

SCHOLASTIC

UNIVERSITY OF NOTRE DAME

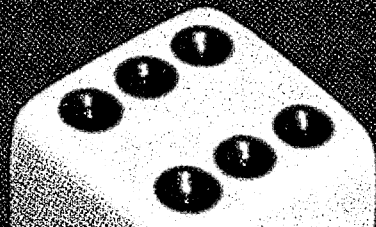
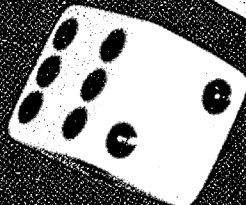
VOL 142

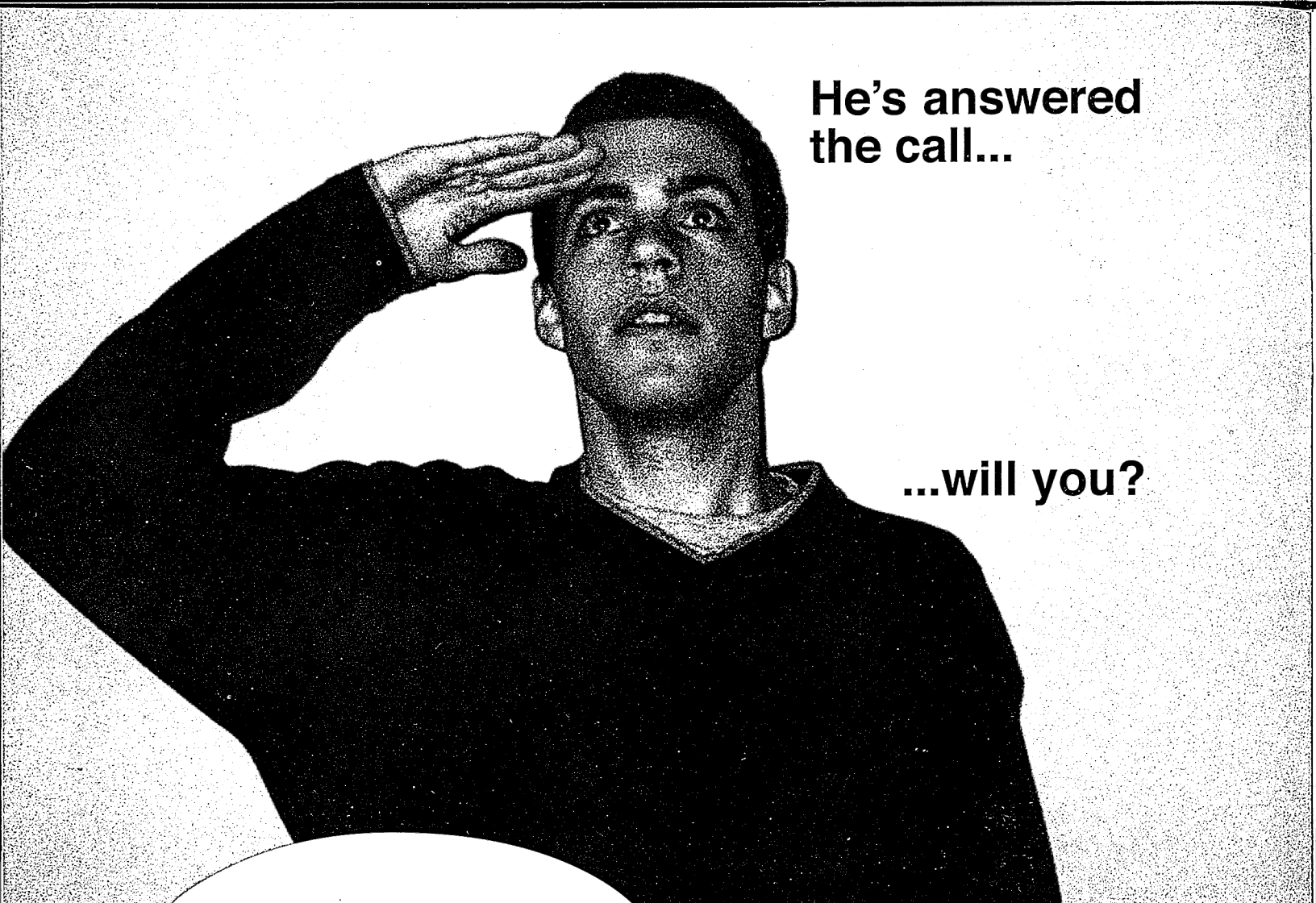
07

30 NOV 2000

FIT FOR CONSUMPTION?

With little information about their long-term effects, students who use creatine supplements could be gambling with their health





He's answered
the call...

...will you?



Scholastic



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Design and Illustration
by Mike Griffin
Photo by Kate Foster



Pump You Up

from the editor

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*Disce Quasi Semper Victurus
Vive Quasi Cras Moriturus*

I'm skinny — a bit squishy now if the truth be told — and I don't work out very much. Of course, like most people at Notre Dame, I've tried to stay fit. I play RecSports hockey every year, occasionally make it out for a section football game and can run a few miles without straining myself. Two years ago, the prospect of spring break got me motivated enough to start working out on a semi-regular basis, and even as recently as this summer I spent two hours a day, three days a week on a strength-and-conditioning program.

Unfortunately, just like most people, other commitments manage to creep in and invade my exercise time. When the talking heads and fitness gurus preach about the importance of staying in shape, it seems so simple: three times a week, an hour or so for each workout — it should be easy to set aside three hours out of every week to do something healthy.

But of course it isn't.

Almost everyone wants the perfect body, but not everyone has the time or the drive or the ambition to get it. Instead, many of us look for shortcuts. So we get *Buns of Steel*, *Five-Minute Abs* and celebrities from Chuck Norris to Suzanne Sommers hocking Thighmasters and butt-shapers and total workouts in 10 minutes. Some of these solutions might work. Most are ineffective, but all that's lost is a little bit of cash (and maybe some pride if your friends catch a glimpse of that Thighmaster collecting dust in the corner).

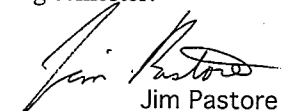
Other shortcuts, however, aren't just ineffective, they're dangerous. By now, the damaging side effects of performance-enhancing drugs like steroids are well-documented. But there are new performance boosters making their way to the market. Recently, the use of creatine has sparked controversy in professional and college sports alike. The debate is particularly relevant at a fitness-prone campus like Notre Dame. *Scholastic's* Jessica Dauess takes a look at the debate in this week's cover story, which starts on page 16.

Righting Wrongs

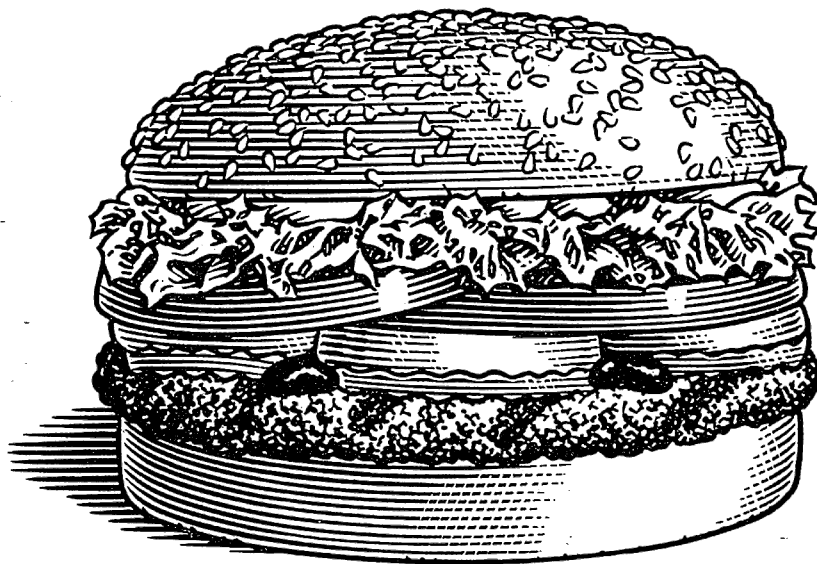
WVFI's Brian Snyder provided *Scholastic* with an audio recording of the Guster interview featured in the November 6 issue. Unfortunately, the article failed to note Brian's contribution. I wanted to take this chance to thank Brian and WVFI for helping us out and apologize for the mistake.

See You Next Year

This will be the last issue of *Scholastic* for the semester. It's been a fantastic semester with a great staff. I wish everyone a safe and happy holiday season, and I look forward to a great spring semester.


Jim Pastore
Editor in Chief

IN A COUNTRY THIS SIZE,
IS IT ANY WONDER THAT
*AMERICA'S FAVORITE BURGER™**
IS CALLED A "WHOPPER®"?



TRY THE TASTE THE WHOLE COUNTRY LOVES.

America's all about big, so America loves the delicious WHOPPER®. How could you not love a big, beefy burger, with gigantic amounts of delicious, flame-broiled taste? So if you're feeling patriotic—and really hungry—come and get one.

The Huddle LaFortune Student Center



HAVE IT YOUR WAY.®



ndnotebook

cd review ten questions judgment calls news listening in domelights years ago

Spreading the love

ND volunteers sell gifts for needy children this winter

Story by Katie Caspersen
Art by Carol Wolf

The holiday season is a time for giving, and the Ladies of Notre Dame and Saint Mary's need your help.

The Ladies of Notre Dame and Saint Mary's, a group of female spouses and female faculty members of the two schools, are sponsoring a holiday card-and-gift sale in the Hesburgh Library concourse this holiday season.

In addition to a wide assortment of holiday greeting cards, the sale features stationery, blank note cards, coffee mugs, puzzles, calendars, children's books and more. "Our organization, the Ladies of Notre Dame and Saint Mary's, has sponsored the sale since 1967," volunteer coordinator Brigid Dutille says. "Everyone is a volunteer."

The group donates all proceeds from the sale to the United Nations Children's Fund, which helps needy children around the world.

Last year, the sale raised more than

\$4,200, and the volunteers hope to surpass that figure in this year's event. "We think it's so important, especially during the holiday season, to extend our giving spirit to those around the world who do not share in our bounty," Dutille says. "The world's neediest children benefit greatly from your purchases. Just \$20 supplies enough high-dose vitamin-A capsules to protect 500 toddlers from blindness."

She stresses that giving does not only help the recipients.

"We, too, benefit by demonstrating to everyone — but especially to our international students, faculty and staff — that we care about people far beyond our campuses," Dutille says. "In our increasingly interdependent world climate, hands stretched around the globe are more important than ever."

The sale runs from November 27 through December 1, and again from December 4 through December 8. The hours will be from 9:30 a.m. to 4:30 p.m. □



Ten Questions

with Notre Dame football legend ...



Former Notre Dame quarterback Paul Hornung knows both the highs and lows of football. In 1956, he led the Irish to their worst season ever (2-8) and became the first player ever to win the Heisman Trophy while playing for a losing team. Hornung played several other positions in his career with both the Irish and the Green Bay Packers, including left halfback, fullback and safety. Hornung now serves as a college-football commentator. This week, he tells Scholastic his opinions on girls, the XFL and this year's Irish team.

What is it like to come back to campus?

Well, it's been great to me all the time. I have been coming back every week for the past 30 years.

How do you like seeing girls around?

Oh, it's great. I've always been very proud that they admitted the ladies, even though they've moved the curb up since then. I don't know if I could have graduated here now, as tough as it is. But the ladies really have been a wonderful addition.

I know you played many positions other than quarterback. What was your favorite?

Well, I have to say halfback. I enjoyed playing quarterback while I was here at Notre Dame, but then we had to play both ways, offense and defense. Quarterback was my best position until I got to the pros, and then Lombardi switched me to halfback.

The Buddyrevelles

American Matador

label: Motorcoat

release date: 7 November 2000

Story by Kara Zuaro

if you like Pavement you'll go wild for The Buddyrevelles

The snow is falling fast and sharp, like rice at a shotgun wedding. The English-toffee cappuccino machine at the Huddle is empty, and Pavement, your favorite band since high school, just broke up. And where does that leave you? Sitting in the South Bend airport wondering if the 40-minute delay you're facing will affect your Cincinnati connection. Drowning out the flight announcements with your headphones, playing a special air-travel selection, "Hit The Plane Down" and "Elevate Me Later," from Pavement's 1994 release, *Crooked Rain Crooked Rain*, again and again and again.



How about something new from The Buddyrevelles to soothe your wintertime woes? *American Matador*, the sophomore release from this Eau Claire, Wis. three-piece, might just do the trick.

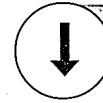
It would be unfair to call The

Buddyrevelles a Pavement-resurrection band. The Buddies are more like that little chocolate labrador puppy that wandered into your back yard last summer, just two weeks after your sweet old golden retriever took a one-way ticket to canine heaven — the band is a serendipitous replacement for that which you've been starting to miss. The connections between the two bands are oblique and bittersweet. *American Matador* sputters and glides with Pavement-esque slipshod harmonies, especially on "Instrumental Lessons," but Buddyrevelle Aaron Grant's euphonious vocals and earnest lyrics ring more of Elliot Smith's than those of Stephen Malkmus from Pavement. And The Buddyrevelles' lingering melodies are reminiscent of Pele, their Milwaukee neighbors, who released *The Nudes* on Polyvinyl in September.

So, make the most of the snow delay, settle for hot cocoa or some Kona blend, and replace your air-travel selection with The Buddyrevelles' "Let's Ride Horses." □

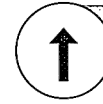
For more info on this band, check out www.nd.edu/~scholast/.

judgmentcalls



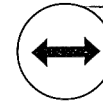
Election Debacle

Pregnant chads, hanging chads, overseas ballots, litigation and a media circus. Ah, the American way.



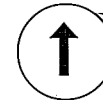
College Bowl Season

The only thing more complicated than the BCS rankings is this year's election, but the Irish will be playing somewhere warm on New Year's Day.



November Snow

It's not even winter yet, and we've already gotten a foot of the white stuff. At least it gave us an excuse to throw things at Zahm.



Christmas

The birth of Christ. Who can argue with that?

>>

And it worked out well.

Was playing more than one position difficult?

Oh yeah, it was. But you get familiar with it, you get used to it. You have to do what the coach says.

How does this year's team look?

I think this year's team has done a remarkable job of turning the ball around. Everyone talked about how this was going to be a dismal season, but it turned out to be an excellent one. Bob Davie's done a really good job.

Who's your pick to win the Super Bowl

this year?

Ooh, that's tough. I think Tennessee has an excellent shot. St. Louis is in a little funk right now with their defense ... I think Tennessee will win it.

Your Former Green Bay coach, Vince Lombardi, once said, "Winning isn't everything, it's the only thing." Do you agree?

Oh yes — winning is great.

What was it like to be inducted into both the college and pro-football halls of fame?

I thought it was a great honor. You know, there haven't been too many football play-

ers here at Notre Dame to go to the college hall of fame and the pro hall of fame and the national high-school hall of fame. So I am very proud.

What do you think of the XFL?

I don't know. I think its going to be just like wrestling — it will be wild, uninhibited and fun to watch. I just don't know how they will play in Soldier Field in February. That's a problem.

Do you think anyone will ever win a Heisman on a losing team again?

No, they really can't. Unless they play here.

— Jessica Daues

36 Years Ago

Sheer Torture

Oh, the humanity ...

The following letter to the editor of *The Notre Dame Scholastic* appeared in the February 14, 1964 issue, when the university was still single-sex:

All semester long I have searched for girls on campus with no results. On weekends when I had nothing to do, I could walk for an hour without seeing a girl.

Why, then, do females en masse have to converge on Notre Dame the weekend before finals. Sunday afternoon at the library looked like a Junior Prom and one of the best mixers of the year was going on by the basement vending machines.

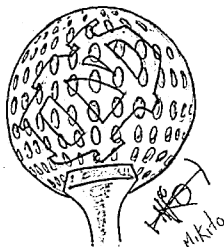
Is this some form of Chinese torture for aspiring undergraduates cramming for finals?

And now they're in all of our classes, too, with only 11 days left until exams begin! Better start studying now, boys.

