**Women Aid IIT Community**

Illinois Tech honors women who have made a significant contribution to the IIT community

Beaulah Vaz
Reporter

The Julia Beveridge Awards, established as part of Illinois Institute of Technology's Annual Celebration of Women, honor those women who have made a significant impact on the IIT community. It recognizes outstanding faculty, staff, trustees, overseers, and/or alumnae who, by virtue of their dedication, energy, and performance, emulate the characteristics of Julia Beveridge.

As always, it was a difficult decision to decide the winners. Many women at IIT do so much and go unnoticed. This year's winners were Cheryl Caplan (Asst. Dean of Student Affairs), Marge Collins (Community Volunteer) and Dr. Nasrin Khalili (Asst. Professor of Environmental Engineering). The awards ceremony was held on March 30 this year to commemorate the end of Women's History month. Moreover, what better way to do that, than to honor some of the outstanding women who have made a difference not just to IIT community but also to society at large.

The co-chair of the 2000 Julia Beveridge Award recipients: Cheryl Caplan, Marge Collins, and Dr. Nasrin Khalili receive the prestigious Beveridge Award.

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**WHERE HAS WOUI GONE?**

WOUl casts off its letters for a new image, WIIT

Bhargava Gannavarapu
Reporter

Illinois Tech's radio station 88.9 FM, WOUI, has officially changed its call letters back to its original WIIT.

After filing for the change in the call letters to the FCC, WOUI became WIIT for the first time since 1972. In 1972, WIIT was forced to change its call letters due to the similarity in another Chicago radio station, WATT, call letters.

Now, with the disappearance of WATT, and the support to change the call letters, members of the radio station opted for the name change, according station advisor Patrick Schneider.

Continued on page 3

**NEW VP HAS BIG PLANS**

The current students are the place to start ensuring an exceptional future

Buldeban Lassou
Reporter

Illinois Tech has a new face in institutional advancement, a new figure to head the publicity and shape the image of the university. With his credentials, ideas, plans, and the optimism needed to execute them, Ross D. Pfeiffer is an appropriate candidate for the position.

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New VP's Plans

Pffeter is taking the place of Tom Garrow, the former Vice President for Institutional Advancement of Illinois Tech. Garrow, 54, is a key figure in the transition, but plans to leave the university shortly. He was in charge of taking the Illinois Tech Pritzker and Galvin Challenge Campaign, which finished a year ahead of schedule by having raised $258 million, a very substantial achievement by any standard.

"One theme I have seen through my little bit of time here is that this place has some absolutely tremendous potential."

Immediately before coming to Illinois Tech, Pffeter spent time at the Detroit Institute of Arts. His background is in higher education, and he holds an undergraduate degree in political science from Bucknell University and a graduate degree in management from St. Lawrence University. He spent 16 years on the East Coast at the State University of New York, working in enrollment management, marketing, alumni, and public relations. His first day at Illinois Tech was March 5, 2001.

He came to the university after a search firm had found him, and was hired after going through a series of interviews with key university individuals.

"I really like higher education," he says. "This is a great opportunity. I enjoy working with students, and I think that people at institutions - even though I'm not an institution person - like to work with students."

He also enjoys the intellectual stimulation at higher education institutions. He chose Illinois Tech specifically because it was made clear to him that even though the Challenge Campaign is a huge project, it is only a one-shot project, and not a new beginning for future ambitions, and he wants to be a part of such a great opportunity.

New in the responsibilities of his position is the task of overseeing the Office of Communications and Marketing, headed by Mark Lloyd, which previously was under the care of Vice President for External Affairs David Baker. This responsibility was entailed in the position of Pffeter, and he will continue to work on his other university projects as well as interact more with the Trustees. In this context, he is responsible for all external and internal communications of the university, from publications like Contact and admissions materials to other ways of communicating to people all that happens at the university. He is meeting with people on a regular basis to determine how to best attract the best students to the school.

Also under Pffeter is the office of Alumni Relations, in which area he wants to make some important progress. Alumni are "not just graduates from 40 years ago," he points out, but also recent graduates. Current students will also be alumni soon - in that capacity he realizes that the way to establish a solid alumni group, this idea needs to be communicated to the students, and the alumni association has to involve students. Indeed, the Alumni Association is doing a great deal for seniors to make them stay involved, but aware of the group and its importance.

