



NDWorks

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News for Notre Dame faculty and staff and their families

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Putting a new spin on 'walking to work'

Treadmill/computer keeps business pros moving

BY GENE STOWE, FOR NDWORKS

Mendoza College of Business professors Bob Bretz and Rob Easley step up their productivity with an office Walkstation, a leisurely paced treadmill equipped with a computer where they can read, write, surf or email.

The device provides not only physical exercise but also mental focus, the users say.

"Basically, what I find is I can get involved in what I'm doing," Easley says. "When you're working on the computer and pulling up files and cutting and pasting, writing emails, I completely forget that I'm walking."

"I think the biggest surprise to me was that it helps focus. I thought it would be a distraction. I would have to think about walking and chewing gum at the same time."

He often spends the first hour of the workday walking and checking

emails effortlessly.

"Even if I'm writing a paper or something like that, it's not only doable but actually helps me concentrate," Easley says. "It improves my focus. I think because my body's involved and I'm not sitting at my desk with lots of other things to distract me."

Bretz got the first Walkstation a few years ago after major reconstructive surgery, when sitting and standing still were too painful for him to perform his department chair duties.

"The one thing that ended up being the most comfortable for me was walking at a very slow pace," says Bretz, whose doctor agreed that he should try the technology. "I could do the paperwork. I could also meet with people while I was walking."

He had a Walkstation for both his department chair office and his faculty office. When he stepped down as department chair, the second one went to Easley.

Users can set the treadmill for a pace of 0.3 mph to 2 mph, and the

computer stand is designed for easy adjustment to comfortable levels. Bretz usually sets his at 1.5 mph for keyboarding, 2 mph for reading.

"It's not designed for aerobic capacity," he says. "It does keep you moving. It's remarkable how comfortable you can be working while you're doing it. I'm amazed there's not more of them around."

"It does break up the day. You really can concentrate. Time really can away from you—you look up and you've walked two miles, and you got your report done."

Information on the Walkstation, a Steelcase product, can be found online at store.steelcase.com/go.



PHOTO PROVIDED

Weeklong series of events celebrates Blessed Basil Moreau, C.S.C.

Opportunities for prayer, discussion and reflection

BY BILL SCHMITT, NDWORKS

Rev. Basil Moreau, C.S.C., (1799-1873) founder of the Congregation of Holy Cross, was declared "blessed" by the Catholic Church in 2007, the penultimate step toward canonization as a saint. All members of the Notre Dame family are invited to join in the annual celebration of

the occasion, a week of events collectively called "**Holy Cross: Faith in Our Future.**"

The week begins at 7:15 p.m. Sunday, Jan. 17, with **Vespers** in the Basilica of the Sacred Heart. Prayers will focus on the spirituality of Holy Cross, the cause for canonization of Blessed Basil as a saint of the Church and vocations to the Holy Cross priesthood. The congregation's Office of Vocations sponsors this introduction to the week of events.

Theology professor Lawrence S. Cunningham will deliver the second annual **Blessed Basil Moreau Lecture**, "How is Your Heart? Toward a Profound Education," at 7:30 p.m. Monday, Jan. 18, in the Geddes Hall Auditorium. Ann Firth, associate vice president in the Division of Student Affairs, will serve as discussant following the lecture, drawing both on her experiences with the Holy

Cross as a Notre Dame graduate and through her work in Student Affairs.

"**Men in Black 2**," 7:30 p.m. Tuesday, Jan. 19, in the Geddes Hall auditorium, will be a new iteration of last year's enjoyable panel discussion in which Holy Cross priests talked casually about their roads to the priesthood. Rev. William Lies, C.S.C., will act as master of ceremonies, welcoming panelists Rev. Paul Doyle, C.S.C.; Rev. Ralph Haag, C.S.C.; and Rev. Timothy Scully, C.S.C. Students will want to stay afterward for pizza and refreshments in the Geddes Hall café.

The capstone event of the week, **Mass for the Feast Day of Blessed Basil Moreau, C.S.C.**, will be celebrated at 5:15 p.m. Wednesday, Jan. 20, in the Basilica. Presider and homilist will be Rev. Gregory Haake, C.S.C. Father Haake recently spent a year living in France, close to the

roots of this congregation that aims to bring zeal and hope through ministry in education, parish work and international missions.

For more information on these events, click on the "Faith and Service" link on nd.edu.

A stature of Blessed Basil Moreau, C.S.C., by the late sculptor Robert Graham, was installed in the Basilica of the Sacred Heart in 2007.



MATT CASHORE



Get in shape—and stay in shape—with RecSports this winter

RecSports offers recreation and fitness classes for every interest—from cardio, indoor cycling and interval training to martial arts and Irish step dancing.

