

Active Minds National Conference attendees raise awareness for mental illness, stigma

By Utsav Gandhi

CAMPUS EDITOR

Did you know?

1 in 4 students live with a mental health disorder.

1,100 college students die by suicide annually, making it the second leading cause of death for students.

2/3 of students who need help don't seek it out.

Twice as many college students drop out of academics because of mental health disorders than other students.

18-24 years of age is when mental illnesses are most likely to first present themselves.

[Source: Active Minds Inc., www.active-minds.org]

Over the past year, TechNews has been trying to highlight some of the important work that a new Active Minds chapter has been doing at IIT's Main Campus (http://technewsiit.com/story/active-minds-iit). "Changing the conversation about mental health" is the mission statement of Active Minds. It seeks to raise awareness of mental health issues in our academic community. For more information on

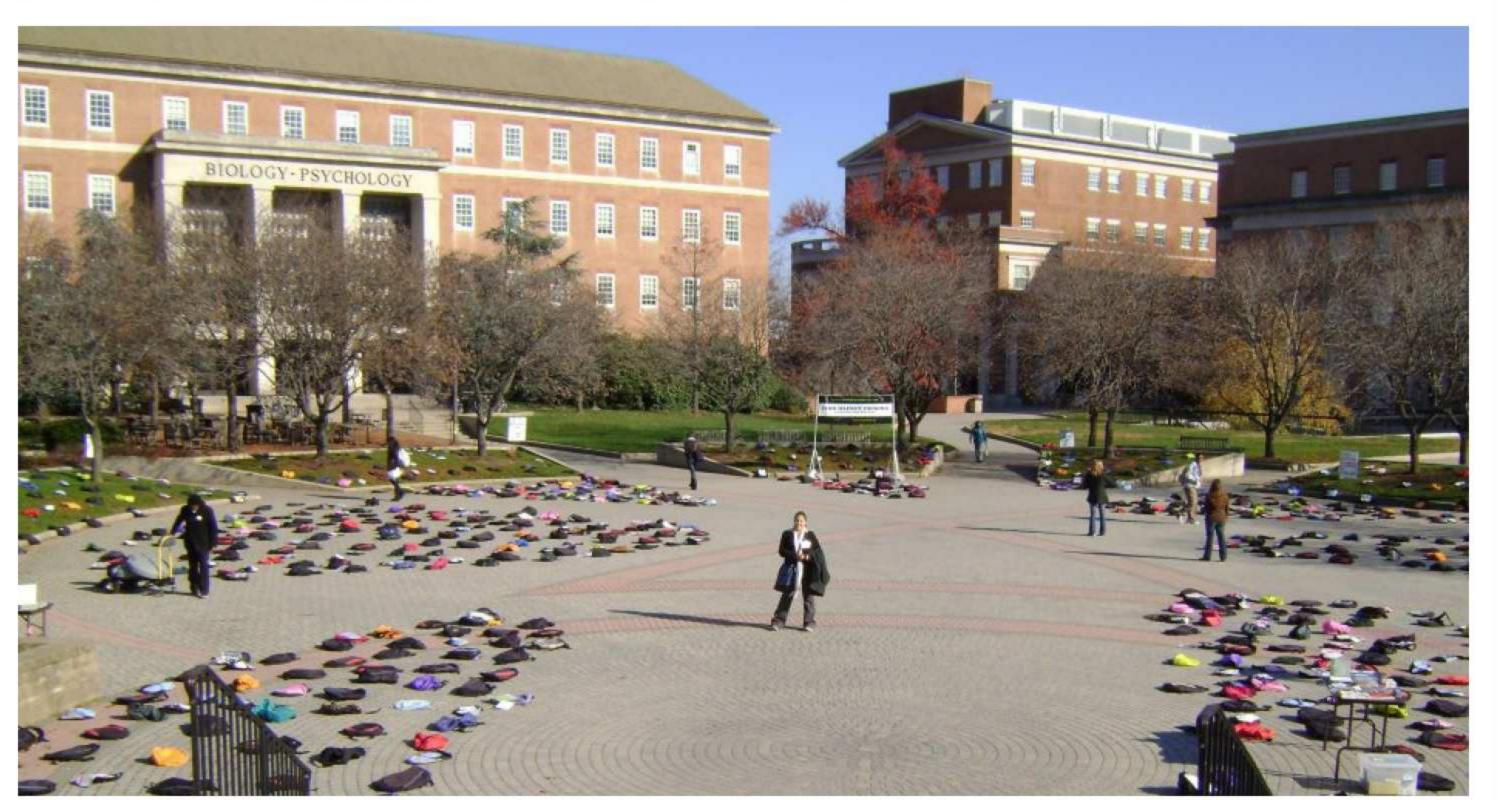
the mission of Active Minds @IIT, visit their new webpage, http://mypages.iit.edu/~activeminds, or email them, activeminds.iit@gmail.com. Over the past weekend, six students represented the chapter at the 8th National Conference at University of Maryland, College Park, MD, and came back enlightened and empowered to raise more awareness about what is an increasingly important issue nationwide on college campuses. The conference was attended by over 600 students from across the nation. TechNews spoke to Russel Houser, Research Liaison for Active Minds @IIT and conference attendee.

Some of the conference highlights included the famous "Send Silence Packing" exhibit a powerful display of 1,100 donated backpacks and regional stories representing the 1,100 college students who die each year, mostly because they were unwilling or unable to seek help due to lack of information. The Creative Programming expo allowed chapters from around the country to showcase their own successful and innovative programming efforts. Dr. Thomas Insel, director of the National Institute of Mental Health, singer/songwriter Meg Hutchinson (who has used music and writing as a lifeline for people who are unable to reach out for help), and WNBA player Chamique Holdsclaw were the inspiring keynote speakers. A Ph.D student from IIT, Kristin Sokol, who is also the National Active Minds Emerging Scholar, conducted focus groups to gather feedback on a campus solidarity campaign, modeled after the LGBT "Safe Space" sticker campaign, designed to promote an environment of solidarity and support for students with mental health concerns.

