Williams: Vision key in S.Africa

By MATTHEW LOUGHRAN
News Writer

Good leadership and foresight are the keys to overcoming problems with race relations both in South Africa and in the United States, according to Father Oliver Williams, co-director of the Center for Ethics in Notre Dame's College of Business Administration, who is currently on sabbatical at the Graduate School of Business at the University of Cape Town, South Africa.

In his lecture, "What Can We in the U.S. Learn from South Africa about Dismantling U.S. Apartheid?" Williams said this theory is working to bring South Africa toward a more egalitarian state.

Recently, South Africa saw the steady destructiveness of Apartheid, a political construct that excludes over 86.4 percent of the country's population.

Snow Bowl

The cold temperatures didn't stop this Alumni resident from playing football on South Quad with his friends.

Williams: Vision key in S.Africa

By BILL CONNOLLY
News Writer

Propelling itself to the forefront of the Campus Life Council's agenda for weeks to come, the formation of a CLC report evaluating the University's advising system was the focus of yesterday's meeting.

Council members Kate McShane and Tom Mazale presented their evaluation of the issue, outlining the structure of each college's advising system and pointing out some weak points of each。

They found the College of Architecture's system to be rarely utilized by students. One reason, according to McShane, may be students' lack of understanding of how the advising system is run or the fact that architecture students have the same advisor during all five years of study.

The advising system used in the College of Engineering involves professors serving as advisors for students. And according to Professor Ken Sauer, this is done "to advise students as the best path for them to attain a job."

However, some professors have complained that the focus on researching for students has taken away from the fact that their main role is to teach students, according to the report. And since professors sometimes do not have the time to research a certain graduate school or company for a student, they are prone to giving incorrect advice.

The College of Business Administration utilizes "good leadership and foresight" as the keys to overcoming problems with race relations.

The answer to South Africa's miracle is leadership," Williams said. "Nelson Mandela is a statesman, not a politician. He has taken a vision and given it to the South African people. It is a vision that can be believed because it is based on the real situation."

That is the other side of Williams' proposed solution. Mandela's "Reconstruction and Development Program" has, according to Williams, "given the South African people reason to hope that their children will have a chance for economic prosperity."

When Williams refers to the "people of South Africa," he means people of every race, color and creed. "The thing about Nelson Mandela's program is that it is racially blind," he said.

In response to a question about separatist leaders in the United States, including Louis Farrakahn of the Nation of Islam, Williams said, "Mandela is going to tell [Farrakahn] sometime in the next month or so, and I think he [Mandelal] is going to tell him that he wants to go back and think about the solution."

The Provost's office can be both assist, intimate...
**Inside Column**

As St. Mary's Sophomore Parents Weekend and Notre Dame's Junior Parents Weekend quickly approach, many students find themselves undergoing a metamorphosis. It is now necessary to transform into the model student that parents think�through the year.

If you have not done so already, you'll probably notice the changes as more and more students hit the "breathe instead of the bars.

Eating a helping of dining hall vegetables a day, students sit up straighter in their chairs during a meal than they used to during exam and vacation periods. The Observer is a member of the Associated Press. All reproduction rights are reserved.

**Shooting during job search results in eight deaths**

JOHANNESBURG, South Africa

It was 2 a.m. Monday when Alison Mhatre, after having spent two years of searching for work, arrived at the gates of a car parts factory, where hundreds of others also stood in line, hoping.

The sun had not yet risen when a band of armed men walked up and opened fire on the crowd of job-seekers before fleeing into the darkness.

Mhatre, wounded by a bullet in the chest, was among 23 injured. Eight people were left dead.

Hours after the ambush, many of those who escaped harm returned to line up once again for a chance to earn up to $2.77 an hour making aluminum wheels.

Many were baffled by the shooting. But some of those hoping for jobs said they understood the motivation. The gunmen simply had wanted to clear away competition.

"People will kill to get a job," said Sipho Masimini, who has been out of work since 1994 in a country with 40 percent unemployment.

**Kevorkian assists in 27th suicide**

PONTIAC, Mich.

Dr. Jack Kevorkian took part in suicide No. 27, that of a woman with multiple sclerosis whose harsh-braked-clad body was found in Kevorkian's battered van outside the coroner's office Monday. Linda Henessey, 48, of Berkley, Mich., died of carbon monoxide poisoning, Medical Examiner J.L. Dragovic said. Her body was found around 6 a.m. after someone called the office and said to "check out the vehicle in the parking lot," Sheriff's Capt. Barnett Jones said. It is the third time in the past year that a body has been left in one of Kevorkian's vehicles near the medical examiner's office, in an area Sheriff John Nichols said has been nicknamed "Kevorkian Drive." "Pleger refused to say how, where, when or why the woman died," the sheriff said. She was brought to Michigan last week by two daughters and an unidentified friend. The three, with Kevorkian, were present when she died.

**Man builds resistance to snake bites**

PUNTA GORDA, Fla.

Bill Haast slid back the top to the large metal box and opened fire on the crowd of job-seekers before fleeing into the darkness.

The Observer • INSIDE

Tuesday, Jan. 30, 1996

**Gingrich hosts hometown meetings**

WOODSTOCK, Ga.

There is poignancy, when mothers wheel in severely disabled children. And there is comfort, with droll banter about hero worship, shopping and life in Washington.

The question covers virtually anything and everything — Internet censorship, timber salvage, chiropractors, national parks, Louis Farrakhan and the Ku Klux Klan. It's all part of what could be called "Newt Gingrich's Saturday Morning Live" — regular town hall meetings held by the Speaker of the House.

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United Koreans help patient in search of bone marrow

By SANG-HUN CHOE  Associated Press

SEOUL, South Korea

Touched by the story of a Korean-born American with leukemia, hundreds of Koreans have turned out to help him find a suitable bone marrow donor.

Born Kim Sung-duk and adopted in 1977 at age 3 by an American couple in Pine City, Minn., Brian Bauman was diagnosed with leukemia in October. Doctors say without a marrow transplant, the U.S. Air Force cadet has at most five years to live.

"With other means failing now, Koreans must help this beautiful young man," said Kim Chang-jo, producer of a one-hour documentary on Bauman that aired Sunday on state-run KBS-TV.

"It's two countries working together — the country which gave birth to Brian and the country which gave him a bright future," he said.

Because few Korean-Americans are registered at U.S. bone-marrow banks, Bauman's parents, along with supportive Koreans and a supportive Air Force, launched the international search for a donor.

Bauman's parents, Steve and Elaine, say they are stunned by the outpouring of support.

KBS and major dailies, which carried Bauman's story over the weekend, reported a surge in requests for his address and offers of financial help. A few claimed they were Bauman's biological parents.

A priest strangled in Lithuania, three male suspects arrested

Associated Press

VILNIUS, Lithuania

A 70-year-old Roman Catholic priest has been choked to death in the Lithuanian city of Ukmere, the Baltic News Service reported Monday.

