

# Greek Council soccer tournament benefits Red Cross

**By Dan Zweig**  
STAFF WRITER

On Sunday October 14th, Greek Council hosted a charity soccer tournament to raise funds for the International Red Cross Organization, which responds to emergencies by “providing critical relief to families and individuals such as meals, shelter, cleanup supplies and comfort” [Gail McGovern, President and CEO, Red Cross]. Greek Council spent over a month planning the event in coordination with IIT Women’s Soccer, IIT Intramurals and the Greek Community. The event was advertised at Greek Council meetings to the entire Greek community every other week from the beginning of the semester until the week before it happened. Advertisements were sent to IIT Today, Intramurals, Greek Council, each Greek chapter, and were displayed on the bridge during lunch hour for the week preceding the event.

The day before the event, the Sunday’s weather report looked a little dreary. It also looked like there were going to be thunderstorms and rain during the event. The day of, not as many teams as had signed up turned out for the event. This was a letdown for the service chair and his two volunteers. Nevertheless the event continued without hesitation. Three teams registered, and the tournament for the \$100 prize began around 10:30am. The tournament ran a double round robin with 20-minute games,

with each team playing the other twice, and then the top two teams played two 10-minute halves for the championship. The weather was phenomenally erratic, with everything from pouring rain to clear sunshine.

Also, interestingly enough, all three teams were very evenly matched, and each defeated or tied with the other. The team that got 3rd also beat the champion in one of the tournament games 5-1. Many of the players who turned out for the event also played in the IIT indoor soccer league, which is running throughout the semester, later that day.

There was a recommendation from the players to have a similar tournament indoors later in the semester and hope for a better turnout from the IIT population. People interested in participating at the next event should email [emailservice@iitgreek.com](mailto:emailservice@iitgreek.com) to express interest, and perhaps another event can be coordinated.

As for Greek Council, their commitment to philanthropy does not end. Later in the semester they are planning a clothes drive and a blood drive in conjunction with IIT Service Learning, and an event to build picnic tables for the Greek Quad. The council plans all of these events for the Greeks and the entire school body and are a fraction of the events that the entire Greek community plans, from volunteering at the Marathon to fundraising for chapter philanthropies.

Images by Dan Zweig



# ChicagoVeg IIT hosts 'Food Matters' screening

**By Utsav Gandhi**  
CAMPUS EDITOR

Like many college campuses around the country, advocacy for eating healthy and eating right is increasingly starting to be prime time conversation at Illinois Tech. While we are often led to believe that our world’s healthcare problems aren’t primarily food-related, that our food industry operates with high standards keeping the public’s best interests at heart, and that the FDA/pharmaceutical industry are committed to human health, the observable reality is that this is not true. Many have realized that the problem herein lies with our overburdened healthcare system. With nutritionally-depleted foods, chemical additives, and our increasingly addictive reliance on pharmaceutical drugs to fix our nourishment problems, it’s no wonder that modern society is getting sicker.

To this regard, ChicagoVeg IIT, a student organization on campus, organized a screening of the critically acclaimed documentary, ‘Food Matters’. It sets about uncovering the trillion dollar worldwide ‘sickness industry’ and gives people some scientifically verifiable solutions for overcoming illness naturally. The film also points out that not every problem requires costly, major medical attention and reveals many alternative therapies that can be more effective, more economical and less harmful than conventional medical treatments.

ChicagoVeg is the largest Chicagoland community for vegetarians, vegans, and raw foodists to socialize and meet like-minded people. ChicagoVeg IIT is a chapter of the parent organization created to help students find other veg\*ns (an alternative connotation to include vegetarians, vegans and anyone interested in this lifestyle) on campus and participate in events on and off campus that support the lifestyle. They organize and participate in a range of fun activities and outreach events for anyone interested in the veg\*n lifestyle. Check out [www.chicagoveg.org](http://www.chicagoveg.org) to learn about their upcoming events;

