Process flaw stalls 'Shirt' decision

By TIM LOGAN

For the first time in its two-year history, the Student Senate last night rejected a Student Union motion.

Garrett Skiba, a sophomore on The Shirt committee, had been nominated to replace John Mans as coordinator of The Shirt project. Amid concerns that the nomination process was not open enough, Skiba failed to garner the two-thirds vote needed for approval.

The Senate must vote to approve many appointments from Student Union officials and normally does so with unanimous consent. Last night, however, there were concerns that other candidates were not fully considered.

All this came about after junior Michael Seeley addressed the Senate and explained that his interest in applying for the coordinator position was ignored and that he was given conflicting information by different people involved in the process.

"I came in student government looking to get involved," Seeley said. "In this case I was...

Saint Mary's senior crowned Miss Indiana

By MEGHAN DONAHUE

Once a young dreamer practicing how to walk in her mother's high heels, Pratima Yarlagadda is now a woman with a Miss Indiana USA title.

Yarlagadda never thought she would be the day when her family friends and fans flashed smiles as well as cameras in honor of her accomplishments.

But after long hours of training and dedication, Yarlagadda knew she was under the same spotlight when she crowned Miss Indiana at last weekend's pageant.

Win or lose, she wants the people to see more than just a tiara, sash and gown.

"All I want is for the audience to see the person I am. What I say and present is not a show," said Yarlagadda.

Yarlagadda is a 22-year-old senior communications major at Saint Mary's College. She plans to attend law school and wants to eventually have a supportive, loving family just like the one her parents provided for her in Shipshewana, Ind.

So, why communication?

"No matter what you do, you may look the part, but what good is it if you can't talk?" she noted.

Chicago reflects on obstacles

By SARAH MAGNEN

Feminist artist Judy Chicago provided an overview of her 35-year career and offered some explorations of her work during her lecture Wednesday night at Saint Mary's Carroll Auditorium.

Both artist and author, Chicago talked about some of the obstacles that impeded her progress.

"I felt stifled by the art system," said Chicago, who also noted that she lived in a pre-feminist movement society that could not imagine an artist and a woman as one person. Chicago's ideas of what art should be were always broader than the ideas of the elitist art world, she said.

Chicago said she remained true to her vision as she introduced a theme of female identity in her art. Such identity is evident in her works, "Pasadena Lifesavers" and "Fresco Fans.

Already breaking conventional themes of art, Chicago experienced with art media, such as using fireworks, and portrayed "in-your-face images" of male violence against women and menstruation.

Chicago challenged the absence of women with an active role through one of her main works. "The Dinner Party," featured many women's contributions to history, said, "They made none."

The six-year project reveals the history of western civilization in a woman's perspective. Chicago described the project as a philosophy, according to Chicago. "Feminism is a philosophy," according to Chicago, "that is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a politics," according to Chicago and "it is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a politics," according to Chicago. "It is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a philosophy," according to Chicago. "It is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a politics," according to Chicago. "It is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a philosophy," according to Chicago. "It is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a politics," according to Chicago. "It is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a philosophy," according to Chicago. "It is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.

"Feminism is a politics," according to Chicago. "It is also the understanding of the structure of power on the planet.

Chicago's Power Play examines and critiques how men deal with nature and their own power.
Just chuck it

What do airborne squids, projectile pigs, drunken 18th birthdays, warm beer and fresh (or fashionable) table dancers have to do with each other?

In 10 words we'll have it all sorted out. With the last Friday fish fry a few weeks back, I thought it was hilarious that we wouldn't be telling our kids how to make marshmallows. We'll be telling them we throw octopi and purple humpback whales in our soup. Follow students and clothsed rabbit, rectors and rec­
tresses. Not marshmallows.

But when someone gets hurt, it is the job of the administration to step in and prevent further injury. If they don't, they're neglecting their duties.

When we projected our projected out of the senior section, we went a little too far (that's what students often do) and the administration brought the proverbial smack down (as they often do).

The fate wasn't the fault of this kid member of the family. But with the freedom to drink underage comes responsibilities. Many kids were drunk and drunk to alcohol-poisoning levels. This is what we tell our kids from other schools, if you have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.

But with the freedom to drink underage comes responsibilities. Many kids drove drunk and drunk to alcohol-poisoning levels. This is what we tell our kids; they have a place anywhere, they don't even believe you.
Intuition is a powerful gift, and when people doubt it, they are most likely to be victims of violence, said Gavin de Becker, author of the best-selling novel, "The Gift of Fear."

Humans have intuition in order to protect themselves, de Becker explained. "[Intuition] is knowing why without knowing why," he said. "It is the best way for preventing violence. The opposite is denial, when people choose not to see the threat of violence."

Denial is often prevalent when people sense a threat of violence; they often say they had a feeling something was not right when they walked into an underground parking complex or when they started dating a certain man, de Becker said. "Let me tell you that denial is not just a river in Africa," de Becker said. Women in particular rely more on intuition than men and that is why it is important they not deny it, he said. "They rely on intuition more frequently in their day to day lives because they have to take precautions to protect their safety," he said. "Women live in a much different environment than men as prey."

De Becker offered an example of this intuition and a situation when the instinct is ignored. "We [humans] deny in a way no other animal would dream of," de Becker said. "If a woman is getting into an elevator and sees a man in the elevator and feels fear when she sees that man, she will still get in the elevator anyway."

The example of this woman is based on the tremendous reluctance in our society to be rude, he said. "Be rude, it's okay," de Becker said. "Predators will exploit politeness."

Learning how to say the word "no" is important to preventing violence, he said. "We have to teach young people that 'no' is a complete sentence," de Becker said. "Young women especially need to know that there is no reason to be nice when you reject." Many times, men refuse to hear when women say the word "no," he said. "When a man says 'no,' it is the end of a conversation, but when a woman says it, it is the beginning of a negotiation," de Becker said. In order to predict violence by trusting one's intuition, a person has to accept there is no mystery in human behavior, he said. "When we accept that killers look, act and dress like we do, we lose the denial," de Becker said.

"Society says women must rely on men to defend them. This may have made sense a million years ago, but it doesn't make much sense any more."

Gavin de Becker, Author, "The Gift of Fear"

However, de Becker said, it is important that a person makes it clear he or she is not afraid when in a situation with a possibility of violence. "A young woman who tightens up when a man enters the elevator is showing she is vulnerable," he said. "If she looks him in the eye and says 'good evening,' she is showing she wants to see how he responds and that she is not afraid." De Becker also warned women that society sends a message that women need men to protect and defend them and told them to disregard this. "The result of this patriarchal message is that women must avoid violence because they wouldn't know what to do if they found it," he said. "Women get more protection from alliances with other women, yet society says women must rely on men to defend them. This may have made sense a million years ago, but it doesn't make much sense anymore."

De Becker then addressed the young women in the audience. "I say that you are the generation to stop buying in to the myth of defenselessness."

Kroc broadcasts Nobel speeches

By ANNE MARIE MATTINGLY

Through a live satellite broadcast, Notre Dame students will be able to view a conference of nine Nobel Peace Prize laureates which will be held at the University of Virginia this weekend, according to Hal Culbertson, Director of Communications at the Kroc Institute.

"The University of Virginia is broadcasting all over North America live via satellite. We're recording re-broadcasting it," Culbertson said. "It's not there to be received for free."

He said the signal will be received in butterball Hall and sent to the Hesburgh Center for International Studies for viewing.

The conference, which will focus on "human rights conflict reconciliation," will feature several winners of the prize from as far back as 1962 according to a University of Virginia Web site.

"Nobel laureates travel and lecture, but usually individually. The idea was to bring them all together to talk about their ideas for promoting peace," said Culbertson.

Participants include, among others, Archbishop Desmond Tutu, who won the prize in 1984 for his work for justice in South Africa; the Dalai Lama of Tibet, who received the 1987 award for his continued advocacy of non-violent resistance to the Chinese occupation; and Jody Williams, the 1997 recipient who earned the prize for her work in the International Campaign to Ban Landmines.

Each laureate will deliver a 20 minute presentation to be followed by a panel discussion and question and answer period, according to the Web site.

Information on the laureates' presentations and conference schedules is available through the Kroc Institute or at http://www.virginia.edu/nobel.
Senators continued from page 1
ignored and misled." 

Sweeney said he spoke to Student Union treasurer T.J. Wolfe and his student senator, Matt Mamak, about getting involved in The Shirt project and about applying for the coordinator position, which will become available soon. Two weeks later, he heard that a new coordinator had already been nominated, and decided to come to the senate to complain about the process.

Maus said that Sweeney did not ask him about the process.

Wolfe and a number of senators defended the selection, but admitted that the process could have been improved.

"Things got misunderstood," Wolfe said. "The process needs to be fixed and I'm sorry ... but at the same time, I'm happy with what happened. I think Garrett will do a good job."

Skiba has worked on The Shirt committee for three semesters, and was recommended by Maus and approved by the Financial Management Board (FMB). Sweeney has no experience with The Shirt, nor was his interest in the position ignored and his application process not open to all those interested. In the end, the FMB's decision to approve Skiba's nomination, nine voted against it. This fell short of the two-thirds needed for approval.

"He's tainted," Sweeney said. "He's never heard [his] name," said Brian Phillips senator Basha Gertken, one of two senators on the FMB. She also added that Sweeney had no prior involvement and suggested that his only interest was in being coordinator of the project. Gertken supported the FMB's decision to approve Skiba's nomination.

"I do stand by Garrett's nomination," she said. "He's the most qualified."

There was no opposition expressed concerning Skiba's qualifications, and some senators hoped he would not be rejected because of the problems in the nomination system.

"We really have to look at the two separate issues here and make sure that we don't shoot down his nomination because were unsure about the experience," said Panther senator Susan Roberts.

Others disagreed with this, saying that because the application process was not open enough that anyone applying, the process should start again at the beginning.

"[Sweeney] was not given the opportunity," Maus said. "He's not that good at it, he doesn't want to apply for the position."

On an unusual roll call vote, 14 senators voted in favor of Skiba's nomination, nine voted against it. This fell short of the two-thirds needed for approval.

Maus expressed frustration with the senate's decision.

"Basically, I'm just fed up with this," he said, noting that this is the only time that The Shirt has received attention, positive or negative, in the last two years, despite grossing $200,000 for the Student Union.

He also cited Skiba's previous experience with the project as a strength.

"It took me an entire year to get my feet wet, to learn the process," he said. "Garrett is familiar with the process.

The FMB will meet to discuss options for selecting a new shirt coordinator, said Wolfe, but the process will be a difficult one because they have already approved a candidate, and now must continue the process.

The application process for this year is tainted," Wolfe said after the meeting. "We all want to be impartial, but after tonight it's hard to go back."

PROJECTILE continued from page 1
Some recommended listing the potential reprisals on students, while others recommended only having students listed agree to sign the forms. Potential punishments included a relocation of the office of Residence Life for disciplinary hearings, although none of these options were confirmed as being considered by the administration.

We should warn people of the consequences," said Fisher senator Phil Dittmar. "We should make sure that everyone knows, because if they know, they're less likely to do it."

Student body vice president Andrea Selak noted that the ticket distribution system is currently under review, and that one potential reprisal would be to solicit more student input in the changes.

Other senators hoped for more personal appeals.

"The most appropriate way to deal with this is to ask people to refrain from doing things that hurt people," said Pasquerilla East senator Stephany Foster.

A number of injuries were reported during half-time of Saturday's game, including one young girl sitting outside the student section who received lacerations on her face when she was hit by a frog.

Some senators didn't see an urgent need for senate action.

"It's not like we're catapulting sheep," said Zahm senator Spencer Stefko. "It's just people having fun. It shouldn't be leaving the senate section — that's the problem."

Others felt that a senate action might produce the wrong response, leading to further incidents.