Father Valcovas Ramanauskas' blood-stained body was found in his apartment Saturday. A rope used to strangle him was still tied around his neck, according to Elaine, a police officer.

Police in Ukmere, 37 miles north of the capital Vilnius, arrested three men suspected of killing the priest during a burglary.

The highlight of the rising crime in the former Soviet Baltic republics, the murder of the priest rocketed since independence from Moscow in 1991.

The overall crime rate in Lithuania climbed by more than 6.3 percent last year.

But Lithuania's 149.3 crimes per 10,000 residents still fell below Estonia's rate of 242.6 crimes per 10,000 residents. Latvia registered 140.8 crimes per 10,000 residents.

Correction


The Observer regrets the error.

APPLACHIA SPRING BREAK SEMINAR

March 10-19, 1996

The Appalachian Seminar during the spring break presents a unique service-learning opportunity. Students travel to underdeveloped areas in the Appalachian region: Kentucky, West Virginia, Tennessee, and Mississippi. They work at a variety of sites which examine the political, social, economic, and cultural aspects of life among the Appalachian people. These sites focus on several issues including self-help, housing improvement, environmental, and wildlife conservation in Appalachia. Through physical labor and person-to-person contacts, students experience the cultural diversity of the area and begin to reflect on and analyze the social forces that influence the lives of the mountain people.

THE SEMINAR

• In-country Theology course

• Jewish orientation and follow-up learning

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APPLICATIONS: Available at the Center. Applications are due: Wednesday, January 31, 1996

For further information:  Dr. Jay Brandenberger, 631-5293

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24 hour laundry—shuttle bus—professional management.

★ Apartments available for your selection. ★

For more information call 272-1441.

Coed
continued from page 1
Matt Schlatter and Student Body President Jonathan Patrick submitted a report for review by the Council. The report listed what the CLC feels are the most effective coresidential housing options:
• The complex must not only house the students, but also include a communal eating area, recreation area and study area
• A capacity of approximately 100 students
• An option available only to seniors
• Include aspects common to dorms — praying, athletics (perhaps the chapel area could be aimed at addressing the off-campus needs)
• Staffed by both men and women (perhaps married couples)
• Suite setup with two bedrooms and a bathroom.

Correspondent at Notre Dame is "the potential for enhanced male/female interaction.
Reports to the University focusing on this issue show "an obvious deficiency in this social atmosphere through this new housing option, a select number of Notre Dame seniors might have the opportunity to live in an environment indicative of the real world." "On the flipside," the report continued, "several concerns were voiced, especially with regard to damaging a successful single-sex dorm environment."
The report listed examples of what may result should coresidentiality be established, namely "a loss of sense of the spirit; a loss of the virtues of the present residential system, the disruption of the 'good life' currently established."
"The focus of this facility would be on those Seniors who would otherwise be moving off-campus," the report said. "With this in mind, this is not to be considered a dormitory; rather, this is a housing option which would alleviate many of the safety issues associated with off-campus housing.

Apartheid
continued from page 1
[Farrakhan] is dead wrong, that the answer to the problem is not through separate plans but through one effort on the part of the entire society."
Williams thinks a program, such as the one that Mandela created, will work in a multicultural society such as the United States because, as Williams said, "There are ten tribal languages in South Africa, and belief in this plan is not through separate plans but through one effort on the part of the entire society."
Williams indicated that Mandela had "set up a process that many people in the government today can continue."
"Much international investment and help from the government is still needed," according to Williams. "That is the plan has a great chance for success in the long run because of the leadership of Nelson Mandela, and his ability to convince the people of South Africa that his plan is the key to economic and political stability."
Williams has a Chemical Engineering Degree and a Theology Masters Degree from Vanderbilt University.

Harassed
continued from page 1
Arts and Letters stressed that students need to be told that they can utilize their advisors at the students' whims. Preacher reminded the CLC of a program focused on this end - a fair that will occur later this semester which among other goals will aim at supplying sophomores in the College of Arts and Letters with ideas for a major.

Kristin Beary, HPC co-chair, suggested a streamlined structure for advising students in all colleges.

Beary said that in the freshman year, students should be advised toward a college; in the sophomore year - toward a major, and in the junior and senior years - toward departments and courses which would benefit students on interviews with different organizations.

According to Father Joe Carey, many students float between colleges because the program is not streamlined or clear. Carey said he worried that students end up failing out in junior or senior year due to a lack of direction and motivation.

Seth Miller, South Quad senator, commented that Notre Dame must not turn into a researching school like many by League schools, but rather must keep its Catholic character which emphasizes teaching students.

Preacher responded to this statement, saying that this argument "would not stick" since professors' tenure is based on the amount of research they perform, and many professors would not want to advise students on career choices since it is not part of their job description.

Kirk then stated that since this issue has drawn so many diverging comments from the CLC, it should be presented to the students at the leading topic of discussion on campus rather than that of coresidentiality.

Kirk commented that since the advising issue concerned academics, it would bear greater scrutiny from the students than social issues would.

According to Kirk, "the CLC should talk directly with students, advisors and professors now that we have discussed our own anecdotes on the advising system."

McShane and Matzkie will further research the issue next week with the help of Preacher and Kirk and will report back to the CLC for further discussion next week.

The CLC said it hopes to make a statement on the issue in the near future.

If you see news happening, call The Observer at 332-5238.

Alumni Senior Club presents the ND concert event of the year:

THE UNIVERSITY OF NOTRE DAME DEPARTMENT OF MUSIC PRESENTS
GUEST ARTIST SERIES

2:00 p.m. Sunday, February 4, 1996
Annenberg Auditorium
The Snite Museum of Art

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THE PREMIER STRING QUARTET

Wednesday, January 31
Don't miss this once-in-a-college-career event!
Nuns slain in rampage

Revenge motivates attack on convent, two murdered

By GLENN ADAMS
Associated Press

WATERVILLE, Maine

A former mental patient accused of beating and stabbing four nuns, including two of them, had been turned down for a job at their convent just last week, a volunteer said today.

"Pray for us," read a hand-lettered sign taped to the front of the chapel.

Police said they found Mark A. Bechard in the convent's chapel Saturday evening, standing over one the nuns and beating her.

"I can say to you we're very sorry, and there's nothing more we can say," Diane Bechard, the suspect's mother, said today from her home. She declined to comment further.

The convent is in a neighborhood of state-old homes, duplexes and professional offices that is considered among the safest in Waterville, a city of about 17,000 people.

At St. Francis deSales Catholic Church across the street, parishioners were numb.

"They're stunned and asking how can a thing like that happen in a place like this?" said the Rev. Claude Gendreau, Bishop Joseph Gerry, leader of Maine's Roman Catholics, urged the people of the state to pray for the victims, their families and even Bechard.

"May Mark not give in to anger or hatred, discouragement or fear. But may his wounds also be quickly healed," Gerry said.

Bechard had expressed interest in doing odd jobs at the convent.

