The news is almost a yearly ritual at this point for many students; tuition cost is again being increased. In the past the increases have been uniform across the student body, but the administration has heard the cry of IIT students. For the coming academic year returning students will be charged an increase of 6% from last year, while incoming new students will be charged an increase of 10%. The 6% for returning students is a decrease from previous years, and the 10% is designed to offset that decrease while still building revenue Provost Cramb said in an interview last Monday. There is also an adjusted increase for Masters and PhD students; it is the increased tuition for full time students divided by 32 to equal an increased hourly cost. It is divided by 32 because that is an approximate number of hours required for a Masters. So the graduated tuition increase, that so many students asked for, is here.

When asked why the tuition was being increased at all Cramb explained that there are 4 ways that schools make get income tuition, fundraising, research grants, and the endowment. The endowment has increased dramatically since last year, approximately $100 million. Fundraising from alumni has decreased due to the economy, but he did mention the success of the Velocity Initiative and how those efforts will pay off in about 5 years. In addition to those factors, the university has added services and faculty in the past year adding to the expenses.

Tuition hikes new method

By Brian Kibbe

The incoming class is projected to be the same size as the class of 2013, so the 10% increase is safe money that the university can count on having in its account. Cramb said that it is easy for current students to be upset when the tuition increases because it's very obvious to them, but it's not so with a new incoming student. So, although it's always difficult for students to pay money that they didn't plan on needing, there is some relief with the freshman class offsetting the costs of running the school.

Want a cool job, housing, and free food this summer?

By Christina Noonan

If your answer is yes, then consider coming to an informational meeting held by Fabio Buffa about the Museum of Science and Industry’s Summer Internship Program. Do you remember when you were a kid and you had that cool science teacher who got to light his hands on fire and make pickles glow? Ever wonder how those things are even possible? Well, from what I understand, your job is to come up with experiments designed to inspire and teach kids about science—and then perform them yourself throughout the museum! In a matter of speaking, you get to be your own ‘Bill Nye.’ So pick something extraneous, weird, or interesting and learn something new yourself! The job requires a certain level of motivation and creativity, along with the ability to interact well with others, but if you think you fit the bill, apply! Past students involved have tons of positive things to say about their time there, and most suggested at least checking it out if you're interested. You'll also be working with other IIT students over there, so you won't be alone! Don't think you have what it takes? I believe the internship is open to all majors and years. Oh, did I mention it’s also a paying internship? Even if you’re not sold, just stop by one of the mandatory information sessions to learn more about it and show your interest. Times are as follows in MTCC room 704:

- Tuesday Jan 19, 9:15-10:45pm
- Thursday Jan 21, 12:30-2:00pm
- Friday Jan 22, 12:30-2:00pm
- Monday Jan 25, 12:30-2:00pm
- Tuesday Jan 26, 9:15-10:45pm
- Monday Jan 25, 12:30-2:00pm
- Tuesday Jan 26, 9:15-10:45pm

Best of luck to everyone applying! If you have further questions, contact Fabio at buffa@iit.edu.

BOG opening successful

By Brian Kibbe

With a new decade, new semester, and new classes, what better way to celebrate than by coming to the Bog on its inaugural opening of the semester? Many students took advantage of this low stress time of the year and let loose last Thursday. Promises of free food and entertainment drew people from their chilly rooms into the warm Bog. Students filled every part of the basement lounge from bowling, to ping pong, pool, and video games. At 8 when the food, hosted by the Counseling Services, came out the lines proved the demand. There were simply too many people and not enough to go around.

The bar also had it’s fair share of action. Comedian Adam Grabowski did his best to amuse the crowd. Although many of his jokes lacked polish with a music stand holding his material, he definitely managed to build an interesting rapport with the crowd. His sex-joke heavy set was sometimes very funny and showed promise when he played back and forth between his material and audience. His stage and actual personality was indie enough for this list? Our A&E Editor offers his top 10 albums in 2009. You indie enough for this list?

If your answer is yes, then consider coming to an informational meeting held by Fabio Buffa about the Museum of Science and Industry’s Summer Internship Program. Do you remember when you were a kid and you had that cool science teacher who got to light his hands on fire and make pickles glow? Ever wonder how those things are even possible? Well, from what I understand, your job is to come up with experiments designed to inspire and teach kids about science—and then perform them yourself throughout the museum! In a matter of speaking, you get to be your own ‘Bill Nye.’ So pick something extraneous, weird, or interesting and learn something new yourself! The job requires a certain level of motivation and creativity, along with the ability to interact well with others, but if you think you fit the bill, apply! Past students involved have tons of positive things to say about their time there, and most suggested at least checking it out if you're interested. You'll also be working with other IIT students over there, so you won’t be alone! Don’t think you have what it takes? I believe the internship is open to all majors and years. Oh, did I mention it’s also a paying internship? Even if you’re not sold, just stop by one of the mandatory information sessions to learn more about it and show your interest. Times are as follows in MTCC room 704:

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Best of luck to everyone applying! If you have further questions, contact Fabio at buffa@iit.edu.
Europe 2007: A study abroad experience