— Cristin Fenzel

LISTENING

- > "Critical intelligence is as extinct as spats."
— English professor
- > "I want to stab his brain with a fork."
— TCE response
- > "When you've got a girl that's willing to hook up with you, for God's sake, remember to call her!"
— former Gipper
- > "I have a bio test next week, and I haven't been to class since the first test. That was like two months ago. I've got a lot of studying to do."
— overheard at computer cluster
- > "Clinton must be having a great time. No one's watching him — who knows what he's doing?"
— English professor

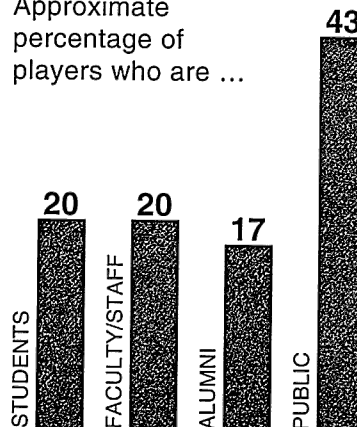


150 Approximate number of rounds played per day during main golfing season.

7,000 Balls on the driving range picked up in an average day.

70 Golf carts in operation.

Approximate percentage of players who are ...

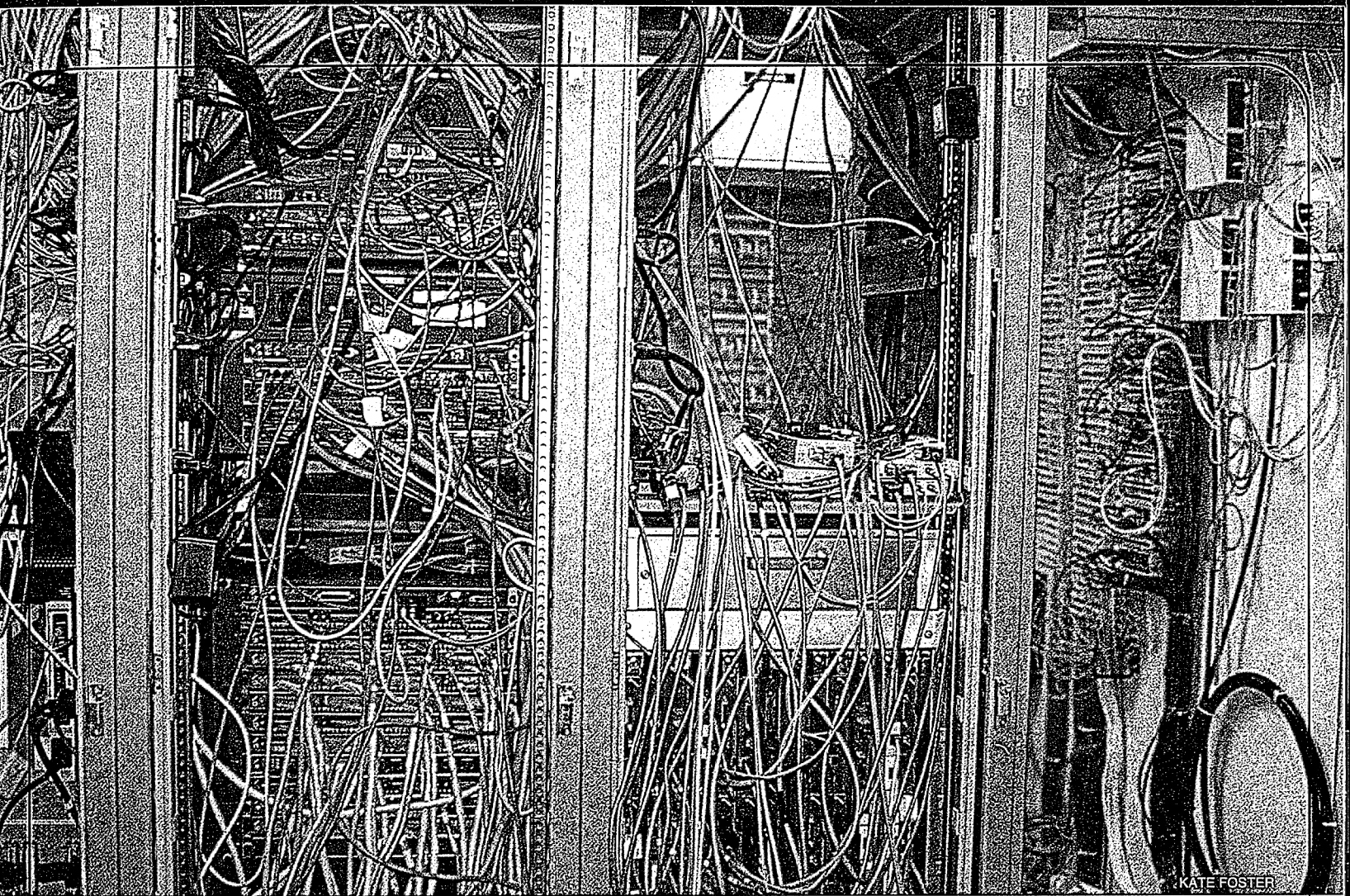


domelights

COMPILED BY CRISTIN FENZEL

As far as Head Golf Professional Ken Fry knows, Warren Golf Course is the only one in the country that doesn't have par. Here are some other interesting facts about Warren we've got teed up:

Sources: Brian Godfrey, general manager, and Ken Fry, head golf professional.



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Negative opinions and recurring problems spark change at the
Office of Information Technologies ERROR: SERVER DOWN ERROR: SERVER DOWN
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DAVID HARMAN

The problems are familiar: e-mail service interruptions, Internet access outages, slow response times. Many of Notre Dame's computer users have had at least one frustrating experience with the technology available at the university. Often, users blame the Office of Information Technologies for the problems they encounter. Since technology plays such a critical role in our daily lives, the OIT has recently received sharp criticism for what many see as its failure to provide adequate technology support services.

Talking to students in Hesburgh Library's computer cluster, one can quickly learn how many students feel about the kind of job OIT is doing. "It seems like OIT is always having a problem with something. I can't sign on to a computer lab without having to install every application I want to use every time I want to use it. It is really aggravating," says junior Chris Cooper. Cooper is not the only student experiencing such difficulties.

"It is my perception that students have had more trouble this

year," says Brian Burchett, manager of interactive services. "It is not that the software is badly installed or that the computers are lower quality, but that the students who were here prior to this year have a roaming profile and it contains settings for last year's software and last year's configuration. When you log on, your roaming profile is imported into the computer and if the settings are incorrect, it can break things or harm performance."

Burchett says that OIT tried to distribute information explaining solutions and utilities available to fix this problem. "I don't know how widely spread this was," says Burchett. "An e-mail was sent out to students and faculty giving instructions to follow and all of the cluster consultants were required to attend training to help people fix or delete their old profiles." But the problem persists, compounding the negative sentiment regarding OIT's ability to provide quality service.

Students are not the only ones experiencing problems with the OIT. Professor Chris Vanden Bossche, chair of the English department, is also frustrated. "The problems that I have encountered aren't with individuals or with the quality of the work that they do

— the problems have been mainly with the service and communication breakdowns that occur.”

A few weeks ago, Vanden Bossche had a Macintosh I-Book delivered to his office, and he called OIT to come to install network software — in this case NDAccess — on the computer. After two hours,

don't blame the guy, he was just sent to do the job, but he didn't know the machine he was working on so it took that long.”

This is not the only negative experience Vanden Bossche has had with the OIT. Last year, he received templates from OIT to upgrade the English department's Web page. According to Vanden Bossche, “OIT recommended that we buy the Dreamweaver software and the basic templates they had given us to upgrade our Web page. The templates are professionally designed and everything so that seemed like a good solution.”

The problems arose when an English department employee began putting the pages together. “There were

communication about it. And getting back to us — I mean, you don't expect an instant answer but you expect one faster than six months,” says Vanden Bossche.

The problems seem to stem in part from a controversial reorganization of the OIT. “For OIT to be prepared to keep up in the emerging e-world, changes needed to be made in the way we were structured. We weren't poised to make the move, but now we are. This restructuring was not done arbitrarily — careful thought and consideration was involved in the drastic alteration of the existing organization,” says Assistant Provost of the Office of Information Technologies Dr. Larry Rapagnani. “There is a direct relationship between the [restructuring and the quality of service]. The restructuring made it possible to enhance and improve our performance, and more importantly to continue to improve.”

Not everyone agrees with this assessment. Vanden Bossche feels that the restructuring has led to a decline in the quality of service. “There seems to have developed a major pattern in the service that OIT has been doing, which is a real change from two or three years ago when you might not get a solution from them, but at least you didn't get the same kind of runaround. These kinds of problems just didn't seem to happen before the restructuring. The reorganization seems to have in fact created many more problems than it has solved. It might have

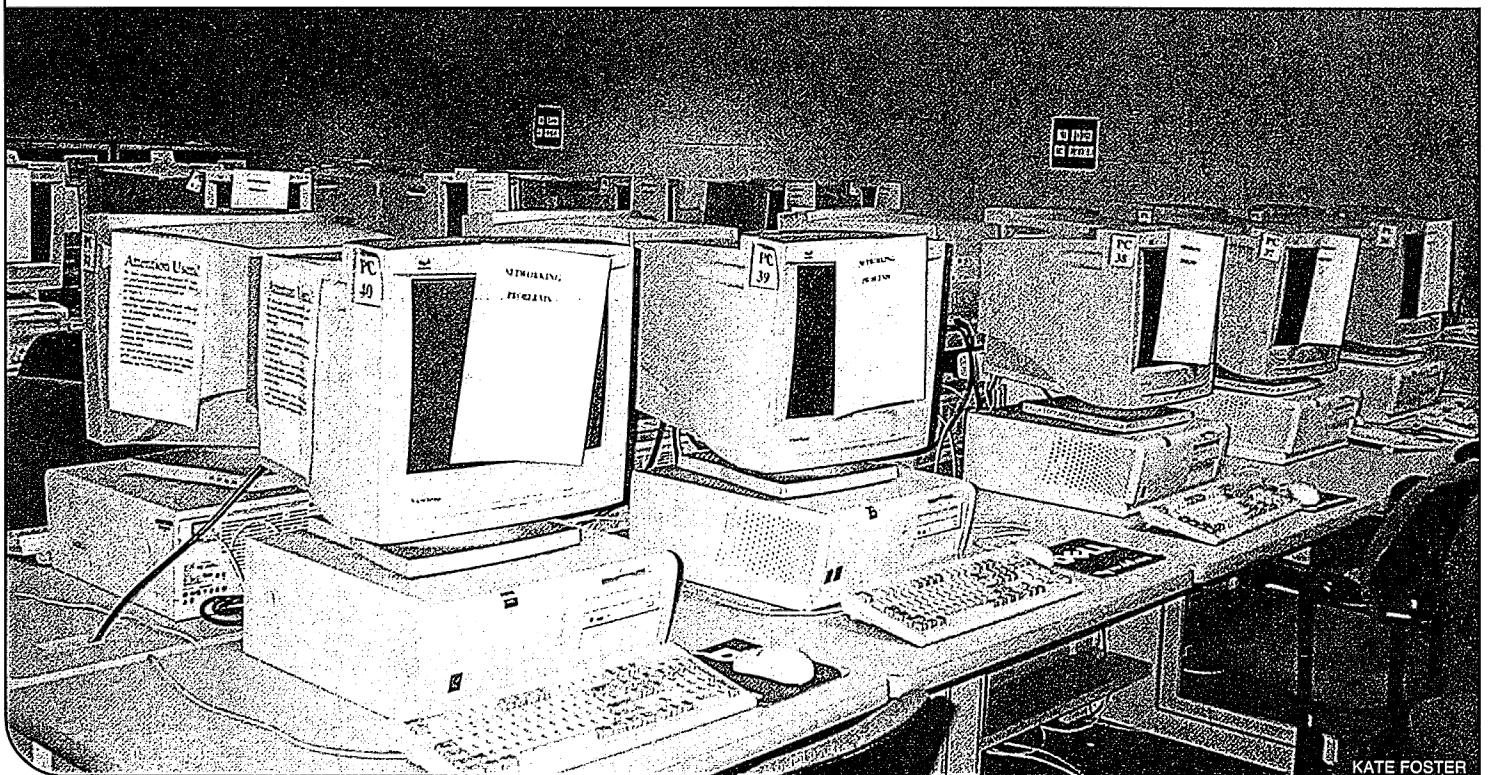
The bottom line is that the OIT needs to be meeting the expectations of students and faculty. Right now, this isn't always happening and all that can be said is that some changes need to be made.

Associate Provost Jeff Kantor

NDAccess was still not installed and the OIT staff member was forced to call OIT for assistance. “They told him what to do and within five minutes the computer was installed,” says Vanden Bossche. “I have spoken with someone in service who after 15 years of working with Macs was suddenly being told to work on Windows. OIT has this policy where everyone should be experienced with everything, which is good, but not when it leads to bad service. I wasted two hours when I anticipated the job to take less than a half hour, as it did with the other installations that I have had in the past. I

some things he just couldn't get to work,” says Vanden Bossche, “so he contacted OIT and from November until June he got no solution. [Finally,] they recommended that we upgrade to the next Dreamweaver, but we had already bought the first Dreamweaver on their recommendation.” Eventually, the employee working on the Web page found the solutions to his problems without the help of the OIT.

“Part of the problem was that they just were not telling him, ‘We couldn't do this’ or, ‘There was a problem with the template that we sent out.’ There was just no commu-



been good in theory but it isn't in application. I think there has been enough time since they did it that we can say this is no longer the breaking-in period."

Questions concerning the effectiveness and efficiency of the current structure are being raised by OIT staff members as well. According to one staff member, "I don't believe the quality of service is what it was before the restructuring. This new structure has and continues to get in the way of production." He explains that things that used to take one or two people now seem to take five or six. In a field where high labor turnover results in a shortage of workers, an inefficient system could make for terrible service.

Despite the problems, the OIT staff member believes workers at the OIT are making a sincere effort to provide good service to the university's technology users. "Everyday we attempt to create better ways of getting things done without being confined to the current structure." According to the staffer, there are serious ongoing discussions with the managers about the need for a change in the OIT's structure and organization. "We think that through some evolutionary changes to the current structure we can make things better."

The conflict and current debates have not gone unnoticed by university administrators. Vice President and Associate Provost Jeff Kantor says the university is currently searching for a chief information officer as a step toward improving the OIT's service. "This would be a new position with a broad responsibility for all of technology here at Notre Dame," says Kantor. Since Rapagnani is currently responsible for technology at the university, the creation of the new position implies major changes for the OIT. When asked what the creation of this new position would mean for Rapagnani, Kantor declined to comment.

Other events have added to the OIT's own difficulties. On Friday, October 13, an Internet outage left students without Web access for nearly 30 hours. For Mike Eades, a Morrissey Manor sophomore, the outage

meant undo anxiety: "Our grades are all on the Internet — I couldn't check those. My professor posted review questions for the test that Monday — I couldn't check those. Because we couldn't check the questions, the test had to be postponed, but we didn't know it was going to be postponed until Monday so everyone was just panicking. It seemed like just one more instance of OIT messing up. I think it reflected poorly on Notre Dame."

But are these negative impressions of OIT warranted? Not according to Rapagnani. "The outage on October 13th was really caused by our Internet provider, in this case

perfect world."

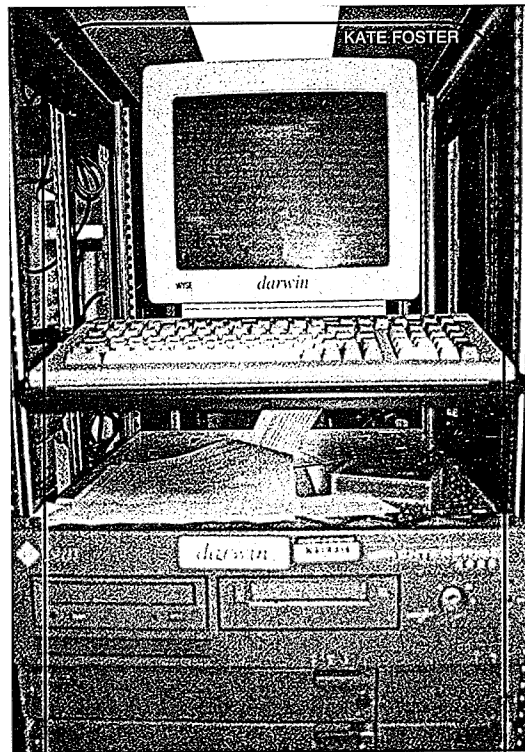
Ameritech is not the only external force that influences how efficiently and effectively the OIT operates. The OIT operates with limited resources, just like any department at the university. Rapagnani explains that the university ultimately decides what path the OIT must follow in providing services to the campus. The large amounts of resources needed to sustain the department are drawn from such sources as tuition, and since University President Father Edward Malloy is trying to reduce tuition increases, some sacrifices will have to be made. "Every one loves the fast connection and they think it is free, but it takes a lot of resources," adds Burchett.