Bechard, a former patient at the state-run institute for the mentally ill in Augusta, had previous run-ins with the law. He was involuntarily committed to a mental hospital in 1994, said Police Chief John Morris.

Authorities were trying to determine whether Bechard had been released from the hospital as the result of a class-action lawsuit on behalf of patients at the Augusta Mental Health Institute, one of two state-operated mental hospitals in Maine, said Stephen McCausland of the state Public Safety Department.

Bechard was described as an accomplished musician who had played trumpet in a local jazz combo and studied at the University of Maine at Augusta.

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With strength training, women more ‘capable’

By ROBIN ESTRIN
Associated Press

NATICK, Mass. — With enough strength training, women might be able to lift that heavy equipment and march alongside men, say many army researchers.

Seventy-eight percent of the women tested could lift a load of 128.5 pounds to a height of 52 inches. Before the study, the volunteers could lift only 70 percent of that. After they averaged 90 percent of what the men lifted.

On average, Harman said, women tend to have about 70 percent of the lower body strength of men, and 55 percent to 60 percent of men’s upper body strength.

Lori Gilstrap, a strength and conditioning coordinator with the U.S. Olympic Committee in San Diego, said she wasn’t surprised the women improved, especially because they had never been professionally trained.

But, she said, women can’t be expected to match men’s strength because they have much lower levels of testosterone. “For women to lift the exact amount that a male could lift, it would be likeg Einstei

recently had children and wanted to get back in shape; others were recreational joggers. Each earned $500 for participating.

“They want to get back in shape, and some in fact would like to see if they can meet Army standards,” Harman said.

The volunteers — all but one of them civilians — were lawyers, bartenders, mothers and students. Many had never exercised before, and several had recently had children and wanted to get back in shape; others were recreational joggers. Each earned $500 for participating.

Harman believes it’s worth teaching women how to strengthen their bodies. When pressed, Harman said, she was very difficult, “almost like training a very, very difficult," she said.

“Women are capable of being trained to perform most very heavy military tasks,” Harman said.

Before the training study began at the Army’s Natick Labs, only 24 percent of the women tested could lift 100 pounds. The volunteers — all but one of them civilians — were lawyers, bartenders, mothers and students. Many had never exercised before, and several had recently had children and wanted to get back in shape; others were recreational joggers. Each earned $500 for participating.

When people think of this study, they probably think of our bodybuilding, steroid-taking, weightlifting women,” said Jean Haertl, 30, who said she lost 35 pounds over the six months of training. “We range from being very thin and lean to not so thin and lean. We represent the average shape of women,” she said.

For 24 weeks beginning in May, 41 women spent 90 minutes a day, five days a week, performing strength tests designed to simulate specific military tasks. Four trainers, all nationally certified, oversaw their conditioning.

The women lifted 40-pound boxes to heights of 52 inches — the average height of an Army flanked truck — jogged through a 2-mile wooden course wearing a 75-pound backpack, and pulled sleds weighing the same as a truck holding a 100-pound barbell on their shoulders.

The women also were tested on the number of times they could lift a weight in a set period.

For the tests most relevant to military tasks — backpacking and repetitive lifting of heavy boxes — the women improved 33 percent overall.

Harman measured the women’s success against previous Army studies of men on active duty.

In earlier tests, an average man could lift a box of 128.5 pounds to a height of 52 inches. Before the study, the women volunteers could lift only 70 percent of that. After they averaged 90 percent of what the men lifted.

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But, she said, women can’t be expected to match men’s strength because they have much lower levels of testosterone. “For women to lift the exact amount that a male could lift, it would be like teaching a very difficult, almost like training a very, very difficult," she said.

Gilstraps charged last year that the study, conducted by the Army Research Institute of Environmental Medicine, was a prelude to plans to allow women to engage in hand-to-hand combat. Because of that, the $140,000 study was placed on hold for about five weeks until the controversy subsided.

Women now are excluded from ground combat in the Army and often are rejected for other jobs because they can’t perform the lifting tasks, Harman said.

Harman believes it’s worth teaching women how to strengthen their bodies. “Some people say, ‘Why should we spend money training women when you can get men off the street?’” he said.

Harman argues that Army women tend to have more education than Army men, and that it’s less expensive and time-consuming to increase a woman’s strength than it is to teach an illiterate male to read.

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INSPECTOR NELLY
A Broadway Theatre League Presentation

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"ONE OF THE MORE ASTONISHING SPECTACLES ON BROADWAY. STUNNING."
— Dave Richards, The New York Times

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WINNER!

A Broadway Theatre League Presentation

"ONE OF THE MORE ASTONISHING SPECTACLES ON BROADWAY: STUNNING."

WINNER!

"ONE OF THE MORE ASTONISHING SPECTACLES ON BROADWAY: STUNNING."
The above question naturally assumes that the observer knows the meaning of the word "Catholic." According to modern connotation, "Catholic" denotes a person who subscribes to official Church dogma concerning, "Catholic" denotes a person with the Roman Catholic Church. According to Webster's Unabridged Dictionary, the word "catholic" also means "universal." When the Church was founded, it had all but eliminated other versions of Christianity at the time. According to Vanderbilt's Unabridged Dictionary, the word "catholic" is the embodiment of a "universal" Christian religion in Europe.

Over time, this universality has been replaced by a rigid dogma and a hierarchy which has alienated entire countries with its refusal to consider alternative views of the world. It is this kind of authoritarian rigidity which has led to such comical beliefs as recently expressed by a man of the cloth, that students of Notre Dame who move outside the confines of campus do so in order to sell pornography and candy bars to impoverished local youths. Surely, this is not what Notre Dame seeks to represent.

In recent years Notre Dame has sought to increase its funding in science and the arts to become a respectable research institute, to regain its academic standing among American institutions of higher learning. Evidently, the University realizes that to seclude itself from the variety of human and belief systems is to announce its self-imposed demise to the educated world.

American Catholic universities are actively supporting a larger world view and accepting a greater moral responsibility to assist in improving human relations and in crossing religious and cultural boundaries, to help people recognize the common moral themes of all systems of belief. And the distant Church hierarchy sees this only as a denial of faith.

Perhaps Notre Dame and other American universities have chosen to reject the old, party-line dogma of a "One True Faith" which seeks to dominate and to control and makes enemies of friends. Perhaps Notre Dame has chosen to follow not an artificial and vindictive hierarchy of beliefs but a vision of a true underlying belief which has been purposefully obscured by invention and circumstance.

Change is difficult. It may be that the older generation of Catholics, subscribers to a by-gone age of cultural and religious division, are afraid to accept a new vision of humanity. It may be that they are fearful of discovering that through these many years they have been mistaken, that one does not need to control fellow community members to live in peace.

Do not believe that Notre Dame's "Catholic character" will fade overnight into a seething mass of sinful secular debauchery. I do believe that it may with time develop into a truly catholic character, a character which will transcend religious and ethnic boundaries imposed by a divided and hateful society.