"This could be funning the flames," said Morrissey senator Ryan Costantini. "We don't want people coming in angry and it being even worse."

The issue was sent to the Residence Life Committee for consideration, in the hopes that the senate can develop a response before the final home game on Nov. 21.

Pageant continued from page 1
that my hard work will pay off."

In the off-season, Varlagadda said she will work even harder as she fulfills her duties.

"I have been given numerous opportunities to meet people, give speeches, make appearances for organizations and to help out in hospitals," she said.

That kind of community service is something Varlagadda knows she will continue now and after her reign. She hopes that people will remember something more precious than the crown that was placed upon her head on Sunday.

Varlagadda, who has been influenced by the work of Eleanor Roosevelt, chose as her personal mantras something which helped put her on the path to Miss Indiana USA.

"The future belongs to those who believe in their dreams," she said, quoting Roosevelt. "Those who work to achieve their dreams do indeed hold a bright future."
Residents uphold right to mop topless

NEWPORT, Maine

One woman wants to mop her lawn topless. Her neighbor doesn't like it. Solution: let the voters decide. With a vote Tuesday of 775-283, Newport residents nixed plans for an ordinance to punish women for displaying their breasts in public, Debrae Davis, who is in her 30s, wanted to cut the grass without a shirt. Her neighbor, Mary Thompson, called authorities and complained. Topless lawn mowing, she said, was indecent. Besides, she warned, passing motorists might get distracted and cause an accident. The law in Maine prohibits the display of genitalia or the committing of sexual acts in public. But Town Manager Kenneth Knight noted that breasts are not genitalia, and lawn mowing not a sexual act. No crime here, he reasoned. So Thompson launched a petition drive to have the town's Board of Selectmen craft a law to stop topless lawn-mowing women. She rounded up 125 signatures to get the matter on Tuesday's ballot.

Marijuana declared legal for medicinal purposes

Sick people who smoke marijuana for pain relief said yesterday that newly-approved measures legalizing the drug for them in Alaska, Arizona, Nevada and Washington state are a great comfort. A fifth such proposition in Oregon led by a margin of 55 percent to 45 percent. That was with 32 percent of precincts reporting in the state where two years ago, 71 percent voted to ban the drug. "Most people think it's the smallest thing we've done. Actually, it's living in fear," said Stormy Ray, an Oregonian who smokes pot to control the symptoms of multiple sclerosis. "This will be such a great weight off so many shoulders." Oregonians pushed back another measure to criminalize marijuana, it trailed 67 percent to 33 percent in early returns.

Demonstrators protest fuel price increases

HARARE, Zimbabwe

Police fired tear gas and charged into crowds demonstrating yesterday in Harare. Tensions over fuel price increases erupted in the Zimbabwean capital of Harare. Demonstrators stoned passing cars and erected makeshift barricades, preventing access to many parts of the city. Industries were closed because workers failed to show up for duty. Reinforcements of riot police were seen heading through western Harare, where shop owners barricaded their stores and parked cars ran from stone-throwing bands of youths.

Hurricane victims desperate for aid

Honduras is not the only country suffering repercussions from Hurricane Mitch. In Nicaragua, the flooded Panamanian Highway is forcing residents to navigate the road on foot and in boats.

HONDURAS

Associated Press

TEGUCIGALPA

Unable to provide Hondurans such basics as gasoline, food and water, a government overwhelmed by Hurricane Mitch's destruction made an urgent appeal for international aid yesterday.

Across Central America, Hurricane Mitch has killed an estimated 9,000 people and destroyed roads leading to areas where authorities say thousands were still missing.

A revived Mitch was expected to hit South Florida on Thursday as a fast-moving tropical storm, bringing four to six inches of rain before heading toward the Bahamas. Mitch had sustained winds of 45 mph yesterday when it was 250 miles west of Cuba, producing rain and winds to the island. In Honduras, the largest cities have become virtual islands accessible only by air. The U.S. Air Force was helping Hondurans deliver aid to remote towns. Communications Minister Tomas Lozano said Honduras officials estimated their country's death toll at 7,000 on yesterday, though no one knew how many really died. Some 11,000 people officially were listed as missing.

As many as 1 million are homeless, said Col. Rene Oserio of the national emergency committee. "We really don't know what the numbers are. There are places we haven't reached yet," Oserio said.

Mitch hit the Honduran coast last week and parked itself there, dumping several feet of rain onto the poor nation before moving across the Yucatan Peninsula and into the Gulf of Mexico. It left behind a stunning wake of death and devastation across Central America.

"How do we continue, without food, without sleep?" said yolanda Morvelia Araya, 35, who has spent nights outside on a soggy mattress along the debris-strewn banks of the Choloteca River since flooding destroyed her family's home. "I don't know what to think. My mind needs help."

In neighboring Nicaragua, as many as 2,400 were believed dead. Stains there last week caused a crater lake atop the Casitas volcano to break open Friday and spill tons of mud onto villages along the slope.

Nicaraguan military spokesman Capt. Milton Sandoval warned that mines planted by guerrillas in the 1980s could be exposed in flooded areas. An estimated 100,000 mines were left behind.

El Salvador declared three days of national mourning for the 239 dead there. In Guatemala, 194 were reported dead and at least 77,900 had evacuated their homes. At least six people were killed in southern Mexico.

Bin Laden indicted in bombings

NEW YORK

Exiled Saudi millionaire Osama bin Laden was charged yesterday with masterminding the embassy bombings in East Africa and authorities offered a reward of $5 million for his capture.

A federal indictment charged bin Laden and Muhammad Atef, the military commander of bin Laden's alleged terrorist organization, with conspiracy in the Aug. 7 bombings at U.S. embassies in Nairobi, Kenya, and Dar es Salaam, Tanzania. Twelve Americans were among the 224 people killed.

The indictment portrayed bin Laden as the director of a powerful terrorist organization with roots in several countries. His influence even reached a Brooklyn office that provided aid to soldiers from the war in Afghanistan in the 1980s, it said.

The conspiracy charges filed in U.S. District Court in Manhattan alleged that the embassy attacks were the culmination of a terrorist campaign that had escalated since 1992.

U.S. Attorney Mary Jo White said bin Laden kept increasing his hateful rhetoric until February when he directed Muslims "to kill Americans anywhere in the world they can be found."

"In a greater sense, all of the citizens of the world are also victims whenever and wherever the cruel and cowardly acts of international terrorism strike," White said. "And it is up to the authorities of the world to respond vigorously and unrelentingly to such terror acts."

Lewis D. Bellino, assistant director in charge of the FBI's New York office, said the men were being tracked down by the largest contingent of agents his agency had ever sent abroad to investigate a crime. But he declined that everything the FBI could do along with the $5 million reward, the largest ever offered by the State Department, might not be enough to track down bin Laden, who is believed to be living in Afghanistan.

There's no doubt he has the resources to stay hidden," Schiillo said. If convicted, bin Laden and Atef could face the death penalty.

U.S. law provides for the trial in the United States of those charged in terror attacks against American citizens, even if carried out on foreign soil. Two other suspects in the bombings were sent to the United States because Kenya was wary that a trial in the African nation might inspire new terrorist assaults.
**COBA receives grant for program support**

By LAURA ROMPF

Cargill Inc. recently granted $100,000 toward the support of programs in the Notre Dame College of Business Administration. The donation is a component of the University's Generations' campaign, which has amassed $767 million to date since its inception in May of 1997.

Over the next two years, the grant will provide funds for the O'Hara Lectures in Business Ethics, a series which brings business executives to campus each fall to speak on issues affecting their work.

"This important grant supports business ethics, scholarly research and increased diversity in the student body — three of the University's principle interests," said University president Edward Malloy.

The new funds will also be used to establish the Cargill Faculty Program, which will support the summer research of selected business faculty members. Additional money will also go to the Cargill Diversity Scholarships, which are granted to senior minority students in the college's accounting and finance departments.

"We believe this contribution will help strengthen ties between Cargill and Notre Dame," said Robert Lempkins, Cargill vice chairman and chief financial officer.

"Our association with that O'Hara Lecture Series on Business Ethics is a perfect fit for our company's values and beliefs," added Lempkins, who is also a 1966 graduate of Notre Dame.

---

**FRANCE**

**Officer accused of Serb help**

**Associated Press**

PARIS

French officials sought Wednesday to distance themselves from a French officer accused of leaking details on threatened NATO airstrikes against Serbia.

Defense Minister Alain Richard said that France's sense of "relative calm" would only be verified on the ground, when it takes part in a NATO security mission in Kosovo.

Pierre Bunel, a 46-year-old French army officer posted in Brussels, Belgium, was arrested for allegedly supplying information to the Serb newspaper, the October stand over Kosovo, a province of southern Serbia, the dominant republic of Yugoslavia.

Western powers, led by the United States, threatened NATO airstrikes to force Yugoslav President Slobodan Milosevic to withdraw police and military forces in Kosovo, where separatists are seeking independence.

Judicial sources in France, who spoke on condition of anonymity, said Bunel allegedly gave Serbian officials a list of sites that NATO targeted for airstrikes.

Richard, speaking on the state-run TV channel, said the officer committed "treason," but he added that, working within the French delegation to NATO, Bunel would "never have had access to operational plans.

Foreign Minister Hubert Vedrine said the matter is "extremely regrettable" but does not impact France's role in NATO.

"What happened is in no way linked to our policies, which are totally clear," Vedrine told the LCI television channel. "And our partners are well aware of that.

---

**IRAQ**

**U.N. demands arms inspections**

**Associated Press**

The Security Council put the final touches today on a draft resolution that demands Iraq cooperate with international arms inspectors but threatens no force if Baghdad fails to comply.

The proposed resolution, which council members were expected to adopt Thursday, notes the council's willingness to discuss Baghdad's compliance with international arms inspectors but threatens no force if Baghdad fails to comply.

"We believe this contribution will help strengthen ties between Cargill and Notre Dame," said Robert Lempkins, Cargill vice chairman and chief financial officer.

"Our association with that O'Hara Lecture Series on Business Ethics is a perfect fit for our company's values and beliefs," added Lempkins, who is also a 1966 graduate of Notre Dame.

---

**NOTRE DAME PRESS**

**DIRTY BOOK SALE**

Clean up on scandalously low priced dirty, dusty, and otherwise damaged books. They're abused but totally readable!

Hesburgh Library Concourse
November 4 & 5, 1998
9:00 a.m. - 3:30 p.m.

Clothbound — $4.00
Paperbacks — $3.00

**20% OFF ALL NEW & RECENT TITLES!**
Congress approves economic reform

Associated Press

SAO PAULO - Brazil's president scored a crucial victory Wednesday when Congress approved a belt-tightening measure in a vote that the government had vowed to win in serious about economic reform.

Congress voted 343-125 to approve the measure, which will set a $1,000 monthly pension ceiling for retirees from the social security system. Any higher amount must come from private pension funds.

Congress still must vote on two related bills in a social security reform package that was introduced nearly three years ago. If approved, the reforms are expected to save $2.5 billion.

While the amount is barely enough to make a dent in Brazil's deficit, it would go a long way toward proving that Brazil's independent-minded Congress is serious about cutting the country's ballooning budget deficit of around $65 billion - 7 percent of the country's gross domestic product.

The vote helps the government measure its chances of getting Congress to approve fiscal austerity measures unveiled last week, analysts said.

Hyde had planned even before the election to wrap up the hearings quickly, and had recommended that witnesses like Ms. Lewinsky not be summoned to testify after having already given their accounts to a grand jury.

Before the conference call, Hyde issued a brief public statement that Tuesday's election results would not affect his plans for the inquiry. But

THE COMMITTEE CONTINUES TO HAVE A CLEAR CONSTITUTIONAL DUTY TO COMPLETE ITS WORK IN A FAIR AND EXPEDITIOUS MANNER.