During “Try It, You’ll Like It” week Monday, Jan. 11, through Sunday, Jan. 17, try any fitness, instructional or FAST class for free. Space is limited.

Semester registration begins Thursday, Jan. 14, at 7:30 a.m. via RecRegister, recsports.nd.edu.

Popular new **FAST** (faculty and staff training) classes offer fitness classes reserved for University employees and their spouses five days a week.

Family programs are also available, including **Even Fridays** events such as the **Family Swim Night** coming up Friday, Jan. 22, and the **Family FIRST** Cross-Country Ski Clinic on Saturday, Jan. 23.

RecSports can also organize an exercise program for your department through **Shamrock Shape Up**, or offices can request a “Fit Tips” jar, full of ideas for small changes to make for a healthier you in 2010.

For more information, visit recsports.nd.edu or call 631-6100.



EXECUTIVE EDITOR

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CONTRIBUTING WRITER

Monica Hoban

GRAPHIC DESIGNER

Kristina R. Craig,
Kreative Koncepts

COPY EDITORS

Brittany Collins
Jennifer Laiber

STUDENT INTERN

Lisa Bucior

STUDENT REPORTER

Katie Doellman

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Online PDF versions of past NDWorks can be found at nd.edu/~ndworks.

Submit story ideas, questions and comments to ndworks@nd.edu or contact Carol C. Bradley, 631-0445 or bradley.7@nd.edu.

The deadline for stories is 10 business days before the following 2009-2010 publication dates: July 23, Aug. 13, Aug. 28, Sept. 10, Sept. 24, Oct. 15, Nov. 5, Nov. 19, Dec. 10, Jan. 7, Jan. 28, Feb. 11, Feb. 25, March 18, April 8, April 22, May 6, May 20, and June 17.

FITNESS CLASSES

Free Week: Jan. 11–Jan. 17. Reg Schedule: Jan. 18–April 28 (unless otherwise noted)

MONDAY

| | | | | |
|----------------------------|------------------|------|---------|-------------|
| Cardio Express (ends 5/10) | 12:15-12:45 p.m. | \$16 | TBA | RSRC AR 2 |
| Aquacise (ends 5/10) | 5:30-6:15 p.m. | \$19 | Jacquie | Rockne Pool |
| Cardio Box | 5:30-6:30 p.m. | \$17 | Indiana | RSRC AR 1 |
| Cardio Funk | 5:30-6:30 p.m. | \$17 | Kate C. | RSRC AR 2 |
| Yoga | 5:30-6:30 p.m. | \$55 | Steve | Rockne 205 |
| Power Cycling | 5:30-6:30 p.m. | \$45 | Angela | Rockne B026 |
| Cardio Circuit | 6:45-7:30 p.m. | \$17 | Indiana | RSRC AR 1 |
| Interval Training | 6:45-7:45 p.m. | \$17 | Olga | RSRC AR 2 |
| Indoor Cycling | 6:45-7:45 p.m. | \$45 | Bethany | Rockne B026 |
| Crunch Time | 8-8:30 p.m. | \$14 | Olga | RSRC AR 2 |

TUESDAY

| | | | | |
|----------------|----------------|------|---------|-------------|
| Power Yoga | 6-7:15 a.m. | \$66 | Frances | RSRC AR 1 |
| Cardio Circuit | 7:30-8:15 a.m. | \$18 | Indiana | RSRC AR 2 |
| Yoga | Noon-1 p.m. | \$59 | Linda | RSRC AR 1 |
| Yoga | 4:15-5:15 p.m. | \$59 | Kim | Rockne 205 |
| Triple Threat | 5:30-6:30 p.m. | \$18 | Olga | RSRC AR 1 |
| Body Sculpt | 5:30-6:15 p.m. | \$18 | Indiana | RSRC AR 2 |
| Indoor Cycling | 5:30-6:30 p.m. | \$49 | Kate D. | Rockne B026 |
| Pilates Mat | 5:30-6:15 p.m. | \$59 | Patty | Rockne 205 |
| Crunch Time | 6:30-7 p.m. | \$15 | Olga | RSRC AR 2 |
| Cycle N Sculpt | 6:45-7:45 p.m. | \$49 | Indiana | Rockne B026 |