It is not the dogma and artificial orifice of Catholicism that will elevate Notre Dame to a higher academic and moral stature; it is the belief in the only true rule of Christianity, "Love thy neighbor." Matthew Apple is a creative writing graduate student at Notre Dame. He can be reached at matthew.l.apple@nd.edu.

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**QUOTE OF THE DAY**

"Let all the learned say what they can, 'tis ready money makes the man."

—William Somerville
You, too, can cook meatless!

Tired of the dining hall? Can’t afford to hit the off-campus scene? Head to Meijer’s for some vegetarian variety!

Broccoli Bake
1 package frozen chopped broccoli
1/2 C. mayonnaise
1/2 C. cream of mushroom soup
1 egg, beaten
1/2 C. grated cheese
1 C. crushed crackers
Cook broccoli according to package directions; drain and allow to cool. Combine mayo, soup, egg, and grated cheese. Stir in broccoli. Pour into a buttered caserole dish; sprinkle cracker crumbs on top. Bake at 325 degrees for 30 minutes.

Cheesy Scalloped Potatoes
4 cooked and sliced potatoes
3 T. salad oil
3 T. cornstarch
1 t. salt
1/4 t. paprika
1/4 t. prepared mustard
3 C. milk
2 C. cheese, grated
Layer potatoes in a greased casserole dish. Combine salad oil, cornstarch, salt, paprika, mustard, and milk in a saucepan. Bring to a boil while stirring constantly. Remove from heat and stir in cheese until melted. Pour over potatoes. Bake at 350 degrees for 35 minutes.

Seasoned Sliced Potatoes
Leave peelings on potatoes. Slice thinly. Spread oil on both sides and sprinkle with garlic and onion powder. Brown on both sides under oven’s broiler. Cook longer for crispier potatoes.

Fried Rice with Vegetables
1 T. cooking oil
1/2 C. onions, chopped
1 C. cold cooked rice
1 egg, beaten
1 T. soy sauce
1/4 t. salt
1 T. chopped vegetables—carrots, celery, green peppers, tomatoes, etc.
In a hot skillet, heat oil. Stirring constantly, cook onions until lightly browned. Add rice and sauce. Heat together eggs, soy sauce, and salt. Add rice to mixture. Add vegetables, stirring constantly.

No-Sugar Apple-Banana Delight
2 1/2 C. unsweetened apple juice
2 bananas
5 T. cornstarch
Blend bananas and apple juice in a blender. Blend in cornstarch. Stirring constantly, cook over medium heat until thickened. Arrange additional sliced bananas in the bottom of a serving dish. Pour in mixture. Chill until set.

No-Sugar Fresh Fruit Pie
3/4 C. unsweetened apple juice concentrate
3/4 C. water
1 T. lemon juice
3 T. cornstarch
4 C. diced fruit
1/2 C. Grape Nuts cereal
3/4 C. unsweetened apple juice concentrate
In a saucepan, mix apple juice and water. Cook over medium low heat until thickened. Remove from heat and stir in lemon juice. Set aside to cool. Mix 3/4 C. apple juice concentrate with Grape Nuts. Let soak for 10 minutes. Press into a 9-inch pie plate. Bake at 350 degrees for 12 minutes. Let cool. Gently fold apple mixture over diced fruit until well blended. Pour into shell and cool.


Finding pastures off-campus

For those who find garden burgers much more appetizing than hamburgers, the dining hall menu can occasionally be less than satisfying. True, there’s usually a reasonable selection of “green dot” specials for vegetarians and health fanatics alike, but sometimes a little variation is nice. Those searching for a little spice—or perhaps some tofu—in their diet can find it downtown at the corner of Wayne and South Michigan in a cozy little restaurant appropriately named Cornucopia.

This quaint little restaurant has a very casual, friendly atmosphere perfect for lunch with a few friends or dinner for two. The prices are perfect for the college student’s budget (grades for a cheap date!) with entrees ranging from three to ten dollars. Open for over twenty years and currently in its third location, Cornucopia’s menu is geared towards natural and low-calorie food.

We serve a broad range of people,” says Cornucopia manager Roni Farkas. “We’re trying to serve healthy food without preservatives.” Don’t let that scare you away; the menu boasts an array of creative, dishes ranging from quiche to quesadillas providing great alternatives to the old “meat and potatoes” standby.

Still skeptical? Even you carnivores out there can find something to tempt your taste buds. Several chicken dishes including Cornucopia’s popular chicken salad are woven into the menu. So where’s the beef, you ask? No problem. For those of you who love your meat, there’s even a beef sloppy joe. And for you ordinary Joes, try one of their special salads, grilled cheese, burritos, nachos or even pizza, which is served on a pita and comes highly recommended.

There is, therefore, good reason to venture out of the dorm kitchenette for some vegetarian variety! Tired of the dining hall? Can’t afford to hit the off-campus scene? Head to Meijer’s for some vegetarian variety!
and that can get pretty boring.

They also feel that the diverse menu because the choices for the non-vegetarians, but choices for vegetarians are very limited. What happens to the vegetarians who have no time for lunch, but are very hungry? Do they get something to eat or not?

The votes are in, and the result is that campus Food Services does a good job in dealing with the three percent of the student body who are vegetarians. They give them an adequate variety of fruits and a few other choices to select from in the dining halls, and despite the little variety in grab-and-go’s, vegetarians seem to be happy with what has been provided for them. Non-vegetarians also appreciate a meatless lunch, and this also helps vegetarians. However, vegetarians seem to be upset that the grab-n-go’s are not that satisfying, though. If I want fresh, I will have a salad or some fruit.

The more daring might want to sample one of the house specialties such as Malfatti, which according to the menu are, "croquettes of spinach, Parmesan cheese, eggs and bread crumbs deliciously harbored and smothered with Italian tomato sauce." If that still doesn’t suit your appetite try another dish. The food is delicious. Patron Sandra Zapata says, "Not only is the atmosphere pleasant but the food is delicious and makes for a pleasant dining experience." Cornucopia gets four forks up.

A C O B A JT

Tuesday, January 30, 1996

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By LIZA NYKIEL

Medical Minute Correspondent

A t the beginning of every semester, I always get the naivish feeling that my class load couldn’t possibly be as bad as it was the previous semester. The professors are laid back, the readings for classes are light, stress levels are down and all is right with the world. Then, there it is. The first test. Throes of tests are upon you quicker than you could have imagined, and you’re in a panic over the amount of work that has to be done before the week is over. All of a sudden, stress levels are up again.

Now, I don’t know about you, but when I know I have a few nights of intense studying, I have that kine- jek craving for Mountain Dew (boy, did that sound like a advertisement or what?). So, I trek over to Melger for my 12 pack. Even though it’s taken me four years to be able to stomach the stuff, I have a feeling the reason I keep coming back to the urine-colored soft drink is that magic ingredient it contains, the stuff that gives me that extra kick come three in the morning, the breakfast of studying champions... caffeine.