H. R. H. "House Judiciary Committee Chairman"

House calls Starr for hearings

WASHINGTON

In a strategy designed to massage voters sent Republicans, House Judiciary Committee Chairman Henry Hyde told GOP members of his panel Wednesday he presently plans to call only prosecutor Kenneth Starr and witnesses at the impeachment hearings, House officials said.

Hyde met with his top investigators in his home state of Illinois, then told a conference call with Judiciary Committee Republicans in which he laid out a hearing schedule for an impeachment inquiry that would finish by year's end.

He told the panel members he planned to call Independent Counsel Starr to testify at a hearing on Nov. 19, according to House officials familiar with the conference call, who spoke on condition of anonymity.

Hyde also said he plans to call an expert on the meaning of testifying under oath to help the committee in deciding whether President Clinton committed perjury in his testimony about Monica Lewinsky as Starr has alleged, one official said the message.

But the chairman added during the call that he was leaving several open dates for other witnesses to possibly be called if members or his investigators request additional testimony.

Democrats have been pressing Hyde to call Starr as they continue to try to make the prosecutor's conduct an issue in the panel's inquiry into a presidential affair and alleged coverup.

Hyde also said he plans to call an expert on the meaning of testifying under oath to help the committee in deciding whether President Clinton committed perjury in his testimony about Monica Lewinsky as Starr has alleged, one official said the message.

But the chairman added during the call that he was leaving several open dates for other witnesses to possibly be called if members or his investigators request additional testimony.

Democrats have been pressing Hyde to call Starr as they continue to try to make the prosecutor's conduct an issue in the panel's inquiry into a presidential affair and alleged coverup. 

The hearing will come at the same time that House Republicans hold reorganization meetings that could result in leadership shakeups. Hyde was asked on the call whether any internal party wrangling would affect the inquiry. He said it would not, the officials said.

Hyde, in a written statement, took note of the election results but publicly stayed on the high ground. "The committee continues to have a clear constitutional duty to complete its work in a fair and expeditious manner. This was just as true before the election as it is today. Our duty has not changed because the Constitution has not changed," he said.

Currently, the hearings would encompass only allegations of perjury, obstruction of justice and witness tampering related to Clinton's concealment of his sexual relationship with Ms. Lewinsky.

However, Starr could soon send Congress additional information on potentially impeachable conduct, possibly on allegations that former White House aide Kathleen Willey of an improper sexual advance by Clinton. While the president has been impaneled in impeachment proceedings, Ms. Lewinsky, he has denied Willey's accusations.

Hyde said the committee should call Starr. "We've got to conclude this matter. The public wants Starr to wrap this matter up as well. It is critically important that if he has anything to send it over immediately."

Notre Dame's Campus-Wide Service Week

sponsored by Circle-K, co-sponsored by HOBY, Habitat for Humanity, and Recycle 'n Irish

Saturday, November 7

HOBY - 12 - 4:15 - make sack lunches for Center for the Homeless and watch the BC game

Sunday, November 8

Humane Society - free TBA - use those fingernail painting urges to good use and give this animal a fresh coat of paint! Habitat for Humanity - 8AM - 12:15PM - continue constructing this year's Home House - get to wear a tool belt

Monday, November 9

Chapin Street Clinic - time TBA - break out the packing boxes and get the Clinic ready for its big move

Holy Cross Living Center - 4 - 6:15 - one on one interaction with special needs adults

Tuesday, November 10

Hope Rescue Mission - 2 - 5:15 - use your painting skills to brighten up this center

Center for the Homeless - 3 - 5:15PM - get your hands dirty! - revitalize and improve this shelter

Wednesday, November 11

Thomas House - 3 - 5:15PM - upkeep of this unique house for ex-criminals Boys and Girls Club - 3:15 - 5:30PM - miss second - tutor and participate in various games with children

Thursday, November 12

Recycle 'n Irish - 4 - 6:15PM - check out ND's recycling system and separate recyclables (hard hats & pizza provided)! Boys and Girls Club - 3:15 - 5:30PM - see above

Friday, November 13

Park Clean-Up - 3 - 5:15PM - get into the autumn spirit and help beautify a neighborhood park

Saturday, November 14

Habitat for Humanity - 8AM - 12:00PM - see above NDN Clean-Up - time TBA - renovate crack houses in South Bend Logan Rec Saturday - 10:00AM - 12:00PM - pass the crayons - arts and crafts with the disabled

Transportation Provided

Projects Open to All Members of the Notre Dame Community

Sign-Ups:

Thursday, November 5 - 9 - 11PM LaForteine Friday, November 6 - 4 - 7PM North Dining Hall Saturday, November 7 - 5 - 7PM South Dining Hall

Space is limited! First come, first to serve! Questions? Contact Matt Banach x3807 or Aileen Barry x2674
Gingrich accepts responsibility for midterm elections

Associated Press

WASHINGTON

Blind-sided by midterm election setbacks, House Republicans talked Wednesday of quickly wrapping up impeachment proceedings against President Clinton and raised the prospect of challenges to Speaker Newt Gingrich or other party leaders.

"Look, I'm the speaker, so I'll take responsibility," Gingrich said at a morning-after news conference at home in Georgia as the names of potential challengers began to circulate. "We should probably have aggressively pushed cutting taxes and saving Social Security much harder than we did this year."

At the same time, the Georgia Republican spoke dismissively of any challenge to his own leadership.

"I think the people who normally are quoted in this are people who would in fact take the party to a narrower base with fewer members," he said.

House Democrats held a campaign-style pep rally at which people who would in fact take up House seats in a midterm election. Democratic Sen. Harry Reid's victory in a late, long-count in Nevada left the Senate where it stood before the balloting — 55 Republicans and 45 Democrats. Several statehouses changed hands across the country.

Like Gingrich, Senate Majority Leader Trent Lott acknowledged disappointment with the results, but said he expected no challenges to the leadership.

"I don't see it happening in the Senate," he said, although some GOP aides said Sen. Mitch McConnell of Kentucky, who chaired the campaign committee, might be challenged in his bid for a second term.

Clinton avoided any reference to impeachment in his comments to reporters. "If you look at all the results, they're clear and unambiguous: the American people want their business, their concerns, their children, their families, their future addressed," he said.

Among Republicans, the day after the elections brought unhappy political postmortems, even though, as Gingrich pointed out numerous times, the GOP will hold control of the House for three straight terms for the first time in seven decades. Aside from Gingrich, none of the other top leaders appeared in public during the day or returned phone calls.

Several Republicans, speaking on condition of anonymity, said Indiana Rep. David McIntosh's name had surfaced as a potential rival for Gingrich. McIntosh's spokesman declined comment, and the congressman, who has been an occasional irritant for the leadership in the past, did not return a phone call.

The Urban Plunge Seminar

The urban plunge program is a 48 hour course, which allows students to experience poverty and injustice in an urban setting...to date, over 3,000 students have participated in the urban plunge. As a participant, you will be able to choose from approximately 50 cities which host Notre Dame, Saint Mary's, and Holy Cross students. Some of these cities in the past have included: Albany, Atlanta, Baltimore, Boston,  Chicago, New Orleans,  Phoenix, Philadelphia, San Antonio, Seattle, and many more sites.

As a participant, you will join a 30 year tradition which has gained national attention and served as a model of experiential learning that has been adopted by numerous colleges and universities nationally. There will be an information session TONIGHT at 7:00 at the CSC and LeMars. For additional information, contact the Center for Social Concerns. 8:30-9:30 or visit our website: http://www.nd.edu/~cklurbanplunge

APPLICATION DEADLINE—FRIDAY, NOVEMBER 6

Lyons Hall Presents...

the 6th Annual

MARA FOX FUN RUN

2 mile run on Saturday, November 7 at 9:00 AM.

Meet on the Lyons Basketball Courts by 8:45 to register and pick up your t-shirt

...Run, walk, rollerblade, etc.

...Prizes awarded to top finishers and most spirited runners!

Sign up the day of the race for $12. The cost includes a long-sleeve t-shirt and breakfast after the run.

All proceeds collected will benefit the Mara Fox Scholarship awarded to a sophomore studying abroad in Spain.
Voter turnout low for midterm elections

Associated Press

WASHINGTON Citizen participation in this year’s midterm election was about 36 percent or 37 percent of the voting-age population, down slightly from 38.4 percent in 1994, analysts said Wednesday.

That is typical for most midterm elections since 1974. Analysts analyst Cortis Gans said his preliminary estimate of the 1998 turnout would range from 36 percent to 37 percent. The Voter News Service pegged turnout at an even 37 percent.

The final official result will not be available for weeks until all absentee and write-in ballots are certified.

"The decline that we’re seeing is more than people have so far represented but it is not at all uniform" across the 50 states, Gans said. "But there is an absolute decline in total numbers."

Voter turnout decreased in 37 states and increased in just 11 compared to 1994, he said.

"The states registering increases over the election four years ago are Alabama, Colorado, Georgia, Hawaii, Illinois, Louisiana, Maryland, Minnesota, North Carolina, South Carolina and Wisconsin," Gans said.

Iranians mark seizure of embassy

Associated Press

TEHRAN Iranians burned American flags and chanted "Death to America" Wednesday but the rally marking Iran’s seizure of the U.S. Embassy lacked the revolutionary fervor that spawned the takeover 19 years ago.

About 20,000 people — mostly school children and high school students given a day off for the rally — gathered outside the former U.S. Embassy for the annual demonstration.

But atmosphere among participants, most born since the takeover, was distinctly calm — gone was the anger and zeal that drove Islamic students to seize the embassy on Nov. 4, 1979, and hold 52 Americans hostage for 444 days.

Anti-American sentiment has been a cornerstone of Iranian policy. But the rhetoric has been losing edge since the election last year of President Mohammad Khatami, a moderate cleric who has encouraged ties with Americans.

Most demonstrators responded sporadically and indifferently to calls of "Death to America" from a speaker directing the show from behind a microphone on a platform.

Calls for "Death to Israel" got a more enthusiastic response instead.

Thousands of colorful fliers denouncing America and Israel were thrown into the air like confetti and children waved balloons printed with calls for Israel’s destruction.

A few listened as Mohsen Rezai, a hard-line leader and former army commander, criticized efforts to re-establish ties with the United States.

He said Iran should consider opening a dialogue with the U.S. government only when its president publicly apologizes to Iran.

U.S. officials, who have long accused Iran of supporting terrorism, softened their stand after Khatami’s victory and installed the former army commander, criticized efforts to re-establish ties with the United States.

What about the United States? The takeover of the embassy was a turning point in the 1979 Islamic Revolution that overthrew the pro-U.S. shah’s regime and installed the Shiite clerical government.

Hardly anyone in Iran will publicly criticize the seizure. Khatami defended it Wednesday.

Students Activities is now hiring:

Ballroom Monitor

primarily evenings and weekends

UPS Shipping Service Attendants

Shifts: 11am-6pm M-F
11am-2pm Saturdays

Applications available at the Student Activities Office
315 LaFortune

IN MOTION

Information is a moving target.

If you’re planning to trade valuable time and resources for a graduate degree in the growing new field, you need one that will keep you ahead of the curve.

A graduate degree from the University of Michigan’s School of Information prepares you to lead the future of information systems and services into the third digital age. And, our innovative doctoral program trains you for a research career in this fast-paced discipline.

School of Information
University of Michigan
734.763.2285

Graduate Studies in Information
www.si.umich.edu

INFORMATION

Candlelight Vigil at the Grotto

Thursday, November fifth at 8:00 p.m.

Come to remember Mara Fox and all those affected by

Drunk Driving
All Are Welcome

Sponsored by SADD

Alex Kotlowitz

The Other Side

A Story of Two Towns, A Death and America’s Dilemma

Free and Open to the Public

As part of the Andrews & McMeel Second Annual Conference on Summer Service Learning: Focus on Youth

The Observer • NEWS page 9
DooNESBURY

GARRY TRUDEAU

"What's he been smoking down there?"

