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TechNews

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Ugandan conflict survivor speaks to IIT students

By **Utsav Gandhi**
CAMPUS EDITOR

(Photos by Jean-Emmanuel Gueby)



"But, you have a tape... after one month you can watch and remember about us..." With these words from Tony, the central figure from the documentary just shown, lingering in their minds, many in the crowd sat speechless, unable to determine how to react. Slowly, the audience present at the MTCC Auditorium on Thursday night broke into what was at first an uneven and then a full-fledged applause. The documentary had ended with a prophetic statement: "the film may be over, but your story starts now." Audience members were left to ponder and discuss the stories they had just heard - and some wanted to help out, right there.

Documenting the trauma faced by children living in war-torn East Africa, and profiling an organization based in San Diego, CA that aims to alleviate this suffering by mobilizing assistance all over the US, Invisible Children is a non-profit organization founded by college

students. It uses film, creativity and social action to end the use of child soldiers in Joseph Kony's tyrannical rebel war in northern Uganda, which threatens the peace and stability of that region. The organization has hosted 5000+ screenings of their first documentary, Invisible Children: Rough Cut. Invisible Children volunteers were on our campus along with David, a Ugandan survivor, at an event hosted by the Office of Spiritual Life and Service Learning to screen a shorter 35-minute film, Tony. This documentary chronicles the life of the title character, as he builds a rapport with some visiting UCSD teens (connecting with them over Jennifer Lopez, rap music and MySpace), then fulfills his dream of visiting the US, but experiences the death of his close friend Nate, a volunteer with Invisible Children from Raleigh, NC, due to a bomb explosion at the FIFA World Cup Final screening in Kampala.

The filmmakers came across hundreds of

children crammed together in cities, sleeping under verandas and bus parks. They were there because they walk each night to sleep in a safe environment (called "night commuting") in order to escape abduction from the Lord's Resistance Army (LRA). In America, it's easy to change the channel when something makes you uncomfortable, but with the conflict spreading through central East Africa, it's not possible to do so anymore. In America, you can call 911 in an emergency, but what about countries like these where cellular reception itself is poor and does not provide as much coverage? The imagery was visceral - kids walking around with swollen bellies, babies being born helpless against their environment. Their faces, their eyes - they tell stories that words can't.

But they have hope. The hope of getting an education, of making it big - as Uganda's next teachers, doctors, members of Parliament. And Invisible Children is instrumental

in making this possible. Not only have they sustained a successful volunteer ("roadie") and mentorship program, they have also organized these screening events and support days, such as the 25th of April, 2011 - where they ask volunteers to speak up by staying silent for 25 hours and contributing \$25, to mark 25 years of the civil unrest. They even accept monthly donations as per the donor's wish, if that is more convenient. It is important for the public to be aware of the atrocities being committed, even as you read this (the current conflict in the Democratic Republic of Congo has killed more people than WWII - it's the single most bloody conflict in human history) and to reach out in any way possible, so that children in Africa don't have to live in fear of getting abducted and don't have to give up dreams of a good education.

Interested? Check out Invisible Children at <http://www.invisiblechildren.com/>.

Really, why go Greek?

By **Elaine Erwin**
TECHNEWS WRITER

To non-Greeks, the Greek community might be seen as a big mystery: some people are interested in knowing more about Greek life but don't know how to get involved, some people aren't sure why anybody would choose to join a sorority or fraternity, and some people don't even know what these types of organizations are.

To begin with, a sorority or fraternity is an association made up of females or males, respectively. It is a social organization with emphasis on academics, leadership, and service. Greek organizations typically operate via historical traditions and rituals.

At the Illinois Institute of Technology, Greek life began in 1898. IIT has been home to over a dozen Greek chapters over the years. Today, we have seven fraternities and three sororities: Alpha Sigma Phi, Delta Tau Delta, Omega Delta, Phi Kappa Sigma, Pi Kappa Phi, Sigma Phi Epsilon, Triangle, Alpha Sigma Alpha, Kappa Phi Delta, and Zeta Pi Omega.

Every other week, representatives from each Greek chapter meet to discuss various aspects of Greek life at IIT. This group is known as Greek Council. Recently, at a Greek Council meeting, a forum was held to ask those present why they chose to "go Greek," and also why they have stayed in their respective Greek organizations.

Why did you go Greek?

"I didn't want to join the stereotypical Greek life. IIT offers something much different; we all have our weird quirks," [Cheryl McDermott, Zeta Pi Omega].

"I wanted to find the social aspect that IIT is missing and wanted to make friends that have a common value set," [Jeff Bednarz, Sigma Phi Epsilon].

"There were no girls in any of my classes and I wanted to be a part of a sisterhood," [Lisa Kwiatkowski, Alpha Sigma Alpha].

"I wanted to establish a sense of community and be a part of an organization that has a shared vision," [Clay Houser, Delta Tau Delta].

"I liked the diversity of people all working towards a common purpose," [Anne Brask, Kappa Phi Delta].

"I wanted a sense of friendship and community," [Edward Glantsman, Pi Kappa Phi].

Why did you stay Greek?

"I stayed to have more control of my life and to give me leadership opportunities in finances, philanthropy, social, and brotherhood," [Alexander Welk, Delta Tau Delta].

"My organization provides me with a sense of purpose. It gives me networking, resources, and a chance to shape IIT into what I want it to be," [Jasmine Shah, Alpha Sigma Alpha].

"I stayed because of the friendship I made

with other members," [Cesar Urgiles, Omega Delta].

"I stayed because my sisters became my family and my support. Without them, I would not be the person I am today," [Lauren Gillmeister, Kappa Phi Delta].

"I stayed Greek to learn how to become the upstanding and honorable man that I know I can be, if I stick to my values and work with my brothers to become better every day," [Jacob Ernst, Phi Kappa Sigma].

"We are inspired to do great things with our lives. The sense of sisterhood keeps me motivated," [Marina Beke, Zeta Pi Omega].

"I feel at home in my fraternity," [Nate Hurst, Alpha Sigma Phi].

"The traditions that have been passed down throughout the years in my fraternity are amazing, and just as strong as they were when it was founded," [Ryan Tillman, Triangle].

If you are in a Greek organization, maybe you'll think about how you would answer these questions yourself. If you aren't in a sorority or fraternity, hopefully this will give you some insight into Greek life and why some of your classmates choose to "go Greek."

If you would like more information about Greek Recruitment, please contact Greek Council's VP Recruitment, Sean O'Halloran, at vp.recruitment@iitgreek.com.

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Egypt from an insider's perspective: Mounting tensions in Tahrir Square

By Sara ElShafie
TECHNEWS WRITER



This week, we continue to share excerpts from Sara's blog <http://asandstorminbastille.blogspot.com/>, describing her experience amid the recent Egyptian Revolution.

Friday, January 28, 2011
12:00pm

Well, the government is officially panicking, and they are doing everything they can think of to prevent and suppress the demonstrations today. Tahrir Square is closed off completely. We have no internet. We have no mobile service. Al-Jazeera live is blocked - the screen literally says "This channel is not running or scrambled" - to try to prevent live coverage of today's events. The government is trying to put us back in the Stone Age. I'm just praying that the land lines don't get cut as well. We should probably start filling bottles of water and get out the flashlights just in case.

I heard a man yelling in the street this morning. He sounded very passionate, even angry. I couldn't tell what he was saying, and I thought perhaps he was calling upon everyone to protest in the street. Then Taunt (aunt) Afaf explained that he was selling oranges.

That's Egypt. A man yelling in the street in Arabic at the top of his lungs. "ORANGES FOR SAAAAAAAAL!!!!" is just part of the ambient noise. In the US, anyone doing the same would probably be arrested for disturbing the peace.

1:00pm

Amu (uncle) Ayman just told me that Amr, Osama, Ahmad, Kareem, Mohammad, and Ibrahim (some of my cousins) are all in the street today. I am not surprised. I'm proud. Amu Ayman spoke to Muhammad this morning and advised him not to confront the police directly, of course. I'm praying that they all come back safely. Amu Ayman assures me that there is no way the police can arrest all the protesters in the street. Rabbin ma'ahom. God be with them.

Huzzah for Al-Jazeera!!! Apparently Al-Jazeera released a password on their other channel, the one playing old footage from Tuesday, so that Egyptians can access Al-Jazeera mubasher, Al-Jazeera Live, via a different frequency. Al-Jazeera is run by former BBC reporters - they are professionals. I commend them for helping Egyptians fight the good fight. In a few hours it too will probably be blocked, after which they'll switch again to a new frequency.

Interestingly, BBC Arabic has not been blocked. Apparently the Egyptian government won't risk blocking the British, only Al-Jazeera.

I'm now watching live coverage of Tahrir Square. Police are lined up, backed by armored

trucks, blocking the street right next to the Egyptian Museum where I was just days ago with my cousin Lenah. People are watching from 6th October bridge, where I was just yesterday. This is unreal. There must be a couple hundred police. It looks like an invasion. It is an invasion.