Perhaps the most important and traditional portion of his job is the fundraising and development he needs to continue successfully. The financial means to make Illinois Tech Tech a place is as important as anything else. There is no specific campaign plan yet, but Pffeter anticipates that there will be. First, however, the school will celebrate the marvelous results of the previous challenge campaign with a series of celebrations for faculty, staff, students, and whoever else was involved.

One of the most important aspects of Pffeter's plan for the university is involving the current students with the alumni. He sees a need for students to realize that when they obtain a scholarship, it is not simply a temporary financial aid that will help them make it through their college career, but it is a grant that likely came from someone beforehand who donated to the institution. Students need to see this, he says, because "we are all links of a chain." Each link has to support the previous link. The students of today are the alumni of tomorrow, they are the ones who are likely to come back and keep this institution alive. They need to be made aware of the benefit they obtain from their Illinois Tech education, that way they can remember their time here and contribute to the university, not necessarily financially, but also by recruiting, marketing, and motivating the students of the future.

His plan for Illinois Tech is to "help make sure we attract the maximum number of the best students - many aspects of my job grow through that," he said. By admitting the best students now, it is possible to ensure the best alumni later, which benefits everyone. Pffeter also hopes to make a big difference in retention, to keep students at this institution for the longest time possible, whenever the majors offered here meet the students' needs. In addition, he will continue to try and make the most out of the current resources to keep the university operational, to keep scholarships, to keep the endowment, and to help all fundraising operations necessary to keep the institution going.

In his spare time, Pffeter is a sailor, a golfer, and he also enjoys glassblowing.

"One thing I have seen through my little bit of time here is that this place has some absolutely tremendous potential." He is highly optimistic; Chicago and the university have many things going on, and, according to Pffeter, Illinois Tech has some terrific students and can provide a terrific education, and that in all that is necessary to make him into an even greater institution.

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not have recognized that our station is a part of Illinois Tech."

While some see this move as reasonable, others, like student and former DJ Ganesh Kalyanaraman, see the new call letters lacking a professional image.

"With WOUI, the station sounded more professional," says Kalyanaraman. "While I understand how WIIT brings with it a sense of identity, I don't think that it will bring with it the sense of professionalism that WOUI had."

The station is taking other initiatives to improve their broadcast. For one thing, Schneider is encouraging more involvement on the part of the DJs.

"At the beginning of the semester, there was a push to get people involved with the station," says Schneider. "Of course that effort is continuing even though half the semester has already been completed."

There are also efforts to keep WIIT on-air twenty-four hours a day.

"We are also trying to get a system established so that whenever there are no DJs broadcasting, a music format could be arranged so that WIIT is on the air twenty-four hours a day," says Schneider.

Schneider along with other people in the station believe that 88.5 FM has the potential to be successful in delivering its waves across Chicago.

"As incredible as it sounds, we actually have a broadcast radius that can reach up to 100,000 people," says Schneider. "With this much power, it is quite possible to further develop our listening audience."

Continued from page 1

2001 Beveridge Awards

Beveridge Awards Committee, Zaneta Abdul-Abid, gave the opening speech, followed by a welcome speech by President Lew Collins of IIT. This year there was a slight change in the program as compared to the previous years. Dr. Solair Elbaz did a powerpoint presentation on the Julia Beveridge awards. This included a brief overview of IIT history, a biography about Julia Beveridge and pictures of the past and present winners of the award.

The tradition is that the award winner picks a person whom she would like to have present the award to her. Cheryl Caplan had Helen Oloroso present her the award, Marge Colthorp had Dr. Solair Elbaz present her the award while Dr. Nasrin Khalili had Dr. Hamid Arastoopour present her the award. Along with presenting the recipients with their awards, the presenters gave a talk about the deserving winners. It was very interesting to learn about some of the contributions that these women have made to society and their achievements.

Zaneta Abdul-Abid gave the closing speech, which was followed by a reception for all attending the awards ceremony.

The award is named for Julia Beveridge, who was the librarian of Armour Mission in the 1880s and the first registrar of Armour Institute. At the Mission, Mrs. Beveridge worked with neighborhood children, instilling in them a love of books. In addition, she started a manual training program in which her students learned practical skills such as woodcarving, tile making, sketching, mechanical drawing, and design. Her success attracted the attention of Reverend Frank Wesley Gussalsus, who was also interested in developing a practical curriculum. Reverend Gussalsus subsequently became the founding president of Armour Institute and Mrs. Beveridge worked closely with him until her death in 1919.
COMMENTARY

Bush Blows Smoke And Doubt Over Future Energy Policy

Bush decides not to comply to standards set in 1997 while clueless about future energy policy

Kelly Chiu
Commentary Editor

For the world's most developed nation, environmental policy in the United States is languishing in the Stone Age.