The university, however, remains committed to providing high-quality technology services. "Our goal is to provide a technology infrastructure that's second to none. The only way this will happen is with significant university investment in technology," says Kantor. "In the near future the university is going to have to lay out a tremendous expense for OIT."

While the expense will be comparable to the construction of a new building, Kantor recognizes the need for it. "The current plan for OIT was built pre-Internet," he says. "There is no doubt that there is a need for new investment."

Despite the university's plans, the job market can inhibit the OIT's ability to provide effective support. According to Rich Nugent, assistant vice president of Human Resources, the hardest place to fill employment vacancies at the University of Notre Dame is in the OIT. "As with most of the United States in terms of the Office Information Technologies, demand outstrips supply. We have issues bringing people here to campus because, while we hope we pay competitively, the reality is that we cannot compete with the Intel's and Cisco's of the world. It is a field where we are very often playing catch up."

With this type of dynamic in place, it is clear that the OIT has difficult obstacles to overcome. But nearly all seem to agree that change is needed. "The bottom line is that the OIT needs to be meeting the expectations of students and faculty," says Kantor. "Right now, this isn't always happening and all I can say is that some changes need to be made." □



TECHNOLOGY BACKBONE

Servers like the one pictured here constitute the infrastructure of Notre Dame's computer network. Recently, problems connecting to university servers have sparked negative feelings toward the Office of Information Technologies.

it was Ameritech in Chicago."

The OIT depends on Ameritech for Internet access, so when Ameritech fails to operate smoothly and efficiently, it disrupts operations at the university. Kantor believes it is important to recognize this dependency. "The outage problems are problems with Ameritech, not OIT," says Kantor. "People need to realize that technology is not a

◀◀ LEFT IN THE DARK The Office of Information Technologies was stumped by a computer blackout in the DeBartolo cluster that lasted for several hours.

CORPORATE CONNECTIONS

How major companies are helping undergraduates learn the ropes

MATTZIEGLER

Imagine spending your fall break in a mining camp outside Kalgoorlie, Australia, helping a major corporation refine its blasting techniques. Not quite as appealing as Cancun? A growing number of engineering students are choosing to take advantage of a relatively new corporate collaboration that Notre Dame has set up in Western Australia because it provides them with the opportunity to hone critical job skills. Generally, a company, such as Western Mining Corporation, will set aside some type of research project that they do not have the time or manpower to address and will submit it to the university. If the project is approved, the College of Engineering will assign a certain number of students to the task. The engineers-in-training research their projects until mid-semester, at which time they spend two weeks in the field working alongside the company without any university supervision. The projects are suited to a student's academic interests, and, after they have been completed, the students spend the remainder of their semester abroad preparing a report to be evaluated jointly by the company and their professors. So far, the

program has met with success.

In 1998, the inaugural year for the program, two students discovered nickel deposits for the Western Mining Corporation while testing a new ore-detection method. A company called Wesfarmers also benefited from this arrangement when a team of Notre Dame students developed a system to maximize efficiency in hauling materials across the great western Australian expanse. Successes like these have led to very positive relationships between the companies and the university. The only pay the students receive is the experience they glean from the program. In fact, according to Clive Neal, an engineering professor instrumental in the Australia program, "Some companies thought it was the students' public service," and took advantage of the free labor to complete tasks that would have been a waste of their own workers' time. But, he says, these were only the type of "teething problems" inherent in any new venture, and the guilty companies were not sent any more students. Most of the firms involved, however, see the advantage of taking on students who are willing to engage in fundamental research and take an innova-

tive approach to problem-solving. The program, titled "Field Experience," is available to chemical, civil, environmental and mechanical engineers and, according to Neal, is unique to Notre Dame.

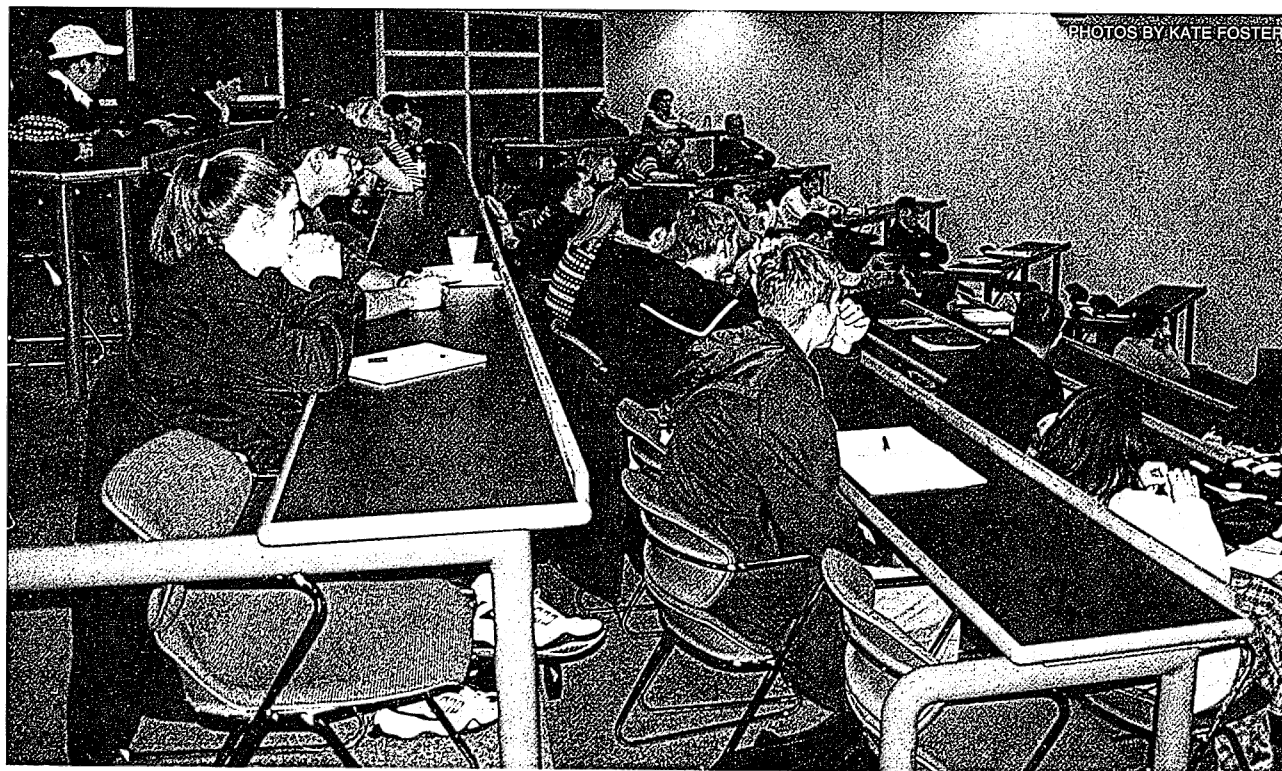
In addition to Field Experience in Australia, corporate influence is being felt right here in South Bend. Virtually any field that trains students to work in a business or engineering environment has its corporate sponsors and advisors. Paul Berrettini is a 1996 Notre Dame graduate and adjunct professor in the computer applications department who runs a company called Shamrock Net Design. Without the sponsorship of Arthur Andersen, he says, the CAPP department would not have the resources to fund his class, a study of e-commerce. In the classroom as well, Berrettini relies on companies for help.

"It is impossible to stay current in such a fast-paced field with a textbook or relying on the experiences of one professor," Berrettini says. "I invite representatives from many local companies involved in technology and Web marketing to speak to my students."

Because CAPP is a relatively small and financially modest department, almost all

A WORD FROM YOUR SPONSOR

This e-commerce class would not exist without Arthur Andersen's support.



of its courses have some type of corporate sponsorship. Many of its professors are hired as adjuncts and run their own businesses in fields related to the class subject matter.

In the Mendoza College of Business, accounting Professor Carolyn Callahan developed a course with AT&T that attempts to take students through a series of case studies resembling situations that a chief financial officer would face, such as mergers and acquisitions. These collaborations are becoming more and more common at Notre Dame. Aeronautical and mechanical engineering students are required to complete senior design projects, which require them to conceptualize and design a product to their professor's specifications. When the students have completed their final projects, they present their results to a board of corporate representatives, usually engineers or engineering managers. The representatives then question the students and offer suggestions, making a final evaluation with the professors after the presentation.

"This process is beneficial to students in two ways," says Stephen Batill, associate dean of the College of Engineering. "First, the professor has been with the students throughout the project. He or she knows the progress the students have made and is intimate with the design and fabrication processes. A corporate evaluator gives a fresh perspective and invites real corporate standards into his or her assessment. Students' presentations are also video-recorded, and the tapes are sent back with the visiting evaluators. This allows students who have done particularly good work to be seen beyond the campus, as particularly good projects would presumably be shared around the companies."

Batill is quick to point out that companies who send representatives are not paid by the university. Indeed, none of these corporate collaborations are financially supported by Notre Dame. This implies that corporations have a lot to gain from the bright young minds on campus. Batill cites three main causes behind companies' continued enthusiasm toward assisting the university.

"First, all corporations like to make their presence known on campus, especially to the students who will be graduating shortly and looking for jobs," Batill says. "Secondly, many influential employees have ties to the Dome. For example, Pat Finneran, the vice president and general manager for Navy and Marine programs at Boeing, is a graduate. And finally, quite simply, some companies have charitable sides."

Most professors involved with corporate sponsorship agree.

"Corporate involvement is a way for companies to assure that their future employees are trained correctly and pertinently," Berrettini says. "After all, no one wants a crop of textbook businessmen and women without the corporate intuition that the students develop through first-hand contact with the business world." In the case of the Australian firms, the benefits to corporations are clear: students are energetic, skillful and willing to work for free.

Augie Freda, director of corporate relations and development at the university, calls the phenomenon "enlightened self-interest," because by becoming involved in academic affairs, companies position themselves as to have access to the student body, and to be considered "preferred employers." Furthermore, Notre Dame is a source of raw knowledge.

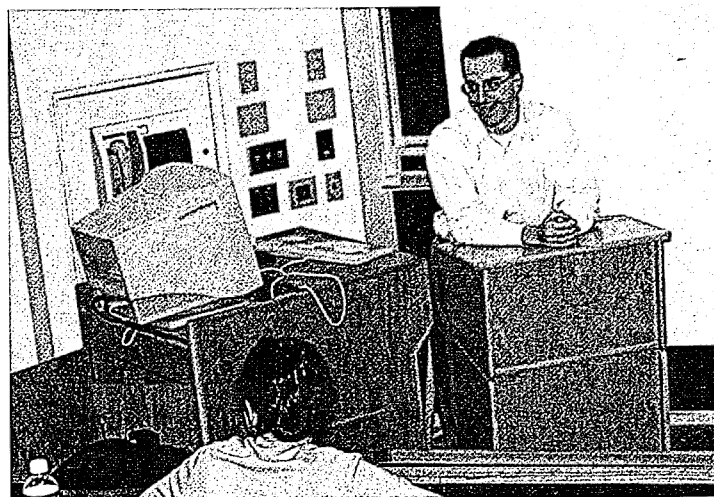
"Companies are often unwilling to invest their assets in foundational research, preferring instead to devote their finances to product and technological development," Freda explains. "In a sense, Notre Dame provides them with free research." Notre Dame's study of nanoelectrics, for instance, is drawing a lot of attention from technology companies that are seeking alternatives to silicon-based microprocessors.

While companies gain a great deal, the benefits to undergraduates may outweigh those the company receives. Freda is thrilled with the level of corporate-university collaboration. "We benefit by increased opportunities for our students, in terms of internships, long-term employment opportunities, and applied experience in the curriculum."

Neal agrees. "Any student who grumbles about not being paid for his or her time in Australia is missing the point of the opportunity," he says. "The skills that the students gain in technical writing and research methods are unparalleled."

Batill shares the same sentiments about the senior design project. "It is not a lecture, quiz, homework course. It is a project simulation. One can be taught out of a book all

FIELD TRIP Professor Paul Berrettini often invites corporate guest speakers to class. (Below) Engineering students Dan Duggan and Tom Steinbach have the opportunity to work in corporate-sponsored projects.



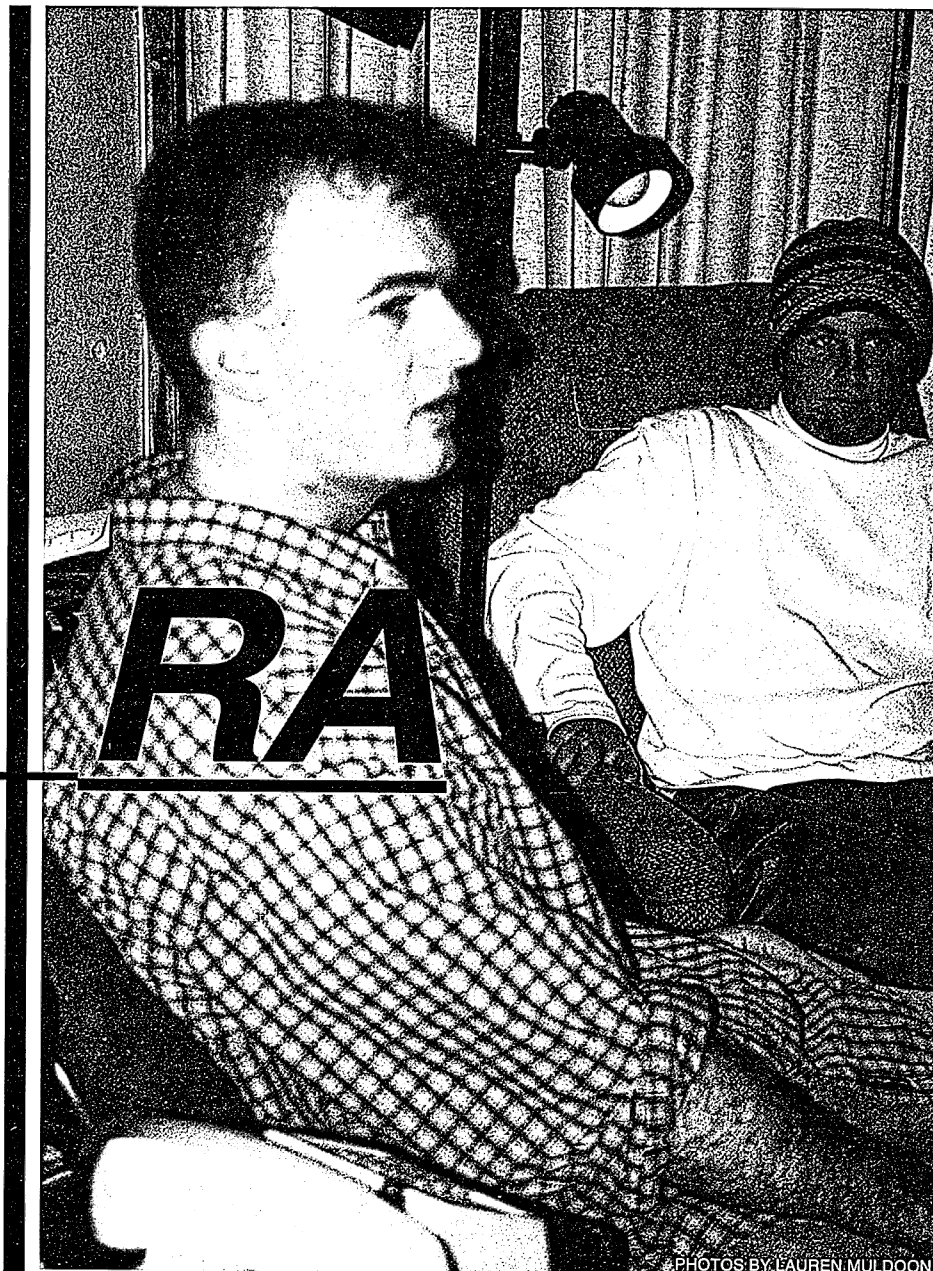
his life, but until the student is put face-to-face with corporate standards and ways of doing things and allowed to practice his profession in a real-world setting, his knowledge cannot bear fruit," he says.