This morning I asked Amu Ayman, "is-Shorta faalan behib Mubarak walla la?" "Do the police actually love Mubarak or no?" He explained that the police are completely brainwashed. You would not believe the things they would say. I was wrong - they are not just following orders out of fear. They are actually defending Mubarak. However, Amu Ayman also said that after a few more days of these demonstrations, some of them might come back from the Dark Side. I told Taunt Afaf about the Stanley-Milgram experiments that were conducted following WWII, demonstrating that even average civilians can be pushed to do horrific things under pressure and imposed authority.

2:00pm

Chaos in the streets. People have poured into the streets by the thousands. So far the protests are relatively peaceful. Everyone is shouting, clapping, linking arms, waving signs, running from the police, and burning trash in tires in the street to [prevent] the armored police trucks from reaching the protesters...

I remember the first information meeting we had with the Study Abroad office in Chicago last fall, when they told us that if we happen to see any demonstrations while in Egypt, we should not participate under any circumstances, or even risk taking pictures. When in Egypt, we are under Egypt's jurisdiction, and the American Embassy won't be able to pull us out if we are thrown in jail (and that's under normal circumstances).

I asked Amu Ayman why the Egyptian government let Mohamed ElBaradei back into the country if they knew that he was returning to lead demonstrations. Apparently his prominence as a world peace leader gives him enough clout to protect him from being detained. Lenah said, "If they were to arrest him, the city would be in flames."

Endless footage of police in Tahrir Square, shooting tear gas canisters at protesters on 6th October bridge. The protesters are throwing the canisters back at the police, as well as rocks. The numbers in the streets seem to be growing. Police are beating everyone with batons. This is a sad day, but an important and exciting day as well.

To be continued...



Sex Tech

THE SEX AND RELATIONSHIP ADVICE COLUMN

Sweet Pseudonym
SEXTECH EDITOR

Q: I think I am attracted to one of my TAs. I have been going to his office hours pretty regularly, even if there isn't a lot of need for help. He is usually very friendly and jokes around a lot, so I suspect he might feel the same about me, but I can't be sure. Would it be wrong to approach him? - Diligent Student

A: Honestly? Yes. But only for right now! I am definitely pro "screw gender norms; if a girl likes a guy, she should approach him", just not when he's in a position of superiority. I think it's great that you've been going out of your way to hang out with him during office hours (and he probably likes it too), but to say anything to him while he's still your TA would put him into an incredibly awkward position, one that might result in him turning you down, even when he otherwise would never dream of doing so. If I were you, I would continue to go to office hours (but not every time!), and then when the end of semester rolls around, ask him if he wants to get coffee: easy, non-confrontational, and a surefire first date. So, the moral of this story seems to be: no, it's not wrong to approach him, it's just wrong to do it when he's still your TA. But don't worry, waiting until the end of the semester will just make it way more worth it when you finally do ask him out!

Q: I've been seeing this girl for a few weeks now, nothing serious. She got into a really bad car wreck and needs a lot of intense physical therapy, so I've kind of stepped up to nurse her back to health and help out. The problem is that I'm worried that she sees it as a sign that I'm becoming committed to something long term, when I'm really just trying to be a good person. I am seriously at a loss for how to get out of this situation without devastating her. Help? - At A Complete Loss

A: Wow. That is an incredibly difficult situation that you've found yourself in. I think it's wonderful that you stepped up to help someone that you obviously at least moderately care about, but because you did that, there's really no way to avoid hurt feelings. First, I guess I would want to know why you think she's so sure that you two are going to be long-term partners now? You never know, she might not be seeing it like that at all, and is simply grateful to you for helping her recover from a bad accident. If she does think that you helping out means something more though, you're going to hurt her regardless of how you decide to clear things up. I think the best idea is just to be upfront: tell her that you helped her recover because you care about her, but that it's not the kind of caring that translates into the formation of a serious, committed relationship. She'll be sad, and if she tells you to leave her alone, then do it. If, on the other hand, she wants you to continue helping her until she's completely recovered, you have a choice: you can either continue to help, but you'll need to distance your self emotionally and romantically, or you can decide to stop. I think that you will be the best judge of which decision will be best for this girl's recovery when the time comes.

Submit your question through
<http://tinyurl.com/sextech2>

What's your angle? An ethical discussion on current topics

By Annie Hutches & Phil Thiesen
TECHNEWS WRITERS

"Hey Mike, I wanted to ask you about something. I read this story about a high school kid who developed an eye infection. Without medication, it would clear up in a few weeks. However, the dilemma is he has to drive his brothers and sisters to school every morning, so his eyes are needed to drive."

"Well, Rick, if that's the case, he should go ahead and take the medicine."

"You're right, except this medicine is tested on animals first. This particular test, which is called the Draize test, is used on rabbits to test the side effects. I was just curious what you thought about the use of animals in testing products?"

"I still think he should go ahead and take the medicine. Many products, especially in the medical field, are tested on animals first. If these tests never took place, we may still not have developed antibiotics, vaccines, etc. It has greatly improved human health."

"What about all the animals that have become sick or even died through these tests? It's not right to make animals suffer. And in some situations, the product isn't even given

to people after the tests. Meaning, the animal suffered for nothing."

"Are you saying that you would rather have humans tested? The use of animals saves many humans from going through the testing that could be harmful to them. Whereas, if animals are used, researchers can better understand how much of the medication to give a human, so that it won't be harmful."

"I'm not saying we should sacrifice humans. But how reliable are these tests on animals?"

"Animals are the closest any other organism comes to human beings. They have a very similar anatomy and physiology."

"Yes, they may be similar, but they are not the same. There are numerous species of animals in the world. And they all live in different environments, eat different foods, and have adapted in their own special way for various reasons. So, their anatomical makeup is closer to ours than, let's say, a plant. However, if given a drug, an animal could have a completely opposite reaction than a human being. We shouldn't sacrifice humans, but how reliable are animal tests?"

What's your angle? Send your thoughts to peds.itt@gmail.com

**Want to work for
TechNews?
Watch this space.**

Response to "defining marriage"

By Udayan Debasis Das
STAFF WRITER

I've met Hannah Rosenthal. She is a very pleasant person. All the more reason why I was surprised to see such an exclusionary article from her in last week's TechNews. (I am guided here by the very end of the article, and wait to stand corrected if I have misunderstood the import of the words.) I think my gut reaction question on reading that article would be: Yes, I see what a Christian conception of marriage is; but in a secular society, how can the Christian conception be held to apply over all non-Christians as well? If two non-Christian people wanted to get married, why would (should) what is written in the Bible apply?

That would be my first question.

I could, of course, draw deeper and try to ask a question on behalf of gay people who recognize themselves as Christian, but I have a feeling someone else might pick up on that; besides not being of any Christian denomination myself, I don't feel qualified.

So back to my initial question. In addition to what I have said already, let it also not be forgotten that as far as the state is concerned, there is no religious definition of "marriage," and a marriage is, in fact, a civil union. Nothing more, nothing less. (I will, of course, return to the question of marriage vs. civil union in a second.)

Now, I would like to address a different part of the article from last week, where it says that committed heterosexual relationships have done much to merit our esteem. There can ac-

tually be no question about that. There is no question about that. After all, I am a child of parents who have been happily married for 35 years, and along with my sister, we constitute a very tight family unit. But this is beside the point. Including other people into the rights of marriage in no way undermines existing marriages.

If marriages are under threat now, it really has to do more with changing social norms and many other factors (probably should be the topic of another article; I direct people also to look up an article by Heather Selby in a 2005 TechNews issue about marriages*). If anything, I think the push on the part of a sector of society who are dying to get married should be welcomed by those who think that the institution of marriage needs defending.

Since I mentioned civil unions, let me take a moment to address why, as things stand presently, a civil union (as recognized in some states) is not an acceptable alternative to marriage. The reason is simple, because legally they are not the same thing. For example, on the death of a spouse, the survivor does not automatically become next of kin. Unless civil unions accord exactly the same rights as marriage (bar the word) it would not be acceptable as a compromise.

Yes, you notice well: this naturally brings us conveniently back to the fact that a marriage, after all, is a civil union in the eyes of the state.

* Look up the TechNews archives at the Galvin Library: archives.iit.edu/technews/.

Bald is beautiful

By Lisa Kwiatkowski
TECHNEWS WRITER

"Bald is beautiful." This statement is propagated by balding men (and women), those with genetic hair loss, and the parents of children with cancer, just to name a few. But does society agree? We see female models, actresses, and singers with luscious long locks, and even the majority of male actors have some hair atop their head.

Why, then, have 17 IIT students signed up to break this social norm in support of childhood cancer research? Since I was curious, I went ahead and asked. I received so many responses I could probably fill a whole page of this paper. The reasons are quite varied, and many of them may surprise you. Here are some selected "whys."