WEDNESDAY

| | | | | |
|----------------------------|------------------|------|---------|-------------|
| Cardio Express (ends 5/12) | 12:15-12:45 p.m. | \$18 | TBA | RSRC AR 2 |
| Pilates Mat | 12:15-1 p.m. | \$59 | Leah | RSRC AR 1 |
| Aquacise (ends 5/12) | 5:30-6:15 p.m. | \$20 | Jacquie | Rockne Pool |
| Body Sculpt | 5:30-6:15 p.m. | \$18 | Judy | RSRC AR 1 |
| Step N Sculpt | 5:30-6:30 p.m. | \$18 | Claire | RSRC AR 2 |
| Pilates Mat | 5:30-6:15 p.m. | \$59 | Judith | Rockne 205 |
| Indoor Cycling | 5:30-6:30 p.m. | \$49 | Angela | Rockne B026 |
| Interval Training | 6:30-7:30 p.m. | \$18 | Kari | RSRC AR 1 |
| Crunch Time | 6:45-7:15 p.m. | \$15 | Claire | RSRC AR 2 |
| Yoga | 6:30-7:30 p.m. | \$39 | Kelly | Rockne 205 |
| Cycle N Sculpt | 6:45-7:45 p.m. | \$49 | Indiana | Rockne B026 |

THURSDAY

| | | | | |
|------------------|----------------|------|---------|-------------|
| Cardio Boot Camp | 6:30-7:30 a.m. | \$17 | Indiana | RSRC AR 1 |
| Yoga | Noon-1 p.m. | \$55 | Steve | RSRC AR 1 |
| Yoga | 4:15-5:15 p.m. | \$55 | Kim | Rockne 205 |
| Cycle Express | 4:45-5:15 p.m. | \$39 | Kate D | Rockne B026 |
| Indoor Cycling | 5:30-6:30 p.m. | \$45 | Angela | Rockne B026 |
| Beginner Pilates | 5:30-6:15 p.m. | \$39 | Jenny | Rockne 205 |
| Step N Sculpt | 5:30-6:30 p.m. | \$17 | Claire | RSRC AR 1 |
| Power Cycling | 6:45-7:45 p.m. | \$45 | Indiana | Rockne B026 |

FRIDAY

| | | | | |
|-------------|------------------|------|---------|-----------|
| Flex N Tone | 12:15-12:45 p.m. | \$12 | Bethany | RSRC AR 1 |
| Cardio Funk | 5:30-6:30 p.m. | \$14 | Kari | RSRC AR 1 |

SATURDAY

| | | | | |
|----------------|-----------------|------|---------|-------------|
| Step N Sculpt | 12:15-1:15 p.m. | \$14 | Alyssia | RSRC AR 1 |
| Indoor Cycling | 12:15-1:15 p.m. | \$38 | Indiana | Rockne B026 |

SUNDAY

| | | | | |
|------------------|-----------------|------|----------|-------------|
| Cardio Box | 12:15-1:15 p.m. | \$14 | Kate C. | RSRC AR 1 |
| Power Cycling | 12:15-1:15 p.m. | \$38 | Kate D | Rockne B026 |
| Beginner Yoga | 12:15-1:15 p.m. | \$46 | Katie | Rockne 205 |
| Pilates Mat | 1:30-2:15 p.m. | \$46 | Rotation | Rockne 205 |
| Cardio Boot Camp | 2:45-3:45 p.m. | \$14 | Kelsey | RSRC AR 1 |
| Crunch Time | 4-4:30 p.m. | \$12 | Kelsey | RSRC AR 1 |
| Body Sculpt | 4:45-5:30 p.m. | \$14 | Judy | RSRC AR 1 |

FAST (Faculty And Staff Training)

Free Week: Jan. 11–Jan. 17, Reg Schedule: Jan. 18–May 15

MONDAY

| | | | | |
|---------------|------------------|------|---------|-------------|
| Morning Cycle | 6:30-7:15 a.m. | \$56 | Indiana | RSRC AR 2 |
| Cycle Express | 12:15-12:45 p.m. | \$48 | Indiana | Rockne B026 |

TUESDAY

| | | | | |
|---------------|------------------|------|---------|-----------|
| Cardio Sculpt | 9:15-10:15 a.m. | \$22 | TBA | RSRC AR 2 |
| Flex N Tone | 12:15-12:45 p.m. | \$18 | Indiana | RSRC AR 2 |

WEDNESDAY

| | | | | |
|---------------|------------------|------|---------|-------------|
| Morning Cycle | 6:15-7 a.m. | \$59 | Indiana | RSRC AR 2 |
| Cycle Express | 12:15-12:45 p.m. | \$51 | Indiana | Rockne B026 |

THURSDAY

| | | | | |
|---------------|------------------|------|---------|-----------|
| Cardio Sculpt | 9:15-10:15 a.m. | \$22 | TBA | RSRC AR 2 |
| Flex N Tone | 12:15-12:45 p.m. | \$16 | Indiana | RSRC AR 2 |

