EBW/Haiti Outreach continue fundraising efforts for Haiti

By Antoinette Smith

Engineers Without Borders (EWB) held their follow-up meeting on collaborative efforts to help Haiti on Wednesday, January 27. The crowd of approximately 25 was much smaller than at EWB’s previous gathering. At least one woman came just to make a donation.

Dhara Shah, president of EWB, began with an update on the funds raised so far. EWB/Outreach Haiti has raised over $4,000 since last week’s meeting, Monday’s Kappa Phi Delta bake sale raised another $200. In addition, EWB collected $800 from their table at the MTCC Bridge.

“The situation is getting worse and worse every day,” said Shah. From her sources close to Haiti, Shah said that medical camps have been set up in Haiti. These camps are seeing many crush injuries that require amputation. Haiti Outreach has been drilling boreholes around the areas of destruction to collect water. While Haiti is surrounded by water, there are no or very few sources of inland water. By March, she will know more about the needs of the Haitian people. EWB’s efforts have included contacting various departments for possible partnership opportunities. Shah said they are looking at IPRCs and the biomedical engineering department (for a possible prosthetic project), as well as reaching out to the Rehabilitation Institute of Chicago.

Dr. Laura Hosman, assistant professor of political science, is partnering with EWB for a possible Spring Break aid trip. Hosman was in Haiti in November, working with One Laptop per Child (OLPC). Partnership with EWB would be good because these schools are in need of electricity. OLPC had plans to put laptops into two schools in a mountainous region of Haiti that was close to the epicenter of the earthquake. Hosman said the two schools have not been damaged, but that other schools in the region are not faring as well. OLPC still intends to proceed with plans to help the two chosen schools.

Upcoming fundraising events and volunteer opportunities:

1) Clothing and supply drive with the Haitian Congress, a Chicago-based organization. Look for flyers.
2) Sigma Phi Epsilon (SigE) 5 on 5 Soccer Tournament (February 6). $20 donation per team. Sign up this week on the MTCC Bridge.
3) Society of Women Engineers (SWE) Pi Run (February 13). $5 race entry. This is a 3.14 mile race on the lakefront. Prizes to the fastest male, female, and biggest fundraiser. SWE is currently looking for volunteers to help organize this event.
4) Haitian Awareness Night (February 26). Entertainment will be provided with band, karaoke, and pool tournaments. EWB is looking for volunteers to collect money. Tentative plans include the following: The Japanese Film and Animation Society is planning a movie night. A Capella may hold a benefit concert. Other organizations interested in partnering with EWB in their efforts can reach them at ewb@iit.edu.

Alphabet Soup provides its perspective on gay marriage.

By Adam Kadban

Alternative Spring Break is a group of students that give up their Spring Break week every year to work with Habitat for Humanity in a community that needs help. This year, 26 students and three staff members will be traveling to Warner Robins, GA. Warner Robins is located in the south east of Georgia, and is home to Robins Air Force Base. Even though only 29 people are going, they are going to need everybody’s help to get there.

IT&T has had an ASB group for ten years, and it usually has gotten the majority of its funds from the SAF. They want to be more independent, however, so they’re trying to raise as much money as they can. How much do they need?

Somewhere on the order of $20,000. ASB members are currently getting into contact with local businesses and various Chicago based companies, and is also reaching out to the Warner Robins community for help. They are also targeting the IIT community. They have already sold Kryppy Kreme donuts January 10 and 11, and this past Sunday they held a Spaghetti Dinner in the Delta Tau Delta house. ASB has four more events planned already, and they’re coming up soon.

The first event is happening today! You may have noticed a bake sale happening on the IIT bridge. They’re selling some delicious food, from upside-down cake to pumpkin bars. The next event is happening this Thursday, February 4 in the Bog. ASB is bringing Canasta, a fantastic live act, to the Bog, free of charge! While the entertainment will be free, ASB will be passing around donation buckets periodically. Don’t just enjoy the music, though, treat yourself to some bar food! Sodexo has graciously agreed to match all tips collected at the bar, dollar for dollar. The third event is being co-sponsored by IIT’s A Capella group, who will be using their song-singing expertise. Stop by the MTCC Bridge at lunch next week, and you can hire a member of A Capella to sing to someone on Valentine’s Day and serenade them. The last event ASB has planned already is a Kryppy Kreme sale. The donuts will be on sale Friday February 19th.

If you want to up to date with all ASB happenings, they have a Facebook fan page (“IIT ASB 2010”) with links to all the events they are planning.

Hilariously enjoyable hypnotist show

By Miriam Schmid

On Thursday evening, students who were brave enough to venture into the cold and head over to the Bog were treated to a fantastic show by Daniel James. For those students who chose warmth over entertainment, Daniel James is a well-known comic hypnotist from Las Vegas who performs hundreds of shows each year on college campuses, cruise ships, and in comedy clubs across the nation.