My reason, though not the most exciting, interesting, or compelling by any means, is that I want to shave my head because I believed I could make a difference - I get the opportunity to help change the world by shaving my head for the St. Baldrick's Foundation.

"When I was ten years old, my mom was diagnosed with breast cancer. After a nine-month battle through radiation and chemo, during which she also managed to work toward a PhD in Education Administration, she bested her cancer and is now a ten-year survivor. I could not be more proud of her, and this is my way of showing it. My mom has been an inspiration to me, and I hope that others can in turn be inspired by her. That's why I'm participating in St. Baldrick's this year." -- Tristan Larson

"Currently, beauty is ill defined for us, especially for girls and women - the message is if you don't have long, straight hair, you aren't beautiful. That needs to change. We need to change the messages that are sent to little girls about beauty. We need to make it acceptable for girls to have short hair, long hair, whatever they want, and still know, still make them feel

they are beautiful. That is why I'm doing this. For all the girls in the world who don't have a choice; who are bald, or have short hair, I want to make this statement: Bald is beautiful." -- Melanie Koto

"The reason I decided to do St. Baldrick's was that I had known a couple of my fraternity brothers had shaved their heads and raised a lot of money for childhood cancer research. I wanted to try and see how much I could help out kids by helping to fund research. I've put myself on the spot before with Queen of the Quad, so I figure that shaving my head is nothing, if I can raise any money at all for cancer research, especially for children." -- Alex Welk

"I grew up in Billings, MT and up to the age of four I had two major issues, I slept a lot and did not always see things very clearly. A few months after my 4th birthday, my parents took me to an ophthalmologist -- the last of many doctors that I went to for the above problems... I had a tumor in my brain between the left optic nerve and the pituitary gland, consequently the left optic nerve is actually wired to the right eye. The next day he called my parents in early for a review of the MRI. The good news was that the tumor was benign and it seemed -- and still seems -- to have all been gotten out. The less than good news was that I would be legally blind in my right eye and need complete hormone replacement." -- Thomas Martin

If the stories of your peers are not reason enough for you, I'd advise reading some of the stories of the St. Baldrick's kids at www.stbaldricks.org. Whether they are in treatment, remission, cured, or angels, these kids possess a strength that frequently brings me to tears. It's definitely a reality check.

If you, too, want to make a difference in the lives of children battling cancer, it's not too late to sign up to shave your head or donate to the heads of your peers. And don't forget to come support your peers at the St. Baldrick's head-shaving event in the Bog on March 11 at 8 p.m.

New tuition award opportunity for undergrads

By Janelle Ruswick
TECHNEWS WRITER

Do your friends look to you for help on research papers? Know why Wikipedia is a lame source in your bibliography? Want to pay less tuition next year? If your answers are "yes," "duh" and "hell yes" then you must check out the new Undergraduate Research Specialists opportunity. Galvin Library, in partnership with the Office of Undergraduate Admissions and the Office of Financial Aid, is looking for outgoing students to become Research Specialists for the 2011/2012 school year.

Research Specialists would have two primary responsibilities. At night, they will help fellow students with their library-related research questions for term papers, IPROs, or any other project that requires finding books, articles, web sites, etc. During the day, they will work with Instruction Coordinator Janelle Ruswick to create an unprecedented "for undergrads, by undergrads" library web site to make finding and understanding information faster and easier for undergrads.

Students accepted into this program will need to meet rigorous requirements, such as submitting an example term paper and having a minimum 3.0 GPA, but it's worth it. Up to \$4000.00 will be awarded to each Undergraduate Research Specialist. This amount

will not be paid in cash but will be a discount on the student's tuition bill. The award will be divided equally between the Fall & Spring semesters. During those two semesters, Research Specialists will need to work 10 hours a week to maintain the award. Tuition rates increase, so having this extra cushion could make a huge difference in your ability to pay the bills.

In addition to the tuition, having the job title "Research Specialist" on your resume would put you at the top of the pile on an employer's desk. The skills Research Specialists will develop are not learned in class. For example, your future boss will want you to be able to find out, and do so right away, if someone else already has patents on an invention the company is working on. Finding patents could take hours if you don't know how to do it; longer than the time frame your boss gives you. Jobs are also looking for new employees that can explain processes to others, and you will learn how to present information verbally in a logical and relatable manner as a Research Leader. Finally, you will end the program with a tangible object, a comprehensive functional web site that you can present as an example of your work.

Interested undergraduates need to have been at IIT for at least two semesters to apply. For complete information on requirements and the application process, go to <http://library.iit.edu/jobs> and check out the Undergraduate Research Specialists link.

**TECHNEWS WANTS
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IPRO 363 : This week's Language Link

By Ian Hook
TECHNEWS WRITER



What's your name? Jaeyoung Kim
Where are you originally from? Daegu, South Korea
What is your major and what year are you at IIT? Fifth year architecture
What's your native language? Korean is my native language.
Do you speak any languages other than your native language and English? Yes, I also speak Japanese.
Can you tell us how to say a few com-

mon phrases in your native language?

How are you? 안녕 - an nyung

Where is the bathroom? 화장실 어디야? - hwa jang shil uh di ya?

Do you speak English? 영어 할 줄 아니? - yung uh hal jool ah ni?

Are there any specific customs or traditions relating to your culture that you'd like to share?

Yes, in Korea we have a day called Children's Day which we celebrate on May 5th. On Children's Day parents give their children presents and spend time with them. Children are often taken on excursions to zoos and museums.

What brought you to join us here in Chicago, and why did you choose IIT? My university in Korea has a special program with IIT called "dual degree."

Do you like it here? Yeah!

Interview conducted by Ian Hook of IPRO 363. Looking to find someone to learn a new language with? Keep your eyes open for Language Link next semester, pioneered by IPRO 363. Email ipro363@googlegroups.com for more information, but here's a general round-up:

Language Link is a new IPRO that's building a website for IIT that can work to match up students according to their language learning needs, as they hope to be part of IIT's up-and-coming foreign language program. The website will work sort of like a dating site - using a matching algorithm to match up people according to various factors, such as language proficiency, classes, extracurricular interests, and languages of interest.

Charlie Sheen and the state of the union: part I

By Udayan Debasis Das
STAFF WRITER

Yes, yes. There is winning, and then there is also winning.

But then, there is also winning at great cost. There is winning at great cost to the self - a Pyrrhic victory as they say - which, I dare say, may be indistinguishable from losing in some cases (as we are seeing). There is winning at great cost to others. Which is also what we are seeing.

The question, as far as I am concerned, is not at all whether Sheen is unstable, or going insane, or bipolar, or any of those other things that are doing the rounds. The question is this: if he is indeed on the verge of a meltdown, or in fact melting down as I write this, should this be so obsessively covered, and by the news media, no less? There is a streak in current journalism to behave as if there are some great lessons to be learned from all this, through observation or something, which is perhaps true. But there is also something to be learned inasmuch as how non-empathetic people can be. Particularly, those people who are in charge of something that is supposed to inform us and make us more aware. When such an institution (if it can be called an institution) is behaving in this manner, I think there is a general lack of credibility. And not only because what they are doing is immoral, and against what we purport to be our better natures as a race - to not enjoy (or be entertained by) another person's unraveling - it is a lack of credibility also because at the end of the day, these people in the media also make one incredulous. How can they look on with a straight face, claiming that after all, everyone has a right to their side of the story? They behave as, for example, on the CBS inter-

view, that the things taking place are somehow all normal. The interviewer is well-trained, yes. I would say well-trained in deception. This is not what is meant by unbiased journalism.

