irish

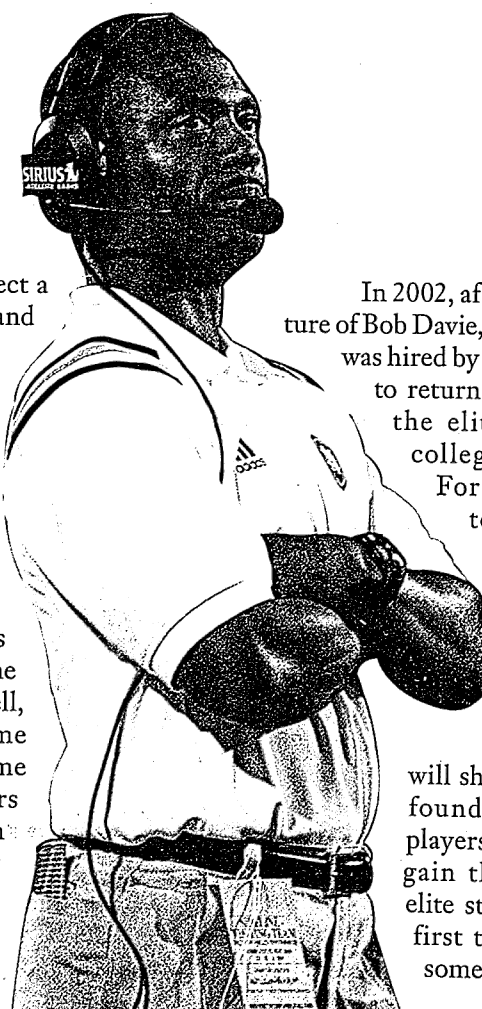
MIKEISELIN

Two and a half weeks ago Notre Dame suffered a devastating loss to the Brigham Young University Cougars. After that defeat there was some talk about Head Coach Tyrone Willingham's future at the university. Many fans and alumni were deeply disappointed and insisted that the Irish should have been better prepared for their match-up against BYU. Many speculated that if things followed this trend all season, Willingham might not be with the team for the 2005-2006 football season.

However, all of that talk happened before the Irish stunned the seventh-ranked team in the nation, before Notre Dame put forth what might be considered its most complete performance under Willingham, and before Notre Dame went to East Lansing and defeated the Michigan State University Spartans 31-24 on their home field. Irish fans across the country

are now optimistic and expect a great season from the Irish and Willingham.

Willingham came to Notre Dame two and a half years ago and worked miracles in his inaugural season. After that auspicious beginning, Willingham had the opportunity to bring in the first class of recruits that was entirely his own. In his second season, the team did not perform as well, but Willingham gave some of his recruits playing time and developed many others on the practice field. With two recruiting classes now under his belt, expectations are high for Willingham's third season.



In 2002, after the departure of Bob Davie, Willingham was hired by Notre Dame to return the Irish to the elite ranks of college football.

For any coach to succeed, he needs players; for Willingham, these next two seasons

will show if he has found the right players to help regain that coveted elite status. In the first three games, some of Willing-

ham's recruits already have made a difference on the field. The next question to be answered will be whether or not these players can assume leadership roles. The performance of the following players throughout the remainder of this season and next will be a huge factor in determining how far Willingham will be able to take his team.

Victor Abiamiri

A six-foot-four, 269-pound sophomore defensive end, Abiamiri made a huge difference in his freshman season and looks even better this year. Playing opposite senior defensive ends Justin Tuck and Kyle Budinsack in his freshman year, Abiamiri recorded 22 assisted tackles and 16 solo tackles. In his first career start against MSU last year, he posted a career-high seven tackles. So far this season Abiamiri has appeared in all three games and has recorded one unassisted tackle. He is a key member of the defensive line and will be even more important next season after both Tuck and Budinsack graduate.