Still living off outdated economic precepts, the United States is resisting global changes in energy requirements, use and consequences. President George W. Bush's latest moves are a step backwards.

As a result of having his cabinet run by cronies from the oil industry, Bush has decided against adhering to the Kyoto Treaty of 1997. Ratified by many developed countries in both Asia and Europe, the treaty's aim was to reduce emissions of greenhouse gases from coal fired power plants among developed nations. Greenhouse gases have been linked to climatic changes.

According to Bush, complying with the treaty would hurt American workers and the economy. Bush also takes offense that developing countries such as India and China do not face the stringent regulations the United States, Europe, Japan and Australia would face. Finally Bush cites a domestic energy crisis as another reason why the United States cannot adhere to the terms of the Kyoto Treaty.

No matter how Bush decides to spin his yarn, the facts will never line up. American workers and the economy have been suffering from environmental regulations for a long time. Progress has been made on both fronts, environmental regulations increase the quality of life for everyone, while at the same time forcing industries to upgrade old equipment with newer and more efficient ones, reducing long term costs.

Regulations do stifle economic growth, but instead foster innovation. California is an example. Containing some of the most rigid environmental regulations in the United States, California has become an economic powerhouse. Companies doing business in California are forced to upgrade to cleaner and more efficient alternatives when new regulations occur. Instead of waiting for older more inefficient equipment to wear out, newer, cleaner and more efficient units are used.

Bush's energy crisis exists, but it is created by consumer practices that could be stopped. Americans are only about 6 percent of the world's population, however over the past decade, the United States has been responsible for more than half of the increase in carbon dioxide. Looking around, these figures make sense. Look at all the trendy gas guzzling "Sport Utility" Vehicles plying the roads, look closer and count the usual number of passengers. Zero.

For consumers, energy crisis is often tied to the price of a gallon of gasoline, which has been surging for the last couple of years. Although high, the price reflects increased demand to maintain vehicles. Americans favor finally, the prices in the United States are artificially too low compared to any other developing country, encouraging automakers to produce low tech and sub-standard, gas-guzzling pieces of junk.

For Bush, the Energy "crisis" can easily be avoided by not making lame demands to OPEC for increased production, or even by opening up the Arctic Wilderness Reserve to drilling. America's energy solution lies in conservation. Studies have shown that conservation would more than make up for the current energy deficit. Another attractive reason is that conservation is free and does not require any additional costs associated with extraction and processing.

Besides an energy crisis that can be easily solved, Bush's other problem with not going along with the world regarding emissions is a slap in the face to the international community. Bush's actions have already begun to alienate other developed countries, however, Bush's actions make the United States appear very hypocritical.

While the United States screams for other countries to conserve energy, and to open up their markets to U.S. goods, the United States cannot even play within its own rules. Goods from Europe and Japan are produced under tighter environmental regulations, yet are often superior to any goods made in the United States. However the United States still argues that American workers cannot compete globally when they are already losing. Perhaps the environmental regulations that foster innovation and quality have something to do with it.

As a country the United States must pull its head out of the sand and confront its energy problems head on. As a President, Bush must realize that walking away from international treaties on ill-advised economic reason is very primitive.

"Regulations do not stifle economic growth, but instead foster innovation."
Finding Forrester

Thur @ 8:30
Fri @ 3:30
Sat @ 7 and 10
Sun @ 3:00

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9:00 @ the Drake Hotel

Spirit Creek

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April 20th

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FEATURES

Pump It Up: A Guide to a Better Workout

Vamshi Krishna
Features Writer

Picture this: walking into a club, passing several individuals, and watching every one of them in awe at your perfect, well-developed body.

Now come back to reality. The fact is most students at IIT have heavy workloads. For many students at IIT, there seems to be no time for an active social life, much less a decent workout routine.

There is a way to manage one’s time to fit a good fitness program into a busy schedule. And before one knows it, he or she will be the talk of Illinois Tech. No wait he or she will be the talk of Chicago.

Often, the hardest part of getting into shape is taking the first step. Here are some simple steps to help begin your journey.