To kick off the show, James brought fifteen student volunteers to the stage to be hypnotized. After spending five minutes guiding the volunteers into a trance-like state that resembles sleep, James then let his suggestions direct the imaginations of the volunteers. The scenarios ranged from lying on the beach putting on sunscreen to picking a favorite pet bird (everything from flamingos to penguins and robins) and naming it (ex. Padlock the Penguin) and imagining that everyone in the audience was stark naked. Other individual shenanigans included one young man who thought his shirt was inside out every time James said the words “car keys,” so he would take it off and turn it and put it back on, another student forgetting the number 7 (hopefully she regained awareness before her next math class!), and another volunteer believing that she was a seat belt in response to the word “safety.” To finish off the show, the volunteers showed off their awesome- or not so awesome- dance skills on an MTV dance contest featuring four young men as Chipendale dancers.

Judging by the packed room (students were standing to try and get a view of the volunteers on stage) and the overwhelming positive reaction from students, the show was appreciated and well received by everyone in the audience. After the show, student Mia House, exclaimed, “I thought he was great! I had such a good time laughing at my friends!” One of the volunteers, Hamza Obaid, said of the show, “I don’t remember much, but I know it was very funny!” “I did wake up, it was nice because everyone was clapping for me, which is always nice.”

This event was sponsored by the Bog Events Fund. Several major events over the next few weeks include an ASB Benefit Concert with Canasta, IIT Idol Tryouts and Finals, and the 3rd Bog Anniversary Party Featuring Nice Peter. Check out the Union Board website (ub.iit.edu) for all Bog events and more.
All the students who end up in IIT’s academic retention program, colloquially known as Kedge, deserve it... on paper. The program, designed to increase IIT’s academic retention rate, makes some students grateful and some frustrated, but it gives all of them a second chance. Although some of the assignments are described by students as “pointless” and “aggravating,” the end result of the program is that more students who screw up have a chance to unscrew themselves. (Students who do not maintain at least a 2.00 cumulative and a 1.85 current GPA and a 2.00 cumulative GPA in their major field are placed on academic probation.)

Here are details and opinions gleaned from the personal accounts of some students who went through Kedge.

Student One (SO) was a “for the most part, willing participant.” SO’s GPA was “floating around 2.0” and IIT required that SO enter the class PSYC227. Some of the class readings made SO feel “dumb,” since they illustrated points of common sense. But the structure of the course worked well for SO, and the way on how to be a good student that the class pressured upon its participants struck a chord within SO’s 2.0 fluster soul.

“We were given tips on how to be a good student that I knew” but didn’t use, SO said. SO implemented some of the things taught in class “to see what worked and what didn’t” in a display of intellectual curiosity that IIT should be proud of. SO’s class was under 15 people, and students sat in a circle with the professor, rather than sitting in a lecture orientation. Every student also had a “peer mentor” to meet with once a week who was around their age and in their major. All students in the class had to do a 20-minute presentation on a topic of their choosing, which let other students who chose to take advantage of it do a little extra research in an area of their interest. All of this sounds too good to be true, but SO says he really means it “I really took the class to heart and saw it kind of as my chance to turn myself around.”

Student Two (ST) says that, once you’re in Kedge, you can only get out by leaving the university or by “jumping through all the hoops” that you’re given in class, and raising your GPA to above the probation level. To get through and over Kedge, ST says it’s key to be as organized at possible from the very start. This makes it “easier to fit in the things that Kedge has you doing on top of your classes.”

Some people like Kedge because they have trouble organizing things and staying on top of them, and they find that Kedge is helpful to them. A lot of people, ST says, “hate Kedge because it’s full of tasks that don’t relate to their particular problem.” Kedge also “doesn’t leave much room for originality,” and is “based on hand waving instead of science or logic.” Kedge, ST complains, is taught by people who didn’t go to IIT and don’t understand the IIT experience.

If I had to do it again, says ST, “I would scrap the personality tests” as well as the motivational techniques. ST would remind the professor that if she thinks that a task she’s assigning to the class isn’t worth doing, the class is even more strongly of that opinion. ST would replace these things with more one-on-one time with instructors, and practical advice about “what to do if you’re in the wrong major, the wrong school, or the wrong lifestyle.” There are, ST says, “as many reasons for being in Kedge as there are people in Kedge,” and most of those problems can’t be solved by knowing ways to study in traffic or by complimenting yourself in the mirror in the morning.

ST’s first semester in Kedge was an automatic event; for the second semester, ST had to fill out a number of forms, write a short paper, and pass an interview. ST’s in the sky version of Kedge would be to make the course entirely individualized.