Conference attendees also had the unique opportunity to take part in a pre-conference leadership training session led by the Wellstone Action Network. Sessions included interactive workshops on power, organizing and membership recruitment, and how to apply these specifically to the national mental health movement. There were sessions to train students on how to passionately and accurately talk about sensitive issues, recruiting volunteers and maintaining student membership, applying for grants from the Active Minds Eric Trendell Chapter Development Fund Grant, creating collaborative relationships with the Counseling and Wellness Center, and a workshop on simple yoga exercises to de-stress anytime and anywhere. There were sessions on National Stress Out Day programming, explaining stigma to dispel common myths, eating disorder awareness and the pop culture body-type ideal of Barbie, reaching out to students from various backgrounds and majors.

Look forward to some great events in the upcoming semester and beyond as the chapter makes its presence felt even more on campus.





 ${\it Photos\ courtesy\ of\ Utsav\ Gandhi}$

Student Speak survey results

By Mike Purdy
DISTRIBUTION MANAGER

The results are in from the 2011 Students Speak survey, which was administered by the Center for Research and Service and conducted universitywide from October 21 to November 4. Generally speaking, the executive summary of these survey results displays a big "thumbs up" from the IIT student body, both in terms of the overall student experience and satisfaction with the services of a majority of university departments. Of the 8,180 invitations to complete the survey, 2,760 students responded, which is a response rate of 33 percent. Following a trend from previous years, the undergraduate response rate was higher than that of graduate students, with a 37 and 31 percent response rate, respectively.

In terms of overall student experience, 70 percent of survey respondents indicated that they would recommend IIT to a friend based on their overall experience, and 74 percent would recommend IIT to a friend based solely upon their academic experiences thus far. These two items of the survey showed respective increases of 5 and 3 percent from the previous year's survey results. The overall student experience section of the survey rated students' satisfaction of such core items as respect from IIT staff, a feeling that IIT staff work hard to fulfill their needs, knowledge of which department to contact with questions or problems, and finding that they are able to get an answer or solution as a result of initial contact with an IIT staff member, all of which experienced increases. The only issue showing a decrease from the previous year concerned students' perception of their general safety on campus, and a core item that could use improvement regarding overall experience is the student experience of being a valued member of the IIT community.

From a departmental standpoint, the Bursar's Office reported the most participation in services by students with a 72 percent response rate, followed in order by Dining Services, the Registrar, Financial Aid, the Career Management Center (CMC), Student Health, Housing, Student Life, Public Safety, Student Government, and the Student Center for Diversity and Inclusion. With slight variations between the undergraduate and graduate responses, the student service averages for these departments were rated favorably, aside from three departments, those being Housing and Residential Services, the CMC, and Public Safety (which reported favorable averages of less than 70 percent for the undergraduate population).

For these three departments in need of improvement, students expressed the greatest concern with the core items relating to response time to questions and concerns and the all-around quality of the services and programming provided. Based on a comment analysis of these departments, more specific evidence for student dissatisfaction can be found:

For Housing and Residential Services, a number of students expressed frustration with facilities, maintenance response time and upkeep, the high cost of living, service to the Greek houses, and certain (continued on page 3)

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UC-Davis protestors represent #OWS struggles

By Ryan Hynes

OPINION EDITOR

This past Friday, student protestors at UC Davis were pepper-sprayed by police after the university's chancellor requested that the police move to disperse the protestors. The video of this incident has since gone viral and has provoked both shock and outrage across the country.

The students were demonstrating as an extension of the Occupy Wall Street movement, which has gained notoriety over the last month for challenging the status quo and the vilified "one percent." Occupy Wall Street seeks to reform the abuses of our current financial and banking industries, and encourages peaceful protest to achieve its goals.

Given the current state of economic affairs, it is easy to sympathize with the protestors. The recession is still in full force, and the job market is abysmal. As a college student, the nation's economic woes only exacerbate the problem of securing a job after graduation, and

with scores of unemployed and underemployed professionals, the competition for what few openings there are is fierce.

Perhaps that is why it is the youth of this country that are so incensed by the abuses of the political machine and the blatant class favoritism that dominates our current political scene. Indeed, there is a rich history of young people protesting the status quo.

Chicago has its own dark past when it comes to youth in revolt. The infamous 1968 Democratic National Convention saw Grant Park transformed into a battlefield as young people protested the Vietnam War. Police responded savagely, beating the protestors and spraying tear gas from their "Daley Dozers," heavily armored Jeeps surrounded by barbed wire.

It is impossible to be a student of this nation's history and not see the parallels between Occupy Wall Street and the tumultuous nationwide riots of 1968. Something very dissimilar, though, is that technology has shifted considerable power to the protestors. Videos of the UC Davis incident, as well as

the entire Occupy Wall Street movement, are easily accessible and are making police more accountable.

Already, two police officers involved have been suspended and there are cries for the chancellor of UC Davis' resignation.

Technology and social media have had a transformative impact upon world politics and political reform. The Arab Spring was brought about largely through social media outlets like Facebook and Twitter, and the videos of police brutality drew an international response and prompted quick action from the UN.

The protestors at Occupy Wall Street hope to accomplish the same thing and are using the Arab Spring as a model for their own movement. You can follow the protestors on Twitter at #OWS, and I encourage it. Not because I feel some particular conviction for their message, but because these are exciting and transformative times, and as students, and the future of this nation, we have more influence than ever on its outcome.