The first step on creating a schedule is freeing up time. Everyone always complains that they do not have time. But there is always a lot of time wasted. Set aside three days a week and in each of those days a good one to one and half-hours.

Next thing is creating an overall workout routine. Different people have diverse goals when working out. For the people who want to get big overall, this is a good workout schedule.

On Mondays, concentrate on the chest and back. The most common form of working out the chest is bench press. Most people do not do the exercise properly which usually leads to a serious injury. Proper form is everything. Please take note carefully the techniques for the following exercises. Take an over grip of the barbell with hands about five inches wider than your shoulders on each side. Arms should be in a straight position when grasping the barbell. Slowly lower the barbell to your chest. Keep your shoulders back. Then lift the weight upward making sure not to lock your arms out when doing the repetitions. Watch breathing and do not burst weight! For working out that back, one should do lateral pull downs in different directions.

On Wednesdays, concentrate on the hamstring, quads and calves. The best way to increase overall body mass is to workout legs. Wherever there is time or self-wasting time, do calf raises. Use the ever so great JLT machines such as the leg curl to help strengthen the hamstrings. To workout the quads, do lunges with weights and squats. Now be especially careful while doing squats for many people miss up their knees.

On Fridays, concentrate on the shoulder and arms. A good exercise for the biceps are preacher curls, also referred by some as “curls for the girls”. Women love a man with strong arms and would love to have firm ones of their own. Seated in a preacher position on a preacher bench, grasp the bar with a handgrip, starting position with the bar grasped firmly in your hand and arms fully straightened. Using the strength drawn from your biceps, bring the bar until it reaches a little bit shy of your shin. Bring the bar down slowly focusing on the movement and straightness of the arms back down to the starting point. To really emphasize the development of the lower portion of the biceps, you can vary it and bring the bar midway from the base of the preacher bench to bottom of your cub. This will definitely isolate the biceps. A favorite type of BICEP workout is the Russian. The Russians are you and a partner alternate the number of times you lift a bar with weights.

Skull crushers and triceps extensions have been proven to be quite effective in working out the triceps. The techniques for doing triceps extensions with one dumbbell are the following. Place your hands under a dumbbell so that the palms of your hands are resting against the backsides of the dumbbell. Place the dumbbell behind your head and begin to raise it so both of your arms are fully extended. Finishing position is when the dumbbell is positioned above the head. Keep arms straight and elbows in. Use nice, slow, controlled movements.

Cable upright rows work the interior-medial deltoid and also biceps, triceps, and forearms. Attach a bar handle to the end of a cable pulley coming from the floor. Stand up and back from the pulley approximately one foot away. Keep upper torso motionless while pulling the handle directly upward until you reach your chin. Release the bar slowly down the same path making sure to rotate shoulders outward. Repeat motion. Don’t rush or control the bar and it’s painful!

Dumbbell side laterals stress the medial heads of the deltoids. Take two light dumbbells standing one inch a shoulder length apart. Make sure to stand erect grasping dumbbells to side of torso. Raise dumbbells to sides and up until they reach shoulder level. Hold this position and repeat movement. Try doing this in a seated position and feel the difference.

Many people also take protein supplements and various other enhancers. The best way of building muscle is doing it naturally, but many times we don’t have proper nutrition so supplements can be useful.

Working out is a slow and steady process. Do not expect immediate results because you will be disappointed. But with a persistent plan and correct form, you will help build and shape your body.

Only one-third of those who begin an exercise program are still exercising by the end of their first year. The good news is that with some strategizing and planning, you can beat the dropout odds and make a successful transition to a lifestyle that incorporates exercise. Here are some tips to help you stay motivated.

Find a Fitness Partner: Studies shows that exercise adherence are generally greater if a friend is included in the commitment to exercise. Find a partner that has the same exercise goals.

Start an Exercise Log or Journal: An exercise log or journal is an excellent way to chart your progress and provide motivation. Nothing beats the feeling of success as you read through your accomplishments. Exercise logs can take on many forms; a calendar to record your workouts, a daily journal to record your feelings and goals, a computerized exercise log, or a log purchased at bookstore. The key is to select a log or journal that fits your needs and provides you the kind of information that is meaningful to you.

