

# Student Health & Wellness Center offering new services

By Utsav Gandhi  
CAMPUS EDITOR

Early this September, over in the IIT Tower, a major restructuring in a key student service was initiated with the merging of what was formerly Student Health Services and Student Counseling Services into the new Student Health and Wellness Center.

TechNews featured the Counseling Center in an article last semester (<http://www.technewsiit.com/story/interview-student-counseling-services>) in which Dr. Jean Tzou, Assistant Director of the new Center, discussed upcoming changes for the Center.

Dr. Tzou stressed on the fact that the new approach of the Center is to keep in line with the university's mission to increase student retention, participate in student networking and support services, and focus on holistic well-being while serving as an integral member of the student support network within the

Division of Student Affairs.

They encourage students to more actively take responsibility of their own physical and mental health; and educate them to follow the idiom "an ounce of prevention is worth a pound of cure." Their goal is to make the new Center more student friendly and increase their visibility so that students find them more approachable.

They will be offering access to many online self-help resources in addition to the Student Assistance Program (SAP), provided by Aetna Student Health Insurance available to all IIT students, whether or not they have the Aetna insurance plan.

Starting Monday, October 24, the Center will offer a new, exciting and fun student resource completely free to any IIT student: a Stress Clinic, every Monday and Thursday, from 1-3 p.m., in the MTCC Blue Room. Students will be provided a relaxing environment, complete with game chairs, aromatic

atmosphere, candles, dim lights, soft natural sounds/music, and the option of checking out soothing relaxation exercise instruction CDs.

There will be a permanent room set up similarly at the Center in the IIT Tower. They also plan to install a biofeedback device wherein students can see for themselves the positive results achieved by practicing stress management exercises. Light therapy lamps will be made available to help those students suffering from winter blues (seasonal affective disorder).

Apart from this new initiative, the Center will continue to offer its regular services: health maintenance, treating infections and injuries, monitoring chronic diseases, medical exams, allergy injections, prescribing medications, lab work, and counseling services such as individual and group counseling addressing problems of sleep pattern, alcohol abuse, anxiety, attention deficit disorder, college survival, eating problems, depression, relationship dis-

tress, adjustment, homesickness, procrastination, sexual assault, and study skills.

They plan to partner with the ARC, Dining Services, Keating, Resident's Advisors, the SGA Student Life Committee, and Public Safety in an effort to make a more holistic and well-rounded approach towards students' well-being. With new direction, new energy and an open approach to communication, the Center plans to make a more positive impact on student lives at IIT.

To learn more about Student Health and Wellness Center, visit their new website (currently under construction) at <http://www.iit.edu/shwc/>. To schedule your first appointment call 312-567-7550 during work hours on Mondays through Fridays.

For emergencies that occur during weekends or evenings call the Aetna Student Assistance Program 24 hour support line at 877-351-7889, or 800-442-HOPE, IIT Public Safety at 312-808-6363, or 911 if needed.

# MSA hosts interfaith panel on science, religion

By Tanim Taher  
TECHNEWS WRITER

These days, quite often we hear about never-ending debates surrounding topics like "Evolution versus Intelligent Design," "Religion vs Science," etc, etc.

One can walk away from such debates with a sense that religion and science cannot coexist, or that religion is a big barrier to science.

Indeed, if we look back at history, scientists like Galileo Galilei were imprisoned and barred from espousing sound scientific theories that contradicted widely-held religious suppositions.

Medical sciences during the dark ages of Europe were suppressed in favor of exorcism

and spiritual remedies—practices based on superstitions, yet devoid of any logic or factual understandings.

Even today, there are self-proclaimed religious defenders who erect barriers to the education of women or vaccination against diseases in less developed parts of the world.

But, does anybody know that religious institutions and religious bodies have historically also served in the contradictory role as the biggest supporters of scientific discovery?

If we look at some of the most prestigious universities, hospitals and medical research centers today, we see that many of them were setup and are still financed by religious institutions and bodies.

Some famous scientists like

Gregor Mendel, the father of genetics; Ibn Sina, the famous scientist whose books of scientific medicine were the preeminent medical references used by doctors for over five centuries; and Copernicus, the father of modern astronomy, were also religious theologians or ordained clergymen.

If we look at this set of examples, one may get the impression that the title of a discussion on such a topic should be "Science And Religion" rather than "Science Versus Religion."

In a tech university like IIT, it is important to start a discussion on the topic of "Science and/vs Religion."

To this end, the Muslim Students' Association, (MSA) in partnership with IIT's

Office of Spiritual Life and Service Learning and IIT Hillel, will be hosting the first in a series of interfaith panels on "Science \_\_\_\_ Religion."

The first interfaith panel will be held on Monday, October 31, in the MTCC Auditorium from 12:45-1:40 pm. Panelists—scientists and professors—from various faith backgrounds will be part of an interfaith discussion.