Caffeine is actually a drug found naturally in about sixty different types of plants, along with such items as coffee, cocoa beans, tea leaves and cola nuts. This drug also is added to a number of over-the-counter medications such as pain killers and cold remedies. Despite its central nervous system, caffeine, in moderate amounts, enhances our alertness, sensory perceptions and endurance while at the same time diminishing our fatigue. And many of you may have already experienced when studying with the Dew, caffeine becomes a mild drowsiness, while at the same time stimulating your output. In this way, caffeine keeps you alert, and slightly annoyed, by forcing you to walk to the bathroom five times every hour.

There are some drawbacks to consuming too much caffeine, however, and they’re really, really not conducive to studying. Physiological problems associated with too much caffeine include irritability, nervousness, anxiety, sleeplessness, irregular heartbeat and sometimes tremors. On a more serious note, excessive amounts of caffeine can have been associated with heart disease. No, craving coffee will not cause heart disease, but people who suffer from problems with their heart are encouraged to stay away from caffeine because of its effects. The drug can increase the heart rate, thus intensifying any heart arrhythmias or irregular heart rhythms.

Excess caffeine has also been shown to increase blood cholesterol. Ulcers also can be worsened by caffeine because of its effects on increasing the secretion of gastric juices. Surprisingly, decaf coffee has the same effect as does regular coffee when it comes to ulceration. Consumption of large amounts of caffeine while you’re pregnant, ladies, may cause birth defects in the fetus, as tests with rats have shown. Even while breast feeding, caffeine can be passed to the baby and have negative effects on it. As much benefit as caffeine affords us, it can have some serious effects if consumed in large amounts.

You always have to keep in mind though, in the midst of your studying marathons, that the end is always just a few days away. Don’t be surprised if you collapse on your couch after your test because you don’t feel all that hot. There are actually withdrawal effects from consumption of large amounts of caffeine, short-lived as they may be. These symptoms include withdrawal, headache, lethargy, nervousness, depression and, on the rare occasions, nausea and vomiting.

Lastly, so you can moderate your caffeine intake, I thought I would include some information on the different amounts (in milligrams) of caffeine found in a variety of late-night favorites.

COFFEE is a good source, but it depends on how you make it. drip coffee has the most (1125mg). Percolated coffee in a close second (1020mg) and instant has the least (52mg). However, decaf doesn’t have as much caffeine as it seems like it does. As for the soft drinks, Dr. Pepper has the least (50mg), with Mountain Dew and Tab at almost the same (40mg). Surprisingly, diet colas have more caffeine than regular colas.

Lien Ngyek will like to raise her can of Mountain Dew and wish everyone luck on their first set of tests this semester.
He was under contract with the Lakers. He was traded to the Atlanta Hawks, where he averaged 27.2 points per game.

In 1992-93, Johnson led the Lakers to their fifth championship title, finishing 60-10 on the season. His 35.4 points per game that season is the most by any NBA player in the last 20 years.

On October 29, 1995, Johnson returned from a three-year retirement to the Lakers. It was one of the most highly anticipated events in basketball history, and Johnson quickly regained his form. He scored 17 points in his first game back, and the crowd roared approval. He continued to score 20 or more points per game, and the Lakers went on to win 55 of their final 66 games. They lost to the Houston Rockets in the Western Conference Finals, but Johnson's return had already been a success.

On June 15, 1996, the Lakers defeated the Atlanta Hawks 113-107 in seven games to win the NBA Championship. Johnson averaged 37.1 points and 7.7 rebounds per game in the Finals, earning MVP honors. He was the first player to return to the NBA and win an NBA title since 1964.

Over the next few years, Johnson continued to dominate the league. He led the Lakers to three more championships, winning MVP awards in 2000 and 2001. In 2004, he became the first player to win an NBA title after a three-year retirement, leading the Los Angeles Clippers to victory over the Dallas Mavericks.

On May 15, 2011, Johnson announced that he was retiring from the NBA for the second time, citing a heart condition. He was a 14-time All-Star and one of the greatest scorers in league history. He is the only player to have won both an NBA MVP award and an NBA championship during his playing career.

In retirement, Johnson continued to be involved in the game, working as a commentator and analyst for NBA games. He became a successful businessman, owning stakes in several companies including the Los Angeles Dodgers and the Los Angeles Lakers. He also founded the Kobe Bryant Foundation, which focuses on education and health initiatives for underserved communities.
Free agency threatens dynasty
By DENNE H. FREEMAN
Associated Press

TEMPE, Ariz.

The Dallas Cowboys are making a bid to be the team of the 1990s, but owner Jerry Jones must work some free agent magic under the salary cap if they are to remain dominant.

He has some key players out there on the open market including the MVP of the Cowboys’ 27-17 Super Bowl win over the Pittsburgh Steelers which gave the club a third NFL title this decade.

"We were a better team in 1993 and a better team in 1994," coach Barry Switzer said Monday. "But that’s life in the free agent era. It promotes parity."

And that makes it more difficult to sign key players, such as Larry Brown, whose value has skyrocketed with his playoff performances against Green Bay and Pittsburgh.

Brown, known as the corner-back opposite Deion Sanders, made a late interception to save Dallas’ 38-27 win over the Green Bay Packers in the NFC championship game. Then the former Texas Christian star came right back to make two key interceptions in the Super Bowl.

"I hope everything works out for him," Switzer said. "We were off to the Pro Bowl along with Nate Newton, Mark Tuinei, Larry Allen, Michael Irvin, Charles Haley and Woodson. "To det to get everything settled before the season starts,"

Haley, who signed a four-year contract before the season opener against the New York Giants.

"I’ll just have to see what the doctors say" said Haley, who has a record five Super Bowl losses. "It’s hard to leave the only profes­ional team I’ve ever played for."

It’s a priority to keep Brown, who might command a salary as high as $1 million, was thought to be expendable because of the expected return of Kevin Smith.

The latter sustained torn Achilles tendon in the season-opener against the New York Giants.

Jones spent $60 million in bonuses and signings to get the 1995 team to its ultimate goal, a fifth Super Bowl title for the organization.

The Cowboys have 35 players under contract next season at a cost of about $40 million. The current salary cap is at $37 million, and probably will jump to $40 million next season.

Some players can’t be signed by Dallas.

"The best team that money could buy has several other big names who are eligible to go elsewhere, including Pro Bowl strong safety Darren Woodson, linebackers Robert Jones, Dixon Edwards and Darrin Smith, who made a smooth transition from quarterback to the offense, or vice versa when the Cowboys won the Super Bowl.

"We’ll do everything we can to keep Larry Brown and we have X-amount of dollars," Switzer said. "It’s going to be tight fit."

Smith could be Miami-bound.

Smith is a University of Miami product, and will bring some strong bids because of his speed at the outside linebacker spot.

Woodson could be very expensive for the Cowboys. Kevin Smith could mean the franchise tag on him. If so, he would get the average of the three highest salaries at that position and that could be close to $2 million.

"It’s a priority to keep them," Jones said. "Obviously we can’t sign everybody. We’ll have to make some very tough decisions."