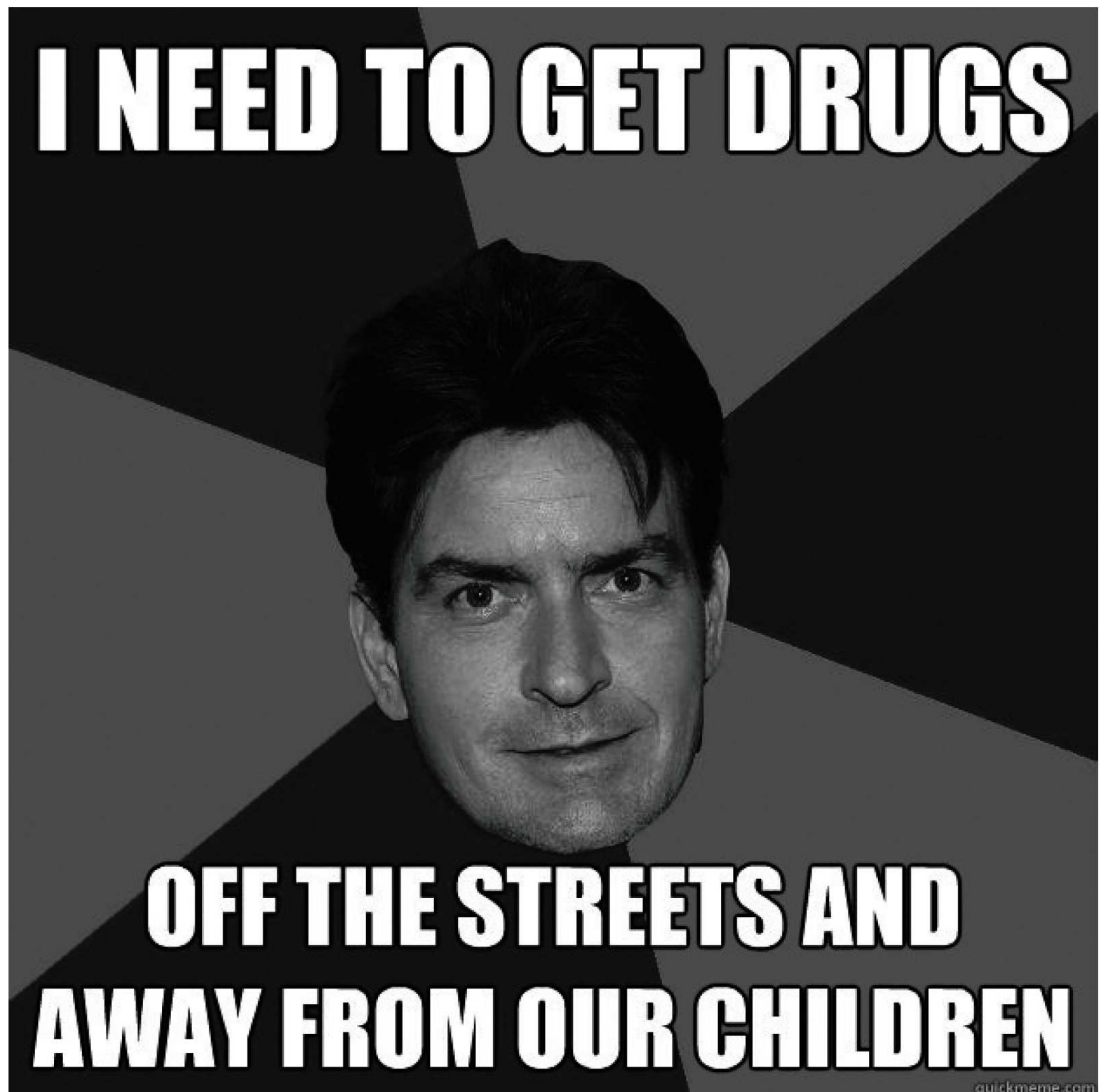
Regardless of what kind of person Charlie Sheen is, or what his past has been, his situation should not be made the means of entertainment. This happened in the case of many other celebrities, as well, and it is sad that not a lot seems to have changed. A change, if any, has only been towards deriving more mileage from such a situation. And as this is progressing, it also seems that the media has come out and raised the bar somewhat: there had been some hint of incredulity in the cases of the likes of Spears or LiLo. But this time it seems they are simply looking on.

Bob Garfield, of NPR's "On the Media" wrote recently*:

"The question is, just because someone is a celebrity, are the media absolved of the responsibility not to exploit his illness for the sake of audience? Rhetorical question there. The answer is, when someone is coming mentally unhinged, it is ethically abhorrent to egg him on."

Nicely captures that, doesn't it?

* Bob Garfield wrote this in an email to CNN, which was quoted in a CNN article by Lisa Respers France.



Clean Sheen! (Image courtesy Simon Brauer)

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IPRO 335 in Haiti - Day 3: spiders and solar panels

By **Simon Brauer**
TECHNEWS WRITER

We woke up comfortably the third morning. With our goal seemingly completed the day before and no clear agenda for the next day, we all took a much-needed rest after the long car rides. We gathered down in the outdoor cafe area. With no time restraint, the gradual build-up of the meal seemed like a reward to yesterday's hard work. Eventually we were greeted by the Haitian OLPC team and they surrounded us at the table. We discussed what we had seen at the schools and the conclusions we had come to, that there was one school that stood far above the rest.

But, of course, it wasn't going to be so easy to convince ourselves. Missing from this conversation were the three heads of the project: Dr. Hosman, who is leading the IPRO, Guy Serge Pompilus who works at Haiti's OLPC organization, and Bruce Baikie who helped initiate the project. After much discussion between the IIT and Haiti teams, the others joined us. Dr. Hosman related to us that Guy Serge, who had a much closer relationship with the schools, had advised us to look deeper. He had expected us to make the choice we had made, but from his own experience he knew that structural capacity isn't the only factor in installing new technology in an under-developed country. Hand it to a group from

an architecture and engineering university to only look at the physics of the situation and be completely blind to the social and interpersonal aspects - and we might have a problem. In fact, Guy Serge informed us that his perception of the most supportive schools, the ones who would be most willing to work with us, was the exact opposite of how we had graded the schools structurally. The other team members from Haiti weighed in and agreed that there was more information to be gathered from the school officials that was imperative to a successful implementation. Clearly, our work wasn't done in Haiti.

Our plan, then, was to spend the day in Port-au-Prince to see where we could purchase

solar panels, then head back to Mirebalais to spend the night. From there, we would drive to Lascahobas the next morning to talk more with the school officials to see how willing they were to work with us in achieving our goal. We could then take both the physical constraints and the social hindrances into account in our decision for a trial installation.

We split up and headed across the city so that we could see the stock at four different stores. To our surprise, several did actually have solar panels, though the prices tended to be situated on the expensive end. Other stores, however, turned out to be less fruitful; despite our contact's insistence (and they reaffirmed this after we returned empty-handed). One store turned out to be more of a furniture and appliance store, with couches and love seats from wall to wall—one was even placed on the unreachable outcrop above the door. There were certainly options in Haiti, though, and it was surprising to see what the Haitian people actually have at their disposal for powering their homes.

With our work done in Port-au-Prince, we headed back over the mountains to our next hotel, which was the same place we had eaten at the day before. With palm trees, peacocks, and a resort-like feel, we were truly looking forward to a relaxing night in Mirebalais. With no dinner, we headed back to one of our rooms to further discuss the project. But unbeknownst to us, Haiti loves to surprise its visitors with guests of their own. As we all sat there talking, one of us jumped and pointed towards the door. A large, long-legged spider had crawled in, and another was waiting just outside for that lucky individual who would try and escape. With no one brave enough to try and crush it, we simply grabbed a coffee cup and covered it for the night, leaving a picture on a post-it note for the clean-up personnel in the morning. Needless to say, when we left for our own rooms we checked every corner; luckily, we only found cockroaches and small lizards... *luckily*. Unsurprisingly, we slept lightly that night.

For more information on IPRO 335, please check out <http://iitempoweringhaiti.org/> and the IIT Empowering Haiti facebook page for updates, events, and pictures of our work.



Just your friendly neighbourhood Haitian spider (Image courtesy Simon Brauer)

Upcoming SGA Events



Tuition General Assembly w/ the President & Provost Thursday, March 10 (12:30pm - 1:30pm) in the Hub Expo. The President and Provost are ready to answer your questions about the state of tuition at IIT. They will highlight the state of the IIT reputation, and how their plan to improve the university's financial state contributes to the value of every degree at the university.

Value of Degree General Assembly An opportunity to interact with alumni and Institutional Advancement to express what you feel your IIT degree is worth. Details coming soon.

Universal Calendar Unveiling General Assembly Join us in welcoming and understanding IIT's new Universal Calendar in all it's awesome glory! Details coming soon.

GreenIIT

Did you know...

... 90% of the energy used in a typical washing machine cycle is to heat water? Hot water to wash laundry is only necessary for bed linen and grease-stained fabrics. Reduce your energy usage by using warm or cold water for your laundry.

The Office of Campus Energy and Sustainability (OCES) is coordinating an effort to define the specific actions, programs and policy changes IIT will make in order to reach the targeted commitments that will define IIT as the most sustainable urban university campus in the United States.

IIT First-Year Students and Graduating Students (Seniors)

Want to win an iPod Touch?

- DISAGREE
 AGREE
 STRONGLY AGREE



TAKE THE SURVEY!

IIT is participating in the National Survey of Student Engagement (NSSE). You will receive your survey by email from NSSE soon.

Respond by **April 1** for a chance to win one of two iPod Touches.

We want to hear your feedback about IIT!

Your opinions count and will help IIT to improve academic and social programming at the university.

HAVE QUESTIONS?
Contact the Office of the Registrar at registrar@iit.edu.

 ILLINOIS INSTITUTE OF TECHNOLOGY

University Calendar



Tuesday 3/8

Society of Women Engineers General Body Meeting *Society of Women Engineers*

12:45 p.m. - 1:45 p.m., Engineering 1 Room 124
Several IIT SWE members attended the weekend long SWE Region H conference last month. Please come and hear what they learned! Also, it's time to vote for a new executive board! If you are interested in running please email swe@iit.edu.

