

Active Minds presents 'Heard Speaker: An Open Conversation'

By Elyse Doll & Kyle Panchar
TECHNEWS WRITERS

When you hear the words "Mental Disorder", what comes to your mind? When you hear that someone has a mental illness, how do you view them?

Unfortunately, our society paints a negative image about people who suffer from mental illnesses. However, there is a movement to fight against these stereotypes and prove that being diagnosed with a mental illness does not mean that you are or should be considered any less of a person.

Today's reality of the world suggests that discussions on mental illness are strongly in need of a spotlight. The National Survey on Drug Use and Health sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA) found that one-in-five Americans experienced some type of mental illness in the past year alone.

In the IIT undergraduate community, that is 460 friends and fellow students who

are suffering in silence – and the numbers are getting higher each day. Suicide, one of the most traumatic tragedies that can strike a family or community, is the second highest cause of death among the college population. The most dangerous aspect of mental illness, however, is the stigma associated with having been diagnosed. A mental health diagnosis is loaded with judgment and a misinformed public, causing some people to never seek help at all when it is so obviously needed.

However, is having a mental illness any different than having a physical illness? It could be life-long, or it could be short-lived; you might need to take medication or see a doctor, but those are all the same things you would normally do if you felt that you were getting sick.

Like any physical illness, if you ignore your symptoms, they are going to get worse. However, being educated about the symptoms of a disease helps to prevent it or detect it early, whether it be physical or mental.

Active Minds is a national organization that is committed to the promotion of mental health issues on college campuses (taken from their national mission

statement). As the IIT Chapter of Active Minds, it is our job to spread awareness, support and education of mental illnesses and to provide resources and outlets for any who need help.

Currently we're looking for new members who are interested in and/or feel strongly about reaching out to students with mental illnesses and to create an overall awareness about mental illness and what people can do to help.

For this semester, we're focusing on not only creating a broader outreach to all students, but we're also recruiting more members! As such, we've got some pretty cool events to look forward to – one of our biggest events this semester is coming up pretty soon. Keep reading for more details!

Heard Speaker: An Open Conversation about Mental Health (March 15)

The Heard Speaker event is focused on providing an outlook on the college life of an individual who has a mental illness - their struggles, their triumphs, and give a real picture of what it means to have a mental illness while in college.

Our speaker will be Active Minds national program manager Margaret

Bertram, and she'll be giving her speech in the MTCC Welcome Center from 7:30pm-9:00pm. Anyone and everyone is welcome to attend! Sponsored by SAF and brought to you by Active Minds and GLAM.

In addition to that we'll be hosting a National Stress Out Week (April 15th-21st) during which Active Minds will be presenting awesome events on campus - to not only provide information on Mental Illnesses, but to relieve some stress in the face of oncoming exams! Some of our events will include:

A Star Jar: Receive some nice quotations/sayings to get you through finals or other stressful moments

Play with Clay (You pretty much get the idea)

Movie Night! (This will sum up the week, and we'll be having a debrief afterwards about the realities of mental illness versus Hollywood)

In short, we have some pretty cool stuff planned and we'd like you guys to attend some events and become more aware of mental illness.

If you'd like any more information, please email us at activeminds.iit@gmail.com or visit our website at omega.cs.iit.edu/~am/

Humanities Department sponsors undergrad writing contest

By Lewis Department of Humanities

Full-time IIT undergraduate students are invited to enter the 47th Annual Writing Contest, sponsored by IIT's Lewis Department of Humanities. (Full-time is defined as being enrolled for at least 12 credit hours in the Spring 2012 semester.)

Winners will be announced Wednesday, April 4, on the Humanities Website at <http://goo.gl/KCGyS>. Please do not call the Humanities Department to inquire whether you have won.

Contest Rules:

- Entries may include fiction, poetry, plays, nonfiction (such as essays, reviews, and technical or scientific papers), and essays by freshman. Nonfiction (including essays by freshman) should be readable by an educated person with no special training in the subject of the essay.
- All entries must include an entry form as a cover sheet attached to each entry. Forms are available in 218 Siegel Hall, or you can download one on the Humanities Website at <http://goo.gl/KfOm3>.
- All entries must be submitted in duplicate. One should be keyboarded, double-spaced, on 8.5 x 11 paper. Do not put your name on the paper copy itself or any of its pages. Deliver paper submissions to Susan Mallgrave at the Lewis Department of Humanities, 218 Siegel Hall.

Prizes will be awarded in four categories:

	First	Second	Third
Edwin H. Lewis Prize for Fiction	\$300	\$200	\$100
Edwin H. Lewis Prize for Nonfiction	\$300	\$200	\$100
Freshman Essay Prize	\$300	\$200	\$100
Mollie Cohen Prize for Poetry	\$300	\$200	\$100

Reception for all entrants, with awarding of prizes: Wednesday, April 11, 2012.