In such tumultuous fields as technology and e-business, only the real-world experience provided by the companies themselves can keep pace with the rapidly changing environment. Of course, the funding goes a long way as well, and makes classes like Berrettini's available to students. Companies also provide many resources for students, such as computer clusters and laboratories. But the education that is provided is the No. 1 outcome in these projects. "I think we benefit a lot more than the companies," Batill says. "I hope students take advantage of corporate willingness to benefit their education." □

CHILLIN' Alumni Hall resident assistant Chris O'Malley chats with freshman John Welsh. Being available to talk to members of his section is just one of the responsibilities O'Malley must fulfill.

Here Comes THE

Resident assistants balance dorm responsibilities with social and academic pressures



PHOTOS BY LAUREN MULDOON

KEVIN ALLEN

Senior year: one last chance to stay loose and relaxed before entering the world of corporate America, law school or any number of other pressure-filled adult situations. Many Notre Dame seniors join their classmates in a mass exodus, shifting their ranks off campus in the hopes of enjoying some new freedom during their last year of college.

This vision of liberation, however, does not appeal to all seniors. Some actually take on extra responsibility during their final year — for example, being in charge of 40 rowdy dormitory residents. Chris O'Malley and Liza Villaruz are two Notre Dame seniors who decided to stick around the quads for their senior year as resident assistants.

But RAs do more than just unlock doors and field complaints about sinks spewing brown water. They can also help with classes, give advice on fighting homesickness and dealing with life in general.

A unique aspect of the RA program at Notre Dame is that only seniors can be RAs. At most colleges, any student can be an RA after his or her freshman year.

The senior requirement ensures that all RAs are familiar with life under the Dome, having previously undergone many of the experiences their section residents are facing. As a result, they are often able to give solid advice to residents. If more help is ever needed, the Office of Residence Life or the university's health center are on-campus resources that RAs can tap for more assistance.

O'Malley, a management information systems major from Chicopee, Mass., keeps watch over 42 Dawgs in Alumni Hall. He says that the men who served as his RAs during his first three years at the university led him to apply for the position.

"My RAs were very positive influences for me in the past and they helped out with everyone," he says. "Hopefully, I can do that for others."

O'Malley does not regret calling Alumni Hall his home for one more year. "I love everything about this campus, and I would still live here even if I wasn't an RA," he says. "When I see people I know who live off campus, I feel like they're missing out."

On the other side of campus, Villaruz is in charge of 38 Pyros in Pasquerilla East. The biology and pre-med major from Bowie, Md. says that moving off campus for her senior year was never an option.

Like O'Malley, Villaruz says she was influenced to become an RA because of her past RAs' poise and willingness to help others.

"Freshman year, my social life revolved around the girls in my section, and we always seemed to end up hanging out in my RA's room," she says.

Villaruz admits that the job has turned out to be harder than she had anticipated. "It's hard having to enforce the rules and having some people view you more as an authority figure than as a peer," she says.

Villaruz also says she is surprised at how much the little details pile up when it comes to her responsibilities. Being on duty, opening rooms for those who forget a key, filing room-inspection forms, planning section events and attending staff meetings all add up quickly. Since her class schedule is not as busy as in years past, she has been able to balance her responsibilities.

One of those responsibilities is being on duty in the dorm during the week. While their friends might be going out for a night on the town, RAs sacrifice the ability to hit the bars to watch over the dorm instead. During these nights, the RAs agree to stay in the building so that someone is always available to answer questions and take care of situations that arise.

O'Malley is on duty two times per week, and he posts the times when he will be on duty so that people will feel free to stop by his room for any reason. He does admit that it is hard to stay in the dorm while his friends go out on Wednesdays and Thursdays.

But most RAs agree that the toughest part of the job is enforcing the rules set forth by the dorm and *du Lac*. O'Malley says that being in charge of the rules has not damaged any friendships. However, even though every RA knows what he or she is getting into before starting the job, it is still not always easy to do.

"The most uncomfortable thing is seeing a friend in the hallway with a beer in his hand, but if you let one person go, you'll have to let everyone go," O'Malley says. "Most people realize that you're just doing your job, and that without the rules, it would be mass chaos."

O'Malley has observed that rules are easier to enforce when dealing with freshmen rather than upperclassmen, since the upperclassmen usually know the RA very well.

He jokes that it is a strange feeling to be thrust into the role of an authority figure. In just one year, he has become the person for whom he used to keep an eye out. "Sometimes I can hear the echoes of 'RA's coming!' when I'm turning a corner," he says.

Time management is another challenge in the life of an RA. It's not easy to balance schoolwork, a social life, extracurricular activities and dorm responsibilities while still finding some time to sleep. Since all RAs are seniors, they have the added stress of figuring out

what to do after graduation. For example, Villaruz has medical-school applications.

Despite the extra responsibilities, there are definite advantages to being an RA. All of the RAs receive free room and board in the most spacious single rooms available in the dorm, a free parking space and free laundry service from St. Michael's Laundry.

However, the benefits extend beyond these tangible perks. Both O'Malley and Villaruz agree that their jobs are extremely fulfilling. "If I can help someone with a problem at any level, then I feel like I've done my job," O'Malley says.

Being an RA is also a great opportunity to get to know the dorm's rector and assistant rectors personally. That's one of Villaruz's favorite parts of the job. "They're not just someone who lives on the first floor," she says.

They also get to know fellow RAs very well. Even if they didn't previously know each other, RAs seem to bond quickly, perhaps because the dorm functions best when the RA team gets along well.

The process of becoming a resident assistant is long, difficult and competitive. At the beginning of junior year, prospective RAs send applications to the Office of Residence Life for an initial screening,

during which the staff weeds out anyone deemed unfit to be an RA. Past rules violations are usually the reason for a candidate's elimination at this stage. The application includes an essay and recommendations, followed by a series of interviews. Typically, two interviews are conducted

with groups of current RAs, and the third is with the dorm's rector and assistant rectors. Some dorms, such as Keenan Hall, also have peer selection committees that involve dorm residents from all four years in the selection process. Interviewers ask the applicants how they would handle specific scenarios they might encounter as an RA, as well as their personal sleep and study patterns.

The rector meets with assistant rectors, resident assistants and a representative from the peer selection committee to select the RA team for

the coming year.

Importantly, even though an RA does have some authority, he or she is still a student and is on the same level as any other resident of a dorm. They go through many of the same things as other students and can still be friends with the people in their sections.

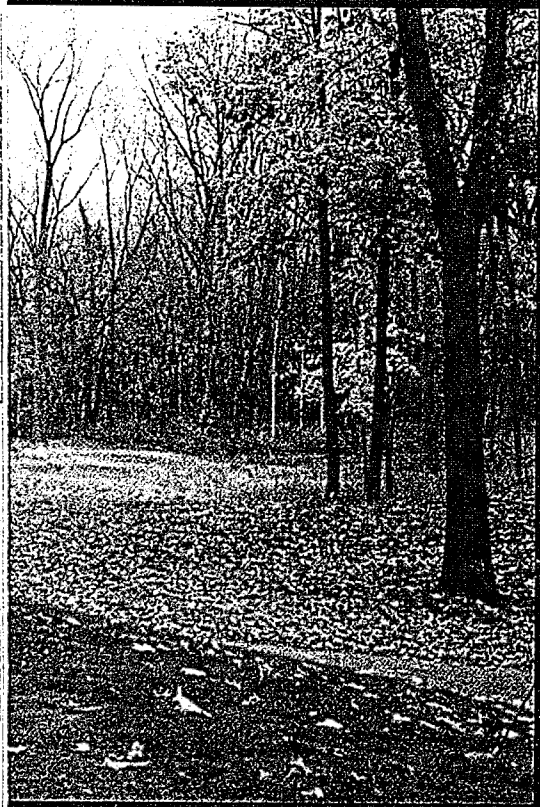
Resident assistants take on extra responsibility and sometimes have to put up with the uncomfortable position of enforcing rules on friends, but both O'Malley and Villaruz agree that the opportunities they gain to meet new people make it all worth it.

"An RA has an excuse to get to know people, especially freshmen, and to reach out and meet so many great people," Villaruz says, and, ultimately, it seems that this chance to help peers motivates those who decide to become resident assistants. □



COMMUNITY LEADERS Whether running section meetings or chatting with students, RAs are a key element in developing a healthy dorm community.





Teeing Off

Despite its delayed opening, the Warren Golf Course lives up to expectations

by Howard O'Rourke

What was once the site of an old rectory and a parking lot for home football games has been radically transformed for the Notre Dame community. The location now boasts 6,744 yards of championship golf. These yards are growing into another part of Notre Dame's heritage — a part where alumni, faculty and students can enjoy each other's company against the backdrop of an excellent golf course.

Golf has soared in popularity during the last 30 years. With the advent of dominant, charismatic players like Tiger Woods and Sergio Garcia, golf has expanded from a sport for elderly men in plaid pants to a game for anyone, from any walk of life.

Echoing this increased interest in golf, Notre Dame's alumni asked the university to build a championship-style golf course. The nine-hole Jack Burke Memorial Golf Course lacked the space and level of difficulty to satisfy this demand. Upon hearing the suggestion, William K. Warren and several others stepped forward as

benefactors in the construction of a golf facility and clubhouse of the highest standard. Planners decided the northeast end of the Notre Dame campus would provide the right setting for the new course.

Father Edward Malloy, the president of Notre Dame, explains, "Warren Golf Course was constructed when the time was right, the money was available and a high-quality course that satisfied the ecological review boards could be built."

Ben Crenshaw, a professional golfer as well as a historian and traditionalist, was contacted, and his architectural firm of Crenshaw and Coore was hired to design the course. Before taking on the Notre Dame project, Crenshaw and Coore had plenty of experience with golf course construction, having designed the Plantation Course at the Kapalua Resort in Maui, Hawaii and the Sand Hills Golf Club in Mullen, Neb. The company has also renovated courses, including the Southern Hills Country Club in Tulsa, Okla. and the Prairie Dunes Golf Club in

Kansas.

Brian Godfrey, director of golf at Warren Golf Course, comments that Crenshaw and Coore built a traditional, early 1900s golf course with a historic feel. The course's overgrown rough, deep, clustered bunkers and rolling greens contribute to this look. Also, two lakes are located on the course, as well as a stream, Juday Creek.

Joseph Mitros, a senior, especially enjoyed the layout of the course. "I really liked the contrast in style between the back nine and the front nine. The course will only get better over time."

The construction of the golf course did, however, necessitate the controversial rerouting of Juday Creek. For advice on this task, the ecological consulting firm J.F. New and Associates was hired. Half a mile of the creek was redirected back into the wooded area adjacent to the golf course. The designers received full permits for the realignment, which opened a new creek channel in the last holes of



the course. According to J.F. New, since the stream has been moved out of the sun's direct rays, it provides an improved habitat for water animals.

The course was originally expected to be finished by the summer of 1999, but extremely dry weather delayed the planned opening. The golf teams began practicing on the course in late October, and the grand opening was moved to the spring of this year. The course was dedicated on May 2, 2000 with an inaugural round played by the foursome of Crenshaw, Father William Beauchamp, Warren and Warren's son Stephen. Since then, approximately 21,000 golfers have played the challenging course. Many more have enjoyed the driving range and the putting green. Chemistry professor Bradley Smith believes that the proximity of the driving range to campus provides a great facility for professors and others who often do not have five hours to play 18 holes.

The walkable layout of the golf course

also provides excellent benefits for the health and fitness of golfers, and the course seems to be well-liked by those who visit it. Blackie Gravel, a starter at the golf course, was hard pressed to recall anyone who had complaints after playing the golf course.

Warren Golf Course saw further action when it hosted the 2000 Men's Big East Golf Tournament in the spring. Notre Dame finished third, with four players placing in the top 20.

Head Coach George Thomas could not be more pleased with the course. "The course itself is a remarkable practice facility and an overall asset to the program," he says.

The course also has attracted the interest of high-school golfers considering attending Notre Dame in the fall. Thomas explains: "It has been an excellent recruiting tool. We, as a program, have received more inquiries since the addition of the course."

Many team members have also enjoyed

the improvements that Warren Golf Course has brought to Notre Dame's golf program. Patrick Schaffler, a senior on the golf team, has witnessed the changes in his four years at Notre Dame. "Having the coach's office, practice facility, and a championship golf course all within two minutes of each other really makes our practice time more efficient," he says, "and the course's undulating greens and bunkers have really helped improve my short game."

The course is only now beginning to come into its own. Godfrey says that many parts of it, including the trees and the root structure of the grass, still need years to fully develop. One day, though, he hopes the course will rise to the top of the rankings for collegiate golf courses.

The course not only has this potential, it also has the ability to provide an excellent atmosphere for alumni and students to reminisce and form lasting friendships. It could be the birth of another tradition at Notre Dame. □



WEIGHING THE RISKS

A lack of scientific evidence for or against creatine supplements leaves students to decide whether the benefits surpass potential health problems

STORY BY JESSICA DAUES

My senior year, my max on bench press was 165 pounds. ... I started using creatine that summer. I loaded up like it said and took it once a day after that. Before long, I gained about 45 to 50 pounds. ... My max was 280 pounds. I was lifting six days out of the week. That all sounds great, which I thought it was, until I found it hard to stay hydrated and began to have mood swings. ... I experienced kidney pain and I started to have pain in the middle of my chest. When I started have kidney pain, I decided to quit. All I needed was kidney failure! That's one organ you sort of need."

Consumer reviews such as this have given the nutritional supplement creatine its reputation of being both a miracle worker and health hazard. Despite this conflicting reputation, the use of creatine supplements has risen since the early 1990s and has shown no signs of slowing down. Creatine has been the most popular nutritional supplement in the last 50 years, grossing \$200 million in 1998, says William J. Kraemer, director of the Human Performance Laboratory at Ball State University in his update on creatine supplementation. While it has been proven that creatine supplements do increase the total creatine found in users' bodies, many questions still surround creatine's effectiveness, its side effects and its safety.

Despite the uncertainties, creatine has enjoyed popularity among very young athletes. A study led by Jeffrey Gershel, chief of pediatrics at the Jacobi Medical Center in New York City found that 2.9 percent of the sixth-grade student-athletes surveyed used creatine. That number slowly and steadily rises until 11th grade, when the number jumps to 12 percent. At Notre Dame, 20.4 percent of students surveyed by *Scholastic* said that they were either currently using creatine or had used it at some point in their lives.

The number of Notre Dame students using creatine has not escaped the eyes of university administrators. "We've noticed more and more people using creatine in our facilities," says Sally Derengoski, director of both RecServices and RecSports. Concerns about this increased usage has spurred Derengoski to ask Notre Dame's general legal counsel if a policy regarding creatine supplement use at university facilities is needed. "One of our concerns is if we want

people taking supplemental pills in the facilities. What is the next step? Injections?" Derengoski says.

So what is creatine, exactly? It may be easier to describe what it is not. "Creatine is not a vitamin or a mineral," says Kramer. "Creatine is not even an essential dietary nutrient. Creatine is a ... naturally occurring, organic, nitrogen-containing compound made in the body from amino acids but also obtained in the diet."

"What's exciting about creatine is that [it] is the first of all reported substances out there that has really been proven to work."

— Dr. James Moriarity

Creatine was first discovered naturally in meats in the early 1800s. In 1926, two researchers who consumed large amounts of creatine noted that the extra creatine did not show up in their urine, indicating that creatine loading was possible and opening the door to modern creatine loading. Today, creatine can be bought at almost any health-food store.

Health stores sell supplemental creatine in many forms, including pills, effervescent tablets and even gum. One of its most popular forms is creatine monohydrate, a powder taken in water or juice. None offer any advantage over the others, and neither form allows creatine to be absorbed easier, says Dr. James Moriarity, director of sports medicine for Notre Dame. "The only way to absorb more creatine is if you put glucose or sugar in it," he says. "Creatine is better in something like grape juice. It's absorbed a little bit faster. If you exercise it is also absorbed a bit faster."

Though creatine is just one of many health and body-building supplements available, its proven effectiveness is what makes creatine so popular. "What's exciting about creatine is that creatine is the first of all reported substances out there that has really been proven to work," Moriarity says. "None of the other ones out there that GNC sells have really ever been documented to work

that well."

Creatine is thought to increase a person's natural energy to lift, sprint or throw. "Creatine is a chemical compound that, when combined with phosphate, creates creatine phosphate," Moriarity explains. "When it binds with the phosphate, it forms a high-energy bond. In the muscle, there is a certain amount of creatine phosphate present. When creatine phosphate is broken down by an enzyme, it releases a high-energy molecule, ATP, that gives energy for muscle contractions."