My father has never asked this question out loud, but I suspect that the thought has crossed his mind more than once.

Michael C. Egan

A little over three years ago I took my designer-label bachelor's degree and traded it off for a round-trip ticket to Jamaica. Rather than landing a lucrative job through my powerful Notre Dame connections, I elected to spend the next two years as a member of the Notre Dame Volunteer Programme/Jamaica (NDVPJ). Specifically, I was to utilize my BS in Mathematics as a teacher at Alpha Academy in Kingston.

I engaged a ticket to Paradise, but that Paradise didn't come in the form of Kingston. In fact, my setting in Kingston often resembled hell. The windows and doorways of my house were overlaid with metal bars for protection. I was often the victim of theft. I spent sleepless nights ducking under my window as gun battles exploded outside.

Despite the occasional terror, my two years as a volunteer proved to be the best two years of my life. I loved teaching. For the first time since my Summer Service Project at Notre Dame, I found myself surviving relatively comfortably as I pursued an ideal. Obviously, my work at the school wasn't driven by dollar signs. Rather, it was driven by a love for my students and a desire to help them succeed.

Indeed, I worked so hard that I distinguished myself at the school. Parents, administrators, teachers and, especially, students loved me. My accomplishments at Alpha helped me land a spot at Harvard's Graduate School of Education.

I completed my master's degree in just over a year's time. My newfound connections at Harvard helped me land numerous teaching offers from prestigious private schools all over the world. I knew, however, that my Harvard degree wasn't as valuable as my Notre Dame degree, so I turned it in for a one-way ticket to Jamaica.

I am once again a lowly math teacher at Alpha Academy, with the added duty of directing the NDVPJ. I recognize that as I grow as a professional, my responsibilities as an educator also grow. During my second sojourn in Jamaica, I see myself as a social activist working for change rather than a teacher trying to help out in a school. I've become a bit of a voice in the public forum regarding the educational system in Jamaica. I am also implementing some pretty radical changes where I teach. In addition, I feel that the NDVPJ, which I direct, will provide teachers in the areas of greatest need. And, the NDVPJ teachers will receive training from me, so they will be engaging in a more innovative pedagogy than we were.

No, it wasn't ganja (marijuana) that inspired this risky career move. Nor was it some delusion that I would be able to come and change Jamaica for the better. While I do have access to some resources that may help the island, I realize that my primary reason for being here is to learn. I look at my daily work as further graduate study, and I'm finding this city to be more of an enlightening school than any other institution I've attended.

I listen to Bob Marley, look out my window, and see the world that this prophet is describing. I speak to some fast friends and learn more about the philosophy that inspired Bob. I witness with my own eyes the impact that a Catholic Church has had on this island. While only 6 percent of the island's residents are Catholic, the Church has a disproportionately large presence in education and social services. My housemate is a Jamaican woman who survived the mean streets of Kingston's Olympic Gardens and went on to earn a Master's Degree in Social Work at Columbia University. She, too, is a Catholic, I draw wisdom and support from other socially active, influential members of my Notre Dame family on the island. The greatest teachers I have, however, are my students. They motivate and inspire me every day.

Despite the many sources of personal uplift, Kingston remains a scary place to live. Riots and murders seem more and more prevalent. Respect for civil authority gets lower and lower. There is little to no political stability, and no one is really sure whether the corrupt government or the gun-toting "dons" downtown hold the support of the people. It takes a healthy dose of paranoia and a hooping spoonful of faith to survive down here.

As a Catholic educator, I strive to teach the message of survival everyday. The word "survival" hits much more close to home to me now that I live in Jamaica. Before I moved here, I never had to worry about surviving literally staying alive. In the U.S., we tend to be more concerned about issues of comfort and luxury. Here, however, just the basic necessities of life are the chief concern of many of my students. Even for myself, I find that an overwhelming percentage of my budget goes toward food and rent. I have little, if anything left over for clothes, medical supplies, entertainment, etc. I'm not canonizing myself, because I know that I'm still living better than over 50 percent of the world's population.

I believe that the most effective means of survival is that which Christ taught 2,000 years ago. Humans must love each other as brothers and sisters. My ideology may sound too simplistic, but as a Domer I've seen how far my "Notre Dame family" has carried me in my career. Can you imagine a world in which everyone treats each other in the spirit of mutual cooperation that Notre Dame alums tend to do? Take it a step further — can you imagine a world in which everyone treats each other as family? Jesus knew of such a world, and he pointed the way for us to reach it.

I believe that it takes a Jesus or a Moses or a Muhammad or a Buddha or a Haile Selassie to lead the people in the direction they need to go. If people are COMMITTED to a spiritual thought/deal/morality, then we will begin to take care of each other rather than kill each other. Educators in Jamaica with serious religious convictions are attempting to break down the mental chains that prevent Jamaicans from uniting under a common moral code. We stress the necessity of serving one another as a means of uplifting the entire community. Our work is urgent. If a revolution in thought does not occur, a revolution of bloodshed seems inevitable.

I am but one soldier in a holy war, a war that is being fought over the hearts and minds of Jamaica's next generation of leaders. A better society will come, but the Christian soldiers of Jamaica will have to work tirelessly toward the creation of the Promised Land. Like Moses, none of us can expect to see it in our own lifetime. I did trade in my worldly laurels for a ticket to Paradise — I just have to keep working my way there.

Michael C. Egan, ND '95, can be reached at mdegon@nd.edu with comments or questions. NDVPJ information is available at the Center for Social Concerns.

For A More Just And Humane World is a bi-weekly column sponsored by the Center for Social Concerns. The views expressed in this column are those of the author and not necessarily those of the Center for Social Concerns or The Observer.
Catholic Catechism does not Provide Excuse to Discriminate

David Freddoso, Sean Vinck and their cohorts would have us believe that opposition to the inclusion of sexual orientation in Notre Dame's non-discrimination clause and support for the administration's censorship of the Women's Resource Center are based upon "intellectual docility" toward Catholic doctrine and the need to safeguard the university's "identity as a Catholic institution" by ignoring Catholic doctrine that requires the avoidance of acts of unjust discrimination toward homosexuals. Nor have these alleged concerns prevented them from ignoring Catholic doctrine that requires respect for individual conscience. For example, proposition 1776 of the 1963 Catechism of the Catholic Church states: "Conscience is man's most secret core and his sanctuary." Proposition 1782 declares: "Man has the right to act in conscience and freedom so as personal to his own decisions. He must not be forced to act contrary to his conscience. Nor must he be prevented from acting according to his conscience...." Finally, proposition 1809 states as a rule explicitly applicable in every case that "charity always proceeds by way of respect for one's neighbor and his conscience." Nowhere are homosexuals denied the right to follow their own informed conscience. Nowhere is anyone exempted from the obligation to respect the informed conscience of homosexuals.

Now, Notre Dame's Catholic identity persists despite the presence of non-Catholics among its students, staff and faculty. Indeed, it persists despite official recognition of organizations formed by members of other religions. It has not been damaged by the presence of materials dealing with the pros and cons of abortion in its library. It would not be damaged by the presence of similar materials in the library and files of the Women's Resource Center. It has not been damaged by the inclusion of sexual orientation in its non-discrimination clause. It will not be damaged by the inclusion of sexual orientation in a non-discrimination clause. The truth of the matter is that in these current controversies it is Notre Dame's identity as a "university" rather than its Catholic identity that is at stake.

Nov. 4 marks the 29th anniversary of the appointment of Bayard Rustin as a member of Notre Dame's Board of Trustees. Rustin was a long-time civil rights organizer and activist who is regarded as one of the two architects of the famous civil disobedience movement of 1963 - "March on Washington," an anti-war activist who spent two years in prison because of his conscience and the Second World War, an active advocate for the rights of workers, for independence for India and the emerging African nations and for the establishment of Israel as a Jewish home — was not only Notre Dame's first African American trustee. He was also its first openly homosexual trustee. Throughout his life he faced discrimination because of both his race and his sexual orientation. As we approach the 30th anniversary of his appointment, is it too much to expect students to make it to kick-off instead of half time, and in a semi-coherent state? To refrain from raiding aquariums for game toasting objects so that others may have fun with marshmallow fights in the future?

Our stadium is where they are. It's like to be a football player. ("The stadium is where they live, and they wake in the mornings to the open arms of Touchdown Jesus.") The players are with each other,, strolling compassionately across campus in the moonlight, he pointed to the gleaming Dome and told me, confidentially, "That's where he lives."

"Who, Dillon?" "The Leprechaun." During halftime, as we pickle the Little Leprechaun bent over in the marshmallow, joyfully joining in a harmless, fun tradition, he pointed to the open arms of Touchdown Jesus and the gleaming Dome and the words, "That's where he lives." He pointed to the open arms of Touchdown Jesus and the gleaming Dome and the words, "That's where he lives."
Run, Dom

These days, it seems like everyone has joined the campus pound the pavement on the paths around Mary's. With a little help from Bob Glover's The Runners Club's Complete Book of Running, we can all benefit from our time spent outside!

### Nutrition

The key to successful running is, of course, eating a healthy and balanced diet. Long distance runners should also make sure to get enough of the following:

- **Water** — Simply put, if you're not hydrated, you won't get anywhere. The average sweat rate during running is about 12 to 1.5 quarts per hour. You can avoid dehydration by replenishing these fluids after your run and by continuing to drink enough water throughout the day. The general guideline is at least eight 8-ounce glasses of fluid a day and runners should drink at least 2 or 3 additional quarts daily. If you drink a lot of caffeine, which is a diuretic and causes dehydration, then you must drink even more fluids.

- **Carbohydrates** — It is suggested that runners make sure that carbohydrates compose at least 60 percent of their daily caloric intake. There are two different types of carbohydrates — simple carbohydrates and complex carbohydrates.
  - **Simple carbohydrates** — mainly sugars, provide quick energy because the body quickly converts them to glucose and absorbs them into the bloodstream. Soon after, however, a blood sugar low can decrease energy. Natural simple sugars can be found in fruits, juices, and vegetables. Refined sugars provide the same quick energy burst, but do not contain any vitamins or minerals.
  - **Complex carbohydrates** — these carbs take longer to provide energy because it takes the body longer to convert them into glucose, but because the body absorbs them slowly, they provide a steady energy supply. Complex carbohydrates can be found in pasta, cereal, bread and vegetables.

- **Protein** — Protein helps build muscles, strengthen bones and heal tissue injuries. Although runners do not need to consume excessive amounts of protein, they still must consume some. Good sources of protein include lean meat, fish, poultry, legumes, nuts, beans, whole grains and cereals, egg whites, low-fat milk, low-fat cheese and some vegetables. A lack of protein hurts performance and drains energy.

- **Fats** — Believe it or not, some amount of fat is important in any diet. Not only does it serve as a source of energy, but it helps with the absorption of vitamins A, D, E, and K. There are two types of fats — saturated and unsaturated. Saturated fats (the bad fats) come mostly from red meat, milk, butter and vegetable oils. Unsaturated fats (the better kind) come from olive oil, peanut oil, corn oil, sunflower oil and fish oil. Choosing leaner cuts of meat and reduced and low-fat dairy products and avoiding processed foods that have more than three grams of fat per 100 calories can help keep your fat intake at a healthy level. Immediately prior to running or racing it is suggested that you avoid fats altogether since the body takes longer to digest them.

### Choosing the right pair of shoes

Runnings shoes are the only piece of equipment you really need to run. Choosing the right pair is important to prevent injury. When choosing your shoes, keep in mind how much mileage you'll be doing, what size feels most comfortable and how you place your foot when you run (heel first or the ball of your foot first). Try on both shoes of the pair and walk around in them. Check for cushioning, flexibility and weight (are they too heavy?). When you find a pair that feels right, buy it. Don't worry about the latest fashion or fads. If your feet are hitting the ground in bad shoes that look good, they won't help you out at all.