Chase Anastasio

Recruited as a wide receiver, Anastasio did not play last season and was red-shirted. This season he has been used in a number of different roles and has provided some big plays in key situations. Anastasio helped block a punt against Michigan — a huge momentum boost for the Irish in that game. He has also seen game-play on the kickoff return team, returning one kick-off for 40 yards against BYU, three kick-offs for a total of 48 yards against Michigan, and one kick-off for 10 yards against MSU. Anastasio also has seen very limited time on offense as a receiver, and on special teams he has recorded two tackles. As he sees more playing time in future games, expect him to have more of an impact.

Ryan Harris

Last season, in his freshman year, Harris started the last eight games of the season at right tackle and helped the Irish average 219 rushing yards per game. This season, against a tough Michigan defense, Harris and the other linemen helped the Irish amass 135 rushing yards and kept

Michigan from recording a single sack on Irish quarterback Brady Quinn. Harris' role will be magnified next year when senior offensive end Mark LeVoor and senior offensive guard Dan Stevenson graduate.

Brady Quinn

Quinn was by far the most notable freshman last year, playing in all 12 games and starting the last nine. He



IMMEDIATE IMPACT Darius Walker has made huge contributions in his first three college games, including two touchdowns against Michigan.

set Notre Dame freshman records for completions, attempts and yards. Quinn looked sharp in this season's win over Michigan, completing 10 of 20 passes for 178 yards and two touchdowns. Although he threw three interceptions, two of them were tipped balls. Quinn's ability to step up and be a leader on this team will have a huge impact on the team's success for the remainder of the season, as well as in future seasons.

John Sullivan

Sullivan did not play during his freshman season but benefited from his work in practice where he was able to hone his skills against former Irish players Darrell Campbell and Cedric Hilliard. His work in practice both last season and in the spring earned him the role of starting center this year. Sullivan's strong, aggressive play should have an impact on the performance of the offensive line this season.

Darius Walker

Walker — a true freshman recruited out of Buford High School in Buford, Ga. — has stepped into the spotlight early in his college career. Last year, Walker helped his high school team go 15-0 and earn its third straight class 3A state title. He was named Gatorade Player of the Year in Georgia. As a member of the Fighting Irish, Walker ran for 115 yards and 2 touchdowns against Michigan, proving to be the spark the Irish needed to upset the Wolverines. He also recorded 98 yards on 26 rushing attempts against MSU.

Walker's impact will only increase as he gains more experience.

Tom Zbikowski

As a reserve safety, Zbikowski did not see playing time his freshman year. However, in the 2004 Blue-Gold game, Zbikowski was named defensive player of the game. His strong performance in spring practice earned him the start as a strong safety this year. Zbikowski made his biggest impact last week against MSU, recording nine tackles, an interception and an amazing strip with a 75-yard return for a touchdown. His performance earned him National Defensive Player of the Week honors. Zbikowski will have a huge leadership role next year with the graduation of the other three starting defensive backs.

Jeff Samardzija

As a freshman, Samardzija played in all 12 games, made seven catches for 53 yards, and made 75 special teams appearances. Against Purdue last season Samardzija had a career high four receptions. Last week against MSU, Samardzija matched his career high with four catches — three for first downs — for a total of 65 yards. Though he will share time as receiver with the rest of Notre Dame's large receiving core, he should have more of an impact as the season continues.

Trevor Laws

Laws sat out his freshman season with an injury. This season, he has rotated with senior defensive tackle Greg Pauly and junior nose guard Derek Landri as defensive tackle. In the first three games of the season, he has made nine tackles and one sack. Laws has been a key factor in preventing opponents from running the ball so far this season. His impact and playing time will probably increase next season when Pauly graduates. □

BIG MAN IN THE MIDDLE Trevor Laws has filled in admirably for the two starting defensive tackles that graduated after last season.



humor

THE BEST OF THE JEST



LISTENING

"God hates Michigan."

— student at Michigan game

"I feel like I'm walking behind Moses."

— student trying to leave Notre Dame Stadium through tunnel

"When someone tells me they're a theology major, I say, 'Yes, I would like fries with that.'"