By Raymond Ballard
TECHNEWS WRITER

Going on the IIT Paris Program was probably my best experience in college. Not only was it my 8 weeks there a blast, but the international living gave me a huge advantage in life. While living in Paris and traveling around Europe I apologize for poor grammar or word choice; these stories are direct notes from my handwritten journal. I’ve changed the names of people on the trip to preserve their image, but everything else printed is an exact copy of my entries. I hope my stories row airport. I’d still like to find out who Heathrow is (as airports are named after famous figures i.e. JFK, Charles de Gaulle, etc.). We found it to be a really nice airport, and we headed off to receive the first passport stamp of our trip... in England! We took our bags and headed to the entrance for the London Underground, the subway system. The trick with the Underground at Heathrow is that there is an express line to Paddington central London and a traditional route with stops. We were tipped off to not pay the 15 pounds for the express, but to go buy a regular Underground ticket and go back to express terminal. We spent only 4 pounds and got on the train just fine. The Underground express is amazingly clean and even smudged new. The trains are silent, but beautifully made with comfortable chairs and luggage racks. The news (on the train) came on, and our first experience of watching UK TV showed recent Hollywood updates on Pirate of the Caribbean 3, Johnny Depp, Cameron Diaz, and Justin Timberlake. It was ironic, but good to know that the Brits are interested in tabloid headlines too. After a 15 minute ride to Paddington we transferred to the (I think it was the brown or green Bakerloo line) regular underground, which after several stops dropped us at Waterloo train station. It was nothing like any train station I’ve seen. It was huge, marble, and a long walk from end to end. We had 2 hours before catching our Channel Tunnel train to France for another journey. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart- ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart- ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart- ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out apart-ment. The trick with the Underground at the station at about 10PM and entered a new (or should I say old?) city to find out part...
2010 Illinois Senate Election

By SuSuTin Win
TECHNEWS WRITER

For this coming 2010 Illinois Senate Election, the candidates are Robert Marshall, Alexi Giannoulias, Jacob Meister, Cheryle Jackson, and David Hoffman. People say that politics is complex so I have collected some facts about them and about the competition that never ends.

I’ll first talk about the education and accomplishments of each of these candidates.

Robert Marshall is a medical doctor and a practicing radiologist at his current job. He was a trustee from Burr Ridge (1989). He has run several times for congress, US senate and has also run as a Libertarian and Republican.

Alexi Giannoulias is the treasurer of Illinois at age 33. He graduated cum laude with a bachelor’s degree in economics from Boston University, graduated with a Law degree from Tulane University law school and helped manage Broadway bank in Chicago, served on the board of directors of the Community Banker’s Association of Illinois Legislative Committee, the South Side/Wabash YMCA and the Edgewater Chamber of Commerce.

Jacob Meister is a trial attorney specializing in banking, interstate commerce, telecommunications and civil rights cases. He earned his Bachelor’s degree in international relations and political science from American University, graduated with honors from the University of Wisconsin-Madison Law School and joined the law firm of Schwartz & Freeman and become partner in 1998. Currently he focused on real estate, business, commercial law and banking and the law offices of Jacob J. Meister.

Cheryle Jackson, a graduate of Northwestern University, worked communication jobs at National Public Radio. Amtrak and Blagojevich administration. Jackson has the support of Emily’s list, a national group that backs female candidates and the low-profile group Cook County Democratic Women.

If you’re a regular voter, you may remember that Robert Marshall is a serious candidate who has brought up the issue of moving public transportation from Amtrak and Blagojevich administration. Robert Marshall is a medical doctor and a practicing radiologist at his current job. He was a trustee from Burr Ridge (1989). He has run several times for congress, US senate and has also run as a Libertarian and Republican.

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David Hoffman who is a B.A history graduate from Yale University and the University of Chicago Law school where he was articles editor of the Law Review and Head of the University of Chicago Law School Democrats. He will be teaching a course in Public Corruption and the Law at the University of Chicago Law School next April.

I wouldn’t deny if the competition is as fierce as the college admission like students representing how much their GPAs are, how many extracurricular activities they have committed, the latest courses they are taking and the perfect scores of SAT – all trying to work hard to have a long list of accomplishments.

So the question is, is the public just hard to make a decision on which candidate to vote just as much as college admission officers find some difficulties to select who to admit? Is that just because the age of delusion has arrived that it is hard to differentiate the right and wrong and the true and false?

I am not sure about the college students but for political candidates, people still shed doubt to some extent to their decision even to their favorite one.

Or could you say politics is more exciting? Like, Jackson opposed Barack Obama for his deployment of 30,000 additional troops to Afghanistan because she thinks the money could be better spent at home. Moreover, she gave a dig to Giannoulias and David Hoffman by saying that she didn’t grow up in “privilege” while Giannoulias helped run a family bank and Hoffman inherited money from his grandfather’s GEICO insurance fortune but actually she herself also earned a series of high paying jobs.