### Bob Glover's Beginning Runner's Program

<table>
<thead>
<tr>
<th>Week</th>
<th>Run 1 minute, Walk 2 minutes. Repeat 7 times.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>Run 2 minutes, Walk 2 minutes. Repeat 5 times.</td>
</tr>
<tr>
<td>Week 3</td>
<td>Run 3 minutes, Walk 2 minutes. Repeat 4 times.</td>
</tr>
<tr>
<td>Week 4</td>
<td>Run 4 minutes, Walk 2 minutes. Repeat 3 times.</td>
</tr>
<tr>
<td>Week 5</td>
<td>Run 6 minutes, Walk 1 1/2 minutes. Repeat 3 times.</td>
</tr>
<tr>
<td>Week 6</td>
<td>Run 8 minutes, Walk 1 1/2 minutes. Repeat 2 times.</td>
</tr>
<tr>
<td>Week 7</td>
<td>Run 10 minutes, Walk 1 1/2 minutes. Repeat 2 times.</td>
</tr>
<tr>
<td>Week 8</td>
<td>Run 12 minutes, Walk 1 minute, Run 5 minutes.</td>
</tr>
<tr>
<td>Week 9</td>
<td>Run 15 minutes, Walk 1 minute, Run 5 minutes.</td>
</tr>
<tr>
<td>Week 10</td>
<td>Run 20 minutes nonstop.</td>
</tr>
</tbody>
</table>

program courtesy of The Runner's Handbook
Cross-Training

Running provides a great work-out, but not a complete work-out. Cross-training helps improve total fitness and also helps work-out those muscles necessary to improve your running. Further, it is extremely helpful when recovering from injuries or on the days following long runs.

If you want to increase fitness in:

- **Upper body** — try swimming, racetracking, cross-country skiing, rowing, or deep-water running.
- **Quadiceps** — try biking, racetracking, cross-country skiing, rowing, swimming, stair climbing, skating or deep-water running.
- **Ankles** — try swimming or deep water running.
- **Buttocks** — try racetracking, cross-country skiing, rowing, or swimming.
- **Abdominals** — try racetracking, cross-country skiing, rowing, swimming or deep-water running.
- **Hips** — try biking, racetracking or cross-country skiing.
- **Lower back** — try swimming or rowing.
- **Shins** — try biking.

Treadmill Running

Treadmills might seem like the perfect option for some runners. When you run on a treadmill, there’s no rain, snow, cold or hills. You can keep water nearby and increase or decrease your speed as much as you want.

Running on a treadmill, however, is a lot different from running outside and actually requires less effort since there is no air resistance and less braking action when your foot strikes. On a treadmill, you might feel like you’re running much faster than you do outside. In order to monitor your pace, it is best to monitor your heart rate and not the computer on the treadmill. Also, treadmill runners should be careful not to lean too far forward to keep up with the moving belt.

Grete Waitz’s Beginning Runner’s Program

**Week 1** — on three days jog/walk 1/2 MILE segments, for 1 MILE.
**Week 2** — on three days jog/walk 1/2 MILE segments for 1 1/4 MILES.
**Week 3** — on three days jog/walk segments of 200 and 400-YARDS for 1 1/2 MILES.
**Week 4** — on three days jog/walk segments between 1/4-1/2 MILES for 1 3/4 MILES.
**Week 5** — Day 1: 1/2 MILE JOG, 1/4 MILE WALK, 1/2 MILE JOG, 1/4 MILE WALK, 1/2 MILE JOG.
Day 2: 3/4 MILE JOG, 1/2 MILE WALK, 3/4 MILE JOG.
Day 3: 1 MILE JOG.
**Week 6** — Day 1: 1 MILE JOG, 1/2 MILE WALK, 3/4 MILE JOG, 1/4 MILE WALK, 1/2 MILE JOG.
Day 2: 1 MILE JOG, 1/4 MILE WALK, 1 MILE JOG.
Day 3: 1 1/4 MILE JOG.
**Week 7** — on three days jog 2 1/2 MILES.
**Week 8** — on three days jog 2 1/2 MILES.
**Week 9** — on three days jog 3 MILES.
**Week 10** — on three days jog 3 1/4 MILES (5K).

Everyday, for an instant as brief as an eye blink, my world consists of a single stop sign. It looms up in front of me as I sprint the final yards with my right hand, open and the palm facing out. Everything slows down as I go ag down until I look up at my watch and I feel like I will never reach the stop sign—like its moving further away with every pounding step that I take towards it and it will always remain just beyond the tips of my touching fingers.

Until, THUNK.

An open-palmed, resounding slap against the metal sign and it is over. The world rushes back. I hear the cars driving by me on the road and feel the twinges of complaint from my leg muscles, I am tired. I am sweaty. I am positive that I can run faster than I ever have in my life — a world record at the very least.

My watch, however, tells a different story. In a tiny, nagging voice it reminds me that I am not a speed demon, not a racer, not anything overwhelmingly impressive. I’m just an average, get-out-there-everyday kind of runner.

As my heart rate slows and I lean down to stretch, it whispers to me. You are not a real runner.

Except I have earned the right to call myself a real runner. I have run fun runs and 5K races, I have run alone and with friends, during the day and at night. I have run in all seasons through the rain, the snow and the cold. I have cried through injuries while sitting on the couch and I have run when I didn’t want to — when I felt too tired or sore or had better things to do. I have stopped in the middle of long runs, spilt in the street and talked myself out of turning around to walk home.

And I have enjoyed every minute of it — even the painful ones.

For me, running has become a time everyday when I can escape reality. A time when classes, exams, papers, work and the details of my daily routine slip away and life becomes as simple as my feet pounding the pavement, my lungs sucking in air and my heart pounding out its rhythm. A time when the boundaries and limitations of the real world disappear. It’s nothing too complicated or complex. I’m just running because I can.

At the end, then, it shouldn’t matter what my watch or the nagging voice that accompanies it says to me. When my palm slaps the stop sign, all that should matter is the fact that I finished again.

But as the world rushes back to me, its boundaries and limitations creep back too. I look at my watch to judge my performance and I almost let the nagging voice convince that I might as well quit.

Almost.

And then I remember how it feels to have the wind at my back and an open road in front of me. How it feels to have the noise of the real world fade away. How it feels to run alone around the lakes in the fall with the leaves crunching beneath my feet. How it feels to run with my friends, talking or not talking, just sharing the time together. How good it feels to finish when it burns and how good it feels to run forever when I can.

I remember how much I love running and once I remember that it doesn’t matter at what the watch says to me.

I don’t really know what makes a real runner. Maybe the time on the watch means nothing. Maybe anyone who can’t win races or set personal records should just give up, but I don’t think so. I think real runners love running. Simple as that.

So, hats off to all you runners who love to do it, no matter how fast or slow you may go. I’m sure someday I’ll see you out there around the lakes or around campus. Just make sure you wave to me when you pass by.

The views expressed in the Scene Through Our Eyes column are those of the author and not necessarily those of The Observer.
The Canadien went ahead 3-1 with 3:28 left in the game as Martin Rucinsky scored his 25th goal of the season, coming across the slot 38 seconds after Montreal killed off a 2-man advantage with the man power play. Danuphosse closed out the scoring with an empty-net goal to make it 4-1.

Lightning Captains 2

Wendel Clark scored two goals as the Tampa Bay beat Washington 5-2 Wednesday night, extending the Capitals' winless streak to five games. Daren Pappage made 34 saves to get the win. The Lightning have now record of 4-3-0 since the start of December.

Bears, Nightlife! Departs From

Rangers' scoring problems continue as they have 16 goals in 12 games this season — second worst to the league to the Chicago Blackhawks who have 16 in 10 games. The Rangers' scoring problems have sparked rumors about a trade for a scorer.

New York is 3-2-3 in its last eight games after losing for the second straight night. The Canadians, who have outscored the Rangers 11-2 in the last four games, stopped a four-game winless stretch for New York.

Corso gave the Canadians a 1-0 lead at 3:41 of the first when his shot from the point hit the left goalie turned the off net goalie in front of him who had come out high and only got a piece of the puck. The Lightning scored at 7:36 on MacLean's shot from the left and McCooney's shot from the goal line by goaltender Jose Theodore's stick after he had tangled with the Rangers' Kevin Stevens. Washington had a chance on a power play, Recchi beat a screened Richter from the right side at 9:33 to put a 2-0 lead on the Lightning.

Diapered on a 2-man advantage, Koval and Nazarov responded with a goal on a 2-0 lead when Clark scored his seventh goal of the season on a wrist shot from between the circles with 1:05 left in the first period. Bellows and Nazarov traded shots in a goal a game early in the second period. Bellows got his first goal of the season off a rebound from Juneau at 1:07, but Nazarov responded with a shot that bounced in off a Washington defender for his second and a 2-1 lead.

Kelly scored on a rebound of Cory Cross' hard shot from the left point at 11:21, giving Tampa a two-goal cushion that stood until Juneau's power play goal at 15:12 left in the period.

Scottie Bowman held a two-man advantage, Juneau fired a slap shot past Pappage from the left circle for his 12th goal of the season with an empty-net goal at 5-3 early in the third period. His shot hit the structure of the net.

Rafael Kolzig and roller over the Lightning and stopped an attempt to block it. Langkow had an empty-net goal with seven seconds left.

Maple Leafs 3 Avalanche 0

Curtis Joseph got his first shutout of the season and first this season against the Avalanche. Colorado Avalanche was the Toronto Maple Leafs 3-0 Wednesday night.

Steve Sullivan, Mats Sundin and Steve Thomas scored for the Maple Leafs, who ended a three-game skid. Joseph, who played for St. Louis and Edmonton before signing with Toronto this season, stopped 24 shots for his fifth shutout of the season. He had been 0-11-1 against the Avalanche in the regular season.

The Maple Leafs scored all their goals in the second period to beat Colorado in Toronto for the first time since Jan. 6, 1990. Patrick Roy made 25 saves for the Avalanche, who fell to 3-7-1.

The Leafs went ahead 1-0 when Roy's shoulder at 2:29 to open the sixth period. Ray Whitney and Niedermayer notched assists.

Chicago's Tony Amonte scored a third-period goal, his seventh, to forge a 1-1 tie at 6:09 of the third. With the two teams in their system in use, there were six roughing penalties and two yellow cards.

The Leafs won despite going 0-for-4 on power plays, went 16 this season. The Blackhawks, who are ranked last in the NHL in power play, went 0-for-6 Friday and are now 0-for-16 this season.

sports

The Canadian Press

Reeci scores as Canadians down Rangers

The Observer / SPORTS
Thursday, November 5, 1998

Mark Recchi scored the tiebreaking goal as another on another as the Montreal Canadiens beat the 9th-stunned New York Rangers 4-1 Wednesday night.

Shane Corson, Martin Rucinsky and Vincent Damphousse also scored for Montreal. John MacLean got the only goal for the Rangers, who have 16 goals in their last four games. The Canadiens have just six goals in 12 games this season — second worst in the league to the Chicago Blackhawks, who have 16 in 10 games.

The Rangers' scoring problems have sparked rumors about a trade for a scorer.

New York is 3-2-3 in its last eight games after losing for the second straight night. The Canadians, who have outscored the Rangers 11-2 in the last four games, stopped a four-game winless stretch for New York.

Corso gave the Canadians a 1-0 lead at 3:41 of the first when his shot from the point hit the left goalie turned the off net goalie in front of him who had come out high and only got a piece of the puck. The Lightning scored at 7:36 on MacLean's shot from the left and McCooney's shot from the goal line by goaltender Jose Theodore's stick after he had tangled with the Rangers' Kevin Stevens. Washington had a chance on a power play, Recchi beat a screened Richter from the right side at 9:33 to put a 2-0 lead on the Lightning.