Deadline for submissions: 12:00 p.m. on Monday, March 26, 2012.

The second copy should be submitted as an MS Word .DOC or .DOCX file to iit-writingcontest@gmail.com. The file name should be Lastname.Nonfiction.doc, Lastname.Poetry.doc, Lastname.Fiction.doc, or Lastname.Freshman.doc, depending on the category it is to be entered into.

- You may enter several categories, and you may submit more than one entry in a category. **Limit of one prize per category to any one student.**
- You are encouraged to submit work that has been the subject of a class assignment, but be sure to send a clean copy,

- free of any comments, marks, or grades.
- Entries will not be returned, so keep a copy.
- All submitted short stories and plays will be considered for the Edwin H. Lewis Prize for Fiction.
- All submitted poems or groups of poems will be considered for the Mollie Cohen Poetry Prize, which seeks to honor the effort to master the art of poetry rather than the exhibition of emotions. You may submit all the poems you wish; however, multiple poems by the same student will be judged as a single entry.

- All submitted nonfiction will be considered for the Edwin H. Lewis Prize for Nonfiction.
- All submitted freshman essays will be considered for the Freshman Essay Prize. Freshman is defined as any student who is in their first year of full-time college enrollment.
- Authors retain all rights to their works; however, the authors grant IIT, the Humanities Department, and TechNews the rights to publish their works for one calendar year, from April 4, 2012 - April 4, 2013.

Academic departments host educational colloquia at IIT

By Swasthi Khuntia
LAYOUT EDITOR

Last week, IIT witnessed a series of colloquia organized by various departments like the Applied Math, Chemistry, Physics and Humanities.

Kicking off the series of colloquia, the Applied Math Department hosted an interesting lecture on "A Study on the Degree-Based Conditions for Hamiltonian Properties." The lecture was delivered by Dr. Shin-Shin Kao, Visiting Professor at University of Southern California. In this invited talk, Dr. Kao talked about the survey of some well-known theorems regarding graphs being hamiltonian or with stronger hamiltonian properties. Recently, it was found that most graphs satisfying the conditions in these theorems were indeed with the same Hamiltonian properties even when some faults occur. Namely, except for certain cases, these theorems imply graphs with fault-tolerant Hamiltonian, Hamiltonian connected, or r^* -connected accordingly.

Graph terminologies which were thought to be jargons were well introduced and audiences without any background were welcome to attend the colloquium. The response was very good. Dr. Lulu Kang, Assistant Professor in the Applied Math Department coordinated the entire event. The Chemistry Department at IIT presented this week the topic "New C-C, C-N, and C-O Bond Formations via the N-O Bond Cleavage and Rearrangement of O-Vinyl Oximes and Hydroxylamine Ethers".

The invited talk was delivered by Dr. Laura Anderson, Assistant Professor, Department of Chemistry at University of Illinois, Chicago. Dr. Laura's research group is interested in expanding the scope, tolerance, and application of known pericyclic transformations as well developing and controlling new types of pericyclic reactions.

The goal of her research group is to design new methods to provide general solutions to practical problems using both physical organic and organo-metallic mechanistic studies in order to fully understand, control,

and exploit the transformations we investigate.

In her talk, Dr. Anderson talked about sigmatropic rearrangements of allyl vinyl ethers that are used extensively for the stereoselective preparation of new C-C bonds. Citing her interest in exploiting the analogous transformations of O-vinyl oximes and O-vinyl hydroxylamines to develop the synthetic utility of these compounds as valuable new intermediates for the preparation of challenging C-C, C-N, and C-O bonds, she presented the use of the sigmatropic rearrangements of O-vinyl oximes and O-vinyl hydroxylamines for the facile synthesis of pyrroles and α -oxygenated ketones.

A health conscious colloquium was organized by the Physics Department at IIT on "Risks of Cancer Associated with Ionizing Radiation". The talk was presented by Dr. Otto Raabe, Professor Emeritus, Center for Health & The Environment at University of California- Davis. He talked about his analysis of the human radium cases and of internal emitter studies with beagles, show that cancer risk associated with a protracted ionizing

radiation exposure is a non-linear function of lifetime average dose rate to the affected tissues with a virtual threshold at low doses.

Cancer induction risk for a protracted ionizing radiation exposure is not proportional to cumulative radiation absorbed dose. In sharp contrast published studies of about 80,000 Japanese survivors of the atomic bomb explosions at Hiroshima and Nagasaki in 1945 characterize the observed increases in population cancer rates as linearly associated with ionizing radiation absorbed dose.

This linearity has been the basis for assuming that radiation induced cancer follows a linear no-threshold (LNT) dosimetric relationship. The LNT hypothesis has been used in establishing ionizing radiation protection standards and for risk assessment.

At the end, Dr. Raaabe emphasized that an understanding of these apparently conflicting phenomena leads to a surprising new interpretation of these results with important implications for radiation safety standards and risk assessment.