But for Hoffman he blamed Blagojevich for corruption and Jackson for her association with Blagojevich and Giannoulias for his family bank made loans to Anton “Tony” Rezko, a convicted fundraiser and top Blagojevich advisor.

So we will see who is who in the end.

Vonage: for world communication

By Pramod Adithya
Muntimadugu
TECHNEWS WRITER

Communication has gravitated from hand-written letters to the internet, and from audio to visual. The main motto of communication has always been to share thoughts and information. Ask any homeschool, international student and they’ll tell you that we always feel better when we talk to our loved ones. In this extremely costly world we feel the need to search for a cheaper and better solution for talking to our family and friends back home.

Technology with its tremendous advancements provides solutions to many issues. It is not far in solving this one as well. Video Chat would be the best option when both parties have high-speed internet connection, but what if the other end doesn’t have internet? One solution is Vonage. Vonage is a service provider that allows you to connect to many parts of the world for just $24.99 per month. All that is required to set up a vonage connection are a DSL internet connection, any touch or cordless phone and a Vonage adapter. The other party can have a mobile or land line telephone. One more good thing about this offer is that by referring friends, both the friend and the referrer get one month subscription absolutely free.

The major advantages of Vonage are that you get a new US number (or you can keep the old number you already have), you get to talk to your family and friends around the world (40 countries), call all local US numbers free, and all this for a low price of $24.99 per month (excluding taxes and extra charges depending on the subscriber’s location). It is a one year contract that comes with a free Vonage adapter, free shipping and delivery (may be a limited-time offer). The call quality is good and the customer service is also pretty good. It is one of the best options to stay connected with home, especially for international students. Thanks to the technology of Voice over IP phones, this is possible for cheap. Let’s hope to see more advancements in technology change our world for the better.
Interview with Kevin O’Leary and Patrick Zhu, both of whom have been members of IIT Student Finance Board (FB) since April 2009. This is a follow-up interview to the interview with another Finance Board member which was published in the last TechNews issue of the Fall 09 semester.

How long do you plan to stay with Finance Board?

Pat: Until I graduate at the end of this semester. Kevin: Until I graduate in 2011.

How many people are currently on the board?

Nine people, plus the chairman. All of them are students. As it says on the FB website at http://sga.iit.edu/ the ten people are: Chairman Laolu Adeola, and board members Sweta Gurnani, Miyuki Jimi-Salani, Patrick Zhu, Kevin O’Leary, Kirsten Lourie, Papad Kapadia, Natalie Mitrovic, Bernie Mender, and Miriam Schmid. There are four open FB positions right now that haven’t been student org leaders before joining the board. They show promise and motivation to do the job. Coming into FB as a student org leader is a “double-edged thing” because although student org leaders know both sides of the issue of finances, they also come in with a bias of perspective. Bringing a freshman into FB can be good because of the fresh perspective. Also, it breaks the continuity of pre-held grudges and stereotypes that the members of FB may not even know that they were holding.

What do you think of using SAF money for sending IIT students to conferences? 

Pat says that it’s been a “long-debated item” and that while it’s helpful to have a healthy thriving club. Racquetball is fun, extremely easy to learn, extremely easy to get, and on a practical level to build up a healthy weight. I am willing to help you learn racquetball at absolutely no cost to you. If you are interested in learning about racquetball or giving it a try, let me know. A racquet, some racquetballs, and a pair of glasses (optional but highly recommended) are all a person needs to play and have extras of all these things.

Another club I would like to see is a scuba diving club. Fellow IIT student Mike Zhang, in conjunction with Captain Bob Schak, has already laid a lot of the groundwork necessary to bring scuba diving to IIT. Mike has a Facebook group site: www.radio.iit.edu to sign up. Having a radio show is a blast! Where else can you as likely to have so many opportunities and meet with, people who share common interests.

And the reasons that IIT clearly has not looked hard enough for interests you, you can even start one of them.

What’s the deal with food?

Because they have the image that FB tries to take away their money, or tries to deny them what they want from the SAF. That’s not true. “We’re always there to help you,” said Pat.

How is the chairman of Finance Board selected?

In the SGA exec board elections in the Spring of every year.

Is there anything else that you want to tell me?

“We rock!”
many students didn’t really buy into this act and often disregarded rather than heckling just as many honestly enjoyed the evening. For those not into comedy, there was sports, a midnight basketball game, and for those into families, an all age night at the bar. Featuring a continually improving selection of bottled beers and mixed drinks the bar is at least affordable to the budget and affordable place to imbibe outside of someone’s room. The Bog even featured some alumni of Illinois Tech. The back area of the Bog saw some aesthetic improvements as well. A number of photos of IIT students doing various activities over the years were in black and white hanging on the walls for decoration. The buzz over why all the pictures were purposefully not level was enough to keep some people entertained.

Coming off of the Bog’s most successful semester yet, this spring should have some really great attractions to keep students coming back for more. The back area of the Bog saw some aesthetic improvements as well. A number of photos of IIT students doing various activities over the years were in black and white hanging on the walls for decoration. The buzz over why all the pictures were purposefully not level was enough to keep some people entertained.