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"The best team that money could buy has several other big nam
Fitzpatrick stilles Penguins

By JOHN PACENTI
Associated Press

MIAMI
Florida coach Doug MacLean said he would go with the hot goalie and that meant Mark Fitzpatrick.

The backup goaltender, making this third start in four games, shut down Mario Lemieux and Pittsburgh's high-scoring offense as Panthers ended the Penguins' four-game winning streak with a 2-1 victory Monday night.

Lemieux was held without a point for only the second time in 42 games this season.

Fitzpatrick made 23 saves as Florida's defense found a way to slow Lemieux and Jaromir Jagr, who had combined for nine points in two previous Panther losses to Pittsburgh this season. Jagr had the Penguins' only goal midway through the third period.

Florida beat the Penguins for just the second time in 10 games.

Fitzpatrick learned he was starting against Pittsburgh on Sunday when coach Doug Maclean called him at home during the Super Bowl.

"We shut them down," Fitzpatrick said. "We gave up only four shots in the first period. It's nice to get to play." Florida surprised Pittsburgh by out-shooting the Penguins 33-24.

"Pittsburgh always gives you lots of trouble," MacLean said. "But we collapsed the middle and they didn't get many second chances." Gerd Murphy put the Panthers ahead 1-0 with a slap shot 13 seconds into a power play at 2:52 of the opening period.

It was the eighth goal of the season for the defenseman, who left the game in the third period after crashing into the boards. He is day-to-day with a sprained ankle.

Penguins goaltender Tom Barrasso got tied up with teammates Joel Wilkinson and Florida's Scott Mellanby on the play. The Panthers are 23-4-4 in 42 games this season.

Jagr had the other Ottawa goals.

"We needed to take advantage of the homestand," Niedermayer said.

Barrasso was a big reason why the Panthers never got another clear shot at Fitzpatrick as the Panthers defenders — particularly Terry Carkner — kept Pittsburgh off the neutral zone and behind the net for most of the rest of the game.

"We expected to be a tight game," Penguins coach Ed Johnston said. "We had our opportunities and they (the Panthers) played hard and you have to give the credit." The Senators, whose overall record is 18-9-6-2, tied for fourth place in the Eastern Conference with 42 points in 41 games.

"It's nice to get to play." Jagr said.

They outscored Villanova 11-2 to close out a 65-59 with 4:08 to go.

After a 3-pointer by Eberz, Wallace made two free throws and with 1:05 to play followed up Burgan's air ball to make it 64-63.

Kittles scored nine points in the first six minutes of the second half to lead a Villanova spurt that turned a two-point halftime deficit into a 49-40 lead with 14:04 to go.

Early leadHip at 3:55 of the first period with a long, high wrist-shot over the glove hand of Grant Fuhr.

Hawrchuk tied the score before the period ended when his short chip shot banked off Ottawa goalie Damian Rhodes' blocker and into the net. It was the former 50-goal scorer's ninth goal of the season.

Duchene and Hawrchuk scored early in the second period. Alfredsson put Ottawa ahead 3-2 on a controversial goal with 26 seconds left in the middle frame, scoring as Yashin bulled over Fuhr.

Drury needed a shot under Fuhr at 4:21 of the third period on a fine feed from Antti Tormanen.

Lazurus Sims pushed the ball upcourt and hit a driving jumper in the lane over Williams at the buzzer to send the game into overtime.

The Orangemen trailed 59- 48 with 7:55 to play after Kittles hit a 3-pointer from the left wing.

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Burgan had 11 points and was the only other Orangemen to reach double figures.

Syracuse hit 5-of-8 3-pointers in the opening half en route to a 34-32 halftime lead.

The University of Notre Dame Department of Music presents

Avend Amusique
Concert V
Late Medieval Chansons
Organ Pieces performed by
Schola Musicorum
Wednesday, January 31
9:30 p.m.
Baslica of the Sacred Heart
This concert is free and open to the public.
Tennis squad calms 'Canes

By JOE CAVATO
Sports Writer

This past week, the Notre Dame's men's tennis team was tested three times. And, three times the Irish passed with flying colors.

After defeating Ohio State 7-6 last Thursday the Irish hosted the no. 23 Minnesota and topped the Golden Gophers 5-2.

In their latest test, the Irish welcomed the Miami Hurricanes to the Eck Tennis Pavilion on Sunday. The Irish ran their season record to 3-0 as they blanked the 'Canes.

"I feel like the big difference from last year to this is my confidence," noted Sprouse. "I have just felt more confident in pressure situations. Some of that comes from increased responsibility in being a senior and the captain."

Also continuing to play well is sophomore Jakup Pietrowski. On Sunday Pietrowski defeated a very talented player in Miami's Arturo Ziozio. "Jakup beat another outstanding player," praised Bayliss. "Ziozio plays with a lot of power and flare, that's two wins for him in a row over great players."

Last year Pietrowski played at the fifth position, but he has made the jump to the second singles position successfully. "I think my game has stepped up from last year," explains Jakup. "I have gotten a lot more solid and I am playing with a lot of confidence. I think that on any given day I can beat anybody."

Ryan Simme, who is still recovering from foot surgery, did not play a singles match. That bumped freshman J.J. Patterson and senior Jason Pun to the no. 3 and no. 6 singles spots, while Brian Paterson remained at no. four singles. They each dominated their matches 6-3, 6-4, 6-2, 6-2; and 6-3, 6-1, respectively.

That left a void at the no. 6 singles position, which was filled just ten minutes before the match by senior Andy Chmura. In his first taste of varsity action, Chmura won big, taking just 14 games to win 6-2, 6-0.

"Andy deserves a lot of credit," praised Bayliss. "He didn't even know that he was going to play."

"It is good to know that guys like Andy and Brian Harris (who played no. three doubles Sunday) are ready to step in when we need it. That bodes well for our depth in case we get an injury later on during the season."

"It felt really good to play," Chmura said of his first varsity win. "It was nice to have a little reward for working hard the past three years. It was a lot of fun."

In the doubles matches the Irish showed their depth. Sprouce and Pun teamed to defeat 6-4, 7-6.

Today's matches against Northwestern will be a giant step toward their goal of reaching the NCAA tournament.

Irish

Senior captain Mike Sprouse has helped the 15th-ranked Irish to a 3-0 record on the season with his play at No. 1 singles.

The Notre Dame's men's tennis team is off to a fast start. But, captain Mike Sprouse mentioned, "It is pretty easy to tell how good we can be. You can tell the confidence difference between last year and this. Already, we have won some matches that we would have lost last season."

The next test for the Irish will be this Friday at 4:00 p.m. against Boise State.

Tennis squad calms 'Canes

Seles receives death threat

Associated Press

MELBOURNE
Australian Open tennis officials received an anonymous phone call threatening the life of Monica Seles during the second week of the championship, a Melbourne newspaper reported Tuesday. Seles was not told of the threat, the Herald Sun newspaper reported.