FRIDAY

| | | | | |
|----------------|------------------|------|---------|-----------|
| Yoga | 9:15-10:15 a.m. | \$68 | Steve | RSRC AR 1 |
| Cardio Express | 12:15-12:45 p.m. | \$17 | Indiana | RSRC AR 2 |

INSTRUCTIONAL CLASSES

Reg Schedule: Jan. 25–April 28 (unless otherwise noted)

Instructor Training

Instructor Training Info Session

| | | | | |
|-----------------|----------------|--|--|------------|
| Monday, Jan. 18 | 6:30-7:30 p.m. | | | Rockne 110 |
|-----------------|----------------|--|--|------------|

Personal Training

| | | | | |
|------------------|----------------|------|---------|-------------|
| Monday/Wednesday | 6:30-7:30 p.m. | \$50 | Shellie | Rockne B020 |
|------------------|----------------|------|---------|-------------|

Fitness Instructor

| | | | | |
|-----------------|----------------|------|---------|---------------------------|
| Monday/Thursday | 6:30-7:30 p.m. | \$50 | Shellie | Rockne B020 Rockne 205 |
|-----------------|----------------|------|---------|---------------------------|

Martial Arts Instruction

Martial Arts Demo

| | | | | |
|--------------------|----------------|--|--|------------|
| Wednesday, Jan. 13 | 6:45-8:15 p.m. | | | Rockne 109 |
|--------------------|----------------|--|--|------------|

Aikido

| | | | | |
|-------------------|----------------|------|-----|------------|
| Tues./Thurs./Sat. | 5:15-6:45 p.m. | \$60 | Wes | Rockne 109 |
|-------------------|----------------|------|-----|------------|

Tae Kwon Do Ju Jitsu

| | | | | |
|------------------|----------------|------|--------------|------------|
| Monday/Wednesday | 6:45-8:15 p.m. | \$50 | Ben Jason | Rockne 109 |
|------------------|----------------|------|--------------|------------|

Tai Chi (ends 4/12)

| | | | | |
|--------|----------------|------|---------|------------|
| Monday | 5:30-6:30 p.m. | \$40 | Br. Ray | Rockne 109 |
|--------|----------------|------|---------|------------|

Dance Instruction

Dance Class Demo

| | | | | |
|------------------|----------------|--|--|-----------|
| Tuesday, Jan. 12 | 6:45-8:45 p.m. | | | RSRC AR 1 |
|------------------|----------------|--|--|-----------|

Partner Latin Dance

| | | | | |
|--------|----------------|------|-------|------------|
| Monday | 6:45-7:45 p.m. | \$25 | David | Rockne 205 |
|--------|----------------|------|-------|------------|

Irish Step

| | | | | |
|---------|----------------|------|-------------|---------|
| Tuesday | 7:15-8:15 p.m. | \$20 | Mary Brigid | RSRCAR2 |
|---------|----------------|------|-------------|---------|

Jazz/Hip-Hop Fusion

| | | | | |
|------------------|----------------|------|----------|-----------|
| Tuesday/Thursday | 6:45-7:45 p.m. | \$40 | Kathleen | RSRC AR 1 |
|------------------|----------------|------|----------|-----------|

Modern Dance (1/26 – 3/4)

| | | | | |
|------------------|----------------|------|--------|-----------|
| Tuesday/Thursday | 7:45-8:45 p.m. | \$20 | Yvonne | RSRC AR 1 |
|------------------|----------------|------|--------|-----------|

Beginner Ballet

| | | | | |
|-----------------------|----------------------------------|------|-------|-----------|
| Wednesday & Sunday | 7:30-8:30 p.m. 6:30-7:30 p.m. | \$45 | JoAnn | RSRC AR 2 |
|-----------------------|----------------------------------|------|-------|-----------|

Intermediate Ballet

| | | | | |
|-----------------------|----------------------------------|------|-------|-----------|
| Wednesday & Sunday | 8:35-9:35 p.m. 7:35-8:35 p.m. | \$45 | JoAnn | RSRC AR 2 |
|-----------------------|----------------------------------|------|-------|-----------|

Brazilian Dance

| | | | | |
|----------|----------------|------|---------|-----------|
| Thursday | 6:45-7:45 p.m. | \$20 | Jenny B | RSRC AR 2 |
|----------|----------------|------|---------|-----------|

Individual Latin Dance

| | | | | |
|----------|----------------|------|---------|-----------|
| Thursday | 5:30-6:30 p.m. | \$20 | Claudia | RSRC AR 2 |
|----------|----------------|------|---------|-----------|

Water Instruction

Water Safety Instructor

| | | | | |
|---------|----------|-------|-------|---------------------------|
| Tuesday | 6-9 p.m. | \$200 | Sarah | Rockne Pool Rockne 110 |
|---------|----------|-------|-------|---------------------------|