Coming off of the Bog’s most successful semester yet, this spring should have some really great attractions to keep students coming back for more.
### Tuesday, 1/19

- **Getting a Job: Creating a Quality Resume**  
  Career Management Center  
  12:50-1:50  Galvin Library, CMC  
  At this workshop you will learn the fundamentals of creating a resume that will impress employers and hopefully lead to employment.

- **Study Abroad 101**  
  International Center  
  1:00-2:00  Main Building 405  
  Learn everything you need to know about studying, interning, and volunteering outside the U.S.

- **University Address by John Rowe**  
  Office of the President  
  2:30-4:30  Hermann Hall Auditorium  
  Chairman of the IIT Board of Trustees John Rowe will address university faculty and staff, discussing the state of the university and the strategic plan, followed by a reception.

### Wednesday, 1/20

- **Resume Critique Sessions**  
  Career Management Center  
  9:30-12:00  Galvin Library, CMC  
  After brainstorming and creating a basic resume, and before going to the Career Fair, come to the CMC to get your resume critiqued by a Career Advisor.

- **The Evolution of the Civil Rights Movement since Martin Luther King Jr.**  
  OMSS  
  12:30 - 2:00  MTCC Ballroom  
  The City of Chicago’s Commission on Human Relations will give an overview of their office and current work as it relates to supporting civil rights today. First Deputy Commissioner Kenneth Gunn will serve as the moderator for this event. Lunch will be provided.

- **Intro to Coop & Internship**  
  CMC/International Center  
  3:00-4:00  Galvin Library, CMC  
  A two part workshop; the first half is informational for all students who are interested in Co-ops and Internships, the second half is only for International Students. Also on 1/22/2010 at 12:50-1:50.

### Thursday, 1/21

- **OMSS honors Sheldon H. Nahmod by Instituting Civil Rights Award in his Name**  
  OMSS  
  12:30 - 2:00  Herman Hall Ballroom  
  The Office of Multicultural Student Services is hosting a reception to recognize the work of the Gage Park HS/PRO team. OMSS is naming this first annual award after Sheldon H. Nahmod, distinguished professor of law and co-director of the Institute for Law and the Humanities at IIT Chicago-Kent. Lunch will be provided.

- **Getting a Job: Working a Career Fair**  
  Career Management Center  
  12:50-1:50  Galvin Library, CMC  
  Establish a plan for being successful at a career fair. Learn how to prepare beforehand, what you should do while at the fair, and how to follow-up in order to increase your chances of getting the job you want.

- **Trivia Night with Prizes!**  
  Student Union Board, Dining Services, BOG Events Fund  
  9:00pm -11:00pm  The BOG  
  Teams will answer trivia questions in many different categories. You get to wager your points at the end, too! Come down to the BOG and win prizes! Prizes! Prizes!
**SPRING ‘10 Events**

**JANUARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>THU. 21st</td>
<td>9pm – Trivia Night with Prizes</td>
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<tr>
<td>FRI. 22nd</td>
<td>7pm – Lousy Bowlers Tournament</td>
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<td></td>
<td>8pm – Karaoke</td>
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<tr>
<td>THU. 28th</td>
<td>9pm – Daniel James (Hypnotist)</td>
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<td>FRI. 29th</td>
<td>8pm – Karaoke</td>
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<td>9pm – RIITMO (LIFE Latin Dance Night)</td>
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**FEBRUARY**

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<tr>
<td>THU. 4th</td>
<td>9pm – ASB Benefit Concert ft. Canasta (Band)</td>
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<tr>
<td>FRI. 5th</td>
<td>8pm – IIT Idol Tryouts (Sign up now!)</td>
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<td>10pm – Karaoke</td>
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<td>THU. 11th</td>
<td>BOG 3rd ANNIVERSARY PARTY</td>
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<td>8:30pm – Caught in the Act (Improv Group)</td>
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<td>9pm – Nice Peter (Comedian/Soloist)</td>
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<td>FRI. 12th</td>
<td>8pm – IIT Idol with Prizes and Cake!</td>
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<td>10pm – Karaoke</td>
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<td>THU. 18th</td>
<td>9pm – Anti-Valentines Day Party ft. DJ Rob La Rue</td>
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<td>FRI. 19th</td>
<td>8pm – Karaoke</td>
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<td>10pm – ISA Dance Night</td>
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<td>THU. 25th</td>
<td>7pm – Trivia Night</td>
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<td>9pm – LIFE Latin Dance Night</td>
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<tr>
<td>FRI. 26th</td>
<td>8pm – Karaoke</td>
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Sponsored by the BOG Events Fund. Check out ub.iit.edu for updates!
SigEp recognized as top student at IIT

By Rachel Hendrick
TECHNEWS WRITER

On November 7th, in the Old State Capitol Historic Site in Springfield, the Lincoln Academy of Illinois honored top senior college students from each of Illinois' 4-year degree granting programs at their annual Student Laureate Convention.