— student at Career Fair

"You know what's sad? Seeing half our football team at the Career Fair — you know no one is going to the NFL"

— student in SDH

Student 1: "Why would you go to Heartland on a Thursday night?"
Student 2: "What? And go to Boat Club instead and sit in my own feces?"

125 Years Ago

Those Athletes Have it so Easy...

It is common knowledge that those who come to Notre Dame to play sports are true student-athletes. Unlike other schools, Notre Dame doesn't have joke majors or classes on fairy tales designed especially for those who can throw a football well or row a boat really, really fast. Most of us cannot even begin to imagine how these athletes balance a demanding course load with the rigors of a varsity sport. Well, it turns out — as discussed in the 1888 issue of *Scholastic* — that sporting commitments may actually enhance one's ability to do schoolwork ...

"By allowing a little of physical training to mingle with the class work, beneficial results will follow. Furnish the gymnasias of our colleges with proper appliances, and allow the student to indulge in the manly arts, and there need be no fear of their attainments in the classroom."

And there you have it: The path to academic success lies not in industrious study or hard work, but through long hours in the college gymnasium and the honing of one's skills in the manly arts.

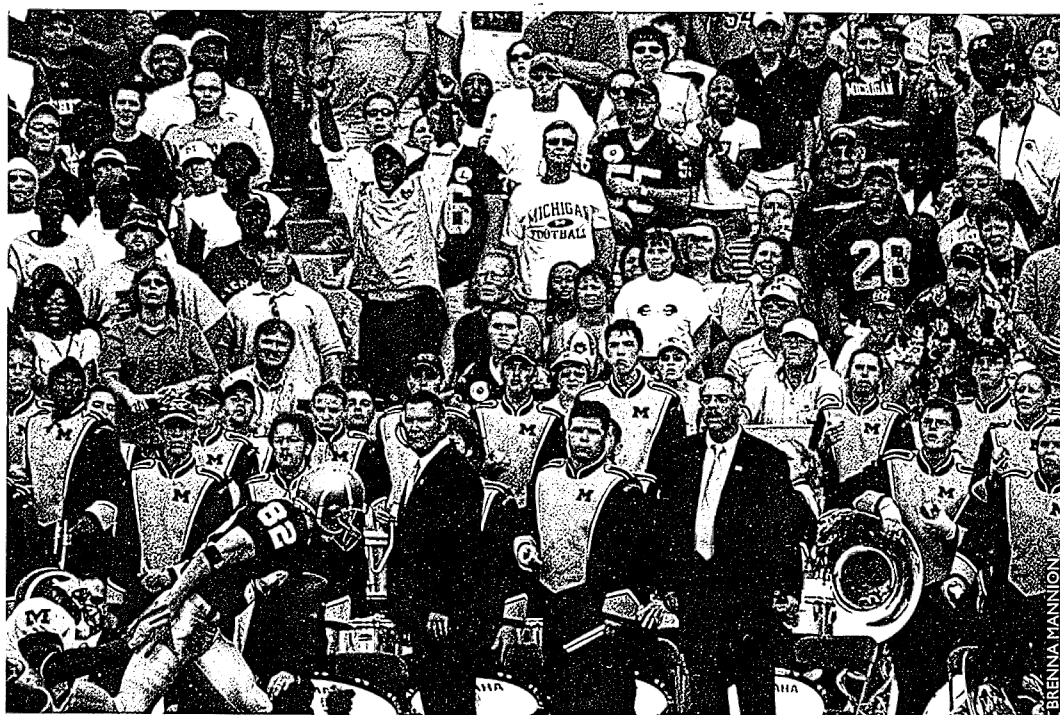
— Mike Healy

WHERE'S THE NOTRE DAME FAN?

Fans in the Michigan section had few reasons to stand up and cheer during the Irish victory, but a stadium usher was not afraid to show his spirit after a Matt Shelton touchdown.

E-mail Listening-In quotes, letters to the editor or other comments to

SCHOLAST@ND.EDU



Musings of a Misguided Messiah

The Higher Ups Get Fired Up

Steve Mattingly demonstrates the true meaning of journalistic integrity

STEVE MATTINGLY



The following account is purely fictional. Any resemblance to real persons, places or events is entirely coincidental.