HawkEYE Workshop: Ask Us: A Forum with OSL *Office of Student Life*

12:50 p.m. - 1:40 p.m., MTCC Executive Conference Room
These special forums are for you to give direct feedback to and ask questions of the Office of Student Life professional staff.

Wednesday 3/9

EWB Coffee and Bagels Fundraiser *Engineers Without Borders*

9:00 a.m. - 11:30 a.m., Engineering 1 Lobby
EWB will be fundraising for their projects in Haiti selling coffee and bagels for 1\$, same price individually. It would be great for students and teachers to come support us and a great cause.

The Long Thaw: How Humans are Changing the Next 100,000 Years of Earth's Climate *Chemistry Colloquium*

3:15 p.m., LS 111
Guest lecture by David Archer, Department of Physics, University of Chicago.

Thursday 3/10

Julia Beveridge Awards Ceremony *Student Center for Diversity and Inclusion*

3:00 p.m. - 5:00 p.m., MTCC Ballroom
Each year, this award is given to IIT-affiliated women who serve as faculty, staff, trustees, alumnae, and friends of the university.

Student Forum *Office of the President / SGA*

12:45 p.m. - 2:00 p.m., Hermann Hall Expo
President Anderson and Provost Cramb are ready and willing to answer your questions about the state of tuition at IIT and in higher education as a whole. Lunch will be provided.

Quran Study Class *Muslim Students Association*

6:30 p.m. - 7:15 p.m., MTCC Study Room 516/704
Each week, we read a small chapter from the Quran and discuss it. The class is open to all IIT and Shimer students.

ISA Cultural Night Auditions *Indian Students Association*

8:00 p.m. - 11:00 p.m., MTCC Ballroom
It's that time of year again! ISA will be holding our annual Cultural Night and auditions are coming up. Email your group name, team leader, and a description of what you'd like to do to umandrekar@gmail.com and/or smarwaha@iit.edu. Please keep all acts under five minutes.

Friday 3/11

Campus Sustainability Forum *Office of Campus Energy and Sustainability*

12:00 p.m. - 1:30 p.m., MTCC Ballroom
Get Involved. Attend the Campus Sustainability Forum. Learn about what's happening on Campus and around Chicagoland. Go to www.iit.edu/campus_sustainability for more details. RSVP to campussustainability@iit.edu.

Art Exhibit Opening Reception: "Fragments" - Geraldine McCullough

IIT / JP Martin Group
6:00 p.m. - 8:00 p.m., Galvin Library
This exhibition during Women's History Month honors the life and work of Ms. Geraldine McCullough. Her paintings and sculptures create a combination of figurative and abstract movements, which possess a metaphorical essence. McCullough, like her art, was a commanding presence who fused her sense of art with her sense of being.

Sunday 3/13

Worship and Praise at Carr Chapel *IIT Bible Club*

10:00 a.m. - 12:00 p.m., Carr Chapel
Come and join the IIT Bible Club every Sunday morning in the Chapel.

Monday 3/14

Spring Break
All week!

The advertisement is presented on a green chalkboard with a wooden frame. At the top, a chalk drawing shows a recycling symbol, a plus sign, a stick figure labeled 'you', an equals sign, and a globe of the Earth. Below this, the text reads 'It All Adds Up' in large white letters. Underneath, it says 'Join students all across America competing in RecycleMania, the eight-week recycling competition.' At the bottom, there are logos for 'RecycleMania', 'CURC COLLEGE & UNIVERSITY RECYCLING COORDINATOR', 'WM', 'ALECA', 'American Forest & Paper Association', and 'The Coca-Cola Company'. A QR code is visible in the bottom left corner. At the very bottom of the board, there is a red recycling symbol with a bird inside, and the text 'February 6-April 2, 2011 Get Involved www.iit.edu/recycling'.

IIT increases its global perspective



By Rebecca Waterloo
A&E EDITOR

In the spring semester of 2011, IIT students have been branching out globally to enrich their academics, IIT, and the global community, and to make the world a little bit smaller.

Haiti – IPRO 335 is improving the conditions of education in Haiti, by helping to support the implementation of the One Laptop Per Child program there.

South Korea – Architecture students visit their site in Seoul to build a high rise building.

Japan – Architecture students visit Japan to enrich their global experience and culture

ASB – Students and staff members better the quality of life by building houses through Habitat for Humanity in Oakland, California.

Uganda – IPRO 333 builds communities through coffee, designing a storage facility unit for coffee farmers in Gibuzaale.

Paris – Architecture Students are immersed into Paris while studying abroad and exploring the European lifestyle.

(Image courtesy Rebecca Waterloo)

Coffee Club Escapades: Chill at Swim Café

By Harshita Iyer
TECHNEWS WRITER

This week Coffee Club headed out to the Northwest side of the loop to find the Swim Café, famous for its delicious pastries and breakfast foods. The café was bustling when the Coffee Club arrived. The décor is simple and modern – with a perfect city appeal to it. But despite the being modern, the atmosphere is very casual and easy going, with daily specials, and a friendly and chatty staff.

With a large variety of hot drinks, and an even larger variety of all sorts of breakfast food, the Swim Café is a great place to go just to have a slightly more indulgent breakfast. With all of their sandwiches accompanied by nicely arranged fruit and veggies, the food is as pretty as it is delicious. Their menu even includes some international dishes with special spices, which explains the great flavor they manage to bring out in their sandwiches. The

arrangement of the chairs and tables was also very appealing in this simple kind of way, much like one of those perfect cafés one sees in movies.

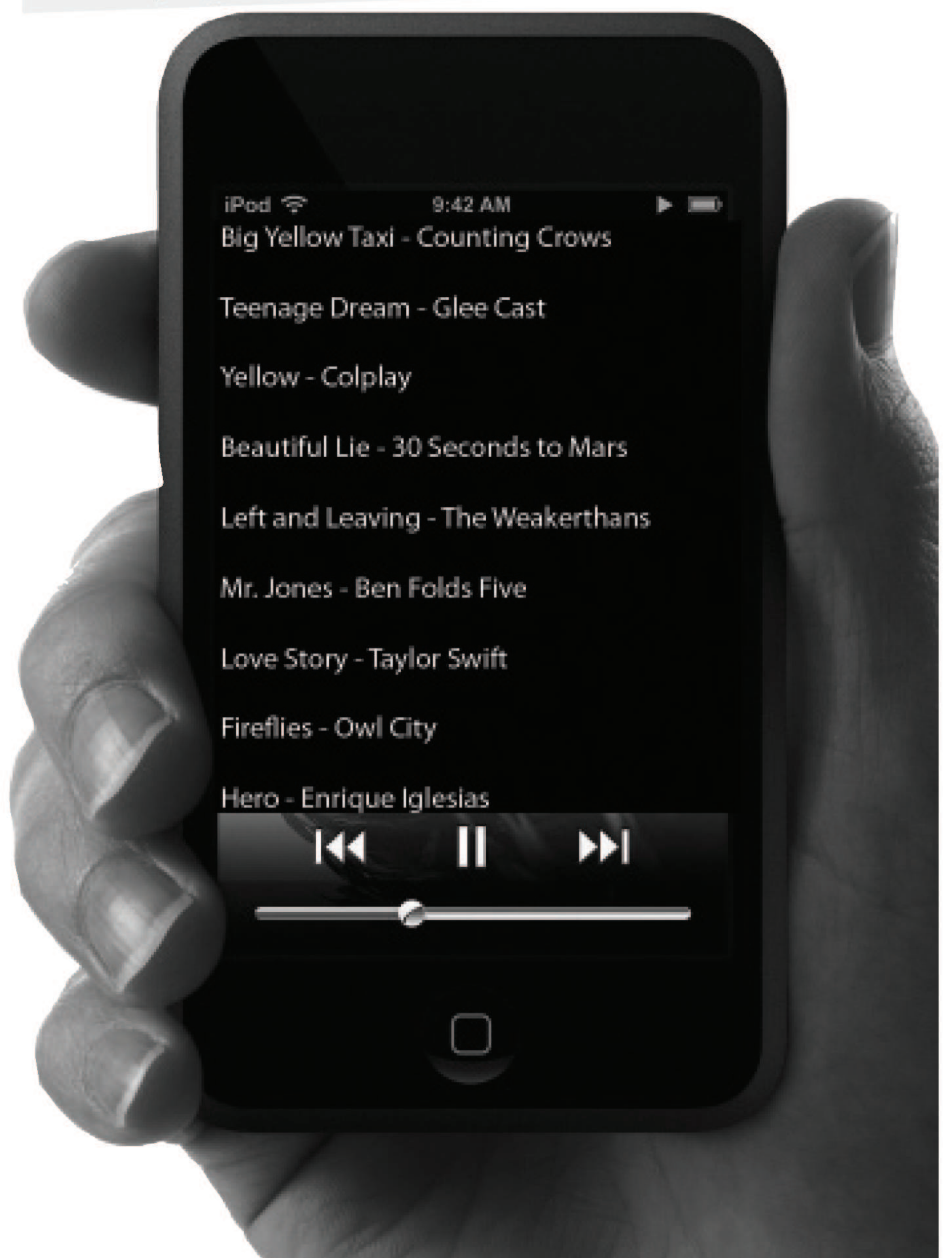
The prices were reasonable, with a sandwich and a drink together coming to about \$11. Although the café does not seem to have Wi-Fi, it does attract a lot of students, as it is the perfect place to sit down with a bunch of homework assignments, sipping your coffee and maybe even getting a bagel. Swim café is definitely a spot to check out. You won't regret it.