A lot of this staff makes students roll their eyes and say “I don’t need this.” But if you’d rather be here than some community college, this is what it is.
The Princeton Review: 3 years outdated

By Raymond Ballard

Once every 3 years, IIT students have the chance to present themselves in the Princeton Review by completing its survey. From now until February 8th, we have the opportunity to show them what IIT is all about.

Life is what you make it, and at IIT, student life has seen huge improvements since my freshman year. I remember when the BOG first opened in February of 2007, I used to spend every Thursday, Friday, and Saturday night (when Saturdays were still open) struggling with Michael Morley and Vishal Kadakia (UB Presidents) to keep the place going. We fought to bring every student down to the place through massive marketing, constant programming, and pleading.

Today, the BOG is alive and kicking. I can go down there on any night to find bowling lanes are full, pool tables are hopping, and the bar is alive. Programs are consistently packed, thanks mostly to the Princeton Review by completing its survey. From now on until February 8th, we have the opportunity to present ourselves in the Princeton Review Survey. IIT is taking steps to do it will be through the Princeton Review Survey. There are so many of us that care far too much about IIT for it to go misrepresented again. If there are any IIT students that even remotely care about this university and its future, they should take the time to fill out the survey. There’s no reason why we shouldn’t shed a positive light on the school that we’re going to be tied to for the rest of our lives, on resumes, during interviews, and in the workplace.

If you’ve been following the news lately, you may have learned that in the past two weeks, California was home to some pretty nasty rainfall -- and the Proposition 8 trial. The California Marriage Protection Act, better known as Proposition 8, was a ballot initiative to add the line "Only marriage between a man and a woman is valid or recognized in California." to the California Constitution. This is in challenge to the ruling in the In re Marriage Cases court case that determined banning same-sex marriage was unconstitutional.

Proposition 8 was fueled mostly by religious groups, as well as the American Family Association, Focus on the Family, and the National Organization for Marriage, just to name a few. Opponents of Proposition 8 included Equality for All, the League of Women Voters, all but two of the California chapters of the NAACP, Google, Apple Inc., and a few religious groups such as the Unitarian Universalists, again, naming a few. 52.24% of Californians voted yes on Proposition 8, which subsequently ended the state of California. Shortly thereafter, the California Supreme Court accepted the case Perry v. Schwarzenegger, which challenged the constitutionality of Proposition 8. This trial, which began on January 11th of this year, was presided over by Chief U.S. District Judge Vaughn Walker and heard before a non-jury court. This trial spent twelve days in court, covering everything from what it feels like to be in love, to what it means to be married, to the affect gay marriage will have on the state of California, and to whether or not gays and lesbians have any political clout and need extra protections from the court.

At times the debates got heated, like when David Blankenhorn, founder and president of the Institute for American Values, refused to answer plaintiff’s attorney David Boies’ questions with a “yes” or “no” response. At other times, the discussion became quite interesting, like when Blankenhorn was challenged about the fact that he wrote, “we would be more American on the day we permit same-sex marriage than the day before;” and Blankenhorn said he still agreed with those words, even though he was called by the defense of Proposition 8. Other interesting tidbits included the probing questions and humorous remarks Judge Walker would appropriately add to the case. With the in-court testimonies completed, both sides have until February 26th to turn in their post-trial documents, and closing arguments are still to be determined.

It would have been awesome to watch this case on YouTube, but unfortunately, Judge Walker ruled against the plaintiff’s query to broadcast the trial, because the defense feared for the safety of their witnesses. Yes, you did read that correctly. The defense, which is pro-Proposition 8, is afraid for the safety of their witnesses. If the defense had such a solid case that was “not” founded on hate, why should they have been so afraid? Check out a day by day summary of Perry v. Schwarzenegger at http://www.mercurynews.com/samesexmarriage/, and you can judge for yourself.

Have a question? Want to give us a suggestion? Send an e-mail to alphabetsoupiit@gmail.com or anonymously post a question on http://www.formspring.me/alphabetsoupiit.

Why should you complete the Princeton Review Survey? IIT is in the process of taking steps to do it will be through the Princeton Review Survey. There are so many of us that care far too much about IIT for it to go misrepresented again. If there are any IIT students that even remotely care about this university and its future, they should take the time to fill out the survey. There’s no reason why we shouldn’t shed a positive light on the school that we’re going to be tied to for the rest of our lives, on resumes, during interviews, and in the workplace.

Alphabet Soup - Let’s get married! ...Or not

By Rachel Walker

If you’ve been following the news lately, you may have learned that in the past two weeks, California was home to some pretty nasty rainfall -- and the Proposition 8 trial. The California Marriage Protection Act, better known as Proposition 8, was a ballot initiative to add the line "Only marriage between a man and a woman is valid or recognized in California." to the California Constitution. This is in challenge to the ruling in the In re Marriage Cases court case that determined banning same-sex marriage was unconstitutional.