Outlined against a clear, blue September sky, the Four Horsemen ride again. Father Eddie "Big M" Alloy empties beer cans and ice into a giant Rubbermaid cooler, while Father Poor Marksman prods sizzling steaks on a grill. Tommy "Sweet Lou" Fanni hoists an ND flag high above the university's H2 Hummer, and Johnny "Tex" Rexow wires a giant loudspeaker on top of the vehicle.

It is 6:59 a.m. in the soccer field lot. The brilliant sun rising over the nearby treetops promises a fantastic day of tailgating before the football team battles Michigan. In the shadow of the house that Rockne built, these ND administrators are preparing for the eagerly-anticipated inaugural administrative tailgate, brought to you by *U.S. News & World Report* and Trojan brand prophylactics.

I have been assigned to cover this monumental occasion for an American Studies project, and I must say that while I have been critical of the administration, what I see today will inevitably change my opinion. What follows is a rundown of the major highlights of the 2004 *U.S. News and World Report*/Trojan Kickoff Bash:

7:00 a.m.: Big M opens the festivities with a moving prayer. In closing, he intones, "And let us endeavor to make our student body as diverse and our values as relativistic as those of our opponent." Some ND fans look confused, but Big M's voice raises as he declares, "And by that I mean, beat those filthy %\$&#*s like red-headed step-children! Amen." The crowd roars.

7:12 a.m.: Marksman burns his hand on the grill. Grimacing in pain, he tells Big M, "None of this would have happened if you hadn't made me ban SYRs and hard alcohol, then try to justify it with a bogus student survey." Big M shoots back, "I always knew you were a wimp. Suck it up, Marksman. Honestly."

7:16 a.m.: Big M climbs atop the massive H2 Hummer, Keystone can in hand, and calls for the crowd's attention. He explains that, to celebrate ND's highest-ever No. 18 spot in this year's *U.S. News & World Report* university rankings, a massive group shotgun will be held 18 minutes after each hour. The exuberant priest thrusts a key into his beer can, spraying several ND faculty members and a Trojan executive, who threatens to withdraw his company's sponsorship if any similar incidents occur again.

7:18 a.m.: First administrative shotgun ensues. Fanni tosses not just his empty can

but also his breakfast. Big M cries out, "Haha, Fanni! I always knew you were a ninny!" Fanni shows his grit by immediately cracking open a warm Natty Light and chugging it. "That's why they call me 'The Liver,'" he fumes.

9:55 a.m.: As the tailgate grows abuzz with activity, Tex uses the loudspeaker to announce, "I dare any man to tackle me and my enormous fleet of unnecessary and exceedingly large police vehicles! I am the strongest police chief in all the land!" Marksman steps up to the challenge.

9:56 a.m.: Marksman is knocked unconscious in a violent head-to-head collision. Tex refuses to let anyone call an ambulance, saying, "You don't want any cops around here when we're drinking like this. Plus, I just don't like cops."

11:00 a.m.: Big M hosts a one-hour outdoor seminar entitled, "Reasonable Progress Toward Imitating Aspirational Peers: How to Run a University in the 21st Century." Highlights include a speech by Big M on physical plant management entitled, "Castles in the Campus: Build! Build! Build!" and a discourse by surprise guest Kevin "Whitey" Ford called, "Sears Cup Jones: How to Build a Women's Curling Powerhouse in a Rapidly Changing College Sports Environment."

12:00 p.m.: Marksman wakes up, obviously woozy from his concussion, and rises from his position on the ground between two cars. He asks no one in particular, "You guys know the first football was actually just a dried goat bladder?" When an American Studies professor asks, "Really?," Marksman fires back, "Of course not! Now I understand why that kid sent to cover this tailgate seems so stupid."

12:15 p.m.: As the game approaches, the event grows louder and more crowded. Fanni, confused by the enormous crowd, runs away when he spots an Indiana excise officer. Tex prevents people from stopping him. "Fanni was a varsity distance runner," he offers. "He'll be fine."