Lifeguard Instructor

| | | | | |
|------------|-------------|-------|-------|---------------------------|
| Tues/Thurs | 4:30-6 p.m. | \$150 | Sarah | Rockne Pool Rockne 110 |
|------------|-------------|-------|-------|---------------------------|

Lifeguard Training

| | | | | |
|----------|----------|-------|-------|---------------------------|
| Thursday | 6-9 p.m. | \$200 | Sarah | Rockne Pool Rockne 110 |
|----------|----------|-------|-------|---------------------------|

Scuba Info Session

| | | | | |
|-----------------|----------------|--|--|------------|
| Sunday, Jan. 17 | 3:30-4:30 p.m. | | | Rockne 110 |
|-----------------|----------------|--|--|------------|

Scuba

| | | | | |
|----------------------|----------------|-------|-------|---------------------------|
| Sunday (1/24 – 2/28) | 3:30-7:30 p.m. | \$205 | Diane | Rockne Pool Rockne 110 |
|----------------------|----------------|-------|-------|---------------------------|

Sport Instruction

Squash (3/16 – 4/22)

| | | | | |
|-----------------------|----------------------------------|------|-------|---------------------|
| Tuesday & Thursday | 6:15-7:45 p.m. 6:15-7:45 p.m. | \$55 | Geoff | Rockne 110 & Courts |
|-----------------------|----------------------------------|------|-------|---------------------|

Tennis (1/26 – 3/2)

Beginner

| | | | | |
|---------|----------|------|--------|-------------------|
| Tuesday | 6-7 p.m. | \$45 | Jennie | Eck Tennis Center |
|---------|----------|------|--------|-------------------|

Intermediate

| | | | | |
|---------|----------|------|--------|-------------------|
| Tuesday | 7-8 p.m. | \$45 | Jennie | Eck Tennis Center |
|---------|----------|------|--------|-------------------|

Horseback Riding Info Session

| | | | | |
|-----------------|----------------|--|--|------------|
| Sunday, Jan. 17 | 2:30-3:30 p.m. | | | Rockne 110 |
|-----------------|----------------|--|--|------------|

Horseback Riding

| | | | | |
|-------------------------|----------------|-------|-------|--------------------------|
| VARIOUS (1/23 – 3/4) | 5:30-6:30 p.m. | \$125 | Cathy | Laughin Place Stables |
|-------------------------|----------------|-------|-------|--------------------------|

Fencing Lessons

| | | | | |
|-------------------|----------|-------|-------|--------------------|
| Tuesday/Wednesday | 7-9 p.m. | \$120 | Marek | Joyce Fencing Room |
|-------------------|----------|-------|-------|--------------------|

Aquatics Programming Spring 2010

Swim Lessons

Swim Assessment and Family Swim Night
Friday, Jan. 22, 5:30-7:30 p.m. Free Rockne Memorial

Swim lesson times to be announced—visit recsports.nd.edu for more information.

Session 1

Sundays, Jan. 31-Feb. 28 \$30 Rockne Pool

Monday/Wednesday, Feb. 8-March 3 \$50 Rockne Pool

Tuesday/Thursday, Feb. 9-March 4 \$50 Rockne Pool

Session 2

Sundays, March 21-April 25 \$30 Rockne Pool

Monday/Wednesday, March 15-April 7 \$50 Rockne Pool

Tuesday/Thursday, March 16-April 8 \$50 Rockne Pool

Intramural Sports Competitive Schedule Spring 2010

Each of the sports below is open to faculty and staff. Registration takes place at the Rolfs Sports Recreation Center. For more information on the sports offered, please visit recsports.nd.edu.

| Activity | Entry | Deadline | Cost |
|--------------------------------------|---------|----------|-----------|
| Campus Racquetball Doubles | Jan. 14 | Jan. 21 | \$5/team |
| CoRec Volleyball | Jan. 14 | Jan. 21 | \$20 |
| CoRec Indoor Soccer | Jan. 14 | Jan. 21 | \$50 |
| Campus Floor Hockey | Feb. 18 | Feb. 25 | \$50 |
| Campus Badminton Doubles (tourney) | Feb. 18 | Feb. 25 | \$5/entry |
| Grad/Fac/Staff Softball | Feb. 18 | Feb. 25 | \$50 |
| Campus Sand Volleyball (Men & Women) | March 4 | March 18 | \$20 |
| Horseshoe Doubles Tournament | April 1 | April 8 | \$5 |

FAST Classes

The **RecSports Faculty and Staff Training (FAST)** Program offers a variety of fitness classes and workshops developed to meet the needs of University employees. Employees, retirees and spouses are encouraged to participate. RecSports can also help organize a program just for your office or department through our **Shamrock Shape Up** program. For the complete schedule and information on prices and registration, visit recsports.nd.edu or call 631-6100.