Photo courtesy of Wayne Tilcock/Associated Press

Deutschland Travel Blog: "Berlin"

By Shefali Umrania

TECHNEWS WRITER

Excursions, trips, vacations, journeys, picnics, and any other synonyms for the word 'adventure' always make me super excited and super nervous.

It's like eating chocolate. You love it so much that it excites you while eating, but it also makes you super nervous while thinking of its effect on your waist size. The night before I left for Berlin, I was in a similar state of mind.

The Eurorail or Eurail has received much publicity for its speedy interstate transport, but a ticket from one corner of Germany to another cost 130 Euros! So, I did some scouting around for the best deals to travel in Germany, German style. I memorized two words that my Tübingen flatmate told me: "mit fahr". Mit Fahr literally translates from German to "with travel".

It is a convenient car-pooling service where people on long-distance road trips offer empty seats in their car to some other people who want to make the same trip on the same day in exchange for cash, which mostly covers a portion of the gas price.

It is not really reliable in terms of urgency, but if there is a car listed going to the same place as you, it could work out - as it did for me. I didn't know what to expect. I had a train already in mind and had a back-up option planned out in case the person who was driving

turned out to be a nasty-looking dodgy person. That is very important though, chalking out a plan B while using mit fahr.

As it turns out, I was lucky. My driver was actually a German family man who was driving with his wife and 3 kids to Berlin in a big van. He had 3 empty seats at the back and could find only me and one other student to fill them, so it was a comfortable ride for the 500-odd miles that we traveled.

Ah, Berlin! Phonetically, Bayrrleen.

Just so many things about this city
have already caught my attention. Number 1,
it is a city!

Number 2, when a Berlin local says, "I'm a Berliner" to a German outside of Berlin, he is actually saying "I'm a donut." This is because Germans outside of Berlin call a particular kind of jelly-filled donut as the Berliner (that donut is known by a different name in Berlin).

Number 3, little pieces of the famous Berlin Wall are sold as fridge magnet souvenirs - trust their credibility at your own risk.

Number 4, American football in German is called football. Soccer in German is called fußball. Foosball in German is called fußkicker.

Number 5, Berlin has many gardens. They have more than twice the number of beer gardens. Beer Gardens are random gardens with shacks that sell different kinds of beer to people who come there to hang out and drink beer.

Number 6, when non-Germanspeaking 20-year-old research interns find themselves lost in Deutschland for 3 months, they turn into friends for life within 48 hours of meeting each other.

Number 7, Germans love their bread, their beer, their cars, their parks, their trains, their meat, their science, their language and some more things that I'll find out soon.

Number 8, my host has been to 35 countries and still counting.

Number 9, the public transport is so advanced that they offer "Call a bike" services where you can rent out bicycles for specific periods of time.

Number 10, when you touch the stones of the Holocaust Memorial, the Berlin Wall, the Bundestag and other monuments that have lived through time, you are in fact, touching history. It is an enthralling moment that no words can describe.

Number 11, servers in a restaurant will look at you funnily if you ask for plain water as your accompanying drink with your meal.

Number 12, traditionally, Germans drink soda water or fizzed water instead of plain water.

Number 13, everyone is surprised I speak such good English and I'm amazed at their surprise!

Till next year, happy holidays!

Illinois Tech Cycling Team | ESW impacts campus with events presents Bog Sprints

By Ryan Hynes OPINION EDITOR

The Illinois Tech Cycling Team is hosting the second annual Bog Sprints Friday, December 2nd at 7:00 PM. The sprints consist of two bikes on computrainers, which hold the bikes in place and allow the riders to simulate a race. The trainers are linked to computer software that calculates the speed of each rider and projects a virtual image of the racers onto a screen.

The races are brief, lasting no longer than 30 seconds, and the winner of the race will move on to the next round of the competition.

Illinois Tech Cycling's sponsors have provided the team with several prizes to award to the winners of the sprints.

The Illinois Tech Cycling Team is a club sport, but competes in the Midwest Collegiate Cycling Conference against several big name schools including Michigan, Michigan St., Notre Dame, Ohio State, and Purdue to name a few. The Illinois Tech Cycling Team has experienced a lot of growth over the past few years, and is gearing up for another promising season.

Come blow off some steam before finals and meet the Illinois Tech Cycling Team for a night of fun and friendly competition. 7:00 PM, Friday, December 2nd at the Bog.



Image courtesy of Ryan Hynes



AMERICA'S FAVORITE SANDWICH DELIVERY GUYS!"

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By Harshita Iyer

TECHNEWS WRITER

The semester is coming to a close soon, and with finals around the corner, things are hectic and stressful. It has been a packed semester, with multitudes of student organizations keeping students busy (as if course loads didn't do that job well enough). One such student organization was ganGreen, IIT's campus sustainability organization, which is going through a transition phase to join Engineers for a Sustainable World (ESW). With ganGreen joining a national organization and becoming one of its chapters, ganGreen will officially be renamed ESW, it will have resources outside of IIT.

The organization made its first ripple

of the semester with Sustainability Week, in October, which was a week-long series of campus events: a farmer's market, a green resource and career fair, movie screenings, and speaker events. (Acting upon the response received from the IIT student body, ESW will be organizing another one next semester.) Earlier this month, they organized a speaker event with the Climate Reality Project, an organization headed by former Vice President Al Gore.

The event showcased various presentations made to show governments how much people are interested and concerned about climate change. There was also a tour of "The Greenest House in Chicago," the Helenowski Residence, this past Saturday. The LEED Platinum house is "net-zero," producing no energy waste.

Students Speak survey results (continued from page 1)

policy and procedural issues such as meal plan requirements and guest sign-in.