12:30 p.m.: Big M presents the "2004 Social Issues Seminar - Sponsored by Trojan and the Hugh Hefner Institute." The seminar is highlighted by Big M's hour-long presentation entitled, "Re-Thinking Stale Values: Why Contraceptives May Have a Place in the 21st Century Church after All."

2:24 p.m.: As Big M and Whitey hobnob with smiling executives from Trojan and a mysterious robed figure surrounded by several beautiful young women, Marksman tells everyone to head toward the stadium, then turns and advises me: "You realize, of course, that everything said here today was off-the-record."

"Of course," I tell him. And a decent journalist is always as good as his word. □



Bronzing Boys

Why your golden glow doesn't score points

ERIK POWERS



What is it with guys who tan on the quads? Why would a guy go outdoors, away from poker, satellite and NCAA Football 2005 to lie down topless for hours on end? I have no problem with dudes who tan with their girlfriends — when you are in a relationship you are exempt from criticism for two reasons: 1) It's your duty to help your girlfriend with suntan lotion, and if you're comfortable with her putting it on herself or having someone else do it for her, then she's not really your girlfriend but an awkward breakup you keep putting off, and 2) In addition to tanning, you do a lot of things while dating that you wouldn't normally do unless you were with a girl, such as shower and talk a b o u t your feelings.

There also isn't a problem with girls tanning on the quad, either individually or in small groups. At this point of the school year, an inordinate number of ND girls still appear reasonably attractive. This may be because an eighth of the school has not added the "freshman 15" (percent of their body weight) and is coming off of a varsity high school sport or the swimsuit season. The girls are also still wearing revealing clothing rather than giant, North Face down jackets. All in all, girls tanning on the quads adds something to the view, because how many brain-damaged squirrels and sprinklers can really hold your attention on the way to class?

But dudes who tan out on the quads by themselves are the ones I have a problem with. Why do it? Once you enter Indiana, there is no way that you will ever see the sun. With all of the ethanol in the atmosphere, it's like already slathering yourself with SPF 79 sunscreen.

Also, who are you tanning for? The other dudes from shirts and skins games at the Rock? The game will still go to 20 whether you have a deep olive skin tone or not.

Are you trying to impress your section dudes on the way to the shower? Really, the walk to the shower has to be one of the most uncomfortable walks on campus — only a thin layer of cloth tied awkwardly at your waist separates you from the rest of the world. You're always heading down

a blind hallway, and the traffic picks up no matter what time of the day it is. There will always be a girl, a group of girls or a rector coming by, and you'll have the impulse to wave even though that's the worst thing to do in that situation, because your right hand is holding your soap/shampoo, and your left hand holding the knot is the only thing standing between you and the college nickname "Flash." So it's an uncomfortable time in which everyone is avoiding everyone and, really, no one is thinking, "Yeah, Ben must have spent a lot of time at the beach this summer, but how does he maintain that tan?"