Coffee Club is the perfect break from the mundane and a great way to see the little places you might miss out on otherwise. So if you want to join in, just email iitcoffeeclub@gmail.com to be added to their mailing list. Or even easier, just show up at 11 a.m. at the MTCC, next to Global Grounds on a Saturday or Sunday, and tag along with the group of people you see, onto the next coffee adventure.

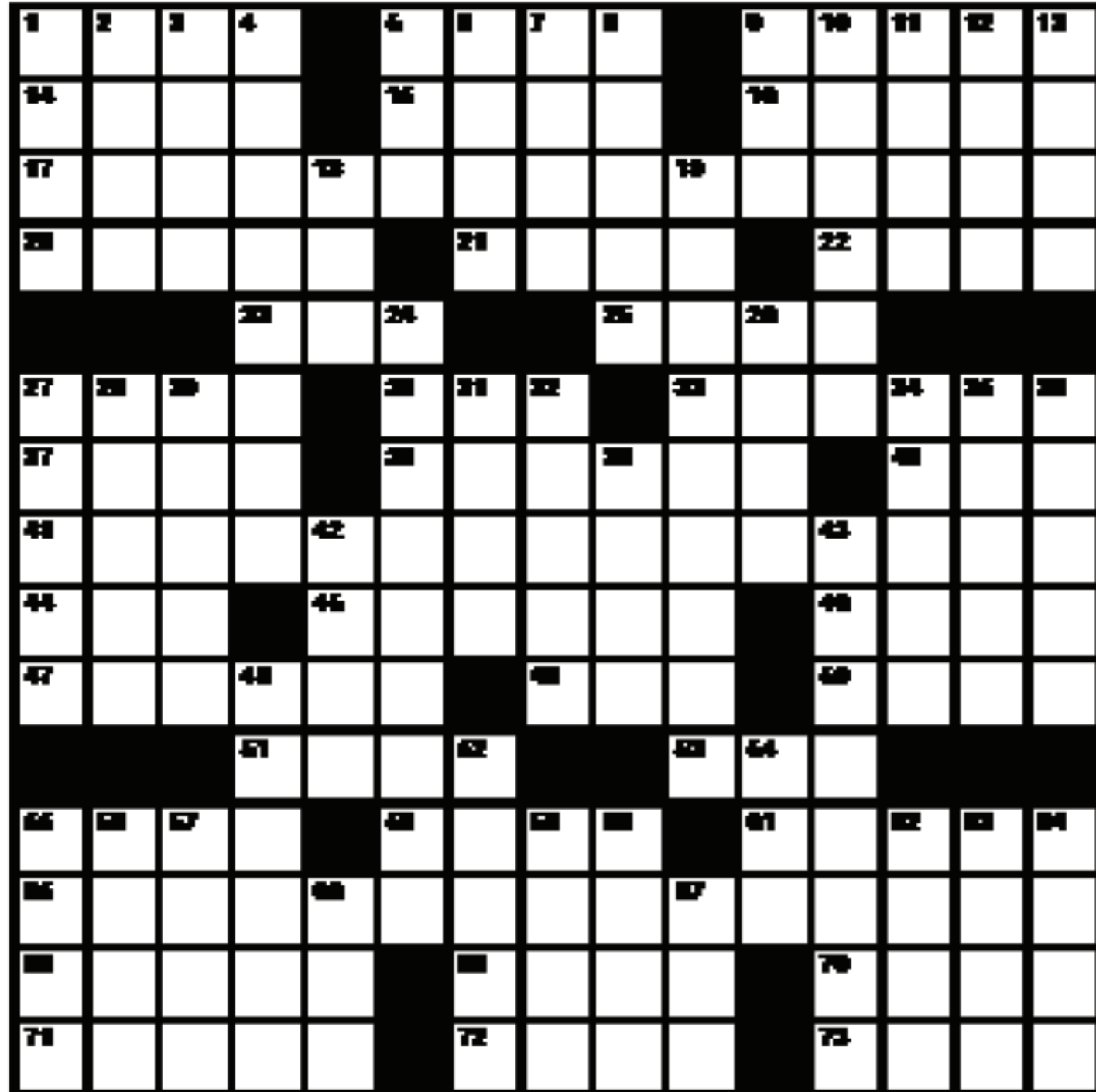


Take a dip in some of their perfect brews!
(Photo by Harshita Iyer)

what's playing on Miriam Schmid's playlist?



What's playing on *your* playlist?
Email ae@technewsit.com!



FARM LIFE
BY MYLES MELLOW AND SALLY YORK

Across

- 1. Aug. follower
- 5. Some Olympians, nowadays
- 9. Foreword, for short
- 14. "Aquarius" musical
- 15. Hair colorer
- 16. Apple gizmo
- 17. Blame unjustly
- 20. Clipped
- 21. "Felicity" star, familiarly
- 22. "What are the ___?"
- 23. Islam's global gathering
- 25. Inner: Prefix
- 27. Seth's father
- 30. Georgian, for one
- 33. Lots
- 37. ___ Strip
- 38. Flowering shrubs
- 40. ___ grass
- 41. Arrogant and inflexible
- 44. Moisten flax
- 45. Eurasian grass
- 46. Freshman, probably
- 47. Guru's pad
- 49. "To Autumn," e.g.
- 50. Home of Vigeland Park

- 51. Arabic for "commander"
- 53. Bro's sib
- 55. Pinocchio, at times
- 58. It's super, in the sky
- 61. "Beat it!"
- 65. Noiseless
- 68. Squarely
- 69. Cash in Denmark
- 70. Eating disorder
- 71. Porridge ingredient
- 72. Handwoven rugs
- 73. "Idylls of the King" character

Down

- 1. Word with "up" or "out"
- 2. "___ on Down the Road"
- 3. Dock
- 4. Collector of detritus
- 5. School grp.
- 6. Classic board game
- 7. Fraction of thrice
- 8. Gawk
- 9. "Rocks"
- 10. Shot
- 11. Put one's foot down?
- 12. Go through
- 13. Crumbs
- 18. Caribbean, e.g.
- 19. 40-point melds
- 24. Kentucky county
- 26. Brit's "Baloney!"
- 27. Ancient assembly area
- 28. Copenhageners
- 29. Alchemical solvent
- 31. Essen basin
- 32. Kind of group, in chemistry
- 34. Traditions
- 35. Atelier item
- 36. Court figure
- 39. Ancient
- 42. ___ cheese
- 43. Medical device
- 48. Nickelodeon staples
- 52. Chopper blade
- 54. An end to sex?
- 55. Arctic native
- 56. "Cast Away" setting
- 57. Band with the hit "Barbie Girl"
- 59. Be different
- 60. Fishing, perhaps
- 62. Archaeological site
- 63. Fungal spore sacs
- 64. "Beowulf" beverage
- 66. Mamie's man
- 67. Balaam's mount

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	5			9		2	3	
						1	8	

数独

The word Sudoku, above, is actually the abbreviation of Suuji wa dokushin ni kagiru, meaning "the digits must be single" or "the digits are limited to one occurrence."

Source: Wikipedia

		1	7		8	5	4			
3	8	5		6				1	2	
5					1				7	
		9			4		2			
	7				9				6	
9	5				7			1	2	8
			8	9	3			6	5	

The First Day of the Rest of My Life

By Adin Goings
ART EDITOR



Yoga taking over Keating three times a week

By Ashlie Ingold
STAFF WRITER

Yoga classes at IIT are extremely popular. This past week, I stopped by Keating Sports Center to interview the school's three instructors - Hellen Lee, Natasha Holbert, and Katrina Ryan - to find out about their passions for (and background in) yoga.

Hellen Lee

How long have you been teaching yoga? Almost three years.

How long have you been teaching yoga at IIT? A bit over a year.

What do you like about teaching yoga here? Yoga means union. These cerebral students are from all over the world and it is wonderful to see them coming together on their mats to breathe, let go, and find a little peace for themselves. It is really a beautiful thing.

What are the benefits to taking a yoga class, and what type of yoga do you teach? There are so many wonderful benefits to yoga. It can be both relaxing and energizing. Yoga can also have powerful healing effects on a physical, mental, and emotional level. The type of class I teach is generally a Hatha/Vinyasa class, but I incorporate elements from various forms of yoga that inspire me. I will sometimes throw in some Yin, Anusara, Forrest, Iyengar and occasionally I will throw in some dance elements.