Entertain Yourself: If you exercise alone, consider using a Walkman to listen to your favorite music or books on tape to help you entertained during your workout.
HEALTHY EATING AT ILLINOIS TECH

Sohan D’Souza
Features Writer

Illinois Tech students need to be well nourished in order to attain and maintain soundness of body and mind, which is vital for a successful student life. Considering the various sources of food on campus, this may seem like a daunting task. However, the importance of good nutrition is not to be overlooked, as it could mean the difference between enthusiasm and fatigue.

Illinois Tech students’ dining requirements on campus are met by three primary sources: the Residence Halls dining facility, the Hermann Union Building cafeteria, and the Bug. Sodexo Marriott covers these. It is debatable as to whether the snack shop may be considered a source of nutrition, though for some students, it does appear to be the case.

The various choices of salads offered by the Residence Halls dining facility may be categorized based on their primary ingredient or characteristic. There are the fresh greens, such as chard, lettuce and spinach. And there are the vegetables like peas, beans, broccoli and celery. These provide minimal calories and carry no cholesterol. Protein salad items such as tuna salad, chicken salad, cheese and eggs obviously have high protein content, but they also contain high amounts of fat, cholesterol and sodium.

Fruit items, such as melons, papayas, cantaloupes and pineapple contain little or no fat and cholesterol, a nominal rating of calories, and, in some cases, even a little fiber. Ready-mixed salads, such as potato salads, cole SLaw and pasta salads are generally high in calories and sodium, though not as high as some protein salads, with small amounts of cholesterol and fiber.

From the soup department, one ought to expect sizeable amounts of fiber, large amounts of sodium, as well as some fat and cholesterol. This is the general rule for cream soups, such as split pea soup and cream of broccoli, broth soups, such as minestrone soup and lentil soup, chowders, gumbos and chilis.

Bean soups are good sources of fiber, and so are lentil and pea soups. A lot of calories in a soup serving may additionally come from a complement of crackers and breads, so it is important to watch out for these, as well as the high sodium content of some soups such as the minestrone and lentil soups.

Deli items, owing to the common ingredient of meat and dairy products, generally contain large amounts of sodium and calories, nominal amounts of fiber and a sizeable amount of cholesterol, as well as a large quantity of actual fat, in contrast to the two aforementioned categories. Deli sandwiches are especially high in sodium. Meats and cheeses carry heavy doses of cholesterol. Breads, as usual, provide fiber as well as calories. The largest quantities of fat in this department come from the cheese.

In the enter department, the meat entrees, such as pot roasts and steaks, carry the most fat, sodium and calories, as well as large amounts of cholesterol. Starch-based items, such as whipped potatoes and rice, have relatively lower amounts of fat, calories and sodium, and much less cholesterol. They also contain a lot more fiber. So do vegetable entrees, such as steamed peas and zucchini, which also contain almost no cholesterol and fat. This of course depends on how much and what kind of oil was used in their preparation. Generally, however, they rate low on the cholesterol scale, at least.

From the dessert menu, most items contain minimal amounts of fiber and calories, so long as servings are limited in size. Fruits are generally high in fiber, and so are cobblers. All items except fruits, such as cobblers, cookies, puddings, ice creams and cakes contain considerable amounts of sodium and fat. Most cookies contain sizeable quantities of cholesterol, and so do ice creams, yogurts, puddings, and those cakes that have been topped with dairy products, such as cheese cake and chocolate cream cake. Real fruit juices contain useful vitamins, and the selection of milk provides minerals like calcium, as well as a host of other nutrients.

Further information may be obtained from the food category nutrition list, which are usually displayed in or near the food courts. Armed with this information, a health-conscious student ought to be able to find optimum nutrition in the food items available in on-campus outlets.

Workout Schedule

<table>
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<td>Chest</td>
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<td></td>
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<td>Back</td>
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<td></td>
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<td>-sift arm pull downs</td>
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<td>Quads</td>
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<td>squats (of rack)</td>
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<td>lunges (with dumbbell)</td>
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<td></td>
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<td>Calves</td>
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PHYSICAL ACTIVITIES TO GET IIT STUDENTS INTO SHAPE

Senthil Jayarajan
Features Writer

College is a time that involves a great deal of studying and little time for anything else. Thus, most college students put on weight as they do not have a fun way to work off the pounds gained from the irregular meal times and fat-enriched food served in the dorms across the country.