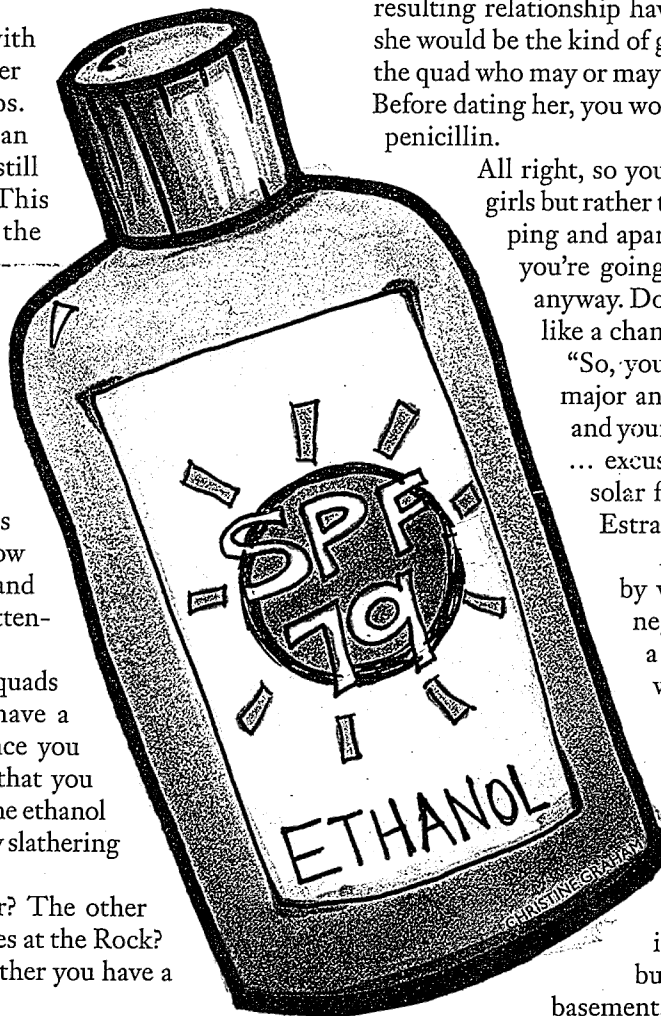
Or are you just trying to pick up chicks while you tan? I'm all for being superficial, but what kind of future would any resulting relationship have? If you were to meet Miss Right, she would be the kind of girl who approaches topless dudes on the quad who may or may not be lying in a vulnerable position. Before dating her, you would need to stock up on the latex and penicillin.

All right, so you're probably not tanning to pick up girls but rather to look better when you're dorm-hopping and apartment-crawling on weekends. Still, you're going to be picking up girls in the dark anyway. Does a tan help you blend into the walls, like a chameleon, when you need to?

"So, you're a psychology and drama double major and a member of the equestrian team and your last boyfriend is now a priest? Umm ... excuse me for a second while I think of solar flares and stand up against this Erik Estrada poster."

Anyone should really be able to get by with a farmer's tan. Why are there negative connotations associated with a farmer's tan? OK, so it looks bad with a shirt off, but other than that it's fine. I say that we throw a bone to the American farmer. I mean, why should a group that stands between us and starvation be held in such low esteem when it comes to skin pigmentation?

Really, if someone had a job inside all summer or was just really busy building Lego stadiums in his basement, he shouldn't sweat being pale. At least being abnormally white is more honest than being inhumanly tan. But if you dudes are still going to go tanning alone, at least occasionally trip a girl who's walking by. You don't want to look like a total jerk. □





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The Dark Side of the Mind



by Philip Hall

Suck it up and move on with life.” God, that was the worst thing anyone could tell me when I was depressed. There was a great deal more to my depression than just being sad. Imagine, for those of you who have never been depressed, feeling as though the whole world is against you and there is no reason to go on with life. Now try to imagine being told to “suck it up.” The fact is that depression is no passing bad mood; It is an all-consuming darkness over your life.

My depression started during the summer between my freshman and sophomore years in college, and only got worse when I returned to school. I started to sit in my room by myself; I would wake up to my alarm in the morning, turn it off and roll over, feeling as though getting out of bed was just not worth it; I stopped hanging out with my friends and lost all interest in everything I had once enjoyed.

Whenever anyone asked me what was wrong, my only answer for them was, “Everything.” I felt as though every part of my life was somehow

From the outside, everything seemed perfect, but I was looking from the inside. I just could not see past the horror my mind had become.

Philip Hall is a senior political science major who lives in Siegfried Hall. He is also Photography Editor of Scholastic.

wrong. I felt as though I was a failure at everything I attempted, I felt as though my family never loved me, as though my friends never really cared for me, as though life just was not worth living. The

facts of the matter were quite the opposite, however; I had a loving family, some great friends and even an amazing future ahead of me. From the outside, everything seemed perfect, but I was looking from the inside. I just could not see past the horror my mind had become.