For the CMC, which actually showed an increase in four percentage points in satisfaction from the previous year, students mainly pointed out aspects such as a lack in the availability of job opportunities and employers, a need for increased staff assistance, better service and opportunities for international students and those with diverse majors as areas in need of improvement.

According to the students, Public Safety's main flaws include rude or uncaring behavior from officers, slow response time, lack of patrols, visibility and monitoring, and mediocre escort services and availability.

The most improved campus department was the Office of Financial Aid. In comparison to past years, this department has gained strides in student satisfaction, especially involving student respect and accuracy of information. The least improved campus departments were Student Life and Public Safety, which experienced consistent declines in student satisfaction.

New to the Students Speak survey this year was a section on capital priorities, which gave students the opportunity to choose where

they would like to see the university's capital investments be applied. The outcome of this survey item was the indication by most students that improved classrooms, labs, and studios should be the top capital priority, followed by a new or improved indoor recreational and athletic facility.

So, what is the next step? In order for this survey to be effective, an in-depth analysis of the results, coupled with departmental responsiveness and the implementation of student advisory groups to work alongside those departments in need of improvement, will be crucial. Initially, an executive summary of the results will be presented to President Anderson and Provost Cramb on Monday, November 21. A larger report will then be carried out at the Students Speak Summit on January 20, during which the importance of the Students Speak process will be conveyed, dialogue will be facilitated amongst students and university leadership, and the president and provost will talk about expectations and guidelines for departmental action planning, along with a strategy for following up on action plans. Definitely expect more articles regarding the Students Speak and its implications coming your way next semester.

Eid Ul Adha celebration @IIT

By Tanim Taher

TECHNEWS WRITER

On Saturday November 12, the Muslim Students Association (MSA) and the Pakistani Students Association (PSA) hosted the annual Eid Ul Adha party at IIT. Eid Ul Adha is one of the two biggest religious festivals of the year that Muslims around the world celebrate—the other being Eid Ul Fitr. The actual date of Eid Adha was November 6 and people traditionally celebrate the actual Eid day with friends and family. Typically, the Eid celebrations last for several days or a week afterwards—and the MSA/PSA party was the occasion to share the joys and festivities of Eid with the entire IIT community. Each year, MSA holds an Eid Ul Adha party at IIT, but this time, by partnering with the PSA, they were able to deliver the biggest Eid festival to date.

The party was held outside at Morton Park with a carnival theme. Some members of MSA thought that an outdoor party during the month of November might be a risky idea, but, fortunately, the weather that day turned out to be mostly sunny, with a 60-degree high. Nevertheless, to be on the safe side, the Campus Conference Centers (CCC) provided MSA with three large tents along with tables and chairs, in case the weather did not cooperate. There were also tents for entertainers: a caricaturist; a balloonist, who made teddy bears, puppies, hearts, bracelets, and whatnot with balloons; a face painter; a henna tattoo artist; and the jewel in the crown, great food. A restaurant called Al Bawadi catered. Eid, in Arabic, means a festival, and Eid Ul Adha means "festival of the sacrifice."

During Eid Ul Adha, Muslims (those who can afford to) sacrifice an animal (cow/sheep/goat) in commemoration of Prophet Abraham's willingness to sacrifice his own son to God. Muslims believe that this was a difficult trial which God wanted to test Abraham and his son, Prophet Ishmael, with. They also believe that it was God's plan all along to have the sheep sacrificed in place of Ishmael, but before that God wanted to test how far Abraham was willing to go to obey the command of God. According to scripture, Abraham and Ishmael successfully passed this test from God, and so by God's command, Muslims sacrifice an animal in commemoration and in honor of the great patience that these two prophets of God showed.

To Muslims, Eid Ul Adha also means being thankful for the food and livestock which God has provided, hence the sacrifice of the farm animal for food. Also, charity and hospitality are important parts of Eid Ul Adha. Traditionally, one third of the meat from the sacrificed animal must be donated to the poor and homeless, and another third is to be distributed among friends; only one third is left for household consumption. Since charity is a central theme of Eid Ul Adha, MSA and PSA organized a fund raiser through Islamic Relief USA and IIT's Office of Student Life (OSL). Throughout the week preceding the Eid party, and during the event itself, charitable funds were collected to help the people devastated by the recent floods in Pakistan.

MSA and PSA would like to thank all the volunteers, participants and attendees who helped make this Eid party so successful.

November Campus Sustainability forum discusses balance

By Brock Auerbach-Lynn
TECHNEWS WRITER

IIT's Sustainability Forum for the month of November was held on Friday 18 and it brought together environmental and business concerns for a unique discussion of the Triple Bottom Line. This approach to corporate decision opposes the traditional focus on profit/shareholder value by seeking a balance between profitability, social equality and environmental sustainability.

Festivities got underway with an organic lunch and a chance for students, faculty, staff and local business leaders to mingle. Joseph Clair, director of the Office Campus Energy and Sustainability (OCES), gave attendees a quick run-down of IIT's current sustainability projects, including announcing two university-wide sustainability contests that the IIT community can participate in over the spring semester-Recyclemania and Campus Conservation Nationals. Clair then smoothly transitioned into the main topic: the Triple Bottom Line. This approach to business decision making and management seeks to place businesses within the larger global system, making them responsible for environmental and social considerations, in addition to traditional profit concerns. One big issue was how to factor in costs related to environmental and social concerns. He raised the question of whether these are issues which companies need to take the lead in addressing or if this is a role for government to set policy and enforce societal priorities.

With the general issues laid out, Clair introduced the two speakers: Professor John Bilson, interim associate dean of the Stuart School of Business, and Peter Locke, cofounder and managing director of TerraLocke Sustainability Consultants.