How did you get into yoga? I was first introduced to yoga in a modern dance class and theater rehearsals in 1999 while attending the University of Hawaii. It was not until I was back in Chicago that I went to my first yoga class in 2004. I then went on to get my teaching certification at Chicago Yoga Center a few years later.

What do you hope to accomplish by teaching yoga? What a big question...there is so much to accomplish. I hope that students will walk away from the class feeling lighter, more energized. I also hope that students possibly learn something about themselves, and others, each time. Maybe igniting curiosity to further their yoga practice by studying the eight limbs of yoga.

Yama : Universal morality

Niyama : Personal observances

Asanas : Body postures

Pranayama : Breathing exercises, and con-

trol of Prana

Pratyahara : Control of the senses

Dharana : Concentration and cultivating inner perceptual awareness

Dhyana : Devotion, meditation on the divine

Samadhi : Union with the divine

Do you teach outside of IIT and where?

Yes, I teach at Yoga Now North, Bend Movement and Yoga Center, Chicago School of Hot Yoga, and Barre Bee Fit.

What days and times are your classes at Keating? Tuesday 1-2 p.m.

Tell me something about yourself. I also teach Barre classes and yoga with weights. I dance for two dance companies, The Humans and Clinard Dance Theatre, and I am the Artistic Director/Choreographer of Momentum Sensorium. In my spare time I enjoy drinking a variety of tasty beverages, trying to sing like a bird, and wiggling my toes.

Natasha Holbert

How long have you been teaching yoga? I have been teaching yoga for almost 4 years (it will be 4 in September).

How long have you been teaching yoga at IIT? Almost 2 years.

What do you like about teaching yoga here? I love the students. Their willingness to try something so healthy for their body and mind definitely inspires me. It's a win-win!

What are the benefits to taking a yoga class, and what type of yoga do you teach?

Stress Reduction: One of the biggest benefits of yoga is that it helps one reduce their levels of stress and anxiety. High levels of stress can cause high blood pressure, difficulty sleeping and even panic attacks. Yoga helps you reduce these symptoms of stress and anxiety. By focusing on your breath and body in poses, you learn to focus the mind. It's also a great way to have fun in a supportive environment and nurture yourself when you need it.

Increased Physical Fitness: In general, you will notice improvements in your health, strength, flexibility and quality of life. Because yoga classes involve moving your body through poses and balances while breathing evenly, it helps increase your physical fitness. A toned and flexible body can resist injury in everyday life, while also improving your performance in sports, dance, or other athletic endeavors (even singing).

Chronic Health Condition Management:

Anyone can practice yoga! Many forms of yoga are very therapeutic for the body, especially for those who have ongoing health conditions. For example, I have lived with asthma my entire life. Yoga has definitely helped improve my asthma over the years. This is because my body is healthier and my breath capacity has increased.

Weight Loss: Practicing yoga can also help you control your weight. More importantly, you became more aware of your body when you practice yoga. Over time you will become more aware of the food you eat and this may lead to long-term weight loss.

Community: Most yoga classes and places to practice yoga encourage a sense of community among practitioners. There are so many yoga poses and forms of yoga that you will never get bored - there is always something to learn! This is a great environment to explore poses and meet new people. Another resource is <http://www.abc-of-yoga.com/beginners-guide/yogabenefits.asp>

I teach various forms of yoga. My formal training is in Hatha and Vinyasa Flow. I recently completed a teacher workshop where I was introduced to adaptive yoga (<http://www.matthewsanford.com/>). In the near future, I will do more in-depth study of adapting yoga for disabilities.

How did you get into yoga? I used to play contact sports (rugby and football) and increasingly experienced knee and back pain as a result. A physical therapist suggested that I try yoga. I wasn't immediately hooked. It took me a couple of years to actually enjoy and do a regular practice. There are so many forms of yoga and teaching styles. I explored a lot and finally found a form of yoga and teacher that fit me. I love learning from teachers that interject humor and everyday life into the class. If you have ever taken a yoga class or seen pictures of yoga poses, there has to be some sort of humor to it. It's not every day that you are in line at the store and see someone in eagle pose!

What do you hope to accomplish by teaching yoga? I love teaching and practicing yoga. I hope that through teaching, I can share that love and joy I experience with others.

Do you teach outside of IIT and where?

Yes, I teach at the Chicago Park District (Daley Bicentennial Plaza and Women's Park), Wicker Park Fitness, and I sub at Bloom Yoga Studio.

What days and times are your classes at Keating? Tuesdays at 7:30 p.m.

Katrina Ryan

How long have you been teaching yoga? 20 years.

How long have you been teaching yoga at IIT? Since the beginning of the program (two years).

What do you like about teaching yoga here? The thing I like most is working with the mix of international students.

What are the benefits to taking a yoga class, and what type of Yoga do you teach? There are so many benefits to yoga, flexibility strength, balance, vitality, self-confidence, stress reduction. I teach a blended style because I have a dance background and a massage therapist so I bring them both into my style of Yoga.

How did you get into yoga? A really severe car accident. On my way back from school, for Christmas, five of us hit black ice and went over a mountain. None of us were killed but it took 14 years to get my body back into good condition. Yoga helped me so much that I ended up studying it.

What do you hope to accomplish by teaching yoga? First of all, yoga is not really goal-oriented. It separates itself from a traditional gym workout in that way. Yoga means connecting or joining, so yoga connects mind, body, and spirit. The idea is through simple breath we quiet the mind and become fully present in the moment. With active physical poses we meet our body's limits, and with non-judgment and self-acceptance we learn how to expand them. All of this results in a more balanced life and greater vitality.

Who was your main influence to begin teaching yoga? Teaching is a calling for me. I've always had an interest in the body and that just grew as I began to understand the connection of body and mind.

Do you teach outside of IIT and where? I teach in the dance department at Columbia College. I have been there for 18 years. I also teach privately.

What days and times are your classes at Keating? Tuesdays at 7:30 p.m. and Thursdays at 5:30 p.m.

(Photo courtesy Graeme Port)



Swimming and Diving finish strong at Nationals



By Melanie Koto
STAFF WRITER

The Scarlet Hawks Swimming and Diving teams have officially concluded a very long season after competing in the 2011 NAIA National Swimming and Diving Championship meet over the weekend in St. Petersburg, Missouri. The Women's team finished in fourteenth place out of nineteen teams, and the men finished seventh out of seventeen. The meet lasted from Wednesday, March 2 through to Saturday March 5, leaving the team exhausted and glad for a break.

Wednesday, March 2

The meet began with the Men's 3-meter springboard and Women's 1-meter competition. Sophomore Ian McNair took 3rd in the men's 3-meter, finishing with a final score of 275.50.