I got to the point where I began thinking about ending my life. At one point I was walking towards the elevator booth in Main Building on the third floor. There is a large wall of windows there, and as I was walking towards them my mind just said, “Jump.” My heart emptied out and left me with a hollow feeling inside, and my leg muscles even tightened, preparing me to run. Essentially my mind, soul and body were all telling me that I had no reason to go on, and every part of my being was ready to give up. But I didn’t; the moment before my legs set in motion, my mind cleared

for a split second, and I stopped myself. Imagine: Only a split second separated me from committing suicide.

Of the many people I had in my life at the time, do you know how many knew how I was feeling? One. I did a miraculous job of turning my cries for help into jokes and made sure to put on a hollow smile so no one else had to deal with the pain that was mine alone to bear. I told one friend about my depression, and I owe my life to him. Instead of telling me to “suck it up,” or just blowing it off as a bad mood, he listened to me and managed to persuade me to seek professional help. That single person helped set into motion the events that saved me from ending my life.

Through the help of my friends, family and a professional psychologist I managed to drag myself out of the hell I was in. The best thing anyone did for me was simply to listen. The simple act of just being there to lend an ear, even if you are in no position to give any advice or solve any problems, makes all the difference. Just knowing someone actually cares means the world to someone who is depressed. Today I have managed to turn everything around and I am a stronger person because of my struggles. I can now see everything I may have missed out on had my friend not come through for me. His simple act of being there saved my life.

Depression is a serious ailment with many causes but only one result: a personal hell for the afflicted individual. Never underestimate the effects of depression on someone. On the surface, he may seem calm, but underneath there is a horrible tempest unequaled to anything else on earth. It is essential that you be there for your friend or loved one if he or she comes to you looking for help. If you think a friend is depressed, recommend a session at the University Counseling Center or talk to a member of his or her hall staff. There is no way to fully describe what it is like to be depressed; Words fail in comparison to the terror of depression. Know if you are depressed that while it may seem as though the world is ending, there is a future and an end to the pain. Keep working at it and hold on; There really is a whole world awaiting you. □

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HAND

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Thursday, Sept 30



Brew and View
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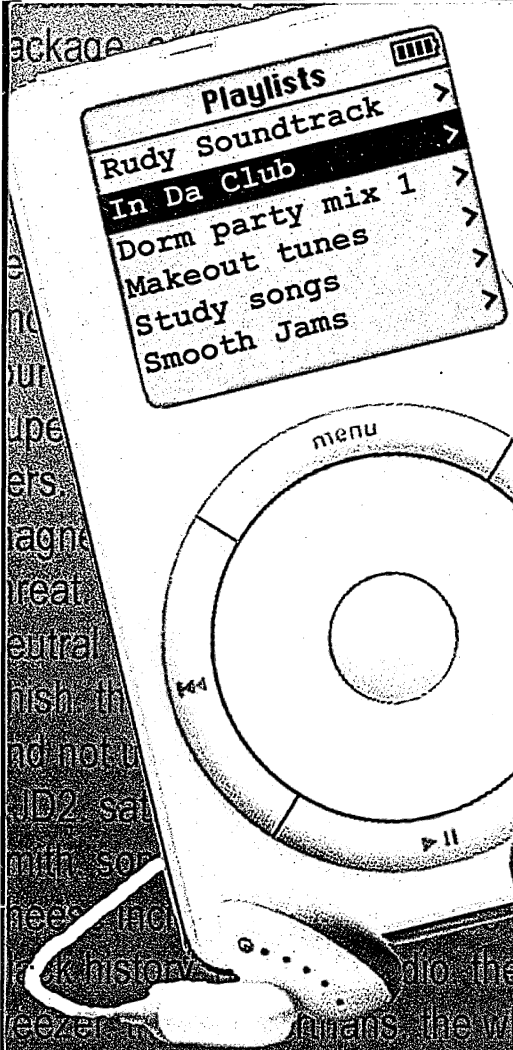
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Oct 7-9 - The Terminal
Oct 28-30 - Spiderman 2
Nov 4-6 - Anchorman
Nov 11-13 - Manchurian Candidate
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at Legends

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