Creatine does not universally benefit all muscles in all activities. "You need muscles to open your eyes. You need muscles to walk. Creatine isn't involved in those activities," Moriarity says. "It is only involved in high-exertional energy muscle contractions. That is how creatine is used — for short bursts of energy. Therefore, it is those activities that use short bursts of energy that benefit."

Creatine supplements put extra creatine into the muscle — although the increase is very small. "That extra little bit of creatine phosphate in there allows you to do maximal muscle effort just for a brief second more than what you would have if you did not take it," Moriarity says. "It allows you to do 5 to 6 percent more work. So, if you train with creatine in your system, you do 5 to 6 percent more work per session in terms of latent activity."

But creatine is not magic muscle powder. To see benefits, a person must work — hard. "Creatine will make your muscles bigger only if you lift harder," Moriarity says. But if the person does work harder, creatine will help. "If Person A, who doesn't use creatine, and Person B, who does, each lift for an hour each day, the person who uses creatine does about 5 to 6 percent more lifting than the person who doesn't use creatine. He gets a very slightly — but significantly — better workout."

The person who gets the better workout will get better results — more muscle mass. But since the difference in the results are so small, the difference can only be seen in the long run. "In the short run, creatine doesn't do anything," Moriarity says.

Debate exists, however, as to whether the advantage is due to the intake of extra creatine or if those using creatine supplements are spurred to work harder. Senior Matt Giefer, an experienced lifter, gained 15 to

Creatine in food

Food Type	Creatine Content (g/kg)
Shrimp	trace
Cod	3
Herring	6.5 - 10
Salmon	4.5
Tuna	4
Beef	4.5
Pork	5
Milk	0.1
Cranberries	0.02

SOURCE: DR. JAMES MORIARITY

20 pounds while taking creatine for four months. While Giefer did see tremendous benefits, "I worked out more when I was taking creatine than ever," he says, raising the possibility that his improvement was due to extra effort rather than creatine.

"You may see improvements in people that take creatine," says Mike Bean, assistant athletic trainer for Notre Dame, "but you never know whether you see improvements because they are taking the creatine or because they are working harder."

Creatine's effectiveness is especially questionable in beginning lifters. "For those kids that have never lifted before that are using creatine ... they are seeing a tremendous benefit, not because of the creatine but because of the lifting," Moriarity says. Without the creatine, they would likely see the same or close to the same results.

The regimen a person follows when taking creatine supplements can also affect results. To stay hydrated, one must drink more fluids than normal. "You have to drink a lot of water when you are taking creatine," says junior Derek Dyer, a creatine user since high school. "I drink four glasses of water at lunch and dinner. And that is just at meals, not counting in between."

A person must also follow a strict cycle of loading and non-loading. "I have a cycle

where I am off for six weeks and then on for six weeks," Dyer says. "I immediately pick up five or six pounds of water weight, and it stays on while I am on. Then, when I am off, my weight goes down. I feel kind of tired at first, but then my body readjusts and I feel normal again."

This cycle is crucial to the speed with which creatine becomes effective. Since creatine is found naturally in many foods, including fish, meat and milk, a typical diet includes about one gram of creatine per day, says Kraemer. Ingesting creatine in such small amounts as is beneficial, but not as much so as loading. "You don't have to load it, but if you don't, it takes longer to work," Moriarity says. "If someone takes 20 grams of creatine for five days, or takes five grams of creatine for 30 days, it will have the same effect."

Creatine does not necessarily benefit all who use it, however. "Some people, no matter how much creatine they take, will never raise their levels. Other people will raise them quite a bit," Moriarity says. Whether or not one is a responder to creatine loading depends on the amount of creatine already found in a person's muscles.

"Individuals with lower starting levels increase to a greater extent than individuals with higher starting levels," Kraemer says. "Thus, people that have relatively high cre-

atine stores tend not to respond to creatine supplementation as well as those with lower beginning concentrations."

Regardless of whether people benefit from creatine, many questions surround its side effects, short- and long-term. "Anecdotal, single-case reports and preliminary evidence suggest that creatine may be linked to cramping, diarrhea, nausea, dizziness, dehydration, incontinence, muscle strain, high blood pressure and abnormal kidney and liver function," reports the Healthy Competition Foundation, a non-profit organization founded by the Blue Cross and Blue Shield Association. The Food and Drug Administration report for the week of November 1, 2000 even reported a death supposedly due to creatine monohydrate.

But so far, science has not definitively linked creatine to any negative short-term side effects, Moriarity says. "For awhile, it was thought that it might have caused excessive cramping ... but most cramps that athletes get are effort-induced ... it has nothing to do with creatine," he explains.

Although scientists have not linked side effects to creatine loading, some speculate that it does influence behavior.

"Sometimes I get mood swings when I start on the cycle again," Dyer says. "I get really annoyed really fast at people."

Sophomore Christopher Loh has been lifting since his sophomore year in high school, and although he has never used creatine, he has lifted with those who have. "Every person I've been around who takes creatine has the worst body odor ever," Loh says. "It's a big issue with me. B. O. just turns the girls off, know what I mean?"

Still, doctors worry about the possible short-term effects of the improper use of creatine. "It seems pretty clear that loading appears to be safe," says the Jacobi Medical Center's Dr. Gershel, "but unfortunately the type of person that uses x amount of creatine is liable to think $2x$ will be twice as beneficial."

An overdose of creatine can have dramatic side effects. A letter to the editor of *The New England Journal of Medicine* attributed a case of acute interstitial nephritis — a kidney disease — to an overdose of creatine. The patient took 20 grams of creatine per day for four straight weeks, the letter says.

Though much scientific research has been devoted to studying the short-term effects of creatine, the long-term effects have yet to

be studied seriously, and knowledge about them is limited, Kraemer says. The uncertainty about creatine's long-term safety has led many, including Iowa state Rep. Mike Cormack, to call for a ban of creatine sales to minors. "No athletic contest is worth the health of a participating youth," Cormack said in the *Fort Dodge Messenger*.

"The long-term effects of creatine use have not been fully examined, and to ignore the potential concerns surrounding the supplement could place athletes on the path to serious health problems," the Healthy Competition Foundation notes. In addition, on May 15, the foundation announced that young athletes should refrain from taking creatine until more information regarding the long-term effects is known.

Still more questions surround what is actually contained in bottles of creatine. No regulations currently exist that restrict what companies can and cannot put in their creatine. "You don't know what you are getting into when you buy over-the-counter supplements from someone," Moriarity says. "There could be illegal drugs in there, there could be no creatine in there, any number of things in there. That's true of all supplements. There is no regulation because the government and the lobbyists have seen fit to get supplements classified as a food and not a drug. So they can put anything they want in it. ... I would never take a supplement over-the-counter."

This doubt drives many potential users away from creatine, including Giefer. "If it was regulated, then you would know what was in it," he says. "The fact that it is not a regulated substance dissuades me from taking it again. There are no guarantees what's in there is not harmful."

Few regulations exist concerning creatine's use as well. "Creatine is not banned by the NCAA," says Frank D. Uryasz, president of the National Center for Drug-Free Sports and spokesperson for the NCAA. In order for a compound to be listed as a banned drug for NCAA athletes, it must meet two tests. First, there must be evidence that it is performance-enhancing, and second, there must be evidence that it is harmful to the health or safety of athletes, or evidence that athletes use it in ways or amounts that are harmful to their health or safety. Creatine has not yet met either test. "We are not yet prepared to say that creatine

use is 'safe,'" Uryasz says. "However, we do not believe we have the research base to say it is not safe." Before the NCAA can make a final ruling, "more research must be conducted, including research that comes as close as possible to replicating the actual pattern of the creatine user," he says.

The NCAA is certain about one rule, however. "Division I schools, including Notre Dame, may not distribute creatine to its student-athletes," Uryasz says. "The provision of certain supplements such as creatine is considered an extra benefit and is not permissible under NCAA legislation."

"We don't personally condone the use of creatine as an athletic department," says Notre Dame Athletic Trainer Mike Bean, "and we don't provide it for our athletes."

And most Notre Dame athletes do not use creatine, says Moriarity. "Most athletes are already maxed out on their lifting anyway, and

they don't see that much benefit from it," Moriarity says. "Quite frankly, our athletes here are very aware of what they put in their bodies, and they don't like to use anything that is questionable. They are very much purists."

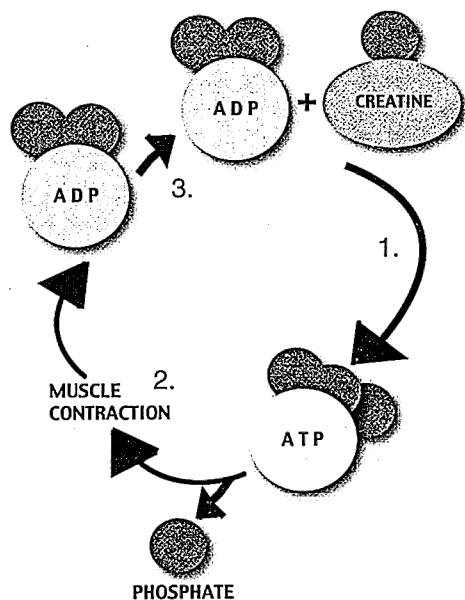
Still, some athletes — including Dyer, a shot-putter — do use creatine. In the midst of competition against the top athletes in the nation, the extra 5 to 6 percent difference creatine may give could mean the difference between winning and losing. "I started using creatine in high school," Dyer says. "Some of my friends were taking it too, and I asked them about it, and they were like, 'Yeah, it's doing wonders.' I experimented a little bit, and I could immediately tell the difference. So I just kept going on it."

Not only are Notre Dame's varsity athletes seeing the positive effects of creatine, but many of Notre Dame's other students are also

Creatine use among Notre Dame students

20.4 percent have used or are currently using creatine
79.6 percent have never used creatine

SOURCE: NON-SCIENTIFIC SURVEY OF 273 STUDENTS.



SOURCE: DR. JAMES MORIARITY; GRAPHIC: MIKE DELAROSA

Creatine's role in muscle contractions

1. Creatine phosphate reacts with a relatively low energy molecule ADP to form the high energy molecule, ATP.
2. ATP loses the phosphate group it received from creatine, which provides energy for muscle contraction. This process regenerates the original ADP.
3. ADP can react with another creatine phosphate molecule and restart the cycle.



reaping its benefits, aiming to get stronger and look bigger. "It gives you the edge," says junior Victor Valencia. "Before I used creatine I couldn't lift much weight. Now I can lift more. Why wouldn't you take it? If you could take something that would give you better grades, wouldn't you take it?"

Other students, such as Loh, don't see that point. "I bench probably more than any guy I know on creatine," Loh says. "You take creatine and go through all that and still don't see any big effects. I'd rather work and know that I am stronger than anybody else on it. I would rather know that I am strong, and it is not just all a show."

Body odor and mood swings aside, should the average Notre Dame student be taking creatine to build up? "I would not recommend

it," Moriarity says. "I wouldn't recommend creatine to anybody that wasn't seriously into weightlifting and bodybuilding. If you are an experienced weightlifter, and you want to gain more weight and get a little bit of an edge — and I mean experienced weightlifter — creatine will probably help. For the average Joe, I would say there is no benefit above and beyond just going to the gym."

Bean agrees. "I would not recommend that the average Notre Dame student use creatine," he says. "You don't even know if it is going to work. You might just see the same improvements by just working out. But even if it does work, is it worth the possible long-term effects?"

Maybe not for the average Joe, but for an athlete like Dyer, yes. "As long as you don't

abuse it, I think it's safe," Dyer says. "And I'll only have five or six years of taking it — it won't be for my entire life. I'm not really worried about whether it's safe or not." If creatine were proven harmful, "I'd just go through with it anyway," he says. "I think the damage would have already been done. I might as well take advantage of the benefits while I still can."

As short-term use studies continue and long-term use studies begin, it will be years before scientists truly understand the effects of creatine, both the good and the bad. In the meantime, students will just have to weigh the possible benefits and costs of creatine loading and decide for themselves whether or not the extra strength and body mass is worth the gamble. □

CLEAN COMPETITION: ATHLETES SAY NO TO DRUGS

GERARDEMESKILL

On Thursday, October 12, hundreds of students swarmed to Finnigan's, a local bar, to celebrate the upcoming fall break. The festivities were disrupted by the South Bend Police Department, who arrested more than 160 underage patrons, at least 80 of whom were Notre Dame students.

News of the raid soon hit local newspapers. Although the majority of those arrested were not student-athletes, *The Observer* and the *South Bend Tribune* both printed only the names of the athletes. "Why weren't all the names printed?" university President Father Edward Malloy asks. "Since [the students] weren't charged with a felony, why were only some names printed?"

The answer to the rhetorical question is simple: athletes make the headlines. Fortunately for the university, Notre Dame athletes have never been involved in a major substance-abuse scandal. One of the reasons for the university's untarnished reputation concerning NCAA-restricted substances is Notre Dame's history of stringent drug awareness and prevention. The university began to institute mandatory, random drug-testing of athletes more than 20 years ago, before NCAA began to require the tests.

Malloy says, "What we did was try to get ahead of the pack, and so all we have evidence of is occasional individual instances of abuse that [the university has] followed through on according to [the drug-testing] policy."

Since that time, Notre Dame's drug policy has expanded to increase student-athlete awareness of the regulations to avoid future problems, says Assistant Athletic Director Bernard Muir. "We have alcohol- and drug-related educational programs for doing our orientation session each year. Other than that, we try to educate them on our drug-testing program during the orientation

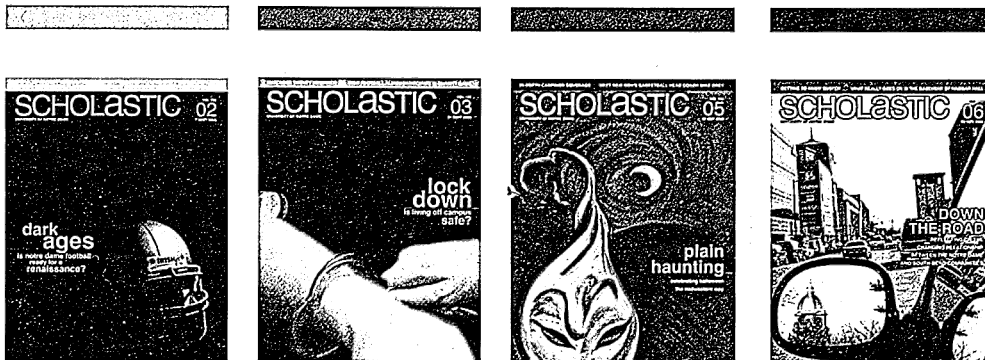
session so they're all aware of the drug policies that are in place."

These programs are conducted both on a university and team level in a seminar format. Recently, these awareness programs have also spread to the classroom. Until last year, Concepts of Wellness was a physical-education class required of both students and athletes that focused on teaching better living and exercise habits. Beginning in the Fall 2000 semester, the university introduced a separate student-athlete "Concepts of Wellness" class to discuss the pressures on an athlete to use performance-enhancing drugs and what consequences may follow. "We want to make sure that we all have our blinders on; we want to make sure that we educate to the student athletes to the best of our ability and guide those kids on the right course," Muir says. "Hopefully we never have a positive test. You just never know."

The general consensus among the hierarchy of Notre Dame's athletic department is that these programs are highly efficient. "We have enough opportunities to test throughout the academic year that if we did have student-athletes using drugs that we feel we would be able to detect that use," says Athletic Director Kevin White.

While all of these programs undoubtedly limit substance abuse, they do not necessarily eliminate the problem. Nevertheless, White is confident that there is no need for alarm concerning drug abuse at Notre Dame.

"We live in an imperfect society, and you never say never, but I think our student-athletes here are passionate about their sport, and I'd like to think that there's a real strong moral compass at this institution and I would suspect that that compass is alive and well within our program," he says. "At the same time, I'm not painfully naive — I know that young people at times as well as others find their way out of the fairway and into the rough. I would like to believe that our student-athletes at the University of Notre Dame are fairly responsible in that regard." □



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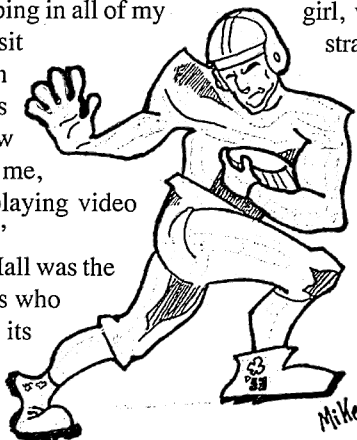
Campus by the Gipper Watch

The Gipp's back from his holiday hiatus. There's nothing like going home to stuff your face silly with turkey, drink beer and watch football all day. The Gipp could've done without the snow, but he'll be able to escape South Bend for warmer climates when Bowl season rolls around since Davie somehow managed to coach us to a 9-2 season. Coach of the Year? The Gipp demands a recount.