Bilson presented first, laying out an argument for taking a single bottom line approach (profit/shareholder value) as the best means to achieve environmental ends. He stressed that having multiple objectives is difficult for any organization and creates conflicts if environmental and economic concerns do not align. A more realistic approach, Bilson said, is to bring environmental concerns into the single bottom line, making sure that being profitable requires environmental sustainability. This can be accomplished through correct pricing, such as pricing resources at their true cost, taxes and through strongly enforced environmental regulations. Bilson further noted that the best companies in most fields are already environmentally conscious. However, he noted that based on stock market analysis, many green firms tend to over-invest in environmental management and achieve low returns. Bilson concluded that companies need to integrate environmental considerations into their decision making while maintaining a focus on profitability.

Locke, of TerraLocke Sustainability Consultants, presented next and described the importance of bringing a balanced triple bottom line approach to corporate decision making. There is a huge opportunity for businesses to bring value to shareholders and society as a whole by expanding their traditionally narrow focus on profits. Locke agreed with Bilson that companies need to price resources efficiently if they are to incentivize correct actions, but he also stated that people value things for which no monetary value exists, alluding to a structural flaw in the single bottom



line perspective. On a national and global scale, issues such as education, wage rates, population growth and CO2 emissions require coordinated actions focused on achieving multiple objectives—something for which the balanced triple bottom line approach is far superior. Locke put forward that companies have an opportunity and the responsibility to escape the current zero-sum game, with a focus solely on profits. Locke concluded that companies need to utilize a triple bottom line approach to decision making in order to create a prosperous and environmentally sustainable future for everyone.

The presentations were followed by audience questions, including specifics on understanding barriers to triple bottom line thinking and valuing environmental components of brand equity. A question about company-led product recycling was handled by Bilson, who explained how government regulation and pricing incentives need to be established to turn these issues into costs for companies and consumers in order to stimulate recycling. Locke responded to a question on how to measure environmental and social aspects by stating that there are many potential metrics, including greenhouse gas emissions on the environmental side and community involvement (time or donations) on the social side.

While the two speakers cogently presented each side of the debate, most attendees seemed to lean towards a balance of the two, as each side had merit.

The next Sustainability Forum, scheduled for on Friday January 27, 2012, will focus on how to balance government regulations versus sustainable consumption decisions as a means to achieve sustainability objectives. For more information, email the OCES at campussustainability@iit.edu.

 ${\it Photo \ courtesy \ of \ Office \ of \ Campus \ Energy \ \& \ Sustainability}$



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Quirky Québécois film meets comedy quota

By Ryan Kamphuis

A&E EDITOR

When you were in high school, what did you take seriously? While most would answer with anything from class to dating to getting out of high school, there's one person who would say communist revolution. "The Trotsky" is the tale of 17-year-old Leon Bronstein, a high school student in Montreal who is convinced that he is the living reincarnation of Bolshevik revolutionary Leon Trotsky.

Directed and written by Jacob Tierney, "The Trotsky" is a 2009 Canadian comedy starring Jay Baruchel as Leon Bronstein. Convinced that it is his duty to live the life of the famous Russian, Leon has his entire life planned out in front of him, including everything from multiple exiles, meeting someone named Vladimir Ulianov (who will later be changing his last name to Lenin), marrying an Alexandra that is 9 years his senior, and being assassinated. And while he is only 17, he needs to start now to be able to live up to his name. And start he does, leading everything from hunger strikes to coup d'états in the name of social justice.

The film is a high school comedy with a twist. Like other high school comedies like "Ferris Bueller's Day Off" and "The Breakfast Club," the central theme of "The Trotsky" is that of rebellion. Except in this case, instead of rebellion manifesting itself in the skipping of class or the flaunting of authority by not taking detention seriously, "The Trotsky" manifests its teenage rebellion through a refusal to accept society's status quo when it comes to students. While there were many funny moments in the film because of this, many of the jokes might fall flat to most. The movie is chock full of subtle

jokes and references that will fly over most people's heads due to the fact that they make references to everything from Trotsky's life to political philosophy to historical events.

The one truly excellent thing that brings the entire film together is Jay Baruchel's performance as Leon Bronstein. Baruchel's performance is flawless, and he perfectly plays the dedicated, awkward but well-meaning individual that Leon is. Many scenes are saved by the dedication that Baruchel shows to his role – by the end of the movie you almost think you are watching a documentary about a real person, and that this character is not an actor.

One of the best parts of the whole movie is the feeling that everything happening in it could actually happen. As was said earlier, the root of this film is teenage rebellion against the apathy and boredom of high schoolers, and the status quo treatment of these students by administration and society. The things that Leon and his comrades are fighting against are the issues we all dealt with in high school and hated. What Leon is working for is something we all wanted to do: to rebel against what we hate and work to make it better. The film is just a crazy way of showing this base idea.

Overall, I would recommend seeing "The Trotsky" if you're looking for a laugh and a trip back to your high school days. Not all the jokes may make sense, and some of the movie may seem downright crazy, but overall the movie leaves you entertained and feeling good. And for some, myself included, the film may be inspirational – firing you up to stop accepting the status quo, and work to make things better. And any film that can make you laugh while convincing you to go out and make things better has got to be good!



What's on Ryan Hynes playlist?



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

Illinois Institute of Technology

Office of Campus Energy and Sustainability

A different type of exam before finals week:

Think about it: Food for thought!

Do you know what a carbon footprint is? Do you know how big yours is?

How much do you actually spend on packaging?

How much do you actually recycle?

How much money, energy, and pollution did you save this semester using the CTA?

How many campus sustainability forums have you attened so far this year?

Have you seen something on campus that should be less wasteful? Did you let us know?