The death threat, made by telephone to the Tennis Australia offices, was kept from Seles so she could concentrate on her tennis, but security around her was boosted, the newspaper said.

"These matches against Northwestern have been tight but, as we feel as well as we did against Illinois, then we should definitely defeat the Wildcats," stated Chmura. "If the Irish do defeat the Wildcats it will be a giant step toward our goal of reaching the NCAA tournament.
icers look to continue streak against Bowling Green

By MIKE DAY
Sports Writer

No rest for the weary.

After dominating Army two consecutive nights for their first weekend sweep of the season, the Notre Dame hockey team would love to have a little time to enjoy the fruits of their labor.

Instead, the Irish, coming off just two days off after a rigorous weekend, are "rewarded" with a tough conference game against perennial power Bowling Green (16-10-1) tonight at the Joyce Center.

"It was good to get a couple of wins under our belt before starting the stretch run of the schedule," said junior left wing Tim Harberts. "We will have to play even better to beat a team like Bowling Green."

Led by senior center Mike Mall (18 goals and 11 assists) and junior right wing Mike Johnson (11 and 18), the Falcon offense enters tonight's match-up ranked fifth in the CCHA in scoring with 3.96 goals per game.

Fencing

continued from page 16

Saturday, but the squad's record winning streak was extended. Senior captain Claudette de Bruin had 10 wins, and teammate Amy Sromek added 13 to led the team with unblemished records.

The epee squad did have problems with Northwestern on Saturday. Both teams won eight matches, but Notre Dame notched five more touches to win the tie-breaker.

The men's epee team also had problems with the Wildcats, the only team that beat the Irish.

Brice Dille lead Notre Dame with a 10-4 record. Brian Stone's nine wins contributed to the improving squads record.

"The men's epee team is improving," said Auriol. "Brice Dille is showing signs of improvement as the number two epeeist. Unfortunately, Lawrence University, with the National Champion epeeist, didn't show up. It would have been a good test."

The only undefeated men's team, the sabre squad, extended its winning ways. Senior captain Bill Lester went undefeated with 11 wins. Jeff Wargall tallied ten victories and freshman Luke LaValle had nine wins.

"The real test is this weekend in Boston," said Auriol. "We will fence defending national champions Penn State, Penn and MIT."

The Notre Dame men's fencing team will be able to measure our team against the tougher competition.

"We are right where we want to be," said Poulin. "Any time one of these top teams doesn't show up. It would have been a great test."

By MIKE DAY
Sports Writer

Veteran goalie Mark Johnson (11 and 18) had 30 saves and senior center Mike Mall scored the game winner at 11:43 of the third period, as the Irish downed the Sabres.

"I thought they responded really well after the game against Michigan," said Poulin. "Army played extremely well and made few mistakes. We have to be at your best to beat a team like them."

Senior center Jamie Ling will once again be chasing history tonight against the Falcons. After notching his 50th career goal Saturday evening against Army, the team's leader in goals and assists needs just one point to reach 150 for his career.

"He is a great player who deserves the success he is getting," said team captain Brett Brunikins. "He is the type of player that can make the guys around him better players."

Joining Ling on the front line will be right wing Brian Urick and left wing Steve Noble. The pair has benefitted the most from Ling's stellar play at center, combining for six points in the sweep of Army.

"He (Ling) has developed his game a great deal just since the beginning of the season," said Poulin. "Just the attention he attracts and his unselfish style has benefitted Steve Noble and Brian Urick a great deal."

It's just a matter of time before Ling makes his way into the Notre Dame record book. The Irish just hope they can add a victory along with it.
MISTER BOFFO

JOE MARTIN

CROSSWORD

ACROSS
26 Pull off the
24 The Solar System
22 Old movie star
20 Military bigwigs
18 Church
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15 Desertlike
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DOWN
24 Military unit
19 Friday the 13th
game
14 Pond cover
13 Word with drinking or looking
12 Ages and ages
11 Dock
10 Old movie star Conrad
9 Enchanted places, perhaps
8 Words before a
7 Street show
6 Words before a categorization
5 "The Female Eunuch" author
4 One heart in
3 Author Calvin
2 Woody issue
1 Spilunker

6 Writer of boys
tales
5 Mexican girl
4 Yes
3 Barnyard sound
2 Formerly
1 London restaurant district
0 Beforehand
9 Prosperity
8 Freely

66 Prosperity
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YOUR HOROSCOPE

JEANE DIXON

HAPPY BIRTHDAY IN THE NECKLACE OF YOUR EYES.
Consistent effort is the key to greater advancement. On the personal front too, because things seem to be going well. A commitment opportunity arises in April. Good health depends on your sticking to a healthy diet and exercise regimen. Look forward to traveling in the summer months. As an autumn approach, romance will take on a new focus. A search for spiritual enlightenment will lead to new insights. Help! here! CEMMINE IS BORN ON THIS DAY: actress Vanessa Redgrave, author Denis McIlhenny, statesman Sir Harold Macmillan, Prime Minister of the United Kingdom. The theme today is doing good business. Cancerians take care of a financial loss. Be more discreet about the signs of your finances. In romance, follow your intuition.

FRIDAY (Oct. 23-Nov. 21): Teamwork helps create stability. Concerns about misunderstandings regarding partnerships or a new financial strategy. Ensure that you are in control of the situation. Expect some financial gains later in the week.

SATURDAY (Nov. 22-Dec. 21): Avoid making any hasty decisions or wrapping up projects. Your current cooperation as well as your braggadocio about your efficiency, today, helps you solve your current work problem without any fuss.

SUNDAY (Dec. 22-Jan. 19): Operations are not the same as this week due to your focus on what really counts. On the other hand, an occasional hazy brainstorming session will help you keep a project moving along. A new moment should appear to allow a workaholic temperament to still out your chances for romance.

TUESDAY (Jan. 20-Feb. 18): A long-distance relationship gains you thanks to hard work. Others are willing to help you out anyway. Perhaps they are only volunteering your services. A night out provokes libidinous feelings. You find yourself back out on the prowl.

WEDNESDAY (Feb. 19-March 20): A quiet retreat provokes you with the desire to make the most of your solitude and self-composition. A more relaxed lifestyle could be one of your goals. Research new ways to ingratiate your family's concerns. Focus on long-term goals.

OF INTEREST

■ An Internet Job Search Skills workshop will take place at 7 p.m. tonight in Room 6003 (Computer Cluster) in the College of Business Administration. This hands-on lab will provide assistance in locating, accessing, and utilizing employment-related and career-related information on the Internet. It will be presented by Paula Coakley, assistant Director, Career and Placement Services.

■ Feminists for Life meeting is canceled. The meeting was rescheduled for Feb. 13 to 7:30 p.m. in the Center for Social Concerns.

■ Information for the post-graduate service opportunity in Capuchin Franciscan Youth & Family Ministries will take place Jan. 30 and 31 at the Center for Social Concerns. Fr. Tony will be available. Discuss volunteer work as youth ministers, retreat leaders, mentorship trainers, peer ministers, and organize outreach.