The Lincoln Academy's Student Laureate Awards are presented for excellence in curricular and extracurricular activities. This event marked the 35th year that students have been honored by the Academy. John B. Simon, the Chancellor of the Lincoln Academy, described the Student Laureates by saying: "These students have exhibited a personal commitment to excel as seen by their remarkable academic accomplishments. They serve as role models to other Illinois students. With hard-working and dedicated young leaders such as these, Illinois and the rest of the nation can look forward to a bright future."

The IIT's recipient of the Student Laureate award, Senior Daniel Votipka, is an extremely well-rounded student currently holding a 4.0 GPA. He is also a member of the Varsity Men's soccer team, the IIT AFROTC Detachment, and was the Director of the service organization Up 'til Dawn.

Daniel's most significant involvement on campus, though, has been as a member of Sigma Phi Epsilon. Daniel joined the organization's first semester at IIT, and through the organization's Balanced Man Program has constantly developed as a leader, scholar, and a brother. As a SigEp, Daniel was given opportunity to take on leadership roles as a young member, joining the fraternity's executive board his first semester as the Vice President of Communications where he revamped the organization's Alumni Relations program. Also through Sigma Phi Epsilon he has given the opportunity to serve as a Board Member in Greek Council, where he served as Service Chair and worked with the Coalition of Service Learning to help plan and run the first IIT-wide service week. While in the fraternity he was also introduced to Up 'til Dawn, an organization dedicated to raising funds for the care of children with cancer, which was at the time run by an older member in the fraternity. Daniel's work in the Greek Community was recognized in the Spring of 2009 when he given Most Outstanding Greek of the Year Award for his achievements and work.

After he graduates from IIT this May, Daniel plans to continue his education through graduate work in Computer Science at either Carnegie Mellon University or the Georgia Institute of Technology. After that he will begin his career in the Air Force as a cyber warfare officer and he hopes to apply the education he received while at IIT and the life experiences he received through the Sigma Phi Epsilon Fraternity.

Picturing The Studio

By Becca Waterloo
TECHNEWS WRITER

Having an artist as your mother not only gives you the 'art appreciation' gene at birth, but it motivates you to explore the world of art and architecture. I’ve been to my mom’s studio numerous times throughout my life, I meet her studio mates, her gallery owners, and her never ending list of followers. To be an artist takes an incredible amount of self motivation which is my biggest aspiration of all artists. They completely wrap their lives around what drives them to get up and out into the sunlight, they then express themselves through a literal or abstract driver onto any medium imaginable.

Self motivation to work is tricky in anyone’s life. It takes the right time of day, the right mood and the right environment to produce efficient work. Artists create their own personal sanctuaries and call it their own in order to feel secluded in their own personal space. I get to see the literal expressions, such as placing it into the gallery space, or the abstract definition of their art and how they get an interpretive view of a studio through the artist’s eye and its special site of attention. The different ways the artists interpreted this invitation was astounding. These guys know they don’t have it made in the music so thick you can feel it. It reminds me a bit of Bloc Party’s debut “Silent Alarm.” These guys know they don’t have it made in life. They don’t have a multi-million dollar recording deal, no sold out world tours, no recording deal, no sold out world tours, no

Music review: Exceptionnel

By Adam Kadzbaz
CAMPUS EDITOR

Exceptionnel is the debut full-length album from Swedish band Convoy, released in 2008. Convoy broke onto the music scene in 2004 but quickly became a victim of the “Internet Hype Machine.” Their music was good, they got noticed by important people, and were soon touring. The problem was lack of experience and material - by 2005 they only had an EP worth of music and live show reviews weren’t that great. High expectations were shattered and Convoy got back into the studio and finished recording Exceptionnel (2008), they couldn’t get it published. While sitting on the unreleased album, they began touring around Europe again (to much higher reviews), and eventually partnered with Swedish label Wonderland Records. Finally, Exceptionnel was released. Convoy describes their sound as “Not so freaked out as Maxa Volta, but not so monotonous as Interpol.” A fairly accurate description, but they also sound a bit like We Are Scientists (a lot more down tempo) or Ted Leo. Sounding like Ted Leo isn’t a bad thing, but a few times I honestly thought a Ted Leo song was in my playlist. Tracks like “My Timekeeping Heart” and “Ghost Buster,” with their catchy and quick guitar lines, harmonies, and impressive drumming, exemplify the refined sound of Exceptionnel. Overall though, there is a sense of urgency and sincerity in the music so thick you can feel it. It reminds me a bit of Bloc Party’s debut “Silent Alarm.” These guys know they don’t have it made in life. They don’t have a multi-million dollar recording deal, no sold out world tours, no

Rock Band franchise. They’re throwing every bit of themselves into their music because it’s make or break. In short, their sound is everything I love about “indie rock.”
Top ten of 2009: Music

By Karl Rybaltowski
A&E EDITOR

What better way to usher in the new year than with critical reductionism? Everyone's doing it, it seems, so why can't TechNews have its piece of the pie? Well, it can. What follows are ten painstakingly chosen albums that are the writer's favorites of the year – the most notable for the experience they deliver, their innovation or creativity, or just being really, really good.