They Say You Want a Revolution ...

Never mind the recount, the Gipp's sick of this election mess. Let's go straight to the coup d'etat, like some guys in Keough Hall did. Actually, it was more of a secession than a coup. Apparently, some guys from section 3A of Keough were sitting in the section lounge when they hit on the idea of independence. They decided section 3A could thrive without the rest of Keough Hall. So they formed "The Founding Fathers Society," drew up a declaration of independence and a new hall was born. Lattner Hall — named after Heisman-Trophy winner Johnny Lattner whose picture hangs in the section lounge — is guided by its Four Pillars: "Trust, Strength, Integrity...and Booze." The new rector proudly declares, "I plan on taking it seriously ...like stopping in all of my freshmen rooms to sit down and talk with them about their lives and to let them know that if they ever need me, I'll be in my room playing video games or something."

Although Lattner Hall was the creation of some guys who were bored at 3 a.m., its existence has raised the ire of Keough Hall's rector. Ac-



ording to the tipster, Keough's rector expressed concerns that Lattner Hall was destroying the sense of community in the rest of Keough. Says our tipster, "I think it's hilarious that a simple joke could get turned into something that a bunch of guys believe in and support...and that the Keough Hall administration is seriously bothered by it." The Gipp wishes the residents of Lattner Hall good luck. Any organization that has booze as one of its pillars has the Gipp's support.

Pucker Up

The Gipp's not sure what's going to happen to Lattner Hall, but if things get ugly, the administration can always call in those trained-to-kill students in ROTC. A couple of weeks ago, two vicious Air Force cadets were keeping vigil at Stonehenge in honor of Veterans' Day. As a drunk boy stumbled home, he couldn't resist the temptation to mess around with the two girls, who were supposed to maintain straight faces for their entire watch. Coming within inches of one girl's face, he did his best imitation of a three-year-old and said, "You look so lonely and cold. Here you go" and proceeded to plant a "big sloppy wet one on her cheek" as she began giggling. He went on to kiss the other girl, who somehow managed to keep a straight face throughout. After delivering the two kisses, the boy stumbled off into the night. While getting slobbered on by a drunk probably wasn't high on the girls' wish lists, at least they didn't run into any angry Pax Christi members.

The Gipp Goes Hardcore

The Gipp's been dealing with some angry people lately. Well, one angry person to be exact. Seems the irate e-mailer took exception to

the Gipper's crack on the *Common Sense* editors, and wants "something other than oral sex." So, the Gipp dedicates this next tip to the irate e-mailer.

One partygoer at Turtle Creek stepped into the alley to relieve himself and was surprised to find two people engaged in some outdoor fun. A crowd soon gathered and cheered the couple, who continued their activities unabated. In fact, an alert tipster grabbed his camera and snapped photos of the couple in action. (Unfortunately, the Gipp's editors wouldn't let him print these pics, citing obscenity laws.) Well, at least they weren't in a bathroom stall.

That's it for the Gipp this year. But he'll be back in 2001. Until then, keep those tips coming and don't get too sunburned in Tempe. □

Unless Lee Corso and his band of Notre Dame-hating cronies sabotage the process, the Irish should find themselves in a major bowl game on New Year's Day. But just how will ND use the influx of cash? Take the Gipp's quiz and see if you can think like an administrator.

Notre Dame has just received millions of dollars for appearing in a bowl game, and it's your job to decide how to spend it. You should use it:

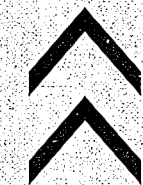
- (a) to pad the university's obscenely large endowment.
- (b) as hush money to avoid any more embarrassing NCAA violations.
- (c) to establish the DeBartolo Defense Fund.
- (d) for financial aid in an effort to defray the expense of a Notre Dame education and freeze tuition hikes.
- (e) a, b and c.
- (f) unsure, but definitely not d.

Scoring: If you answered anything but d, you're well on your way to earning a post at Notre Dame. If you answered d, you're clearly too idealistic to be working in higher education, especially at this university.



GREG ROSALIA — SPORTS INFORMATION

IRISH EYES ON



MARCIE
BOMHACK

Junior Marcie Bomhack, a six-foot left outside hitter, is double majoring in marketing and psychology. Originally from Waukesha, Wis., she achieved All-American status while at Catholic Memorial High School. As a freshman at Notre Dame, Bomhack was named Big East Tournament Most Valuable Player, leading the Irish to victory in the tournament.

I started playing volleyball when I was: in fifth grade, because all my friends started playing.

If I could play any other position than left outside hitter it would be: right hitter, because that is what I played all throughout high school, and it involves more blocking.

My most memorable volleyball experience at Notre Dame is: being named Big East Tournament MVP as a freshman here.

My goals for next year are: teamwise, to win the Big East Conference and Tournament and make it to at least the Sweet Sixteen round of the NCAA Tournament. My individual goals are to provide as good of leadership as was provided this year and in the past.

My favorite class at Notre Dame was: Anthropology 109 with Professor James McKenna.

My hardest class at Notre Dame was: Business law is the hardest class I have taken here.

If I could play another sport at Notre Dame, it would be: basketball. I used to play it, but I had to give it up for volleyball, and the team here is awesome.

My most memorable volleyball match at Notre Dame was: the time we defeated UConn in the Big East Tournament.

After graduating from Notre Dame, my plans are: undecided. I am not sure yet if I want to get a job or go to Europe and play volleyball.

Other than volleyball, I most enjoy: going to the movies, my favorite being *Pretty Woman*.

I came to Notre Dame because: Why wouldn't you go to Notre Dame? I loved the coach, the campus, the academics and especially the team. My teammates are sisters to me.

Jerry's Jabber

QB Matt LoVecchio won his seventh straight start, running for two touchdowns and threw for 142 yards in No. 11 Notre Dame's (9-2) victory over USC Saturday. The win virtually guaranteed the Irish an appearance in the Fiesta Bowl. The berth would be the first appearance the Irish make in a major bowl in the last five years Co-Big East Player of the Week **Troy Murphy** led No.11 Notre Dame men's basketball (3-0) to a 69-51 victory over No.16 Cincinnati. **David Graves** scored 17 and **Ryan Humphrey** added 10 to complement **Murphy's** 30. The Irish face Vanderbilt Saturday at 7 p.m. in Nashville In women's basketball (5-0), All-American **Ruth Riley** spent the majority of Monday's game against Fordham on the bench. **Meaghan Leahy** filled the void, scoring a career-high 16 points and adding 14 rebounds. **Kelley Siemon** added 14 points in the 89-44 victory **Meotis Erikson** scored in the fifth minute of overtime to lift Notre Dame women's soccer (23-0-1) to a 2-1 victory over Santa Clara in the NCAA Quarterfinals. Notre Dame faces North Carolina tomorrow in San Jose Notre Dame hockey (3-7-3) has not won in its last four games. **RW Ryan Dolder** had a goal and an assist in Notre Dame's 3-3 tie against Northern Michigan on Sunday Notre Dame volleyball (25-6) opens the NCAA tournament against Cincinnati tomorrow at 5 p.m. in Columbus. **Christi Girton** leads the Irish with 22 kills in a 3-2 loss to No.3 USC to close the season last Friday. □

— Mike Miranda

1997

by Lee De Leon

FROZEN MOMENTS

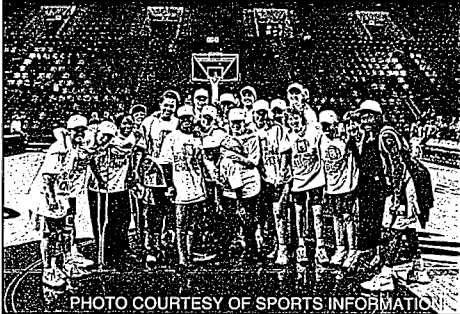


PHOTO COURTESY OF SPORTS INFORMATION

The 13th-ranked Irish women's basketball team shocks the nation as they advance to the Final Four, only to lose a hard-fought game to the defending national champions.

NOTRE DAME: 66
UNIVERSITY OF TENNESSEE: 80

The Notre Dame women's basketball team made its first NCAA Tournament Final Four appearance in 1997. The Irish, though ranked 13th in the national polls, were only awarded a No. 6 seed in their bracket for the tourney, an insult to one of the nation's best teams. By the end of the tournament, however, the Irish had proved the naysayers wrong, becoming only the third sixth-

seeded team in women's tournament history to advance to the Final Four.

The 1997 season started out well as the Irish beat two top-10 teams in the Preseason National Invitation Tournament. Despite losing several key players to injury, the Irish continued to dominate throughout the season. Seniors Beth Morgan and Katryna Gaither, the top two scorers in Notre Dame history, led the team to a second-place finish in the Big East Conference.

Despite its regular season success, most were not too optimistic about Notre Dame's chances heading into the NCAA Tournament. By the time the Irish entered the tournament they were left with only eight scholarship players. Their depth chart was so depleted that they had been forced to dress and play their team manager during one of the Big East Tournament games. But despite the circumstances, the Irish remained confident, expecting to advance to the Sweet Sixteen.

Notre Dame began the NCAA Tournament against Memphis, easily winning 93-62. The second round game appeared far more imposing. No one believed Notre Dame could beat the No. 3-seeded Texas Longhorns on their home court in Austin, Texas. However, Notre Dame shocked everyone by edging the home team in a tight 88-83 victory. Morgan and Gaither stepped up to score 29 points each that game.

Next on the schedule for the Irish was powerhouse Alabama, the No. 2 seed in their bracket. Surprisingly enough, the Irish disposed of the Crimson Tide 87-71. In the East Regional Championship in Columbia, S.C., Notre Dame faced No. 5 seed George Washington. The Irish pulled away with a 62-52 victory and claimed a spot in the Final Four. Gaither earned the Most Valuable Player honor for the East Regional, and the Irish were on their way to Cincinnati for the most important game of

their lives.

Before the Final Four began, Irish coach Muffet McGraw explained, "All we've heard all along is we only have seven or eight players. We don't have enough horsepower, we don't have enough depth, we don't have enough size, we don't have enough quickness. This team likes to hear what they can't do, then they turn around and do it." Notre Dame had exceeded everyone's expectations, including its own, but the team was not ready to give up quite yet. The Irish did, however, face a huge obstacle in their path to the title: the defending national champion Tennessee Volunteers and Player of the Year candidate Chamique Holdsclaw. Tennessee had already won four national championships in the previous years and had made nine Final Four appearances.

In the first half, both offenses struggled as Notre Dame made 35 percent of its shots and Tennessee made 32 percent. With 14 minutes left in the first half, the score was a pitiful 4-4. However, the game picked up, and the half ended in a tight 29-28 Volunteer lead. The contest eventually became a showdown between two of the best players in the nation: Gaither and Holdsclaw. Gaither ended up with a team-high 28 points, and Holdsclaw poured in 31. The score remained close until the 10-minute mark, but then Holdsclaw's teammate Abby Conklin made three 3-pointers down the stretch, and the Volunteers began to pull away. The game ended in a disappointing 80-66 Notre Dame loss.

The 1997 Irish team holds the position as the best women's basketball team ever at Notre Dame. After the heartbreaking defeat in the semifinals, team members still held their heads high, and for a good reason. Coach McGraw summed it up. "This is the most outstanding run in the history of Notre Dame basketball." □

OUR CALLS >>

SPORT: WOMEN'S SOCCER
OPPONENT: UNIVERSITY OF NORTH CAROLINA
WHERE: SPARTAN STADIUM, SAN JOSE, CALIF.
WHEN: FRIDAY 8:00 P.M.

Polls do not always tell the truth. The Irish are on an impressive 24-game unbeaten streak. Tomorrow the streak ends, as North Carolina surmounts the last major obstacle in its path to another national championship, defeating the Irish 2-1.

— Gerard Meskill
Sports Editor

Last year, Notre Dame lost to North Carolina in the NCAA finals. Looking to avenge this defeat, the Irish use the momentum from their overtime win against Santa Clara in the semifinals to narrowly defeat the Tar Heels, 1-0.

— Jessica Daues
Assistant Sports Editor

After an emotional 2-1 OT win against Santa Clara, the Irish will come into the game with plenty of momentum. Look for the Irish to play like the No. 1 team they are and beat UNC 3-1.

— Jim Pastore
Editor in Chief

A Club for the Ages

The Medieval Club is Notre Dame's own realm of Lords and Ladies

JESSEKENT

In the midst of today's chaos, let us hearken back to a much simpler time. No, not 1983 — the Middle Ages.

"Why, that's impossible without an exorbitant amount of Natty Light!" you cry.

Ah, but that's where you are wrong. Welcome to the little-known world of the Medieval Club, Notre Dame's home to myth, magic and medieval history.

Founded by Professor D'Arcy Boulton, the Medieval Club encapsulates his interests and passions in medieval study. The club has 20 to 30 members organized under officers with such Ye Olde titles as "High Steward" and "Chamberlain." The club's current advisor, or "Lord Great Patron," is Professor Calvin Bower, who describes the Medieval Club as a mix of student's interests and the scholastic study of the period. "There is a tension within the group between what the students want to study: primarily, the costumes, the heraldry, the warfare of the time," he says. "They are interested in the Arthurian legends. Then there is what I know as a historian of the age. I can teach them much, but many of these things I've never studied myself. I find it fascinating to share our passions and learn alongside with the members." The Medieval Club is not officially tied to the Medieval Institute, but interaction between the two groups has been fostered and now provides an environment for scholarly and passionate exchanges. The Medieval Club's president, High Steward Todd Warapius, says: "Interest in medieval things have been with me for a while. I found the club an avenue to pursue these interests and pick up a medieval studies minor."

The Medieval Club sponsors four lectures during the year that provide an informal social setting for members, Medieval graduate students and faculty to meet and discuss relevant historical issues. It also gives historical context to the members' wishes to actually experience the Middle Ages. Chamberlain Christopher Sinnott recalled a dinner hosted by Professor Leon Roos at which members of the club prepared an entire meal in the tradition of medieval times, complete with period cooking utensils and ingredients. "We used a lot of weird spices and a lot of pastes," Sinnott says. "They were really into pastes for some reason."

The group does not limit its membership to those interested in the Middle Ages. Those with passions for the early-Renaissance also have a place in the club. "You are definitely not excluded," Bower says. Many members of the group are preoccupied with the works of everyone's favorite Italian travel writer, Dante.

In addition to learning about the Middle Ages, the club also participates in events relating to the period, such as the 28th Annual Madrigal Christmas Dinner sponsored by Saint Mary's. This year's dinner, which will be held on December 1 through 3 at the Regina North Lounge at Saint Mary's, will feature food from the early Renaissance and an a cappella performance of late-Renaissance Madrigal love songs.

The club also sponsors an annual Latin Mass in conjunction with Campus Ministry and the Medieval Institute. This is not the old Mass, but rather, today's Mass said in Latin. "It brings to life the connection between the medieval world and today," Bowers says of the celebration. "It is today's Mass told through the official language of the Church both then and now."

The Medieval Club also hosts two trips to medieval destinations, one in the fall and one in the spring. In the past they have port-holed back in time thanks to medieval fairs in the area. This spring, an excursion to the Newberry Library in Chicago will let the members get up close and personal with real medieval manuscripts. The night will culminate with swordplay and jousting at the Medieval Times theme restaurant. The officers of the Medieval Club stress that you needn't have a medieval studies major or minor to join the group. Chancellor Angela Campos, one of the many officers who is not

in the Medieval Studies Program, always had an interest in the chivalry and myth of the medieval era. The club suits her interests because members and Medieval faculty are always pointing out new pursuits in the field.

And don't worry — acceptance into the club does not require the rationing of baths to once every three months. Bower says, "They were pretty clean people, they bathed quite frequently. Granted, they used only cold water. Warm water is a luxury only recently experienced." □



TIMEPIECE This medieval tapestry hangs in Hesburgh Library's Medieval Collection, a source for medieval literature and information to satisfy the historian's

For more information, contact the club at its Web site: www.nd.edu/~medieval/. For details and seating reservations for the 28th Annual Madrigal Christmas dinner, call 284-4626.