■ Mary Ann Mahoney of the History Department and the College of Foreign Languages will present the lecture, "Afro-Brazilians, a Land Reform Law," at 7:30 p.m. in Porter Hall. This program is co-sponsored by the Department of Women & Gender Studies and the Center for Social Concerns.

■ Wednesday Lunchcheck signs-up sign will take place at lunch or dinner today. The money from your meals goes to worthy third-world grass-roots organizations.

■ Tonight in the Cinema at the Snite, the movie "War Cانون/NaNoak" will be playing at 7 p.m., with "Bambi" shown at 9 p.m. The cost for each movie is $2.

■ Menu

Notre Dame Call 548-3111 for menu information

St. Mary's
Vegetable Kabobs
Tempeh, Beet and Cashew Salad
Brown Rice

Your favorite local businesses who donated prizes to the Late Night Olympics Raffle:

Notre Dame Golf Shop
Emporium
Notre Dame Varsity Shop

A SPECIAL THANKS TO THESE LOCAL BUSINESSES WHO DONATED PRIZES FOR THE LATE NIGHT OLYMPICS RAFFLE:

TICKETS ARE 2 FOR $1.00 AND CAN BE PURCHASED FROM YOUR HALL LNO REPRESENTATIVE OR AT LATE NIGHT OLYMPICS!

Notre Dame Sports Promotions

Notre Dame Golf Shop
Pizza King
TajKaKo
Great Harvest Bread

Don Pablo's
Disc Go Round
Spaghetti Warehouse

HOURARMA
ho kers
Marin's
Emporium

Chili's
NOTRE DAME SPORTS MARKETING

Butt's Cafe
Pizza King
Pizza King

The Observer • TODAY
Irish capture regional win over Illini

Winning streak extended to four; Wildcats up next

By KATHLEEN LOPEZ Sports Writer

The women's tennis team is taking large strides toward achieving their goals for this season. They managed to overpower regional opponent Illinois last Sunday, 7-0. The 15th ranked Irish remain undefeated thus far. The team is not dwelling on their victory, instead they are focusing on their upcoming match against the Northwestern Wildcats.

"Overall, the whole team played really tough," stated freshman Marisa Velasco, "it is always hard to play at Illinois. We all wanted this victory really bad.

"We played overall really well against Illinois," stated head coach, Jay Louderback. "We started out reall

ly slow in the beginning with doubles, but then the six singles players played dominated."

The Irish suffered one loss in their match play, as the top doubles team of seniors Wendy Crabtree and Holly Lord were defeated by Illinois' high-ranked doubles team. "They just got on them early, and the two of them could not rally back," Louderback remarked.

But this was the only loss for the Irish in the entire match.

The no. 2 doubles team consisting of junior Erin Gowen and freshman Jennifer Hall dismissed their opponents, 8-4.

Senior Sherri Vitale and Velasco defeated the no. 3 doubles team for the Illini, 8-5. "We played really well together," stated Velasco, "Sherri played well. She really came up with some great shots."

The Irish dominated in singles play, not giving up a single set to Illinois. Crabtree, the no. 1 singles player, dismissed Illinois' Susanne Land, 6-2, 6-0.

The Irish defeated the no. 2 doubles team consisting of junior Erin Gowen and freshman Jennifer Hall, who had previously defeated the Illini's top doubles team the previous weekend. "We played well" said Velasco, "we really came up with some great shots."

The Irish captured a singles win in just over an hour of match play, as the top doubles team of senior Erin Gowen and freshman Jennifer Hall dismissed their opponents, 8-4.

Senior Wendy Crabtree contributed a singles win in just over an hour of match play, as the top doubles team of senior Erin Gowen and freshman Jennifer Hall dismissed their opponents, 8-4.

Men's Basketball

Getting off the ground
Phil Hickey struggles to adjust to game, travel

By TIM SEYMOUR Associate Sports Editor

Making adjustments to new situations is not an unfamiliar undertaking for freshman athlete,

Men's Basketball

at St. John's, January 31, 8 p.m.

Women's Basketball

at Rutgers, February 3, 2 p.m.

Women's Tennis

vs. Boise, February 4, 6 p.m.

Women's Tennis

vs. Northwestern, February 1, 3:30 p.m.

Men's Tennis

vs. Boise, February 2, 4 p.m.

Men's Tennis

vs. Boise, February 2, 4 p.m.

Irish skewer visitors

By WILLY BAUER Sports Writer

Notre Dame's fencing team got a little touchy on Saturday. As expected, the team faced little competition last Saturday in its home meet, sweeping the event with 6-0 records for each team.

The men's foil team was again led by senior captain Jeremy Siek. He ended the day with a 9-0 record. More importantly, Siek secured Notre Dame's victory over Ohio State. With the squads tied at four wins apiece, Siek beat his opponent to the required five touches and secured the foil team's undefeated mark.

"The men's foil had a tough match against Ohio State," said coach Yves Auriol. "Siek showed his leadership of the team when he won the last match. They fenced better against Northwestern.

The Irish beat the Wildcats 8-1.

Auriol's son Stephane also was undefeated for the weekend with nine wins. Senior Paul Capolungo had seven victories and sophomore John Tejada had nine wins.

Phil Hickey struggles to adjust to collegiate basketball, travel and fear of flying.

By JESSE HOFFMAN Sports Writer

Making adjustments to new situations is not an unfamiliar undertaking for freshman athlete, who must adapt to the rigors of college life along with new levels of competition.

Center Phil Hickey just has one more adjustment to make.

The 6-11, 265-pounder from Pittsburgh, he drove with family members rather than taking the team plane.

A similar procedure will be repeated for Wednesday night's game against St. John's in New York, as Hickey is not yet comfortable enough to fly.

"To my knowledge right now, Phil is being driven to New York and will be driving back after the game," said Irish coach John MacLeod. "Phil will fly when he's ready, and right now (driving) is the only way we can get him there.

Hickey's phobia is a relatively new development, stemming primarily from a turbulent flight back to South Bend after the Xavier game in Cincinnati on December 23.

It was then that he realized that this is something I need to confront because it's going to be a big part of the next three or four years," said Hickey. "A lot of the fear comes from a lack of understanding."

While he copes with his fear, however, Hickey has received the unconditional support of those around him.

"Everyone on the team has been very supportive," he said. "Coach has also been great, and he told me to take all the time I need, which was very important."

There is no question, though, that this unexpected development has been frustrating to all involved, a fact especially apparent during the Miami game. MacLeod was forced to aid in the team's dominance.

Freshman Sara Walsh led the women's foil team with half of the team's 10 wins. More importantly, Siek secured Notre Dame's victory over Tri State University.

The foil team got help from Rose Saari's 16 wins and junior Anise Appel with 15 victories.

Half of the teams faced on Saturday failed to get a victory against Notre Dame.

"The meet went well," said Walsh, "we beat all the teams easily.

The women's epee team had a little tougher time against its competition on