In many ways, Illinois Tech is no different from the norm. However, what is different is that it has a number of ways to get involved and get fit. Aside from the varsity and intramural teams held through the school, there are a number of clubs that are athletically oriented. Some of these are:

1. Rock-Climbing Club (ROCK) - This is the club on campus founded by people interested in rock climbing. They sponsor many trips to a wall in downtown during the weekends and by next year, one of the rock climbing walls in the Keating Sports Center will be converted to a rock climbing wall.
Contact: Joel Anderson Email: therockclimber

2. Armour Ski Society - This club actually sponsors entire ski trips that are basically free except for the costs of rentals. There was a ski trip before

3. Midnight Football - This club originated with a number of students informally meeting to play football at 3 a.m. in the morning and the club was founded after interest grew.
Contact: Helmuth Meyer Jr.

4. Racquetball Club - This newly formed club hopes to buy equipment for the three racquetball courts by next semester and hold tournaments within the club.
Contact: Michael Floyd Email: flykirk1

5. Armor United Soccer Club

6. Fencing Society

7. IIT Cricket Club

8. IIT Roller Hockey Club

9. Martial Arts Club

10. Wrestling Club Also many non-athletically oriented clubs also sponsor certain events like paintball and ice skating that is fun and involve exercise. So, there are many ways on campus to get out, meet people and get physically fit in the process.
**FOODLIFE**

**Albert Chole**  
*Arts and Entertainment Writer*

Water Tower Place  
Mezzanine Level  
835 North Michigan Ave.  
Food: 5  
Service: self  
Atmosphere: 5  
Value: 5

"Browsing may result in wanting to eat everything in sight!"

It's the same problem every week end! Where should we eat? It seems impossible to please all... but it isn't! It is possible to satisfy everyone's hunger at all times, at one place! Food Life at the Water Tower Place is a market of world foods, certain to satisfy anyone, no matter what the mood.

Food Life indeed stresses choice. The restaurant combines ethnicity and health. You can eat health conscientiously, or indulge in your favorite comfort foods. If you crave low fat grilled vegetables, burgers, nbs, Asian stir-fry to Mexican, pasta to pizza, then your options are both abundant and mouthwatering.

The system is interesting. Customers are given a food "credit" card to use at each food stand. The card is used to order the food and is presented to the cashier when you have finished dining.

Browse around and see what draws your attention. When you decide what you want, simply have the food charged to your card. All entrees are prepared fresh and often before your eyes. Meals are a little pricey, usually set at $6.45 - $7.45. Expect to spend at least $10. But be aware browsing may result in wanting to eat everything in sight.

Food Life is a nice place to relax while enjoying your meal. The decorations are as creative as the food choice, with themes set at certain areas: Bamboo and Chinese garden lanterns lace the stir-fry section, while vines and candles surround the pasta section.

Finish a meal with a healthy juice smoothie or a rich chocolate crepe. Loosen your belt, and just sink into your chair, because you probably will not be able to move any time soon. Food is life and this is a good place to appreciate it.

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**KILLER VIDEO GAMES**

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**BROOMANISH**
ACROSS:
3. somebody making judgment
6. an offensive term that deliberately insults somebody's non-belief in religion
7. one-eyed Norse father of god
9. somebody denying the probability of divine existence
11. a dish consisting of beaten fried eggs
12. little mixture for walls
14. hormones associated with bursts of great strength in stressful or dangerous situations
16. a band tinfoil running in the wild or isolated terrain
18. frog or tadpole larva
20. used to address someone official
21. reckless confidence that might be offensive
22. dark hardwood, color of snow White's hair

DOWN:
1. leading position or people; lead advance army
2. valve controlling fluid flow; used to control airspeed
4. bitter, deeply held, and long-lasting ill will or resentment
5. a young child who is learning to walk
8. symbolic representation
10. patterned wool; characteristic of Scottish clans
12. to weaken somebody's physical, mental, or moral vitality
13. friendly and pleasant
15. a series of violent or riotous actions
17. mysterious obscurity
19. to send or give out something, usually radiation

Numbers!!!
Sanjeev Gangireddy
Actor and Entertainment Host

40 - days until school ends
57 - years it took to repair the door to the commons building
400 - estimated percent markup on NutraGraze bars in the snack shop
3 - wins by the Women's basketball team in the 2000-2001 season
37 - dollars stolen from Nick Olesky because he had to leave it at the cafeteria entrance

Poetry.......... "I Lost an Eyeball" by Carlos Vidalas

When the stars were young and the days were new, And the skies were and the sun was blue, And the forests were green and the valleys were deep, And the deserts were windy and the mountains were steep, I lost an eyeball in the sand, Of a far-off, backwards, wayward land.