This is your campus and your world. Be the change you want to see!



campussustainability@iit.edu

Aggressive Acts

By Myles Mellor & Sally York

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lol:P

Across

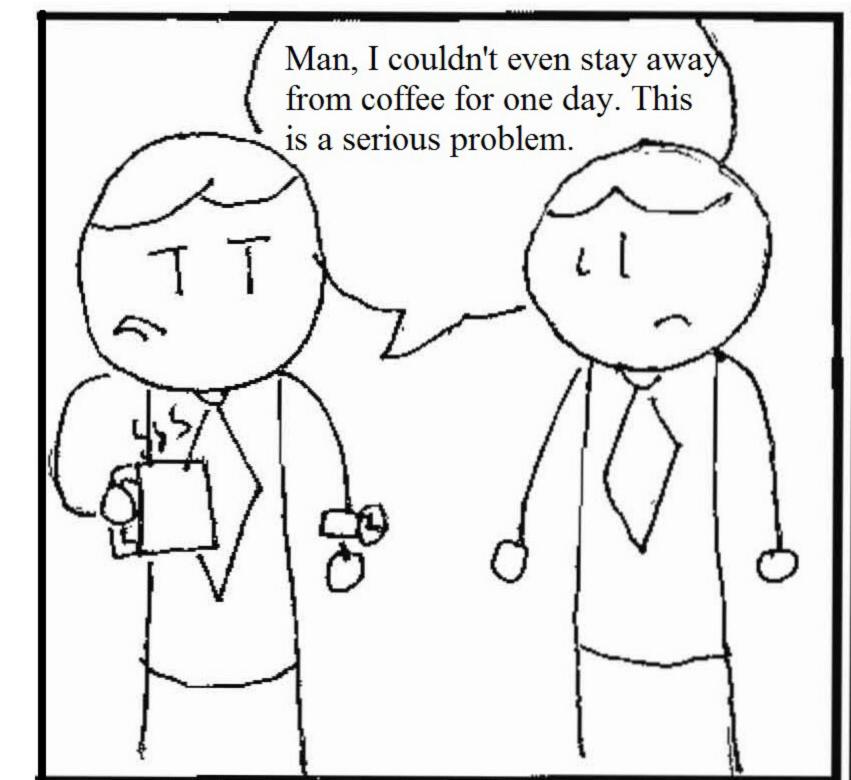
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- 5. Strike
- 9. Cheerless
- 13. Paella pot 14. Maintain
- 15. Not fine
- 16. Acquisition method
- 19. Ones at the helm 20. "You don't say!"
- 21. "___ time"
- 22. Old Icelandic literary work
- 23. Snubbing
- 31. West Indian folk magic
- 32. Catch
- 33. Farm call
- 34. Fabric
- 35. Acadia National Park
- locale
- 37. Bakery buy
- 38. Extreme suffix 39. Foofaraw
- 40. Ism 41. Eluding an officer
- 45. Feeder filler 46. Legal org.
- 47. Catalog
- 50. Eccentric
- 55. Kamikaze run?
- 57. X-Men villain, and namesakes
- 58. Place
- 59. Big name in pineapples
- 60. Eyelid woe
- 61. Leavings
- 62. Abreast of

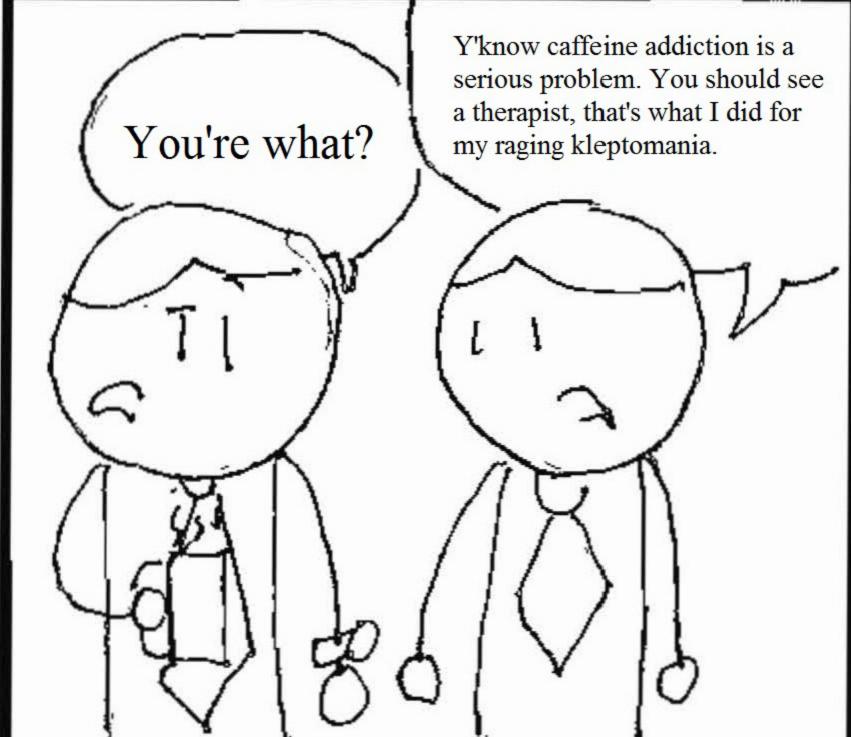
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- 4. Watch feature, perhaps
- 5. Fourth letter of Hebrew
- alphabet
- 6. Exceedingly
- 7. "___ go!"
- 8. Bygone polit. cause 9. Tree type
- 10. **** review
- 11. Sheltered
- 12. Maryland stadium
- 15. Gregor Johann ____ 17. Dander
- 18. Certain federal tax
- 22. Distinctive flair
- 23. Show fear
- 24. Having a lot to lose?
- 25. Boxing blows 26. Not dis
- 27. Kind of jack
- 28. Candidate's concern
- 29. Standards
- 30. Reached
- 35. Unaccompanied compositions
- 36. Passage
- 37. Lookout point
- 39. Aggravation
- 40. Harsh Athenian lawgiver
- 42. King Mark's bride
- 43. January's birthstone 44. Old calculator
- 47. Does something
- 48. Dirty coat
- 49. Cut down
- 50. Coconut fiber 51. African antelope
- 52. Play thing
- 53. Capital near the 60th parallel
- 54. Adult-in-waiting? 56. U.N. workers' grp.