Diapered on a 2-man advantage, Koval and Nazarov responded with a goal on a 2-0 lead when Clark scored his seventh goal of the season on a wrist shot from between the circles with 1:05 left in the first period. Bellows and Nazarov traded shots in a goal a game early in the second period. Bellows got his first goal of the season off a rebound from Juneau at 1:07, but Nazarov responded with a shot that bounced in off a Washington defender for his second and a 2-1 lead.

Kelly scored on a rebound of Cory Cross' hard shot from the left point at 11:21, giving Tampa a two-goal cushion that stood until Juneau's power play goal at 15:12 left in the period.

Scottie Bowman held a two-man advantage, Juneau fired a slap shot past Pappage from the left circle for his 12th goal of the season with an empty-net goal at 5-3 early in the third period. His shot hit the structure of the net.

Rafael Kolzig and roller over the Lightning and stopped an attempt to block it. Langkow had an empty-net goal with seven seconds left.

Maple Leafs 3 Avalanche 0

Curtis Joseph got his first shutout of the season and first this season against the Avalanche. Colorado Avalanche was the Toronto Maple Leafs 3-0 Wednesday night.

Steve Sullivan, Mats Sundin and Steve Thomas scored for the Maple Leafs, who ended a three-game skid. Joseph, who played for St. Louis and Edmonton before signing with Toronto this season, stopped 24 shots for his fifth shutout of the season. He had been 0-11-1 against the Avalanche in the regular season.

The Maple Leafs scored all their goals in the second period to beat Colorado in Toronto for the first time since Jan. 6, 1990. Patrick Roy made 25 saves for the Avalanche, who fell to 3-7-1.

The Leafs went ahead 1-0 when Roy's shoulder at 2:29 to open the sixth period. Ray Whitney and Niedermayer notched assists.

Chicago's Tony Amonte scored a third-period goal, his seventh, to forge a 1-1 tie at 6:09 of the third. With the two teams in their system in use, there were six roughing penalties and two yellow cards.

The Leafs won despite going 0-for-4 on power plays, went 16 this season. The Blackhawks, who are ranked last in the NHL in power play, went 0-for-6 Friday and are now 0-for-16 this season.

The Observer reserves the right to edit all classifieds for content without issuing refunds. The charge is 3 cents per character per day, including all spaces. The Observer reserves the right to edit all classifieds for content without issuing refunds. The charge is 3 cents per character per day, including all spaces.
STUDENT UNION BOARD

Movie: Something About Mary.
11/06. Friday. Cushing Auditorium. 0800PM & 1030PM.
11/07. Saturday. Cushing Auditorium. 0800PM & 1030PM.

Acousticafe.
11/05. Thursday. LaFortune Huddle. 0900PM-1200AM.
Video Dance Party.
First Fridays with OMSA.
11/04. Friday. LaFortune ND Room. 1200PM-0130PM. Free.

3rd Eye Blind & EVE6.
11/11. Wednesday. Stepan. 0800PM.

HPC (HALL PRESIDENTS' COUNCIL)

Formals for Friday, 11/06:
*Howard/Sorin (at Senior Bar).
*PW.
Lyons Hall Mara Fox Fun Run.
11/05. Thursday. Lafortune Huddle. 0900AM. $10 in advance, $12 day of.
Formals for Saturday, 11/07:
*Cavanaugh/Keenan (at College Football Hall of Fame).
*Lewis.

CCC (CLUB COORDINATION COUNCIL)

BSU Meeting.
11/08. Sunday. CSC. 0300PM-0400PM.

Mu Alpha Theta (Guest speaker Logician, Professor Julia Knight).
11/09. Monday. 226 CCMB. 0530PM-0700PM.

Pre-Law Society: Meeting & speaker on networking and alumni relations.
11/09. Monday. 138 DBRT. 0700PM.

Education Club General Meeting.
11/09. Monday. 239 Madeleva (SMC). 0530PM.

Veteran Women Boxers: Meeting.
11/10. Tuesday. Boxing Room. 0700PM. Re: fall fundraiser, yearbook photos, spring season.

CLASS OF 2000

Taco Bell Class Dinner.

CLASS OF 2001

Karoke Night.
11/05. Thursday. Reckers. 0800PM-1100PM.

Sophomore Showcase Talent Snow Tryouts.
11/08. Sunday. Walsh Hall. 0200PM-0600PM.

Blood Drive.
11/10-11/11. Tues-Wednesday. LaFun Ballroom. 0900AM-0330PM. Sign up in dorm.

STUDENT GOVERNMENT

Academic Pride Week Faculty-Student Lunch (cont).

Academic Pride Week Faculty-Student Lunch (cont).
11/06. Friday. Hospitality Room of SDH. 1200PM-0100PM. Eat With Your College: Today=College of Science, Engineering & Architecture.

MISCELLANEOUS/CAMPUS-WIDE

Dept of Music: ND Symphony Orchestra Fall Concert.
11/05. Thursday. Washington Hall. 0800PM.

Dept of Music: Mozartean Players.
11/08. Sunday. Annenberg Auditorium. 0200PM. $3.00-$10.00.

Happy Veteran's Day!

Dept of Music: ND Chorale Fall Concert.
11/11. Wednesday. Basilia. 0800PM.
Flutie named Bills’ starting QB for Miami week

Associated Press

ORCHARD PARK, N.Y. — Doug Flutie has the job — he is the starting quarterback of the Buffalo Bills. “I know the question; the answer is Doug Flutie,” Bills coach Wade Phillips said today.

He added that injured Rob Johnson is now the No. 2 quarterback. “Rob will be working his way back as he can,” Phillips said. “He’s really not worn on me physically — I can still run and cover and all that stuff — but it does start to wear down on you.”

Flutie earns an annual $1.5 million, 5-year contract. Phillips said he explained the situation to both quarterbacks and Johnson was handling it well.

“Doug showed a lot of maturity that I wasn’t sure he had,” said Joe Paton said. “You know you’re going to be able to fight with Darrell Green. He’s the oldest guy on this team, and he’s still doing his thing. He’s sacrificing his body, which is not much of a body. He’s a leader, in every way possible.”

During the losing streak, Green showed a improbable five-year contract at the age of 37, then showed up with his team at the press conference wearing T-shirts that proclaimed, “Darrell Green, Pro Bowl 2000.”

This is a man who drove six-hour round trips to Lawrenceville, Va., during the spring to finish the credits he needed to get his long-overdue college diploma. Why? Because, for all these years, he’s had a nagging feeling of hypocrisy for preaching the value of education to young kids while his own schooling remained incomplete.

And this is a man who arrived home Friday night from a charity event at the Ronald McDonald House, found his 9-year-old son violently ill, took him to the hospital and stayed up all night with him — yet still showed up Saturday morning for team meetings and practice. This was the same practice Michael Westbrook missed, claiming sickness, resulting in a one-game benching for the receiver and a $4,000 fine. “He definitely means a lot to this team,” said guard Joe Paton. “You know you’re going to be able to fight with Darrell Green. He’s the tallest guy on this team, and he’s still doing his thing. He’s sacrificing his body, which is not much of a body. He’s a leader, in every way possible.”

“Doug is serious as he speaks, but not somber. Somber isn’t his game. He’s probably the best player in the league this season — the only starter who yet still is growing, who’s maturing,” said the 38-year-old Green, the oldest starter ever to start at corner in the NFL, said Wednesday. “I’m not saying I’m going to retire. I don’t know what will happen.”

Hearing such words from Green, a man who’s earned his living hitting the Reds skin’s 1-7 record. The 16-year veteran is still lightning fast and is having another great season — the only starter last winter even among Foxborough. “I’m not saying I’m going to retire,” Green said.

“I’m saying I’m going to do what it takes. Asking me about finishing the seasonRemaining incomplete. “Usually a beacon of insatiable optimism, Darrell Green is serious as he speaks, but not somber. Somber isn’t his game. He’s probably the best player in the league this season — the only starter who still is growing, who’s maturing,” said the 38-year-old Green, the oldest starter ever to start at corner in the NFL, said Wednesday. “I’m not saying I’m going to retire. I don’t know what will happen.”

Hearing such words from Green, a man who’s earned his living hitting the Reds skin’s 1-7 record. The 16-year veteran is still lightning fast and is having another great season — the only starter last winter even among Foxborough. “I’m not saying I’m going to retire,” Green said.

“I’m saying I’m going to do what it takes. Asking me about finishing the season...
Alliance for Catholic Education

TIRED OF GETTING HOMEWORK?
THEN GIVE SOME!

Be a teacher and experience:

- Master-level Teacher Preparation
- Community Life
- Spiritual Development

Informational meeting:

Thursday, November 12th, 7:00 pm
in the Hesburgh Library Auditorium.
Any Questions? Call the ACE Office at 631-7052.
The NBA lockout may be the ABL's lockout.

Hollis Miles, who has four-time Olympic medalist Teresa Edwards, quadruple-double artist Debbie Black and slam-dunking Sylvia Crawley?

The ABL opens its third season Thursday when the Philadelphia Rage play at the New England Blizzard. On Friday, Scottie Pippen will be on the court in Chicago, only to be joined by two new ABL franchises — the Nashville Noise and Chicago Eagles.

NBA players have been practicing with the Condors, the latest addition to the nine-team league. With NBA games wiped out for November, $400 pots hope basketball fans turn their attention to the ABL.

"That's a unique opportunity for us, not worrying about the controversy of the NBA," said Edwards of the Philadelphia Rage. "I think we're definitely going to take advantage of the lockout as we did last year when Yolanda Griffith was with the Chicago Screamin' Devils.

Gary Cawvill, the league's co-founder who is currently with Fox Sports Net to increase ABL coverage during the lockout. The ABL is a hit with regional games in six of nine ABL cities — Chicago, Seattle, Portland, Philadelphia, Denver and Dallas.

The league needs the additional exposure. Only 14 of 44 games this season have been televised, including games in Seattle, Denver, Portland, Philadelphia, Dallas and Seattle.

The league needs the additional exposure. Only 14 of 44 games this season have been televised, including games in Seattle, Denver, Portland, Philadelphia, Dallas and Seattle.

"It's our opportunity to reach a national market for what we're doing," Edwards said.

But not everyone in the Condors, the latest entrant to the nine-team league, is taking it lightly.

"I'm not worried about the Condors," said Edwards. "I'm worrying about the Nashvilles and Pipers on the court in Chicago, only to be joined by two new ABL franchises — the Nashville Noise and Chicago Eagles.

While much of the talk has been about the rest of the season and possible Rose Bowl appearance on the horizon, McMahon has not overlooked this week's game against Boston College.

"We have our hands full with Boston College right now, that's as far as we need to look," said McMahon. "It's a situation where they're a very experienced team with great personnel, but we're a very excellent offense with great personnel and a lot of guys to focus on and be able to control and hopefully play a good game.

The Observer is looking for some­one who is skilled at programming and scripting for the Mac to assist in the development of the Observer's website. This is a paid position.

If interested please contact Jenn at 271-9415, or leave a note in the

The Web Administrator mailbox at the Observer Offices (basement of South Dining Hall)
Brad Hardin and the Irish men's golf team struggled to slip three holes behind the host school Georgetown in Sunday's Big East Conference championship final-round action, at the par-71, 6,416-yard TPC Avenel Course.

Georgetown entered the day with a nine-stroke cushion on three-time defending Big East champion Notre Dame but the Irish quickly erased the deficit thanks to a strong front nine. But poor finishes by Notre Dame's top-two golfers left the Irish with a 617 total (312-305) and in a tie with St. John's (313-304) behind the host Hoyas (303-311).

The last three Big East championships held at TPC Avenel have been decided by five shots or fewer, with the Irish claiming a five-shot win over Connecticut in 1995 (595-598) and a one-shot victory over Georgetown in '96 (595-596).

Notre Dame senior Willie Connell finished the fall season with a solid 75.75 career average at Notre Dame's two-year-old facility at South Bend's Blackhorn Golf Club.