Oh, how it passed and came and went, and gone, And people invented shoes to cover their tender toes, And they paved the meadows and bridged the streams, And outshone the suns and turned the seas to porpoises, And my eyeball lay there in the sand, Of a far-off, backwards, wayward land.

And away in that land, wayward, backwards, far-off things, Weird trees grew up to shelter my eyeball like flabby wings, And rain in pitter-patter came to moisten this my optical sphere, And in that land the strange and wonderful things would venture near.

To my eyeball tugged away In this land untouched by time and fare.

I am forever in two worlds because my eyeball is apart, As in the night when sleeping I sometimes wake up with a start, For my eyeball is never asleep and my eye dreams in it haunts and visions of that land of long ago according to my want.

The one in my head haunts me by day.
The one lost haunts me by night from that land far away.

In that land the stars are still young and the days are still new, And the skies are still endless and the oceans are still blue, And the forests are still green and the deserts are still deep, And the deserts are still windy and the mountains are still steep.

My lost eyeball forever shows me these Glimpses from the shadows of those weird trees.

Editor's Note
We apologize for the omission of part of last week's poem. The writer of the poem was Carlos Vidalas. Please send your poems to Wadzimay at wadzimake@yahoo.com. All styles are acceptable. The writer maintains full rights to his/her work.

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Illinois Institute of Technology
15 MINUTES - FAME OR LAME!

A senseless flick of sadistic and violent images

Khat Nguyen
Arts and Entertainment Writer

“Fame, violence, fortune.” Surely, the relationship between these words would present a very good backbone for a movie plot. Or, at least, that is what writer/director John Herzfeld thought when he made "15 Minutes."

Referring to Andy Warhol’s prophetic statement "in the future everyone will be famous for 15 minutes," the movie falls in its attempt to explore and criticize modern culture’s sudden fascination with reality shows on television. In the end, the movie becomes what it criticizes: a senseless flick of sadistic and violent images that eventually numbs the viewers.

"15 Minutes" follows two European thugs as they try to become famous by documenting their killings on videotape and selling the videotapes to television stations in New York. In the process, they run into Eddie Flamming (De Niro) and do the unthinkable: signaling their eventual downfall. It signals the downfall of the movie as well.

Even an all-star cast could not keep the movie exciting beyond the first "15" minutes. What made the movie somewhat tolerable is De Niro’s wonderful portrayal of Flamming’s smart, fun, and poignant character—qualities that the movie lacked.

Despite its lack of luster, the movie did portray the obsession with violence and reality programs through the investigation of sensationalist news anchor Robert Hawkins, played by Kelsey Grammer. The ending also suggests the irony in the villains’ search for fame and the public’s thirst for it, yet swayed fascination with their brutal acts.

Clichéd quotes, awkward themes of budding relationships, an exaggerated depiction of the judicial system and a lack of character development all lead to the movie’s downfall. There is nothing entertaining nor interesting in the way Warsaw, arson investigator and De Niro’s naïve sidekick, fights to bring the thugs to justice.

Warsaw’s performance looks painfully dull next to the flamboyant cop role played by De Niro—and he does a lot more than the rest of the cast. The ending offers no sense of triumph or justice either; the only relief comes from knowing that the movie is finally over.

ALL ABOARD!

NEXT STOP SUMMER AND FALL 2001 REGISTRATION!

Summer & Fall 2001 advising and pre-registration begins on Monday April 9th, 2001 at 8:30 am.

The Summer & Fall 2001 schedules will be available on-line on Monday March 19th, 2001. The hard copy of the schedules will be available on April 9th, 2001.


If you have any questions please feel free to visit our website at www.enrollment.iit.edu or contact Student Services at student.services@iit.edu or call us at (312) 567-3100.
BORN TO DO IT — CRAIG DAVID
A seductive, kaleidoscope groove

Craig David is the leader of the pack in the quiet storm that swept over the UK and is now poised to spread to the shores of the US. His debut album entitled "Born To Do It" and released on Wildstar Records, is a seductive, kaleidoscope groove.

Craig David is the leader of the pack in the quiet storm that swept over the UK and is now poised to spread to the shores of the US. His debut album entitled "Born To Do It" and released on Wildstar Records, is a seductive, kaleidoscope groove.

David's record-breaking first single, "Fill Me In," charged right to the top of the UK charts with an ease as smooth as the young man's vocals and made him the youngest British recording artist ever to have a #1 single.