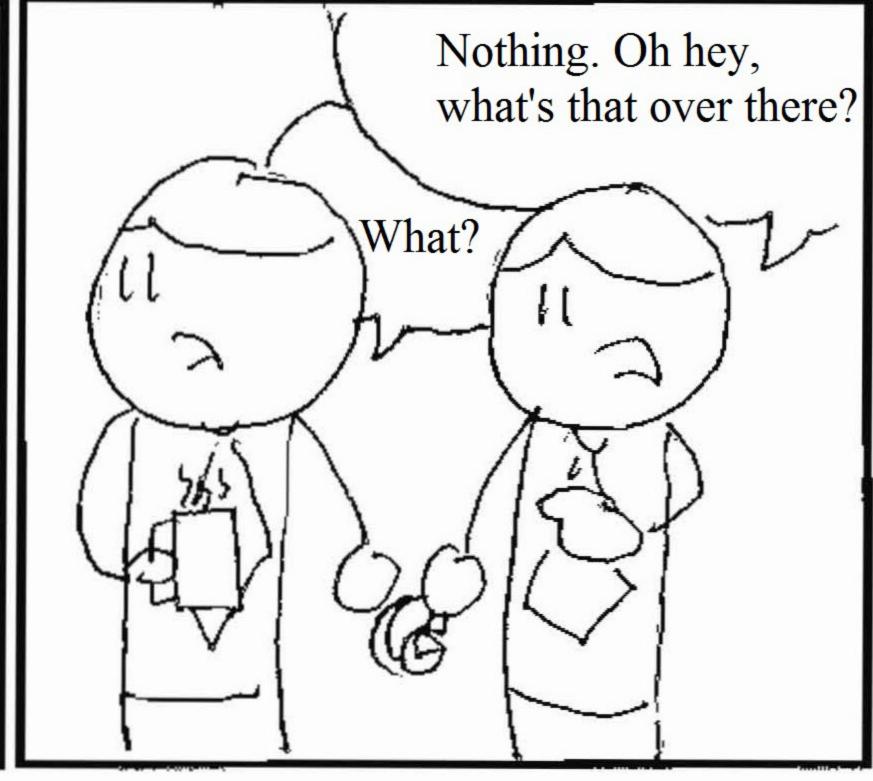
The First Day of the Rest of My Life

By Adin Goings

ART EDITOR







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

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

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

Intramurals, recreations to return to campus in 2012

IIT have appointed Mike Vander Heyden as the new director for Intramurals and Recreation. Mike spent the last three and half years at Roosevelt University in Chicago where he was responsible for their recreation and wellness programs, as well as managing the student center. Prior to his time at Roosevelt, Mike was a graduate assistant for Intramural Sports and Athletic Facilities at Rose-Hulman Institute of Technology in Terre Haute, Indi-

This spring, students, faculty, and staff will see a number of intramural sports again being offered; including traditional sports like 3-on-3 and 5-on-5 basketball, vollevball and dodgeball, and other non-traditional intramural offerings, including indoor

ultimate Frisbee, indoor flag football, video game tournaments, and indoor floor hockey.

There will also be several fitness dasses offered weekly to students, faculty and staff. The schedule is still being finalized for the spring semester but it will offer a variety of classes to fit everyone's fitness needs. Vander Heyden says, "I'm definitely looking forward to working with students and providing the best programs possible to suit their needs. Honestly, not too many people can say they love what they do for a living, but I can?"

For information on the intramural and recreation dasses on offer please visit the official Facebook Page at: www.facebook.com/ iitintramuralsandrec or the Athletic Departments website at www.illinoistechathletics.com.under Keating Sports Center.

Any questions regarding intramurals and recreation can be sent to Mike at mvanderh@iitedu.

Swim, dive teams finish Phoenix invite

By Melanie Koto STAFF WRITER

Over the weekend the Hawks swimming and diving team competed at the three day Phoenix Invite at the University of Chicago. Some outstanding swims and dives were see throughout the meet by both the men's and women's teams. Overall the men's team fin-ished 5th out of 9 and the women's team 8th.

In the 200-yard medley relay, the team of seniors Morgan Curran, Julia Duarte, junior Aimee Dewante and senior Melanie Koto finished 11th overall with a time of 1:59.35. The men's team of senior Carlos Tejero, junior Eric Grunden, sophomore Felipe Bergh and senior Dylan Maus took 6th overall with a 1:39.34, while the team of junior Matt Rosenfeld, freshman Billy Bafia sophomore Michael Bodzay and senior Tomasz Chojnacki took 7th with a 1:40.44.

In the men's 200-yard IM, Bodzay took 7th overall for the Hawks with a final time of 2:00.17, while Grunden took 9th (2:00.75) and Bergh took 12th (2:03.04), in the men's 500-yard freestyle, sophomore Yoni Pruzan-sky took 13th overall with a 5:03.61, and in the 100-yard breaststroke, Grunden finished 7th with a 1:01.53, while Bafia took 16th with a 1:05.10. In the 200-yard backstroke, Tejero finished 3rd overall with a 1:53.61, a new school record for the Hawks, while Bodzay finished 6th with a 1:58.75 and Rosenfeld fin-ished 11th with a final time of 2:05.31. Pruzansky took 13th in the men's

100-yard freestyle (49.38), and in the 800 freestyle relay, the women's team of Dewante, Curran, Duarte and Koto took 10th (8:37.85), while the men's team of Grunden, Bodzay, Pruzansky and Bergh took 4th (7:20.28), in the men's 1-meter Diving, junior Ian McNair finished 4th overall with a final score of 421.75, while sophomore Jefferson West finished 9th (263.80) and freshman Dane Christianson finished 10th (201.45).