◆ MIX IT UP

A Low-Budget Christmas

Give your folks the gift of music
compiled by Kara Zuaro

Your heart is as stuffed full of love as Aunt Peggy's pie is with apples, but your bank account is as empty as a beer can in the hand of Uncle Angus. Fret not, faithful readers. OOB hired five of the best disc jockeys on campus to spin you some tips on assembling the most love-filled gift a small budget can buy — the mix tape, or, in this modern moment, the mix disc.

Blues for your crabby grandpa contributed by Tom Ogorzalek

Cranky Ol' Grandpa is always one of the toughest family members to buy for. What do you get for the old coot who has everything from buckets of driving-range golf balls to WWII-era heisted beer steins? He deserves the priceless and timeless gift of music. Old people tend to get the blues, too, so what Gramps really wants is something from the Delta, something down home, sung by men who have lived long and have lived hard, who have known the sorrows of existence, as well as the joys of gettin' it on.

Start the tape on a light note with Lead Belly's "Hitler Song," a taste of history for Grandpa. He'll be back in the glory days, fighting the Hun once again. Eddie Taylor's "I Feel So Bad" is next, reminding the old fella that winter is on its way. John Lee Hooker is splendidly mournful in "Tupelo," a kind of things-were-so-hard-when-I-was-young tribute to age. "Hangman Blues" from the Bill Lyerly Band rounds out the depressing selections, subtly bringing to mind the veiled specter of death.

But that old codger is still very much alive, of course, and livin' large, no doubt. So remind him of the perils of the fast life with B.B. King's "Better Not Look Down." Now that he's down to Earth, he'd love to have Eric Clapton's "Walkin' Blues." And lastly, because Grandpa's just a little bit funky and certainly has nothing but the red, red krovvy flowing in his veins, Poppa John Creach expresses Gramps's own sentiments in "Everybody Wants my Good Thing." Just be careful to stay away from Blind Lemon Jefferson: not even the most sprightly old folks like hearing the "Death Bell Blues."



Country for your drunk uncle contributed by Danny Goodwin

Next, you have your uncle, who has been known to spend a little too much time around the ol' eggnog. Fred Eaglesmith's "Drinking Too Much" might be a good song to start off with. "Lately, I see you've been buying your cocktails two at a time / When it's last call and your glass is empty, you've been finishing mine / Even your friends say that you're out of touch / Darlin', are you drinking too much?"

To liven up the party, I suggest you throw in a little funky bluegrass, with the Galoots performing "Dooley" and Uncle Tupelo's "Moonshiner." Now that you've conjured up the thought of moonshine, I suggest you serve up a little taste of Steve Earle's "Copperhead Road." (Caution: "You may never come back from Copperhead Road.")

To keep things rolling, I strongly recommend that you make a dash to the cabinet for a little of 6 String Drag's "Bottle of Blues." Now that he's in the mood, there's no doubt that he'll be looking for the perfect love song. In response, I suggest "In Spite of Ourselves" by John Prine and Iris DeMent. This is the beer-craver's love anthem explaining, "He ain't real sharp, but he gets things done / He drinks his beer like it's oxygen / He's my baby, I'm his honey / I'm never gonna let him go." As the night winds down, so too must the party. To finish off this Christmas extravaganza, I suggest Johnny Cash's "Kneeling Drunkard's Plea."

P.S.: Please record responsibly.

Hip-Hop for your "Shortee" (and it won't stop until the break of dawn)

contributed by Jesse Dang

"Bonita Applebum" by A Tribe Called Quest is possibly the greatest hip hop ode to "the one." I remember a point in high school when this song would always pop into my head whenever I ran into my crush. "Bonita" represents every dining-hall crush you have ever had, so put this on a mix to let that special someone know how they



OUT OF

caught your eye at the waffle iron. And, whether her skin is brown, yellow, orange or blue, she will surely appreciate "Brown Skin Lady," a dedication from Black Star to all the women of the world. With Mos Def and Talib Kweli crooning over a Hi-Tek beat, she simply cannot resist.

The trials and tribulations of a relationship can even affect hip-hop stars. In "You Got Me," from the Roots, Black Thought and Eve explain how love is stronger than the "drama" of relationships. On the same note as "Bonita Applebum," in "The Light," he counts the ways he loves that special lady in his life. An irresistible hook will have her singing all day. "She Said" by Pharcyde is a song about romance in the lives of the former Los Angeles hip-hop quartet, now turned duo. Charming and refined — like you at an SYR. Most Def's "Ms. Fat Booty" is a wonderful ditty about love found and lost. Tell her not to mind the title. It's my personal fave.

The innocence of "Bonita Applebum" is lost in "Electric Relaxation" as Tribe comes at you in a more direct manner about love and lust. Q-Tip's hook still confuses people to this day? Maybe you can figure it out. The title of Gang Starr's "Ex Girl to Next Girl" is pretty self-explanatory. Put this in the mix as a hidden track, just in case you guys break up. Bling Bling.

Under-appreciated music for the one you appreciate most

contributed by Dan Maguire

Now what to get for someone you share all your secrets with? There's still something important you haven't shared with this person you dearly appreciate — your good but unappreciated music! These are the songs that only a handful know but love more than anything that snot-nosed whiner Carson Daly could introduce. These songs are your little secret, and you only want to share these with someone who will appreciate them. Start off with Stereolab's "Blips, Drips, and Strips" to get them bouncing, then move on to True Love Always' "Sunshine" to get the good mood going in full swing. Dido's "Thank You" says, "Hey! I don't hate you!"

Before they get too lovey-dovey with you, get a little melancholy. The Smiths' "A Rush and a Push" injects aggressive lounge-music tones, getting your appreciated one revved up with such phrases as "There's too much caffeine in your blood stream." Braid's "Movie Clock Star" and Pixies' "Letter to Memphis" turn it up a few more notches, all the while inducing memories of Pixie Stix-enhanced debauchery. With all of this adrenaline pumping, show him or her some of your favorite brit-pop melody before things get out of hand — perhaps Travis' "Writing To Reach You."

OK, hysterics can be fun, but it's time to slow it down a little.



Shoestrings' soothing and naive tone in "Oceans In the Seashells" is like going to a warm beach as a kid (far away from Indiana). Let the tape close with Belle and Sebastian's "Rollercoaster Ride"; this song will really show your appreciation, as he or she will soon want to pop it in whenever naptime rolls around.

Feel-good music for your favorite lady (or ladies' man)

contributed by Shannon Grady

Sinead O'Connor starts off the female feel-good vibe with "Daddy I'm Fine," off her latest release, *Faith and Courage*. Regardless of your personal feelings toward Sinead, or her popular perception as a man-hating, church-bashing, not-too-fun lady, I've rarely had music make me feel so good and so secure in my ability to make things turn out OK. This song combines reggae beats with some Celtic rock, detailing O'Connor's move to London in the early days of her career. Punky at times and funny as hell. Next up, Gladys Knight and the Pipps' "If I Was Your Woman." No one can beat Gladys for sweet soul. I've listened to this song during many a crush. After that, "Whipsmart" comes from Liz Phair's sophomore release of the same name. I look at it as a mother's mission statement. She's talking to her son, telling him that she'll help him grow up strong whether he likes it or not. Poppy and fun and a good lesson for anyone thinking about having kids. Rounding off this set is Janis Joplin's "Trust Me," off *Pearl*, Joplin's final album before her premature death. I have no idea why it gets down inside me, but it does. It's Janis' plea for her lover to just hold on and wait for her to be ready to commit. This is Janis at her best — bluesy, mellow and honest.

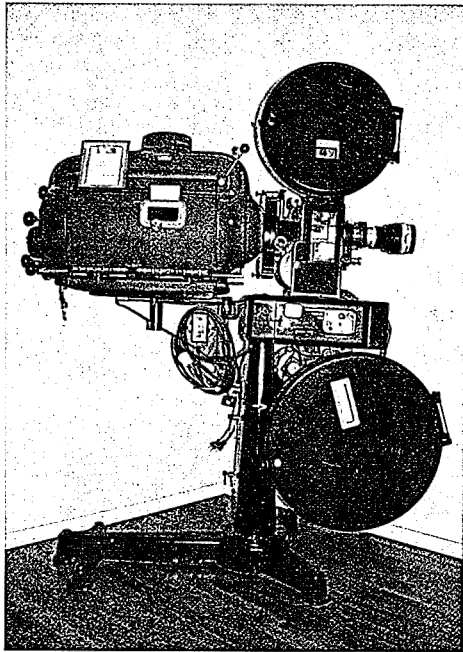
Before I get into this next track, let me begin by saying that I am not an Ani DiFranco fan. *Little Plastic Castle* is the one major, glorious exception. And the reason is the song, "As Is." I'm a lyrics girl, so the words cut me deep. "Cause when I look around / I think this, this is good enough / And I try to laugh at whatever life brings / Cause when I look down, I just miss all the good stuff / When I look up, I just trip over things."

Now it's time for Lita Ford's "Kiss Me Deadly." Lita's the queen of '80s rock. Nobody does it better. Then, The Pretenders. "Precious." Chrissie Hynde. The epitome of cool. And again, she's a rock star.

And finally, Bruce Springsteen. I never make any tape without my Bruce on it, just as a matter of principle. In "Red-Headed Woman," off his *Plugged* album, he extols the virtues of crimson-haired lasses. He has such good taste. □



B O U N D S



DREAM THEATER

VICKERS THEATRE BRINGS ART HOUSE
CINEMA TO THREE OAKS, MICHIGAN

KARAZUARO

Jon and Jennifer Vickers had a dream. They wanted to open a small movie theater and art gallery in the small farm town of Three Oaks, Mich., where they could showcase Jennifer's paintings and screen the non-commercial films that are so difficult to find outside of big cities. She would sell her work and live the artist's life. Maybe Jon would find some time to make a short film of his own. They didn't know anything about running a movie theater or what kind of equipment they would need to do so, but nevertheless, in 1993, they bought the old movie theater in town that had belonged to the local Lee family for generations and had been shut down a few years earlier.

"I guess anyone who would do this would have to be kind of naive," says Jon Vickers, recalling his hopes when he and his wife first bought the theater. Living "the artist's life" is not as easy as they thought it would be. "No regrets, though," he adds quickly.

The building they bought has a story of its own. Built in 1890, it was originally a livery. In 1911, it became a movie theater. "The neat thing," Jon says, "is that it was run by one family from 1911 to the '70s, generation to generation." He hopes that his three young children will help out with the theater when they're old enough, and that his family will enjoy a similar reign of the theater.

The Vickers dedicated two years to restoring and redesigning the theater. "We had a concept from the beginning and did all the design ourselves," he says. With Jennifer's artistic talent and Jon's background in metalworking — he runs a machine shop with his brothers during the week — the couple was able to make their dream a reality. Vickers

IT HAS THE CHARM OF AN OLD-TIME CINEMA, BUT ALSO BOASTS THE MODERN CONVENIENCES FOUND IN MANY A MILLENNIAL, METROPOLITAN ART HOUSE — THE JUICE AND ESPRESSO BAR.

Theatre is a fairyland for the cinephile and art-lover alike, with its plush, vintage theater seats and paintings on display on the first level and the balconies above. It has the charm of an old-time cinema, but also boasts the modern conveniences found in many a millennial, metropolitan art house — the juice and espresso bar. "Now there's a view area and bistro tables behind the movie seats so that people can eat as they watch the film," Jon says.

"It's very intimate," he continues. "The types of films we're showing aren't a huge draw. It's just the right size for the types of things we're doing." The theater seats about 100 people, but it doesn't usually sell out. Jon admits that he wouldn't mind seeing the theater sell out more often, but running the theater, he says, is really a labor of love. "We're doing pretty well supporting the theater," he explains, "but my wife and I don't take any income out of the theater." All the money they make goes back into the improvement of the theater, and the patrons seem to appreciate that.

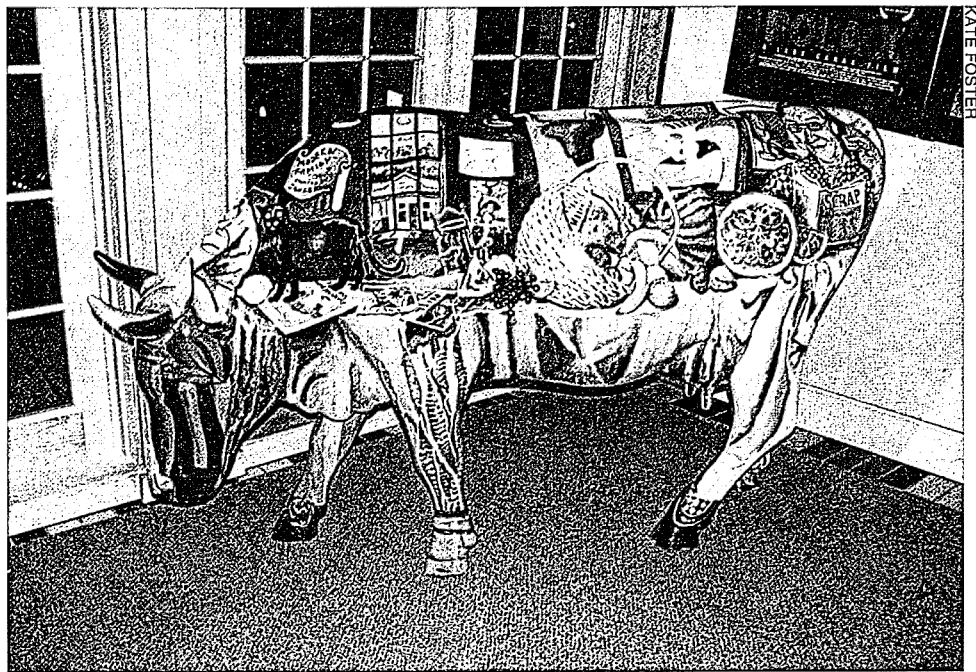
Jon estimates that 70 percent of the audience attend the film screenings on a regular basis. "We developed a very loyal audience. People will show up and say, 'So what's playing tonight?' They must enjoy the atmosphere," he says. Only a small fraction of the crowd comes from Three Oaks, though. Most of the regulars travel from South Bend, Michigan City or Benton Harbor, and they even get a few Chicagoans in the summer. It's arguable that the travelers make their way to Three Oaks not only for the atmosphere, but also for the careful selection of films by the Vickers. The films they choose vary from week to week in terms of genre and style, and Jon makes one guarantee: "I can't say we have anything that's commercial." This is the place to go, though, if you're looking for independent, foreign or classic films.

Besides weekend screenings, Vickers

Theatre has also hosted the Sound of Silents film festival for the past three summers. At the festival, musicians perform scores they have created for silent films while the movies play. In the time of silent films, live musicians often accompanied the movies, and the festival seeks to revive this lost cinematic form. Musicians are not restricted, however, to creating only traditional, silent-movie scores. The festival has featured many types of music, from an electronic experimental band to an alternative pop band with a Middle-Eastern sound to a 20-piece symphony orchestra. Since the festival occurs in the summer, screenings take place both inside and outside the theater as films are projected onto the side of the building.

The theater also hosts a number of non-cinematic events. The Vickers recently presented the Second City players, an improvisational comedy group. They took the stage wearing gray face makeup and asked the audience for ideas to help them make an improv-silent movie as if it were 1919.

This Saturday, December 2, Vickers Theatre will host a musical festival and food drive, just in time for the holidays. They also welcome musical acts and amateur poets. The theater will feature the alterna-



HOLY COW Besides the movies, juice and espresso, one can also find art at Vickers Theatre, such as this multi-colored cow.

tive rock band Ether on December 21 at 7:00 p.m., and will host an open-mike poetry night on December 23 at 4:00 p.m.

The theater closes each year during January and February to give the Vickers a chance to take a vacation and catch the Sundance film festival, but there are still a

few screenings left before the end of the semester for those looking for a taste of vintage art-house theater. □

For more information on Vickers Theatre and to take a virtual tour, go to www.vickerstheatre.com



UPCOMING EVENTS AT VICKERS THEATRE

>> All films screened on Friday and Saturday at 6:30 p.m. and 9:30 p.m., Sunday at 3:30 and 6:30 p.m., and Monday at 7:00 p.m. Tickets are \$7 for adults and \$5 for students.

This Weekend:

Friday, December 1 to Monday, December 4
Time Regained

Marcello Mazzarella and John Malkovich, as the eccentric gay aristocrat Charlus, star in this adaptation of Marcel Proust's *Remembrance of Things Past*. Directed by Raoul Ruiz. 165 minutes. In French with English subtitles.