Baroness - Blue Record

Metal is alive and well. The Blue Record has it all – the growling vocals, the brutal guitar hooks, and the near-hyperbolic musical skill in general – but as a whole, the album in movements and interludes is a cohesive, almost symphonic whole. Melodic and accessible while sacrificing nothing of its metal core, the Blue Record deserves a spot on any top ten list.

Wavves - Wavvves

Wavves, project of Nathan Williams (plus one drummer on tour), prove a curious blend of music. Surf-rock and girl-group rhythms combine with distorted guitars and poppy vocals, all of it drenched in the low recording quality that seems to have been all the rage this past year. Yet the lyrics almost evoke some snarky version of a grunge aesthetic, and the result is darn catchy.

Memory Tapes – Seek Magic

This album has a strangely nostalgic feel to it – it combines a very well-developed electro-dance-pop sound with old-school tinges of more low-tech electronics, with the result being an intricate, moving, floor-filling album that manages to sound both well-produced and chip-tune influenced.

The xx - The xx

A group of 20-year-olds from England who make minimalist, subdued pop with electronic inflections, with subject matter that's the content of many an intimate (possibly insecure) conversation between lovers. Subdued, stark, and faced with tension, it's nonetheless a sensual album with plenty of catchy hooks and rhythms.

The Very Best - Warm Heart of Africa

It's weird describing music as "global dance-pop" but that's exactly what this is. Malawi-born Esau Mwamwanyana's passionate, earnest vocals are laid over a slick production that mixes and matches elements from all over the planet, and the mix creates something that could be considered a hodge-podge, and is yet one of the most genuine, unique releases of the year.

Animal Collective - Merriweather Post Pavilion

This band has been around for a long time, with over a dozen releases ranging from the folksy to pure noise. So what made this album their breakthrough into the mainstream? The band's embrace of electronic instrumentation? The fact that some of the tracks on this album are so very danceable? Whatever it is, this release is hypnotic and accessible, and that it's gained such traction with no real marketing behind it is telling.

Dirty Projectors - Bitte Orca

The Dirty Projectors are difficult to pin down, honestly. Avant-garde seems a bit extreme to describe their style, but between the atypical vocal arrangements and instrumentation that ranges from glacial and charming to almost abrasive, one might have to settle for it. Still, it's a great piece of indie pop, and compared to prior releases, very accessible.

Fever Ray - Fever Ray

For fans of The Knife, Karin Dreijer Anderson's solo project will seem familiar in some ways, but on the whole profoundly different. Sweeping melodies and almost minimalistic rhythms provide a backing for vocals prone to pitch-shifting, and the more you listen to the lyrics, the more unsettling the songs seem. Dark, atmospheric, and ultimately confounding, it's still a beautiful, addictive piece of work.

Sunn O ))) - Monoliths & Dimensions

The most puzzling thing about this album is that for bleak drone metal, it's got a certain majesty to it. Oh, it's still the dark, brooding, sinister stuff that has come to be expected of Sunn O ))) but with actual instruments (even a choral arrangement at one point) thrown into this four-track-long, 53-minute behemoth, there are also moments of beauty, which is an amazing accomplishment in and of itself.

Fitness to survive the Apocalypse

By Adam Kadzban
CAMPUSS EDITOR

"If you woke up tomorrow to find your city overrun with zombies, would you survive?" This is the question that Rich Gatz asks, and is the basis for his new functional fitness training program, ZombieFit. While the real world probability of a zombie apocalypse is debatable (personally, I'm terrified), there is no doubting the excitement ZombieFit is generating.

ZombieFit incorporates the parkour ideology into its training regimen. What is parkour? Parkour is the "art of moving" and its adherents train to be able to overcome all obstacles in their path by changing their movements. One could arguably call it "running with style" though the style is purely functional, stresses efficiency, and requires great agility. Parkour is also, apparently, a very useful tool in the event of zombie apocalypse. ZombieFit also stresses daily workouts in addition to parkour training, with good reason. Simply being agile won't keep you safe, you'll also need to be able to run long distances and be physically strong. Thankfully, Gatz posts a "Workout of the Day" every day except for the designated "rest day" each week. Daily workouts include mainly things you can do at home - push-ups, pull-ups, etc.; things everybody can do. However some items include "burpees" and "box jumps"; things I had no knowlege of until being enlightened by Youtube videos. They are all things you can do at home with everyday items.

Gatz states that while a zombie apocalypse is good motivation to learn functional fitness and practice parkour, you don't necessarily need to be worried about one to attend classes. His main goal is to create a space dedicated to fitness and expanding interest in parkour. If you're interested, ZombieFit holds classes at Excel Gymnastics in St. Charles, IL. They meet on Mondays and Wednesdays from 7:30pm to 9:00pm. If you can't make it out to the classes, you can still follow the "Workout of the Day" that they post online. More information is on their website, http://zombiefit.org/
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.”