In the women's 400 yard Individual Medley, Dewante finished 10th with a time of 4:51.91 and Curran finished 11th (4:52.12). For the men, Bodzay took 5th (4:15.47) while Bergh finished 12th (5:28.77) and in the 200-yard freestyle Pruzansky took 4th with a 1:44.53. In the women's 200-yard breaststroke Dewante finished 13th with a 2:40.18, and for the men's team, Grunden finished 9th (2:13.02) and Bergh finished 16th (2:24.61).

Tejero finished 3rd in the 100-yard backstroke with a 52.48, while Rosenfeld took 8th with a 55.45. In the 400-yard freestyle relay the women's team of Dewante, freshman Nicolette Lewis, Duarte and Koto finished 9th with a final time of 4:07.87, while the men's team of Rosenfeld, freshman Matt O'Rourke, freshman Dan Sommerfeld and Bodzay took 7th with a 3:24.39. McNair took 3rd in the men's 3-meter diving with a score of 481.65.



Photos by Melanie Koto

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Cross country represents at nationals

By Graeme Port SPORTS EDITOR

On Saturday, three Cross Country team members competed in Washington at the NAIA National Cross Country Championship. 323 women competed in the 5K at Fort Vancouver National Historic Site for the meet.

Freshman Courtney Rouse fin-ished 93rd out of those 323 with a final time of 19:23, and freshman Abby Jahn finished 127th with a final time of 19:39. Out of 312 men who raced 8K, junior Zach Gates came in h with a final time of 27:33. 274th Congratulations to all three thanks runners for their success, and to them for representing the Hawks!

Robert Rixer: Living life in the fast lane

By Ciaran Kohli-Lynch STAFF WRITER

There is a time in every star's life when they realize they have made it. For Shakespeare, it was the opening of the Globe theater in 1608; for the Beatles, it was the reception which awaited them at John F. Kennedy International airport as they commenced the 'British Invasion' of the US music charts; and for Justin Bieber, it was singing for President Barack Obama on December 20 2008. For IIT Soccer's own Robert Rix-er, this moment of realization oc-curred during the Summer of 2011. Having represented his home na-

tion of the Philippines at the under-23 level several times, he was asked to don the kit of the famous Filipino Azkals and make

the step up to full international soccer.
"I have to be honest, it came as a bit of a surprise," Riger tells me at his flashy apartment in Chicago's South Loop. "I had been playing well for the under 23s, but when coach Weiß gave me the call I was humbled:"

Having only just met the young starlet I have discovered instantly why he has garnered such adulation amongst the female Azkal supporters. His chis-elled features and snake-like eyes hide a modest yet uncompromising persona.
"Stepping out in front of 60,000 sup-

porters against Sri Lanka was an experience I will never forget," he continues. "Though I did not make it onto the field, I believe the whole squad contributed immensely to the 4-0 victory. I just hope that in the future I can do even more to further the Azkal cause?"

Unfortunately for Rixer, college commitments meant that he has not been able to represent the Philippines since his summer exploits. I ask him how this separation has made him feel. 'It burts, I am not going to lie. I feel like a wounded soldier, unable to defend his comrades and country at a time of war." His ability to turn a phrase in post

match interviews and playboy lifestyle has made Risser one of the most noticeable faces on the Azkal soccer team. Partving with the Black Eyed Peas and Bruno Mars during the summer in Manila's dubbing hotspots did nothing to slow down the relentless media frenzy that seemed to follow him throughout the summer months. A simple google search of his name provides several links to Robert Rixer fan pages and blogs.
"You learn to live with it," he

tells me, but I sense apprehension in his voice. "I can cope with the paparazzi fol-lowing my every step, the constant rumor mill, the beautiful women and the celebrity lifestyle, as long as my performances and the Azkal team's morale is not damaged?"

"I've had the opportunity to meet some really cool people like Bruno, dur-ing the summer and they will be lifelong friends. We had fun, we partied hard, and I trained hard Though I am completely committed to the IIT Scarlet Hawks, I cannot wait until next summer when I will once again get to play for my country." I ask Rixer where he sees himself

in three years time after graduating from IIT.
"I believe anything is possible with enough work. As Itell my fans on my daily webchat with them, to succeed you must believe. You only need to look at the careers of other Filipino superstars: the guy no one knows from the Black Eyed Peas and Manny Paoquiao. With very little, they grew to be icons of a generation and that's what I must aim to achieve." committed to the HT Scarlet Hawks, I cannot wait until next summer when I will once again get to play for my country;"

I ask Rixer where he sees himself in three years time after graduating from IIT.

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Photos by Ciaran Kohl i-Lynch

Athlete Spotlight: **Gui Nunes**



Guilherme Nunes

Year: Senior Major:

Business Sport:

Position: Attacking Midfielder

What do you like best about the fans at your games?:

"The support. We play much better when Stuart Field is full of fans. Our motivation flies into its peak?"

Favorite activity on campus?: N

ing really, besides study and work out at the Keating."

Best tip for anyone who wants to be great at your sport: "Try to start practicing very young and focus on getting as much skills and game knowledge as possible. Nowadays, soccer is very physical but everyone is able to get in shape. On the other hand, there is a huge lack of quality, knowledgeable, skillful players out there and being one of those will give you a potentially huge advantage.