Family Programs and Special Events Even Fridays

RecSports **Even Fridays** family programs are held on the second and fourth Friday of every month from 5:30 to 7:30 p.m. Family recreation opportunities include activities such as bowling, swimming, game nights and bike rides. Events are designed to reach a wide range of family ages and abilities.

Family Time at Rolfs Sports Recreation Center
5:30 to 7:30 p.m. Friday, Jan. 8

Family Swim at the Rockne Memorial Building
5:30 to 7:30 p.m. Friday, Jan. 22

PHOTOS: MATT CASHORE



Family FIRST

Family FIRST (Fitness Instruction & Recreational Sports Training) classes focus on the fitness needs of families and are designed for parents to participate with their children. Typical classes include yoga, martial arts, cardio, indoor cycling and rock climbing. Family FIRST classes are held from 2:30 to 3:30 p.m. Sundays at the Rockne Memorial.

Yoga

Registration: Monday, Dec. 28, through Friday, Jan. 15
Class Dates: Sundays, Jan. 17-Feb. 21
Class Time: 2:30-3:30 p.m.
Cost: FREE!

Special Event

Saturday, Jan. 23: **Cross-Country Ski Clinic 3-5 p.m.**



Links of the Irish

Online philosophy journal draws visitors from all over the world

BY BILL SCHMITT, NDWORKS

What distinguished academic journal based at Notre Dame has been operating online for eight years, receiving visitors from 157 countries and delivering new content frequently to more than 2,800 subscribers? That's a philosophical question—because the answer is Notre Dame Philosophical Reviews.

This online journal, at ndpr.nd.edu/reviews.cfm, "has become an important fixture in the philosophical world," says Anastasia Friel Gutting, a professional specialist in the Department of Philosophy who serves as co-editor along with her husband. He is Gary Gutting, a professor who holds the Notre Dame Chair in Philosophy. Both are fellows in the Nanovic Institute for European Studies. She is a former director of Notre Dame's London program.

In a recent 30-day period, Anastasia says, the journal had 50,725 visits from people world-

wide who wanted early but scholarly assessments of the latest books about philosophy.

The journal, not a monthly or a quarterly but virtually a daily, taps into the Web's innate speed advantage. "In print journals, reviews of new philosophy books typically don't appear until a year or two after the book's publication," Anastasia explains. In contrast, NDPR is able to post a review in about 6-8 months, on average, usually meaning that it's the first substantial review of a new book. Some 40 respected philosophers serve on an editorial board that guides selection of reviewers and oversight of the reviews, keeping academic standards top-notch. Books and their reviewers come from around the world.

With no hard-copy publishing date, reviews can go out via email shortly after they've been written and approved, and neither the length of a review nor the number of reviews being "published" is limited by a journal's page counts. Since January 2002, when NDPR was born, it has published about 1,800 reviews, and it went from publishing 12 reviews per month to more than one for every day of the year in 2009, the Guttings point out.

Philosophy professor John O'Callaghan praises NDPR as "a kind of central clearing house for reviews, reviewing many more works across the board than any journal." Subscribing to receive the latest reviews by email gives readers a fresh insight into a timely book, he says.

Speaking of timely, here are two updates on websites mentioned in our previous column.

When visiting ndsmcobserver.com, the site for the student newspaper of Notre Dame and Saint Mary's College, check out the sports podcasts, a plunge into the multimedia news world for the next generation of journalists, serving up lively insights into one of Notre Dame's busiest and most beloved beats.

You can't get timelier than "live," so next time you're at newsinfo.nd.edu, the University's news and information site, go to the weather summary in the upper right corner and click "Live Look." You'll get a webcam's real-time view of the skies over Notre Dame.

Prenatal yoga tones, increases flexibility

Yoga is a great complement to regular cardiovascular exercise when you're expecting, helping you tone muscles, stay flexible and improve balance and circulation. Deep breathing exercises will help you learn to relax as you approach labor, birth and motherhood.

NEW

The six-week class meets 3:45 to 5 p.m. Sundays, Jan. 10 through Feb. 14 in Rockne Room 205. The fee is \$30, and the class size is limited to 15. Register via RecRegister, recsports.nd.edu, or call 631-6100 for more information.

Upcoming Events

ART

Upcoming exhibitions at the **Snite Museum of Art** include:

“The World of Piranesi,” an exhibition of 10 etchings by Giovanni-Battista Piranesi, will be on exhibition from Sunday, Jan. 17, through Sunday, Feb. 28, in the Scholz Family Works on Paper Gallery.