Thursday, March 3

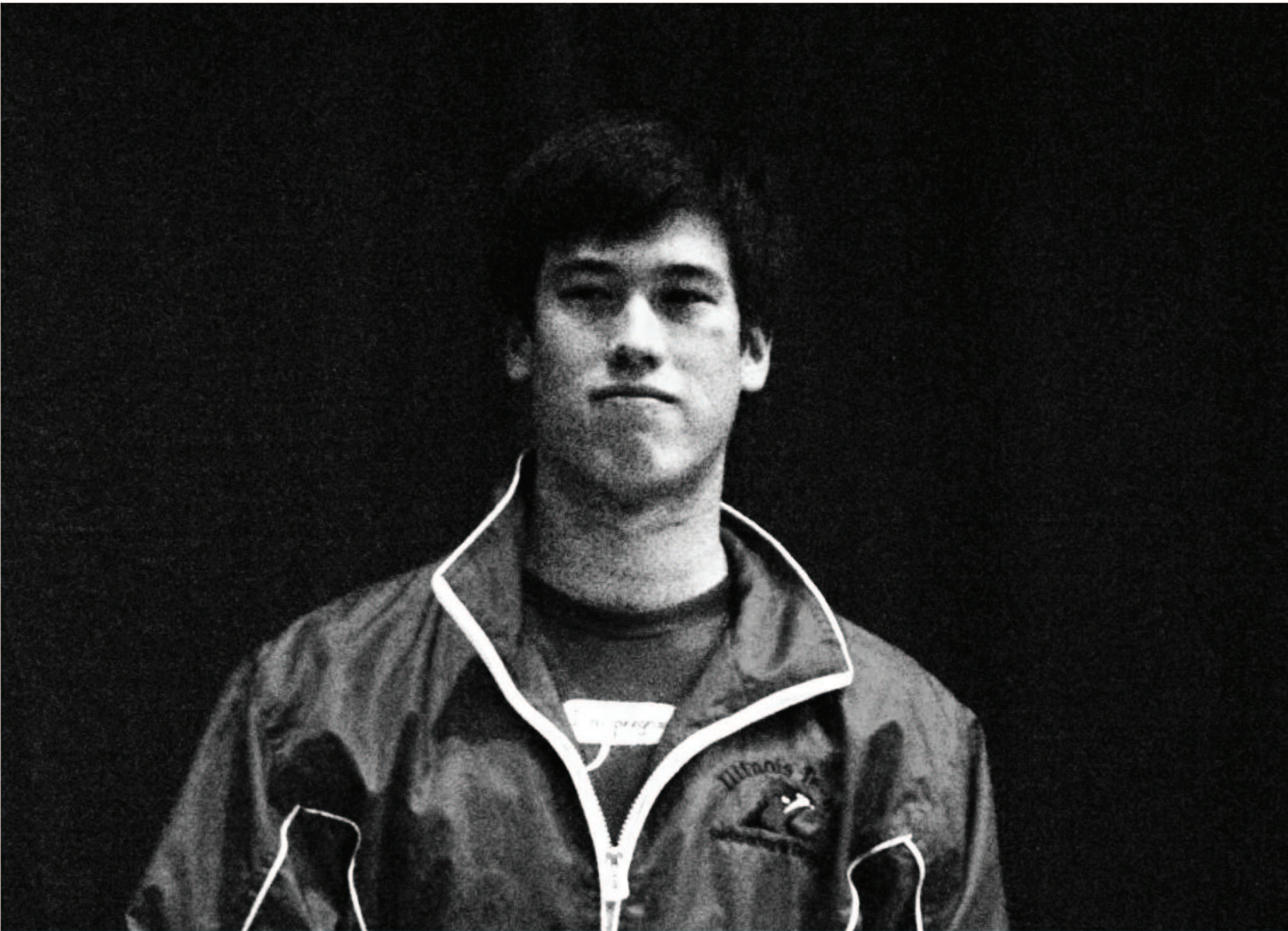
Swimming officially began on Thursday with the 200 yard medley relay. The Women's team of juniors Andrea Zuniga and Julia Duarte, freshman Aimee Dewante, and junior Melanie Koto took 15th with a final time of 1:55.22, while the Men's team of sophomore Matthew Rosenfeld and Eric Grunden, junior Keiji Halloway, and sophomore Max Ramminger took 6th with a final time of 1:33.33. Grunden finished 16th in the Men's 50 yard freestyle for the team with a time of 21.47, while Ramminger took 6th place overall with a final time of 20.65. The Women's 800-yard freestyle relay of Dewante, Zuniga, freshman Abby Maze, and Koto took 11th with a final time of 8:06.92, and the Men's team of Grunden, freshman Felipe Bergh, sophomore Michael Keane and freshman Yoni Pruzansky finished 8th with a final time of 6:59.41. McNair finished 3rd on the men's 1 meter board as well with 248.85 points.

Friday, March 4

The Women's 200-yard freestyle relay team of Koto, Maze, Zuniga and Dewante took 15th with a final time of 1:44.24, and the Men's team of Pruzansky, Grunden, Keane and Ramminger took 6th with a final time of 1:25.49. In the Women's 400-yard IM, Dewante took 15th finishing with a final time of 4:44.64, and in the Men's event, senior Joe Muchna took 16th with a 4:11.53, while freshman Michael Bodzay took 9th with a 4:06.30, re-setting the school record that Muchna had held from last year. In the Men's 100-yard butterfly, junior Keiji Halloway finished 13th for the Men's team with a final time of 50.86, and freshman Yoni Pruzansky finished 6th in the 200 yard freestyle with a 1:41.97. Grunden took 9th in the Men's 100 yard breaststroke, with a final time of 57.63, followed closely by Ramminger, who finished 10th with a 57.85. The final relay, the 400-yard medley relay, saw the Women's team of Zuniga, Duarte, Dewante and Koto finishing 12th with a final time of 4:09.05.

Saturday, March 5

Bodzay started the final day of the meet off taking 13th in the Men's 200-yard backstroke with a 1:54.26, and claiming his 2nd team record of the meet. The previous record had been set more than 20 years ago and was the last record still standing from before the 2001-2002 season. In the Men's 100 yard freestyle, Ramminger finished 12th with a final time of 46.33, and in the 200-yard breaststroke, Grunden finished 15th with a 2:10.24. Dewante took 16th for the Women's team in the 200-yard butterfly with a 2:20.99, while Muchna finished off his senior swimming career with the event, taking 12th with a 1:54.09. The final event, the Women's 400-yard freestyle relay, the team of Dewante, Maze, Zuniga and Koto finished 13th with a final time of 3:44.81.



(Photos courtesy Melanie Koto)

Meet your plyometrics instructor

By Ashlie Ingold
STAFF WRITER

The plyometrics class at Keating Sports Center is taught by instructor Tony Saddy. Plyometrics is not only for athletes, but for anyone who wishes to work on their speed, powerful movements, and improve the functions of their nervous system, generally for the purpose of improving performance in sports. Plyometrics movements, in which a muscle is loaded and then contracted in rapid sequence, use the strength, elasticity and innervation of muscle and surrounding tissues to jump higher, run faster, throw farther, or hit harder, depending on the desired training goal. This past week, I was able to interview Tony about his experiences in teaching plyometrics.

How long have you been teaching Plyometrics? I've been training athletes in plyometrics, balance, strength and flexibility for 11 years.

How long have you been teaching Plyometrics at IIT? I've been at IIT for the last year and a half...training baseball, volleyball, soccer and student body members.

What do you like about teaching Plyometrics here? I love the variety of students that come to the plyometrics classes at IIT. They all have a variety of areas they want to improve, and I enjoy supporting them with it.

What are the benefits to taking a Plyometrics class? The benefits of taking plyometrics are endless! Benefits include; explosive power, stamina, strength, balance and coordination to name a few; weight loss and increased metabolism as well!

How did you get into Plyometrics? I've been an athlete my whole life. Plyometrics was the way me and my friends trained ourselves back when I was a pre-teen. I continually honed my skills after that into the training arena.

What do you hope to accomplish by teaching Plyometrics? What I hope to accomplish at IIT with plyometrics is a better more prepared athletic group. Athletes who

have more strength, balance, and stamina play better, longer.

Who was your main influence to begin teaching Plyometrics? My main influences deal with the "end game." What I mean by this is most athletic contests are won in the last minutes of the game. In order to finish games, you must have the stamina and skill to close!

Do you teach outside of IIT and where? I have a variety of clients ranging from ages 17-72. I train them in a variety of ways from strength, weight loss, stamina, plyometrics and flexibility. I also do some post-rehabilitation work in collusion with a few doctors in Chicago.

What days and times are your classes at Keating? Currently, we have class at 9 p.m. on Tuesday evenings. I've also worked in some alternate classes for the athletic teams.

New Head Men's Soccer Coach almost chosen

By Graeme Port
SPORTS EDITOR

Over the past two weeks, five coaching candidates have been interviewed for the vacant head Men's Soccer coaching position at IIT. The five candidates - Greg Gidman, Roberto Giannini, Andrew Lee, Sam Schroeder, and David Strother - were interviewed by Athletic Director Enzley Mitchell, and the departments five varsity sports coaches.

As well as the coaches, the Men's Soccer players were also given the opportunity to speak to each of the candidates, to question them on numerous soccer related issues. The appointment of one of the five interviewed coaches should be announced sometime this coming week.

Make sure you pick up a copy of Tech-News next Tuesday to see who the department appoint as the new head Men's Soccer coach.



University Social Calendar

TUESDAY **MAR08** - 07:00pm @ MTCC Ballroom
MARDI GRAS PARTY
Celebrate "Fat Tuesday", with free food and games!!!

WEDNESDAY **MAR09** - 12:50pm @ Wishnick Hall
FRANK BERGH LECTURE
EWB welcomes guest lecturer, Frank Bergh, EIT, LEED-AP, founder of EWB-USA, WashU student chapter and former president

WEDNESDAY **MAR09** - 09:00pm @ Engineering 1 Building Lobby
COFFEE AND BAGELS
EWB will be fundraising in the E1 lobby to raise money for our projects so come, eat, and help us.

WEDNESDAY **MAR09** - 08:00pm @ MTCC Auditorium
MEGAMIND MOVIE
Come watch a movie with UB! Relax, laugh, and enjoy FREE FOOD!

WEDNESDAY **MAR09** - 08:00pm @ MTCC Ballroom
FREE STRESS WORKSHOP
Come, learn and enjoy this simple, time-honored Meditation technique

THURSDAY **MAR10** - 09:00pm @ The BOG
(ALMOST) PIDADAY
Celebrate with TBP and watch Peter Boie perform some magic

FRIDAY **MAR11** - 08:00pm @ The BOG
REILLY CONCERT / ST. BALDRICK'S
Come support St. Baldrick's and listen to an Irish Rock Band

Do you want to know more about upcoming events?
Come and hang out at:

UB General Body Meetings

1:00 PM every Tuesday @ MTCC auditorium



For more information, scan the code on the right or visit:
<http://ub.iit.edu> or contact us at ub@iit.edu



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