"Fill Me In" is a solid R&B joint swathed in the infectious signature bounce of garage. Other notable tracks and prospective hits include the sultry sensitivity of "Walking Away" and the youthful eroticism and haunting Spanish guitar laced "Seven Days".

The sun is once again sliding into orbit and with it comes the sweet thump of a brand new sound: a sublime union of the sex of R&B, the jump in garage and the bass thrust of reggae. Artists from the United Kingdom have been creeping towards this goal for years, an inimitable and unique sound that truly belonged to them. No one has come closer to achieving this goal other than the UK's latest sensation, 18-year-old vocalist and songwriter Craig David. The skullcap, old-school Nike trainers and eerie ringing of a Spanish guitar are all the trademarks of this young talent. David is the first star of garage music, a genre indigenous to the UK.

This sound is far from drum 'n' bass or the reggae-inspired jungle music that was popular during the early nineties and combines more soul into its trance and 2-step dance origins. Not since Mark's flamboyant and fidgety new jack the UK mainstream in 1996 has an all-round talented youth come along who has the confidence to show the world what British urban culture has to offer.

Craig David's US release is scheduled for this spring, so brace yourselves for the coming of this imperial star.

Already half sold out in two days
Be quick, buy at the HUB!

Sponsored by EU@HIT in collaboration with Alien Sound, UB, SLC, Greek Council, NSBE, WHT, and other IT organizations.
SCARLET HAWKS HOLD SPRING TRAINING IN FLORIDA

BEUALAH VAZ
Sports Writer

Fort Myers, Florida...that is where the Scarlet Hawks' Men's Baseball team spent Spring Break. The Hawks were participating in the Gene Conic Base- ball tournament. The team consisting of sixteen players along with three coaches and accompanied by around thirty-three family members spent a week there.

This year's team has seven first year players. Tom Grochoziński and Matt Beuregarde, both freshman players had two excellent outings each. Tim Hadley and Scott Lesniak, had some very good plays. In all the team played eight games, of which they won three and lost five. Coach Darrah was very pleased with the team's performance this year, at Florida. He said that they've learned a lot about themselves.

The game vs. Judson, which was scheduled for The 29th of March, had to be rescheduled to the 36th of April due to rain. The Hawk's first game since they got back from Florida was on the 23rd of March vs. Concordia whom they beat 12-6. Their games on the 24th of March vs. North Park and the 26th of March vs. Dominican University had to be rescheduled due to bad weather. The dates for these rescheduled games are yet to be announced.

The Hawks played Purdue, North Central, Indiana on the 27th of March and won 16 to 3. Mario Urquiza had 4 hits and 6 runs batted in. Tim Grochoziński was the winning pitcher of the day. The Hawks continued their winning spree with their win vs. Trinity Christian on the 29th of March at Dearfield, IL. Tyler Wickersberg had a 3 run homerun and was the winning pitcher of the day. TimHadley had 2 home runs and 3 runs batted in.

The team seems very hopeful about this season and expects do better.

Athlete of the Week:
Scott Lesniak

BEUALAH VAZ
Sports Writer

Scott Lesniak is a senior at IIT in the MMAE department, studying on a (Presidential scholarship) and athletic scholarship. This is his fourth year playing on the Scarlet Hawks Baseball team.

Lesniak grew up in Lockport, IL and studied at the Lockport Township High School. During his experience there, he played baseball and developed an interest in golf. As a result of Lesniak's athletic desire, he was named All-Area player during his senior year of high school and Lockport's baseball team was ranked second in the state. Academically, Lesniak graduated in the top 10% of his high school class.

Lesniak came to IIT for three reasons: (1) he wanted to play baseball; (2) be an engineer; and (3) study at a university that was close to his home. Currently, Lesniak number seven, plays centerfield. He was an All-Conference player for his first three years at IIT. He was also named to the regional team last year. Lesniak expressed confidence about this season and is looking forward to every game. He expects the team to finish high in the conference once they have Jason Last back on the team.

In regard to family and relationships, Lesniak is the oldest of four siblings and is especially close to his family visiting them at least once every week. Recently, he became engaged to his high school sweetheart, Tracey. In his free time, he enjoys hanging out with his roommates, playing pool, shopping on Ebay and lose a passion for sports cars. He is looking forward to graduating next May to pursue a career as a technical salesman.