Focus On Fitness: Katrina Ryan & yoga @ IIT

By Joe Kirsch
ASS'T. COORD., INTRAMURALS & RECREATION

IIT has had the pleasure of hosting a series of yoga classes at Keating Sports Center this past semester and will be continuing the program this spring. Katrina Ryan is looking forward to again working with IIT students this spring in her second semester of instructing classes. She is not new to yoga as she has worked for a number of years at Columbia College. However, what is most surprising about Katrina is her story of how yoga was brought into her life.

Katrina was born into a working class family and grew up on the southside of Chicago. She became the first person in her family to attend college, first attending the University of Illinois in Champaign for two years and then moving to California to attend San Francisco State for an additional two years. Going to college for Katrina meant that she would be exploring the vastness of what the world had to offer, expanding her horizon, both across cultures and continents. This also greatly enhanced her LOVE for travel.

While in Northern California, Katrina began to study and teach dance. It was there where she underwent a traumatic experience both in mind and body. Katrina was involved in an accident where a car that she was in toppled over a 100 foot cliff, where it flipped end over end five times before coming to rest.

Despite coming away from the incident, this, as you can imagine, caused her many years of painful recovery.

Years later, while on a 10 day getaway retreat with several dancers, one dancer introduced Katrina to yoga and she began practicing with her every morning. After many failed attempts at healing her body, she was amazed at what 10 days of doing yoga had done in releasing some of her tensions and pains. This inspired her to continue on after the retreat and keep practicing. Along the way, she has also found massage therapy to be helpful and began traveling in the Bay area and today has her own private practice in Chicago after getting her certification.

Katrina says yoga is where “we meet our personal limits moment to moment without judgment, working on the edge of discomfort with gentle awareness and respect, moving toward greater expansion of mind and body.” She goes on to explain there are many benefits to yoga including, “balance, strength, flexibility, expanded awareness, release of tension, and peace of mind. It is both relaxing and energizing.” She also says that it is very easy for beginners to learn because yoga’s “basic premise is to simply become present, to listen to your body in each moment and through focusing on breath, we perform the physical postures each according to one’s own ability.” Katrina explains that each student discovers their own limits and learns to expand them, not in competition with one another but rather as a journey of self discovery and mutual exploration.

During yoga classes at IIT you may hear music in the background, I'm told this helps to bring atmosphere and inspiration and also keeps the mind from outside distractions.

I asked Katrina what her favorite and least favorite things were about Chicago and she responded that she really enjoys the people who are open, friendly, helpful and down to earth as well as Chicago's architecture and fabulous music. However, one of her least favorite things right now is the parking fiasco.

If she could change one thing in the world it would be “That all humankind would understand how we are inextricably connected to each other through the web of life and foster compassion and kindness toward all living beings.”

She leaves us with these final words of wisdom from John Muir, “When one tugs at a single thing in nature, he finds it attached to the rest of the world”, explaining that whether applied to the planet or to our own world of body, mind and spirit, this is truly the tie that binds.

Katrina this semester (starting this week): Tuesdays at 7:30pm and Thursdays at 5:30pm.

Scarlet Hawks swim three meets in two weeks

By Melanie K
TECHNEWS WRITER

Weeks before the rest of the students made the trek back to campus from the holiday break, the Illinois Tech swim team was hard at work training. Before classes started, the Scarlet Hawks hosted a meet on January 9th against Millikin University. The women's 200 yard Medley Relay, consisting of sophomores Andres-Zuniga, Morgan Curran, Lauren Fast, and freshman Nicole Valio, started the meet off on a positive note for the Hawks, taking 1st place with a National qualifying time of 2:03.87, which the men's team followed by sweeping 1st, 2nd and 3rd, all with National qualifying times. Sophomore Keji Hallway took 1st for the Hawks in the 1000 yard Freestyle, with a time of 10:39.69. Freshman Victoria Masney took 1st in the women's 200 yard Freestyle, qualifying for National with a time of 2:01.26, as did freshman Michael Keane in the men's 200, with a 1:50.64. Curran took 1st in the 50 yard Freestyle for the women, and freshman John Lyman took 1st for the men, followed by senior Jay Park, and sophomore Dylan Mau for 2nd and 3rd. Sophomore Max Ramminger swam a National qualifying time in the 200 yard IM, taking 1st with a 2:01.13, followed closely by freshman Eric Grunden, who took 2nd and also qualified with a time of 2:03.09. Senior Joe Taylor took 3rd in the event, with a time of 2:08.43. Masney took 1st again in the women's 100 yard Butterfly with a time of 1:01.14, and junior Joe Muchna took 1st on the men's side, followed by Park who took 2nd. In the 100 yard Freestyle, Valio placed 2nd for the women's team, and on the men's side, Grunden took 1st with a time of 50.47, followed closely by junior Tomasz Ciohnajcki and senior Greg Herbert, who took 2nd and 3rd. Sophomore Melanie Koto took 1st in the 100 yard Backstroke, as did Taylor for the men's team, with a National qualifying time of 56.34. Zuniga took 1st in the 500 yard Freestyle, as did Hallway for the women's side. Curran took 1st in the 100 yard Breaststroke, and Ramminger qualified for Nationals with a 1:00.45, taking 1st, followed by Muchna, and freshman Jeff Grindel for 2nd and 3rd. Finishing the meet strong, the women's 200 yard Freestyle Relay of Masney, Fast, Valio and Koto took 1st with a qualifying time of 1:49.81, and the men's team of Keane, senior Brian Brady, Lyman, and junior Mark Callan took 1st with a qualifying time of 1:32.70, followed by the team of Ciohnajcki, Park, Muchna and sophomore Ryan Tapak, also qualifying with a time of 1:36.14. The final scores of the meet were 95-78 for the women's team, and 121-63 on the men's side.