Seton Hall's Scott Hawley (74-77) edged Notre Dame freshman Kyle Monfort (75-77) by one stroke for third-place honors. Monfort, who impressively led the Irish during five fall tournaments with a 74.7 stroke average-struggled to the finish as a member of the final group, posting a double-bogey and then two bogeys over the final three holes.

Notre Dame's second-leading golfer this fall, senior co-captain Brad Hardin, also struggled down the stretch in the second-to-last round, resulting in his round of 81 not counting to the play-five/count-four score. Hardin—who was the Big East runner-up at TPC Avenel in 1996 (70-74)—had turned in a 77 in Saturday's first round but finished bogey-bogey-double bogey-bogey over his final four holes for a 158 total and a share of 13th.

Irish junior Jeff Connell improved five shots from his opening round (83-78) while Vernon concluded his frustrating fall with a final round of 70, giving the Irish junior co-captain a 162 tournament total.

Montford counted to the team score in 10 of 13 rounds during the fall while pacing the team in stroke average (74.77), with Kent counting just three more shots than Montford during the fall (72.90) and Connell aver­aged 76.00 strokes during the fall of '98 (compared to his 74.14 average last spring).

Vernon's baffling 77.00 fall stroke average is nearly 2.5 strokes higher than his team-leading 74.90 average during the 1997-98 season. Kent counted to the team score in 12 of 13 fall rounds, followed by Hardin and Connell with 11 each. Monfort with 10 and Vernon with eight.

Since transferring to Notre Dame from Saint Louis University prior to the 1998 spring semester, Kent has posted six top-15 finishes in 10 tournaments, including a fifth-place showing at the play-five/count-four Intercollegiate.

As a team, Notre Dame completed the fall with an average four-man score of 298.85 (74.41 per counted score), besting the 1997 fall team average (301.39) by 2.54 strokes but trailing the overall 1997-98 average (298.33).

After averaging 74.07 strokes per round last spring and 75.00 this fall, Kent will head into the 1999 spring season with a 74.52 career stroke average at Notre Dame—which would trill only Charles Thorn (74.43, 1956-58) in recorded Notre Dame golf history (since 1954). Kent has counted to the team score in 25 of 27 rounds with the Irish.

Vernon heads into the spring with a solid 75.75 career average (which would still rank fourth in Irish history) and had counted in 40 of 44 rounds prior to the fall of '98 (now 48 of 52). Connell, who dropped his career average from 76.27 to 76.20 while Hardin's strong fall lowered his career average from 77.46 to 77.30, Connell has counted in 40 of 46 career rounds, Hardin in 50 of 58.

BETHESDA, Md. — The University of Notre Dame men's golf team struggled over six final holes to finish in a disappointing tie for 13th.

Big East Championship at TPC Avenel in Bethesda, Maryland. Hardin, who was the Big East runner-up in 1996, struggled, scoring four consecutive holes over par down the stretch to finish in a disappointing tie for 13th.

Student Tennis Clinic Monday, November 16 6:00 PM - 7:30 PM Eck Tennis Pavilion Stroke Analysis & Playing Situations Presented By: Men's & Women's Varsity Tennis Teams Free of Charge No Advance Registration Necessary Bring Your Own Racquet Tennis Shoes Required, No Running Shoes Allowed Open to All Notre Dame Students

The Ford Motor Company Presents FORD DAY at the University of Notre Dame Tuesday, November 10, 1998 Featuring Keynote Speaker JOHN KAPLAN Executive Vice President, Ford Motor Land Services Corporation JORDAN AUDITORIUM College of Business Administration 1:15 - 1:45pm Ford Overview by John Kaplan 1:45 - 2:15pm Questions & Answers 2:30 p.m. Ford Representatives will be available for informational discussions All students encouraged to attend!
Everything You Ever Wanted to Know About Chastity but Were Afraid to Ask
Jim Lies, C.S.C.

I went to lunch a while back with two Notre Dame seniors. It's difficult to explain just how our conversation came around to such topics as sexuality, but eventually it was established that both of the young men were virgins—by choice. I wish that fact, and the fact that I've recounted it here, wasn't so alarming to the average college student. I'm embarrassed to say that I was actually surprised by their willingness to share such an intimate detail, especially in a culture which appears to marginalize anyone who would make such a commitment, and certainly anyone who would proudly proclaim it. Even as such a choice and such honesty are remarkably refreshing, I don't feel comfortable using even their first names here for fear that they might come to be known and thought tools for such a choice in our time. The claim that "The names have been changed to protect the innocent," has never meant so much. Both that they are innocent and that, in our time, they need to be protected.

Even as I am quite sure there is a silent substantial minority, if not majority at Notre Dame who live chastely, whether by choice or not, theirs are not the stories we hear. For some reason, it is not the least bit fashionable, or hip, or cool, or trendy, or whatever the contemporary parlance would label it these days, to talk about sex unless, of course, you're getting some. In what imageable context, after all, would someone who chooses chastity have to brag about his or her latest exploits? What has created the culture in which we are supposed to be embarrassed for making basically what we have come to a time when sex is portrayed as a virtual recreational activity for which the only moral criterion is mutual consent? I have no answers, and I realize I risk offending many by even taking up the question, but it's high time we stopped to reflect on the choices we've made, and will make, in this regard.

There is much confusion these days about just what chastity is or why one would choose it. It is all too often thought to imply repression. Sadly, we speak little of the merits of it, even as the choice of it would undoubtedly enhance the lives and happiness of all who would choose it. In an article in America, Mary Patricia Barth Fourqurean writes that "chastity means passionate love for God, others and ourselves, a three-fold love expressed in three different ways," through marriage, vowed religious life, or the single life. Chastity does not necessarily imply celibacy. The chaste marriage is not sexless, but faithful.

For vowed religious, celibate chastity frees us from the exclusive bond of marriage in order to be freer to serve God and others. For those who are not called to religious life, and who are not yet married, chastity means "a temporary, non-genital commitment to this three-fold love of God, others and ourselves." The grace in the decision to be chaste is that one is freed from having to renegotiate the limits of sexual expression with every encounter and every relationship, and that one is freed from having to play sexual games.

Ultimately, what we probably most need to hear about chastity is that it increases our own sincerity by assuring us that we will not say more with our bodies than we mean with our hearts. It does not rule out rich intimate relationships; it fosters them. Each and all of us long to be men and women of integrity, and to live lives which reflect that which we believe. In a world which seeks instant gratification, there is the real danger that we don't feel comfortable about something so important. This is especially true when the worst choices we make in this regard are so often induced by alcohol. Some of the most painful conversations I have had as a rector and as a priest have had to do with the deep regret young men and women have after expressing themselves sexually in a way that was not consistent with who they knew themselves to be, and whom they want so desperately to be again.

It's time to rise to the challenge of living the lives that deep down we know we want. It's time to consider who we are and who we want to be. It's time to support others who would make the same choice, either to maintain their virginity or to reclaim their chastity. The choice for chastity is not about outdated traditions and strictures; it's about living life with integrity. Please don't enter into a sexual relationship because you can't think of a reason not to, or because "everybody else is doing it." Enter in because you love the other, and because all of who you are says "Yes!" in the context of a lifetime commitment.

C. S. Lewis said it far better than I when he spoke to a group of college students at Oxford, "Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that our Lord finds our desires, not too strong, but too weak. We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by the offer of a holiday at the sea. We are far too easily pleased."
"Defensively, I think we have some weaknesses and that's what we need to work on," McGraw said. "There are a couple things. Our transition defense I felt was a problem. We let them come down and do what they wanted to do. We didn't pressure them enough. The other problem was in our approach. We ran at them and got beat on the drive. In defending the shooter, we didn't get our hands up to defend the shot." McGraw had the first chance to see one of her highly touted freshmen in action. Ericka Haney had 11 points on 4-of-10 shooting. "Ericka did a nice job for us," McGraw said. "She's going to be a great player for us. She's got so many great skills. She runs the floor extremely well, she can drive the ball, and she can shoot the ball. She's a freshman right now. She's going to learn a lot of things on offense and defense, but I thought she played very well."

Freshman Sherisha Hills and junior Julie Henderson, however, didn't see any action for the Irish. This is the first time we ever lost two players before the game," McGraw said. "Danielle and Sherisha collided during warmups and she's in the infirmary right now with a concussion. Julie Henderson's Achilles tendon flared up again and she told us before the game that she couldn't go."

The exhibition did give McGraw a chance to see how her players have progressed since practice began. "It was a good opportunity for us," McGraw said. "It was a shame Sherisha couldn't play though."

Mikala Braff led Varsity with 24 points, while Hanna Bjorklund and Marie Soderberg each added 13.

Women's Basketball

- Nov. 11 ESTONIA
- Nov. 14 UCLA
- Nov. 18 at Butler
- Nov. 21 DUKE
- Nov. 24 ILLINIOS
- Nov. 28 at San Francisco
- Dec. 2 TOLEDO
- Dec. 8 CONNECTICUT

Women's Basketball Tournament - All games will be played on Saturday, Nov. 7, 1998 at the SRCB between 11 a.m. and 6 p.m. Sign-up at RecSports by Nov. 5 at 6 p.m. or call 1-6100 for more information. Space is limited.

Fac/Staff/Family Tennis Clinic - Bring your own racquet to the Eck Tennis Pavilion for this free clinic presented by the Men's and Women's Varsity Tennis Teams. Stroke Analysis and Playing Situations highlight this event from 6-7:30 p.m. on Wednesday, Nov. 18. No advance registration necessary. Call RecSports at 1-6100 for more information.

Student Tennis Clinic - Come join the Men's and Women's Varsity Tennis Team for Stroke Analysis and Playing Situations at this free clinic on Monday, Nov. 16 at 6-7:30 p.m. Bring your own racquet and tennis shoes to the Eck Tennis Pavilion. No advanced registration required. For more information, call RecSports at 1-6100.

The Observer • SPORTS
McGwire named Player of the Year

Associated Press

NEW YORK

Mark McGwire, whose historic home run chase captivated a nation and reinvigorated the sport, is The Associated Press Major League Baseball Player of the Year.

McGwire beat out Sammy Sosa in the race to break Roger Maris’ homer record and wound up hitting an impossible-to-imagine 70.

The St. Louis star shattered the 37-year-old mark of 61, a number that had become part of American history. And he did it with remarkable humility, paying respect to Maris’ family and Sosa throughout the pursuit and celebrating with his 10-year-old batboy son, Matt.

“I still can’t figure out how I hit 70,” McGwire said during the World Series. “It’s hard enough to hit 62; 70 was incredible.”

McGwire received 103 votes in balloting by AP newspaper and broadcast members released Wednesday, Sosa, who hit 66 homers for the Chicago Cubs, was second with 80 votes. Seven other players tied for third with one each — outfielders Ken Griffey Jr. of Seattle and Albert Belle of the Chicago White Sox, pitchers Roger Clemens of Toronto and Trevor Hoffman of San Diego, and shortstops Derek Jeter of the New York Yankees andovar Garcia-Parras of Boston.

McGwire led the majors in sacrificing (25) and on-base percentage (.470), helped by an NL-record 162 walks.

Playing his first season in the NL, the Cardinals first baseman had 147 RBIs, scored 130 runs and batted .309.

Sosa led the majors with 158 RBIs and 134 runs scored. The Cubs right fielder batted .308 and also stole 18 bases.

Despite McGwire’s accomplishments, the Cardinals finished just 83-79, 19 games behind in the NL Central. Sosa helped the Cubs go 90-73 and win the wild-card spot in a tiebreaking game with San Francisco.

Leading the Cubs into the playoffs may give Sosa an edge over McGwire in voting for the NL Most Valuable Player award, which the Baseball Writers’ Association of America will announce on Nov. 19.