Saturday, December 2 at 1:00 p.m.

Music Fest and Food Drive

Bring a non-perishable food item and listen to live folk and bluegrass music all afternoon, wrapping up with a Christmas jam session. Free.

Next Weekend:

Friday, December 8 to Monday, December 11
Dancer in the Dark

Take a break from study days because you won't want to miss the musical/drama *Dancer in the Dark*. At Cannes 2000, Bjork took home Best Actress for her role as Selma, the Eastern European immigrant with rapidly diminishing eyesight and a love for the American musical. Director Lars Von Trier was awarded the Golden Palm. 160 minutes.

After Finals:

Friday, December 15 to Monday, December 18
Pola X

If you're passing through Three Oaks on your way home for the holidays, or if you live locally, check out director Leos Carax's adaptation of Herman Melville's *Pierre*. Guillaume Depardieu, son of *Green Card*'s Gérard Depardieu, takes the lead. 134 minutes. In French with English subtitles.

coming

distractions

editor's choice

30 nov – 15 dec 2000



Funny, isn't it, how SUB is showing *A Christmas Story* and *The Art of War* simultaneously next weekend. Not that you're planning on assassinating a UN ambassador and framing little cousin Timmy for the crime — you could shoot your eye out, after all. Christmas warfare is oh-so much more subtle: Mom suggests you should really lay off that second helping of mashed potatoes and asks if you're "really wearing that" to the neighbors' annual holiday shindig; Grandpa showers you with expensive gifts so you'll like him better (since, naturally, in winning you over, Gramps scores points against your father in myriad 20-year-old arguments).

Of course, we must remember the true spirit of the holidays and love our family members despite their imperfections. Get in the mood for holiday happiness and cheer and attend the Glee Club's Christmas Concert or the Chorale's presentation of Handel's *Messiah*. Merry Christmas to all, and to all a good fight!

— *Cristin Fenzel*

lectures

• **Thu 30** "The Bronze Screen: 100 Years of Latino Image in Hollywood Cinema." Nancy DeLos Santo will lecture on her new documentary at 6:00 PM. A screening of the documentary will follow at 7:00 PM. ETS Theatre, McKenna Hall.

cinema

• **Thu 30** *Small Time Crooks*, 10:30 PM, 155 DeBartolo. *What Lies Beneath*, 10:30 PM, 101 DeBartolo.

• **Fri 01** and **Sat 02** *Small Time Crooks*, 8:00 PM, 155 DeBartolo. *What Lies Beneath*, 8:00 PM, 101 DeBartolo.

• **Mon 04** *Jaws*, 7:00 PM, Snite.

• **Tue 05** *Children of Heaven*, 9:00 PM, Montgomery Theater, LaFortune.

• **Thu 07** *A Christmas Story*, 10:30 PM, 155 DeBartolo. *The Art of War*, 10:30 PM, 101 DeBartolo.

• **Fri 08** and **Sat 09** *A Christmas Story*, 8:00 PM and 10:30 PM, 155 DeBartolo. *The Art of War*, 8:00 PM and 10:30 PM, 101 DeBartolo.

the arts

• **Thu 30** through **Sat 02** *The Comedy of Errors*, presented by the Not-So-Royal Shakespeare Company, 7:30 PM, Hesburgh Center Auditorium.

• **Sun 03** Notre Dame Jazz Band: Dimensions in Jazz, 3:00 PM, Band Building.

• **Wed 06** through **Fri 08** Notre Dame Chorale presents Handel's *Messiah*, 8:00 PM, Washington Hall.

• **Sat 09** Notre Dame Glee Club Christmas Concert, 6:00 PM and 8:30 PM, Stepan Center.

student life

• **Sat 02** Asian Allure, 7:30 PM, Washington Hall.

sports

• **Fri 01** Soccer: NCAA Women's College Cup Semifinals: ND vs. North Carolina, 5:00 PM PT or 7:30 PM PT, San Jose, Calif.

• **Sun 03** Soccer: NCAA Women's College Cup Final, 12:30 PM PT, San Jose, Calif.

• **Tue 05** Men's Basketball: ND vs. Indiana, 9:00 PM, Joyce.

• **Wed 06** Women's Basketball: ND vs. Villanova, 7:00 PM, Joyce.

• **Sat 09** Women's Basketball: ND vs. Purdue, Joyce.

• **Fri 08** and **Sat 09** Hockey: ND vs. Miami, 7:05 PM, Joyce.

• **Sat 09** Men's Basketball: ND vs. Miami of Ohio, 12:00 PM, Joyce.

G - O - L - F

by Noel B. O'Sullivan

When I was in high school, I played every sport. After graduation, I was drafted into the Army and served in Korea. I came out of the service as a sergeant but with little idea about what I wanted to do with the rest of my life. In fact, I felt a lot like the main character in a well-known nursery rhyme: the little old lady who lived in a shoe, who had so many children she didn't know what to do. My mother and father (God have mercy on their souls) gave me the good advice to go to college and do something I loved. So in 1956, I enrolled in the physical-education school at Notre Dame. During the late 1950s, the school, which was run within the College of Arts and Letters, was considered one of the best of its kind in the United States. We took classes in biology, anatomy and kinesiology. Some students became physical therapists and doctors, but the vast majority became P.E. teachers. I graduated in 1960 with a BS in physical education and was contracted to teach P.E. at Notre Dame in the fall of that year. I received my master's in physical education in 1961 and created my own ending to the nursery rhyme that I still tell to many of my classes:

There was an old lady who lived in a shoe
Who had so many children she didn't know what to do.

Of course, anyone who has taken one of my golf classes knows that I never refer to my favorite sport as just "golf."

O'Sullivan is an assistant professor of physical education. He has taught P.E. at Notre Dame for 41 years and plays G-O-L-F almost every day.

So she made them some bread and she sent them to bed/And then went to Kmart to buy them each a pair of Pro-Keds (athletic shoes, for those of you who don't know)/So they could go out the next day to play G-O-L-F!

Out of all the activities I've taught at Notre Dame, golf is my love. I became head coach of the men's golf team in 1974 and remained head coach until 1988. During this period, the team had 24 straight dual-match wins, and I was privileged to work with many outstanding student-athletes.

But teaching freshman golf classes has always been my favorite. I actually get to *play* in front of 33 students, on average, in each class. This past rotation, that added up to about 226 students. I help them learn the basics like putting, chipping, pitching and full swing with the driver, but I also teach mental focus and concentration on the game. See, lots of sports are checkers. Golf is chess. It requires mental strength. The great thing about it is that you don't have to be a

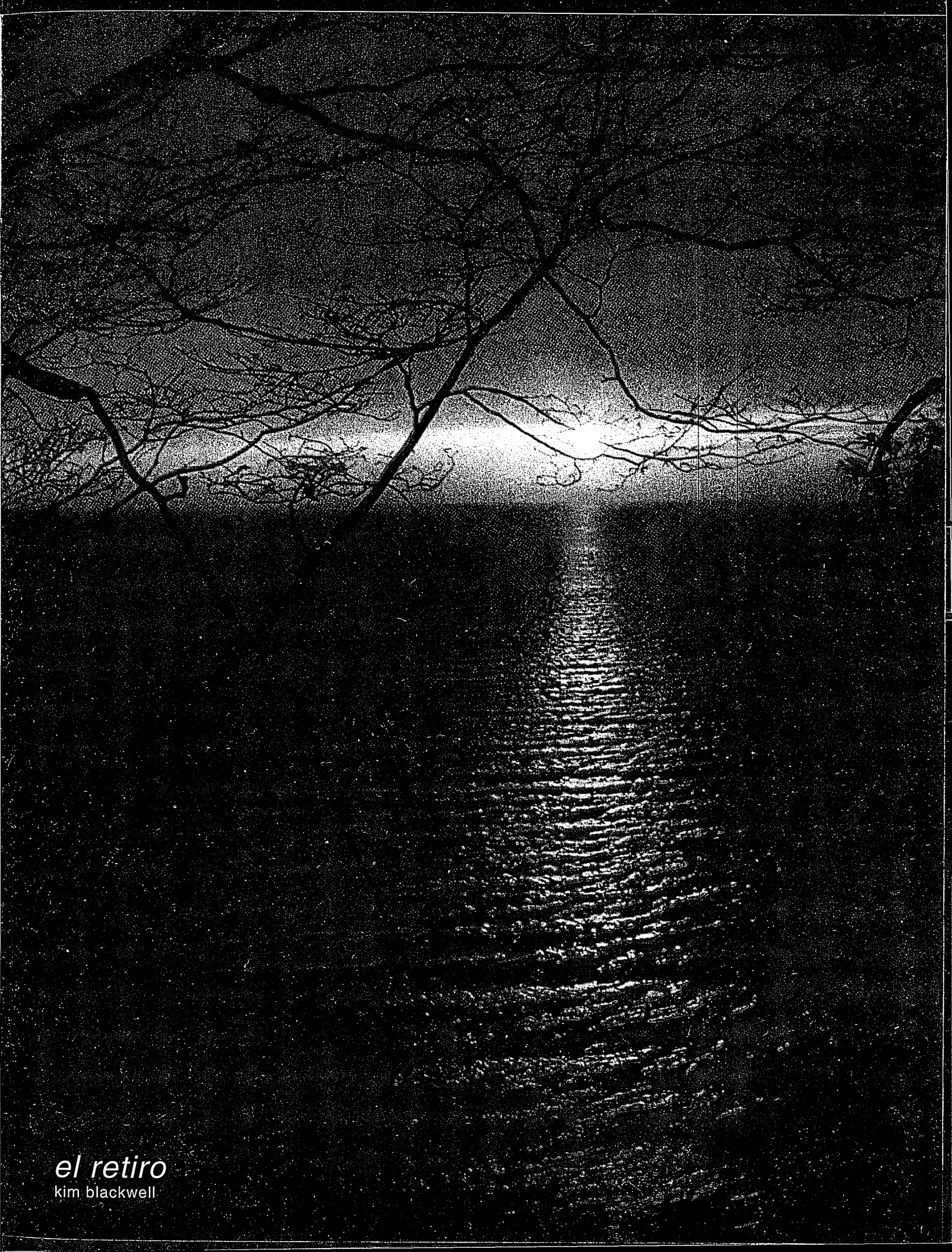
varsity athlete or have huge biceps to fall in love with the challenge of the game. Students can forget their cares, their tests and their papers and just devote their entire intellectual focus to the mechanics of swinging or the details of the course. Yet golf also has a wonderful social aspect to it, since you can have discussions as you travel from hole to hole. I'm convinced that more deals are struck between CEOs and other professionals on the golf course than in any meeting room.

Golf Fundamentals is also a fabulous venture into nature. Out on the practice field by Cedar Grove Cemetery from 8:30 in the morning until 3:00 in the afternoon, the students encounter bushy-tailed squirrels, moles, blackbirds and the "King of the Fairways," the golden hawk. The aerodynamics of the golden hawk are truly something to see. He can fly as low as the lowest branch on the pine trees and then swoop abruptly back up into the air.

On certain days, my classes remind me of *Caddyshack*. I can honestly say that in my career as a golf instructor, I have never had a student hit by a golf ball or club. But some do manage to hit the squirrels and groundhogs. In fact, during the September rotation this year, there was a flock of Canada geese on the adjacent fairway during class, digging for grubs. Nothing succeeded in moving them from their feast — except a few golf balls slicing in their direction. I bet when they finally did fly away, they went right back to Canada.

Of course, anyone who has taken one of my golf classes knows that I never refer to my favorite sport as just "golf." I started teaching G-O-L-F 25 years ago at a summer camp for six- to 10-year-old boys. I got the group of weary campers at the end of the day, after they had already had many hours of physical activity. Many of the young ones could not pronounce the word "golf" and would say "gulf" instead. So, to correct this (and to keep them awake), I began spelling out G-O-L-F. It quickly became a tradition: soon after I began this practice, every counselor was taking his group to play G-O-L-F with Coach O'Sullivan.

After a few weeks of learning fundamentals, rules and etiquette and playing a few holes, the students in my classes are ready for Warren and a lifelong activity that will bring them happiness and joy. I tell all of them to have fun with it. If any of you have problems with your games, don't hesitate to call me at the Pro Shop in the Rock. I'd be more than happy to give you a review lesson — but don't forget to bring your wallet. Happy G-O-L-Fing! □



el retiro
kim blackwell

In line for fun???
Let **SUB** help get you ahead.

November 30 & December 1, 2

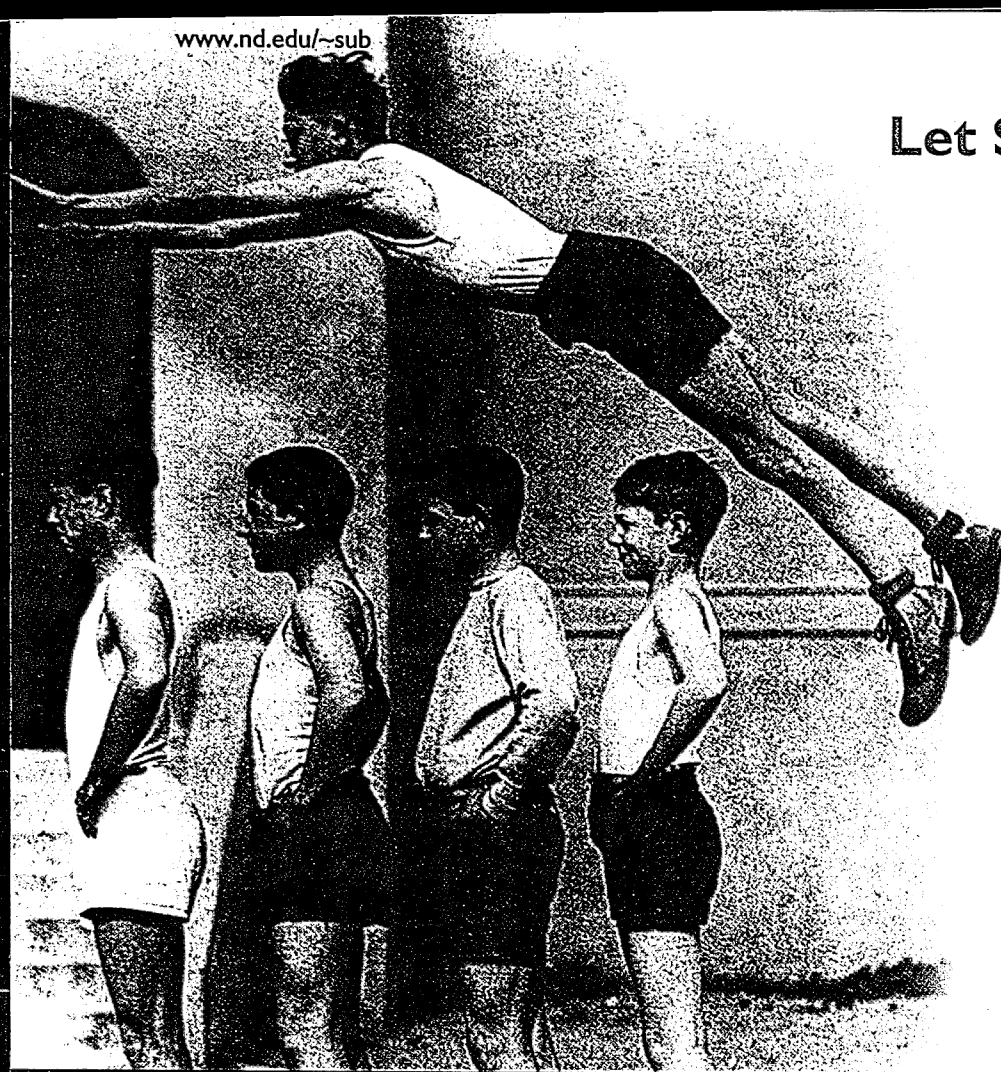
What Lies Beneath
DeBartolo 101
Thursday, 10.30pm
Friday and Saturday, 8pm and 10.30pm
cost \$2

November 30 & December 1, 2

Small Time Crooks
DeBartolo 101
Thursday, 10.30pm
Friday and Saturday, 8pm and 10.30pm
cost \$2

December 3

Michigan City Outlet Mall Bus Trip
Library Circle
depart Sunday, 9.45am
return Sunday, 5pm
cost \$2, tickets available at LaFun Info. Desk



What is your ^{voice} mind on?
^{poetry}

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