“Expanding the Boundaries: Selected Drawings from the Yvonne and Gabriel P. Weisberg Collection,” a traveling exhibition of drawings, watercolors and pastels by late 19th- and early 20th-century French and Belgian artists. Sunday, Jan. 17, through Sunday, Feb. 28, in the O’Shaughnessy West Galleries.

“Markings by Koo Kyung Sook,” a set of six prints on handmade mulberry paper, Sunday, Jan. 24, through Sunday, March 7, in the Mestrovic Studio Gallery. The Korean-born artist created the images by applying photographic developing solution to fabric placed over sheets of photographic paper, then lying atop the fabric. Impressions made by the weight and movement of her body were then scanned and printed by an inkjet printer.

MUSIC

Unless otherwise noted, all performances take place in the Marie P. DeBartolo Center for the Performing Arts. For more information or to purchase tickets, visit performingarts.nd.edu or call 631-2800. Ticket prices are for faculty and staff, senior citizens and students of all ages.

SERVICE ANNIVERSARIES

The University congratulates the following employees who celebrate significant service anniversaries in January, including 30-year employees **Joanne D. Birdsell**, College of Engineering; **Jean M. Humeston**, Academic Services for Student Athletes; **Carol S. Rhoades**, Facilities Operations; and **Peter F. Shaw**, integrated communication services.

25 years

Beverly M. Fillmore, Huddle
Kenneth J. Kinslow, Hesburgh Libraries
James M. Reed, Central Receiving



Humeston

20 years

Daniel J. and Sheila McMahon, development
Shirley M. Grauel, student organizations
Tracey L. Hahn, security
Lori K. Kish, procurement
Diana C. Matthias and
Stephen R. Moriarty, Snite Museum
Maureen L. McNamara, athletics
Eugene M. Pilawski, student accounts
Ofelia T. Smith, Morris Inn
Barbara A. Snyder and **Marsha Stevenson**, Hesburgh Libraries



Shaw

15 years

Janusz A. Bednarski, fencing
Kathleen A. Cybulski, biological sciences
Michael J. Fitzpatrick, integrated communication services
John L. Hannan and **Joan M. Metzger**, development
M. Catherine Hilkert, theology
Diane P. King, Kroc Institute
William R. Wolter, Freimann Life Sciences

10 years

Carlos W. Brazo, North Dining Hall
Alexandra F. Corning, psychology
Maria V. DiPinto, Morris Inn
Margaret A. Doody and **Mary A. Smyth**, English
Virgilio P. Elizondo, Theology
Peter M. Garnavich, **Michael Hildreth** and
Heidi E. Lamm, physics
Holly V. Goodson, chemistry and biochemistry
Terry A. Hanyzewski, OIT
Cindi A. Hoffman, Hesburgh Libraries
Tamara Kronewitter, Office of the University Architect
Alexander Mintairov, electrical engineering
Cynthia D. Schock, custodial services
Shohn L. Turner, Office of Research

The Metropolitan Opera Live in HD: Der Rosenkavalier—Richard Strauss
1 p.m. Saturday, Jan. 9, with an encore performance at 1 p.m., Sunday, Jan. 10, Browning Cinema
Strauss’s comic masterpiece of love and intrigue in 18th-century Vienna stars Renée Fleming as the aristocratic Marschallin and Susan Graham in the trouser-role of her young lover. Edo de Waart conducts a cast that also includes Kristinn Sigmundsson and Thomas Allen.
\$22/\$22/\$15

The Metropolitan Opera Live in HD: Carmen—Bizet
1 p.m. Saturday, Jan. 16, with an encore performance at 1 p.m. Sunday, Jan. 17, Browning Cinema
One of the most popular operas of all time, Carmen is “about sex, violence and racism,” says director Richard Eyre about his new production. Angela Gheorghiu plays the seductive gypsy opposite Roberto Alagna as the obsessed Don José.
\$22/\$22/\$15

Sublime to Ridiculous: Stephen Lancaster and Martin Katz in Recital
7 p.m. Saturday, Jan. 30, Leighton Concert Hall
Baritone Stephen Lancaster joins forces with renowned collaborative pianist Martin Katz to present an array of art songs from silly to sumptuous, by composers including Charles Ives and Samuel Barber.
\$6/\$5/\$3

Organ Recital Series: Paul Thornock
2:30 p.m. and 5 p.m. Sunday, Jan. 31, Reyes Organ and Choral Hall
Thornock is currently Cathedral Director of Music and Diocesan Music Consultant in the Catholic Diocese of Columbus, Ohio.
\$10/\$8/\$5

FILM

Unless otherwise noted, films are screened in the Browning Cinema, DeBartolo Center for the Performing Arts. Tickets are \$5 for faculty and staff, \$4 for seniors and \$3 for students.