The "Science \_\_\_\_ Religion" interfaith panel discussion will be the first lecture of "Science and Religion Week" (Oct. 31-Nov. 4), being organized by the MSA.

The MSA will also provide lunch, sponsored by the SAF.

More details are available at <http://msa.iit.edu>.

# Urban Worm Girl digs up dirt on vermiculture

By Harshita Iyer  
TECHNEWS WRITER

Have you ever thought about how awesome worms are? Even if you are so terrified of them that you have had nightmares about them crawling all over you (speaking from personal experience)?

They move around in the soil and loosen it up with their little worm bodies and poop all over the soil, which is an excellent source of nitrogen, carbon and everything that the soil needs to be fertile. They also eat up all your organic trash and convert it into top grade

manure. Sounds like a perfect system, doesn't it? Well, it is! And that is what Amber (aka The Urban Worm Girl) wanted to talk to IIT about last Thursday.

As part of one of the speaker sessions of Sustainability Week, organized by Engineers for a Sustainable World (aka ganGreen), the Urban Worm Girl delivered a presentation detailing everything one would need to know to practice vermiculture, the art of growing worms and using them as a source of natural fertilizer for the soil.

Urban Worm Girl is the name of the organization that Amber is part of, which makes and sells "worm kits" that come with worms and instructions on how to go about it yourself.

She talked about how all one has to do is put everyday organic waste in a little box with the worms in it (avoid dairy or anything smelly like onions and pineapples, among other things), and they will do the rest! They even eat paper, as long it is not the glossy type. The best part was that she actually brought worms!

During her presentation, she talked about how when people are about to start a vineyard, they start with the assumption of losing 15 percent of their output. Well, once they started maintaining 20-30 percent of the manure created by the worms in their soil, the loss went down to 0.03 percent! That is how effective something as useless as worm poop can be!

However, this is not something that you should just do without guidance. It would be a very bad idea to go out, catch a couple hundred worms, and stick them in a box. You need very specific worms, called "red wigglers," and if you get the wrong ones, they could either have no effect or even escape out of the box and go all over your room.

Vermiculture is something that quite a few restaurants and cafes are starting to follow, using the freshly-grown vegetables from their own vermiculture farm. This is also something that, with some discipline, anybody can do on a smaller scale. So, go ahead and try it out, but make sure you don't set worms loose on your roommate's bed!

## Don't forget your FAFSA documentation

By Office of Financial Aid

Believe it or not, spring registration will quickly be upon us! The fall semester is still in full swing, but we must begin to prepare for next term as well. At this time, the Office of Financial Aid would like to remind students of several important pieces of information.

If you still have outstanding documentation preventing your aid from disbursing to your bill, now is the time to take care of any pending forms. Federal Aid cannot disburse until we review certain documentation, depending on your FAFSA information. We have a team of Financial Aid Counselors ready to help you with any questions or concerns you may have. Stop by our office today to see what needs to be completed. We are located in the Main Building, Room 104.

For those students who have taken care of their federal aid or do not receive federal aid but still have a pending bill, arrange

for payment with the Bursar's Office immediately. If your bill is not paid in full, you will not be able to register for spring classes. If you are graduating and have an unaddressed bill with the university, you will not receive your diploma. No matter how large the bill, it is important to start a conversation about your situation with a Bursar Specialist. The Bursar's Office is located in the Main Building, Room 207.

We encourage all students to be proactive with their Financial Aid forms and their Bursar bill. Additionally, if you have any pending academic issues, please contact your advisor or stop by Undergraduate or Graduate Academic Affairs. It is better to address uncertainty now than wait and have a larger problem later in the term.

If you have questions about your aid or how to proceed with your situation, please contact the Office of Financial Aid at [finaid@iit.edu](mailto:finaid@iit.edu) or 312-567-6917.

## Great Lakes symposium

(continued from page 1)

them develop microgrids and smart grids that benefit consumers and stakeholders alike.

This interactive workshop delved into the origin and mechanics of the PPSOA performance rating program and demonstrate how to eliminate waste to pay for investments and ensure electricity systems are more consumer responsive, cost-effective, reliable, environmentally sustainable and energy-efficient. It was attended by electricity suppliers, architects, engineers, utility companies, consumer advocates and technology providers. Some of the workshop topics included:

- The PPSOA process and Perfect

Power architecture

- Six Sigma, failure mode and effects analysis and other quality tools
- Smart microgrid design elements
- Safety, reliability and power quality
- The PPSOA metric categories – Reliability, Cost, Efficiency and Environment, and Consumer Empowerment
- Independent System Operator price signals
- Cost/Benefit/ROI

The symposium concluded with the "Midwest energy leadership Awards" and a tour of the Perfect Power Microgrid at IIT. The awards were categorized into three categories: Research, Development & Innovation, Entrepreneurship, and Industry-Market Driver.