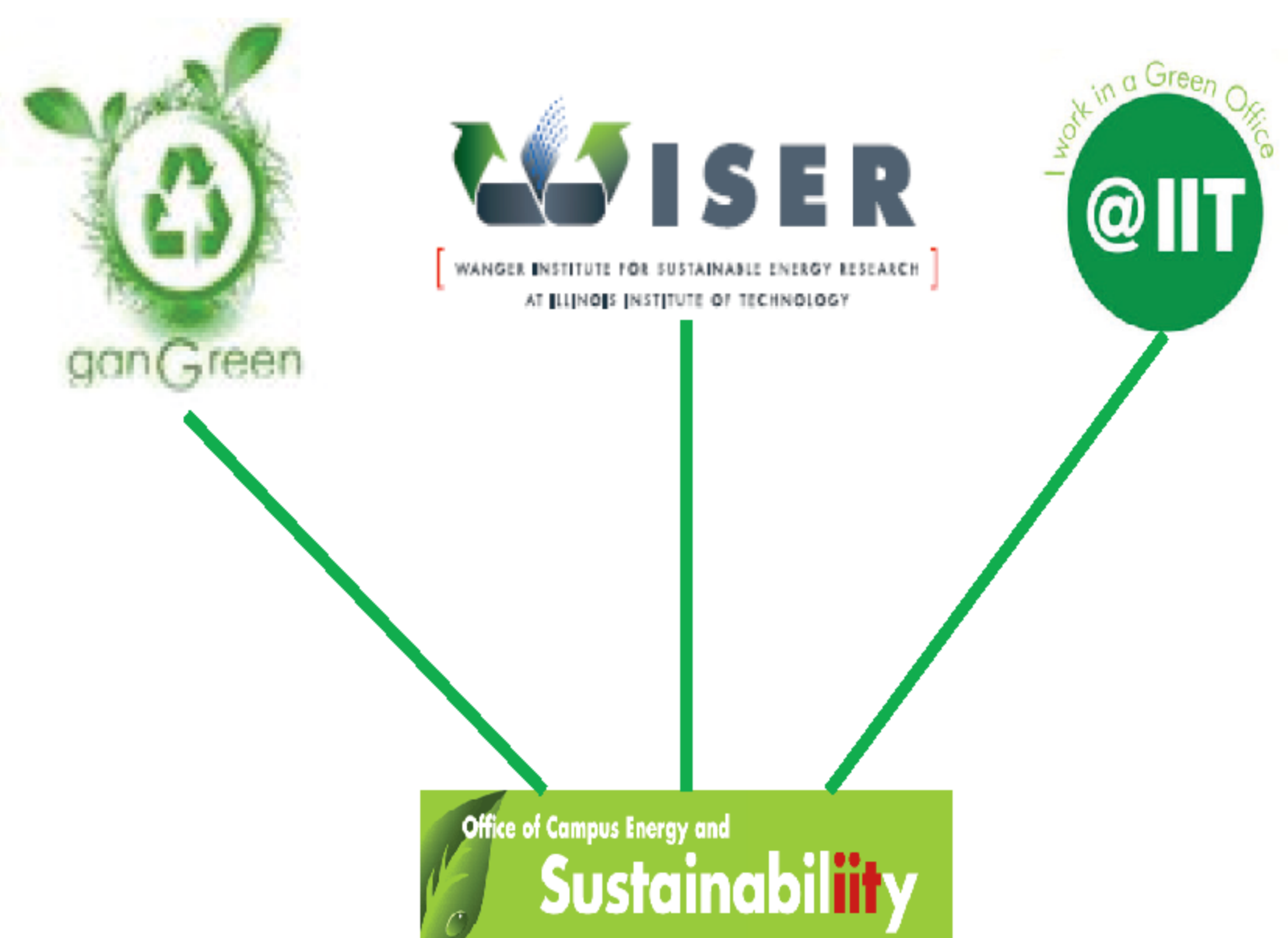
or email [chicagoveg@iit.edu](mailto:chicagoveg@iit.edu) to learn more about the IIT chapter, which will be actively launching two projects soon.

The purpose of the campus outreach project is to educate students on our campus about the many benefits of switching over to the veg-lifestyle by advocating the environmental, health, ethical, and spiritual related benefits. This can be done through flyers, pamphlets, videos, etc. Work involved in this project will include behind the scenes work doing research and designing posters/flyers, but also actively communicating with students on campus through activities like handing out pamphlets or setting up displays at tables. A second part of this project involves creating a survey for students to complete. The survey would be used to better understand the mindset of the student body related to their ideas of food. The survey results should help us plan future events and also work with other powers on campus such as Sodexo to make IIT more veg-friendly. Those who complete the survey will be entered in a raffle to win a basket of vegan treats.

The Spirulina Farming project is looking to engineer a sustainable small-scale setup for farming spirulina in large enough quantities that a small group (3-5 people) could supplement their diets with spirulina, which is a “super food” chock full of nutrients, has an extremely high protein content, and many more benefits. NASA has done research into using it as a staple food for space missions, and the UN has even established the Intergovernmental Institution for the use of Micro-Algae Spirulina against Malnutrition. The work involved in this project will be initial research about spirulina, learning to grow spirulina from a pre made kit, and then developing our own farming system.

For get involved with either of these projects, or to get onto their mailing list, email [chicagoveg@iit.edu](mailto:chicagoveg@iit.edu).of the events that the entire Greek community plans, from volunteering at the Marathon to fundraising for chapter philanthropies.

**A YEAR AGO, SUSTAINABILITY AT OUR SCHOOL LOOKED LIKE THIS:**



**NOW, WE LOOK LIKE THIS.**



**IF WE CAN GROW THIS MUCH IN ONE YEAR, IMAGINE WHAT WE CAN DO IN TWO.**

**THINK. RECYCLE. GET INVOLVED.**