He had a better year than I did,” McGwire said recently of Sosa, “because he went to the playoffs.

Even with expectations high for big totals in this expansion season, McGwire managed to exceed them.

He began his record run with a grand slam on opening day. On Sept. 8, with Sosa standing in right field at Busch Stadium, McGwire broke Maris’ record with plenty of games to spare.

Big Mac closed out his amazing year with two home runs on the final day, including No. 70 on his last swing of the season. He turned 35 a few days later, on Oct. 1.

“I’ve amazed myself that I’ve stayed in such a tunnel for so long throughout what I had to deal with as far as the media, the expectations, almost every eye in the country watching,” McGwire said.

Along the way, McGwire had to deal with a controversy about androstenedione, a muscle-enhancing supplement that he uses. Baseball is now considering a ban on the substance, which is banned in the NFL, Olympics and the NCAA.

McGwire held a 27-13 lead over Sosa in the homer race through May. Yet Sosa set a major league record with 20 home runs in June, and the race was on.

If McGwire took a 62-58 edge with his record-breaking shot, but Sosa came back with a burst that tied it at 63 on Sept. 16. Both hit their 66th home runs on Sept. 25, starting a stretch in which McGwire pulled away by homering five times in his last 11 at-bats.

“We both had unbelievable years,” McGwire said. “No one in the game of baseball has done what he and I did.”

Said Sosa: “I always say that he was the man and he motivated me. We had no jealousy.”

Invited to throw out the ceremonial first ball before Game 4 of the World Series in San Diego, McGwire provided one more highlight to his season. Sitting in a front-row box down the third-base line, he barehanded a foul ball hit by Chuck Knoblauch of the New York Yankees and flipped it into the stands behind his seat.

Sosa threw out the first ball before Game 1 between the Yankees and Padres. He later received a hero’s welcome in his native Dominican Republic, both for his home runs and for raising funds for his homeland, hit hard by Hurricane Georges.

Campus View Apartments

• Located 0.2 miles from Notre Dame

• Now leasing two bedroom apartments for the 1999-2000 school year

• Short term, flexible leases at affordable rates

Call us at 727-1441 or stop in at 1801 Irish Way

ATTRACTION

Urban Plunge Applications are due at the CSC tomorrow, Nov. 6

After a season in which he shattered Roger Maris’s previous single-season record of 61 home runs, McGwire was named the AP Major League Baseball Player of the Year.

Irish Connection

525 N Hill St. 233-8505

Friday, November 6

* Liquid Lunch 3pm - 9pm

Complimentary soup and salad available

BBQ Meatballs, Stuffed Cabbage, Lasagna, Hot Dogs (while supplies last) and other specials to fit your budget.

* The Hitman (10pm to Close)

DJ Corey “Hitman” Hartman

Playing your favorite dance music downstairs in ICC party lounge

21 and over with proper ID’s, uniform security and lighted parking.

Bands and Guest DJ’s playing dates available; call 233-8505 for bookings.

Don’t forget Monday Night Football, Big screen TV, free hot dogs and cigars during game.

Book your parties at Irish Connection - no charge for student bookings.
Wednesday, November 4, 1998  The Observer  page 23

Your Horoscope
Eugenia Last

Celebrities Born On This Date:
Danz, Tito (Nov. 6th), The Pointer Sisters, Bryan Adams, Sam Shepard.
Happy Birthday! You'll have the energy to accomplish all that you set out to do this year. You need to focus on what you do best and refuse to let anyone great in your way or lead you astray at the last minute. Often your smart idea or plan is born of necessity, and you'll feel guilty if you have to say no to someone asking for your assistance. Your numbers are 1, 7, 11, 31, 34, 46.

(3) March 21-April 19: You need a reason to venture beyond your daily schedule. Be honest about moving through the experiences you encounter. Your ability to deal with people will enhance your reputation quickly. Don't allow 009.

(11) April 20-May 20: You can make professional changes today. Think twice: You may be taking a step you shouldn't. Contact old friends and family. Social activities will be beneficial. You will shine in the eyes of others. 000.

(21) May 21-June 20: You will be indecisive regarding your next move. You'll continue your journey. Social activities will be beneficial. You will shine in the eyes of others. 000.

(31) June 21-July 21: Social lovers will provide you with excitement. However, the old world may be your downfall. Use your existing money and skill with words to enter local offices. 000.

(41) July 22-Aug. 22: Your social circle will be growing in popularity. Please try to prove not to be the illest of friends. Do not be the lead of the group. Do not be the leader of the new friends you'll meet. Take time to enjoy life. You DO 06 (Aug. 23-Sept. 22): You will have excellent ideas for ways of furthering your career or making money through free lance or using your own business. Don't let your emotions affect your productivity. 0000.

Libra (Sept. 23-Oct. 22): You can make major financial gains through your career choices today. You'll be able to deal with other people positively. However, you may need to be on your toes when asked by others how you feel. 0000.

(25) Oct. 23-Nov. 21: Job changes regarding your financial position possible. You can make residential moves or alterations in your living quarters. Friends will provide serious contemplation. 000.

(35) Nov. 22-Dec. 21: You will be quick with words today. Your ability to be convincing may be at its peak. Your social circle will be growing in popularity. Please try to prove not to be the illest of friends. 000.

(45) Dec. 22-Jan. 19: Time to explain why you want to spend the time with those who work under you. 000.

Aquarius (Jan. 20-Feb. 18): Travel should be on your agenda. Your self-confidence will open new avenues of thought.

(42) Feb. 19-March 20: If you get advice quickly you will avoid some of the problems that can confuse you. Don't allow others to play on your emotions. Always be available for essential needs. 0000.

If "Living a faith to die for" - Mike Baxter, CSC, will lead a reflection session today at the Center for Social Concerns. The focus will be the process of discerning how to integrate faith and action into your life beyond the college years. A simple supper will be served.

The Notre Dame Symphony Orchestra - Under the direction of Daniel Stowe, the orchestra shall present its fall concert this evening at 8 pm in Washington Hall. The program includes Beethoven's Leonore Overture, van Beethoven, "The Lark Ascending" by Vaughan Williams, featuring 4th professor Carolyn Plummer on the violin; and "Appalachian Spring" by Aaron Copland. Tickets cost $5 in advance and $8 at the door. Call 631-6201 for more information.

Puerto Rico Service Program - ND graduates Jose and Marech Fernandes will be at the Center for Social Concerns today from 1-4 pm and will present an information session at 5 pm. For more information, call 2-0000.

The Observer staff.

Men's Basketball
Sunday, Nov. 8th 7:30 pm
vs. Team Fokus

Volleyball
Friday, Nov. 6th 7:00 pm
vs. Georgetown
Sunday, Nov. 8th 2:00 pm
vs. Villanova

Wanted: Reporters and photographers.
Join The Observer staff.
**McMillen, Irish sink Swedes**

By BRIAN KESSLER
Assistant Sports Editor

Captain Sheila McMillen led the Notre Dame women's basketball team to a 111-82 victory last night, as she drained nine threes to lift the Irish over Visby-Sweden in the team's first exhibition game.

"I think it's just one of those nights when I found myself open a lot," said McMillen, a preseason second-team, all-Big East selection. "I was just fortunate that my teammates got me the ball when I was open.

Six Irish players scored double figures, including McMillen who led all scorers with 27 points on 9-15 shooting from beyond the arc.

Niele Ivey dished out 15 assists and had 18 points.

"Overall, I thought we did a lot of good things," head coach Muffet McGraw said. "Sheila shot the ball extremely well and Niele just played a great game.

The Irish put together a 12-0 run early to take a 16-6 lead, but found themselves ahead just 20-18 midway through the first half. "We came out a little slow, but it's the first game," McGraw said.

"It's a very young team. We had a lot of young kids out there. We didn't expect it to take that long, but by the end of the first half, we had it pretty much figured out.

The Irish jumped out to a 51-32 lead at the half and never looked back, coasting to an easy victory. The Irish took advantage of several fast break opportunities against Visby.

"We did a nice job running the break and I think we will be a good team in the open floor," McGraw said.

Diana Bronadi had 10 points in 24 minutes of play, while Danielle Green had a double-double, scoring 17 points and pulling down 13 boards.

Senior center Ruth Riley, another preseason second-team, all-Big East selection, picked up where she left off last year, recording a double-double with 19 points and 13 rebounds.

"We have a lot of work left," Riley said.

Unfortunately for the Irish, she also continued her tendency to get into foul trouble, as she picked up five fouls in just 17 minutes of play.

"That was a problem for her last year and something I hope she can fix," McGraw said. "I think she's just trying too hard. She doesn't like to get beat and she doesn't like to get scored on. I just think she needs to choose her spots a little better and anticipate where the balls going to go. She got there late a few times tonight."

McGraw is still looking for some improvement in her offense.

"We can definitely do a little better," McGraw said. "Tonight, I think we scored a lot of points, but we didn't score out of our offense a lot."

McGraw also had a few concerns about the Irish defense, which allowed Visby to score 88 points.

**Defence rests in safe hands**

By TIM CASEY
Sports Writer

In the past few years, the emphasis on a good secondary in college football has increased with the number of athletic offensive weapons on each team.

A good secondary is imperative in order to compete among the top teams in the country.

This year's secondary at Notre Dame is a close-knit, athletic group, which has been instrumental in the team's 6-1 start. Though hampered by injuries most of the season which limited its depth, the defensive backfield has proven to be up for any challenge.

Currently, four of the top six leading tacklers on the team come from coach Tom McMahon's defensive secondary. McMahon has seen the improvement in his troops and has been impressed with the secondary.

"In the last few ballgames, we've been able to help us win and I think that's made the secondary feel good," McMahon said. "I know it's made me feel good but we have a lot of work left.

"We have improved, we got better as we've gone along," he added. "Some of the younger players, [like] Brock Williams and Tony Driver — some of the players that haven't had a whole lot of experience have really done well and I think that's helped everybody.

Everybody's All-American at running back coming out of high school, he highlighted the 1997 recruiting class.

**Yavello to lead team for the long run**

By KATIE FURMAN
Sports Writer

It takes a talented, dedicated person to run 31.1 miles in 20:12 for the Saint Mary's Cross Country team while juggling positions on the sophomore class board, athletic council and Campus Ministry.

Sophomore cross country sensation Genny Yavello fits this description, according to teammates and her coach.

"Her [Yavello's] leadership and dedication has helped us a lot mentally, especially for these runners on the team returning from last year," sophomore runner Katie Hildebrandt said. "She is an amazing person.

Yavello has been a leader for the cross country team and the No. 1 runner this year.

"Genny is our team captain and obviously has been a leading force and influence on the younger runners," Belles cross country coach Dave Barnsis said. "She has helped council them and has done a great job organizing things and showing team leadership.

At the Pendorius Maple Leaf Invitational at Goshen College on Oct. 3, the Belles had three runners in the top 20 with Yavello leading the finishers from St. Mary's.

"The team comes first to her and its very obvious," junior runner Arika Hildebrandt said. "Everyone can tell she cares and is generally concerned about each of us individually as well as the whole team.

"This concern for others is what makes her a great team captain," Hildebrandt said.

With competitive meets on the weekends and tiring practices five times a week at a length of one to one-and-a-half hours, Yavello's strength and time commitment is admired by the team.

"We've all realized that we have to work harder some days than on others," said Hildebrandt. "We have learned from Genny that mentally, we need to be stronger. She has taught us how to give both physically and mentally."

While she remains a constant-presence with her positive attitude and running ability, Yavello has improved in getting even more as well as becoming a stronger and smarter runner.

"Her leadership ability and desire to run are her outstanding strengths," Barnsis said. "These can be contagious."

"Even with all of the pressure surrounding the sport, Yavello loves to run, especially with her teammates."

"My favorite thing about running is the people," Yavello said. "I love going to practice everyday because of our awesome group of girls and being able to compete even when I don't do my best."