Friday January 15th, the Scarlet Hawks hosted the Loras College Duhawks. The meet was a little different from a regular dual meet, having only 50, 100, and 200 of each stroke, plus the 1000 and 500 yard Freestyle. The Lady Hawks took 1st in 9 of 14 events, and the men's team placed 1st in all 14 events. In many events, the 2nd and sometimes 3rd place finishes were also taken by Scarlet Hawks swimmers. Final scores for the meet were 124-81 for the women's team, and 131-80 for the men's team.

That same evening, the Hawks traveled to the University of Chicago for the first part of a three session meet. In the men's 200 yard Freestyle Relay, the team of Grunden, Callan, Taylor and Ramminger took 1st, with a time of 1:26.96, just five seconds off the team record. Masney and Koto took 2nd and 3rd in the 50 yard Freestyle, with times of 25.67 and 25.89 respectively, and Ramminger took 1st on the men's side with a 20.89. The 400 yard Medley Relay of Ramminger, Park, Taylor and Grunden took 3rd, and the team of Rosenfeld, Keane, Hallway and Lyman took 7th overall. For 1 meter diving, freshman Ian McNair took 2nd, with a score of 415.15. Junior Jeff Reilly took 8th with a score of 286.95, and junior Aaron Komroski took 10th, with a score of 274.65, followed by sophomore Tom Lord with a score of 268.45. On the 3 meter board, McNair took 2nd again, with a National qualifying score of 378.65, and Komroski took 5th with a score of 267.70. Lord placed 9th with a score of 216.65.

The next day, the team returned to swim two more sessions for the meet. The women's 200 yard Medley Relay of Curran, Duarte, Masney and Koto placed 5th, and the men's team of Ramminger, Grunden, Taylor and Callan took 3rd. The relay of Rosenfeld, Keane, Muchna and Lyman took 9th, and the relay of Maus, Grindel, Park and Brady took 12th. Curran and Muchna both took 5th in the women's and men's 400 IM. Masney took 3rd in the women's 100 fly, and Taylor placed 2nd for the men's team. In the 100 yard Breaststroke, Ramminger took 1st with a time of 59.94, second from the school record. Grunden took 6th with a National qualifying time of 1:02.48, followed by Keane and Park in 8th and 9th. Muchna took 8th overall in the men's mile with a time of 17.32. In the 100 yard Freestyle, Ramminger broke another team record, swimming to 1st place with a time of 45.52. In the 400 Freestyle Relay, the team of Ramminger, Grunden, Keane and Taylor took 3rd with a 3:31.41.

The women's team placed 3rd of 11 overall with a final score of 300 points, and the men's team also took 3rd of 8 with a score of 618. The Hawks next two meets are away meets, followed by their women's breast cancer awareness meet, held on February 5th at 6 p.m.
Women’s Swim Team to hold breast cancer awareness meet on February 5th

By Melanie K
TECHNEWS WRITER

The Women’s Swimming and Diving Team will be hosting Robert Morris College at 6 pm on Friday, February 5th. The meet will be a breast cancer awareness meet, and the team will be raising funds, which will go to the Breast Cancer Research Foundation (BCRF). The foundation provides funding worldwide for research in order to prevent and find a cure for breast cancer.

To raise funds, the team will hold a 50/50 raffle at the meet (50% of the money from ticket sales will go to the winner and 50% to the foundation). The team will also hold a bake sale, and donations will be accepted at the door. Pink ribbons and Scarlet Hawks swimming and diving water bottles will be given out, for a $5.00 donation (while supplies last).

In addition, any faculty, staff or alumni may challenge the men’s swimmers to a race. With a $20.00 donation (which goes directly to BCRF), the challengees can pick the event, and any handicaps for the swimmers. Events will be swum in between the women’s events during the meet. If you are interested in making a challenge, please contact Coach Bond at bondr@iit.edu, or Melanie Koto at mkoto@iit.edu.

Check back next week for raffle ticket sales times.

Recruitment @ IIT Spring Semester Schedule

Yoga: Tues at 7:30pm and Thurs at 5:30pm
Pilates: Wed at 5:30pm
Belly Dance: Mon at 12pm and Thurs at 1pm
Zumba: Mon at 1pm and Thurs at 12pm
Tai Chi: Fri at 1pm
Argentine Tango: Mon at 7pm

All programs start this week!!!

Brought to you by: Intramurals and Recreation at IIT