A Ripple of Hope (2008)
7 p.m. Friday, Jan. 15
Director **Donald Boggs** will present a lecture titled

“A Personal Journey in Prejudice” following the film. As news of Dr. Martin Luther King’s assassination spread, American cities erupted in chaos. Robert F. Kennedy, en route to Indianapolis for a campaign appearance in an African-American neighborhood, faced police pressure to cancel, for fear of his life. His extemporaneous plea for peace and reconciliation delivered from a flatbed truck is considered one of the great political speeches of the 20th century. “A Ripple of Hope” draws on interviews with Kennedy aides, associates and some in the crowd that night, to study this historical moment.

The Sun (2009)
6:30 and 9:30 p.m. Saturday, Jan. 16, 6:30 p.m. Sunday, Jan. 17
In a wonderfully eccentric and fascinating film about the last days of Emperor Hirohito’s reign, the otherworldly Hirohito (Issey Ogata), raised as a god, faces surrender and renunciation of his divine status while negotiating his country’s American occupation and future with General MacArthur. Japanese and English language with English subtitles.

The Searchers (1956)
PAC Classic 100
3 p.m. Saturday, Jan. 23
John Ford’s epic meditation on racism, obsession, paranoia and the myth of the West influenced films into the 1970s. John Wayne gives perhaps his most powerful performance as an embittered Civil War veteran tracking his kidnapped niece, but it’s Ford’s most carefully framed, lit and composed images that shape this masterwork from start to finish.

Otello (1986)
Nanovic Institute Film Series
7 p.m. Thursday, Jan. 28
With an introduction by world-renowned **University of Chicago music historian Philip Gossett** Plácido Domingo stars in the title role to give what is probably his best screen performance to date. An excellent supporting cast is headed by Justino Diaz as Iago and Katia Ricciarelli as Desdemona.

Four Sheets to the Wind (2007)
7 p.m. Friday, Jan. 29
Director **Sterlin Harjo** is scheduled to be present.

A death in Oklahoma sets in motion events leading to something great, so says a Muscogee-speaking narrator in this lovely tale about communication, family, forgiveness and “something resembling love,” among a wonderfully oddball Native American family in small-town Oklahoma. Sponsored by the Institute for Scholarship in the Liberal Arts and the DeBartolo Performing Arts Center.

The End of Poverty? (2008)
World View Film Series
6:30 and 9:30 p.m. Saturday, Jan. 30
Director **Philippe Diaz** is scheduled to be present.
“The End of Poverty?” is a daring, thought-provoking and very timely documentary by award-winning filmmaker Philippe Diaz, revealing that poverty is not an accident. It began with military conquest, slavery and colonization that resulted in the seizure of land, minerals and forced labor. Today, global poverty has reached new levels because of unfair debt, trade and tax policies—in other words, wealthy countries exploiting the weaknesses of poor, developing countries.

M (1931)
PAC Classic 100
3 p.m. Saturday, Jan. 30
Fear stalks the streets of Berlin in the form of a serial child murderer whose grisly accomplishments are so heinous even the criminal minds of the underworld want him dead. German language with English subtitles.

Touch of Evil (1958)
PAC Classic 100
Sunday, Jan. 31, at 3 p.m.
This baroque nightmare of a south-of-the-border mystery is considered to be one of the great movies of Orson Welles, who both directed and starred. On his honeymoon with his new bride, Mexican-born policeman Mike Vargas (Charlton Heston) agrees to investigate a bomb explosion, incurring the wrath of the local police chief (Welles), an evil behemoth meting out his own brand of justice.

THEATER

L.A. Theatre Works presents RFK: The Journey to Justice Visiting Artist Series
7 p.m. Thursday, Jan. 21, and Friday, Jan. 22; 7:30 p.m. Saturday, Jan. 23, Decio Mainstage Theatre
A commissioned docudrama focused on Robert F. Kennedy’s personal and political journey.
\$25/\$25/\$15

Actors from the London Stage presents Romeo & Juliet Shakespeare at Notre Dame
7:30 p.m. Wednesday, Jan. 27, through Friday, Jan. 29, Washington Hall
Shakespeare’s tragedy of two “star-cross’d lovers.”
\$18/\$18/\$12

CAMPUS LECTURES AND EVENTS

Poetry Reading: Henry Weinfield
7:30 to 9 p.m. Wednesday, Jan. 20, Hammes Notre Dame Bookstore
Poet, translator and English professor Weinfield reads from his body of poetry.



The Metropolitan Opera Live in HD: Carmen