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Have a question? Want to give us a suggestion? Send an e-mail to alphabetsoupiit@gmail.com or anonymously post a question on http://www.formspring.me/alphabetsoupiit.
Sustainability Forums 2010: A focus on transportation

By Laurie Feldman
TECHNEWS WRITER

On Friday, January 29th, IIT had its first Sustainability Forum of the Spring 2010 Semester. The topic was Transportation.

The forum kicked off with the Director of the Office of Campus Energy and Sustainability (OICES), Joseph Clair, providing a breakdown of the latest moves on campus towards the goal of being the "most sustainable urban campus in the country." This spring, Clair noted, Action Groups have been formed to cover the issues of Transportation, Energy Use, Green Building, Storm Water, Emissions, and Waste Management. These Action Groups, made up of a combination of students, faculty, and staff, are working on putting together a plan of commitments for IIT in 2010 to help improve the campus in these areas of sustainability. This plan will be revealed at the April Sustainability Forum.

Recyclemania was also a topic discussed. IIT has begun its first run in the Nationwide Competition that measures the recycling capabilities of colleges and universities all over the country. This past week had been the trial run, where IIT was measured to have recycled at a rate of 33%. The goal of this competition is not to win, but to improve -- see what areas need improvement and get our recycling rate up.

The guest speaker for the topic of Transportation was Janet Attarian, Project Director for the Streetscape and Sustainable Design Program, with the Chicago Department of Transit (CDOT).

Janet addressed the issues of infrastructure getting old and worn, flooding issues, light pollution, and posed the question. "What is Sustainable Infrastructure?"

Essentially the CDOT has broken down that question into the categories of Alternative Transportation, Site Selection, Water Management, Waste Management, Air Quality, Education, Energy Efficiency, and Beauty & Community.

The Chicago Department of Transit has already begun programs to address these categories. For example, the Green Alley Program, where alleys were renovated to include more permeable surfaces in order to help with flooding. The Complete Streets Policy they are implementing assures that all street renovations or new street construction will go through a checklist of the categories above, making them efficient and sustainable, with particular emphasis on the areas of Education and Beauty & Community. It's important to educate people in the neighborhood about what is going on and what the thought process is behind these changes.

For more information about the speaker and the sustainability forums you can contact camptussustainability@iit.edu or check out the OICES website: http://www.iit.edu/campus_sustainability/

The next forum will be on February 25th, on the topic of Sustainable Food. Forums start at Noon in the MTCC Ballroom. To RSVP please email camptussustainability@iit.edu.

Food, Glorious Food: The essentials vs. the myths

By Nicole Gregory
OPINION EDITOR

As some know and most don't, Women's Services recently hosted a small seminar on healthy eating in Alumni Dining room. Eating healthily, as we all objectively know and never practice, affects our mood, energy levels, and brain functioning.

The seminar started with the basics: portion control, not skipping meals, etc. Carbs. In general, it is best to have half your plate consist of fruits and vegetables, a quarter of lean protein (ie, avoid fatty red meats as much as possible), and a quarter of starch. The dietitian mentioned that people seem to be on a "protein craze" these days, thinking that they need more and more and more protein to be healthy, when in fact you really only need a portion roughly equal to that contained in a chicken breast. It doesn't help that most of us get our protein from meat high in fat and cholesterol, basically negating any health benefits we may have gotten from it before.

In fact, what our diets are lacking most of is vitamin D, an essential nutrient that plays the main role in promoting the absorption of calcium into our bodies. We can drink all the milk we want, but without vitamin D, all that calcium goes nowhere but right back out of us. Vitamin D is best gotten through sun exposure, which is exceedingly tough for IIT students in the winter in Chicago. So I would suggest supplements.

As far as eating healthily for an active person, it is best to eat directly after a workout, since there is a 30 minute window where our bodies are best able to absorb and utilize nutrients. Something heavy in carbs and protein is highly recommended.

To address a myth: it doesn’t matter when you eat. If you eat a bowl of cereal at 3 a.m., it will not mean any more than had you eaten it at 3 p.m. Size is the only thing that matters in terms of food. Our bodies are programmed to think of the world in terms of 'feast or famine', meaning that, if we aren’t eating, our bodies act as if we won’t get food for days to come. Several small meals during the day actually tricks our body into relaxing on that rule, making weight loss much easier. So a late night snack may actually help! Just keep it small.

Nutrition is obviously a much bigger topic than can be addressed here. So big a topic is that the woman who spoke to the small gathering of (mostly female) IIT students has made a career as a dietitian. She can be seen about once a month sitting at a table outside the Commons, passing out pamphlets and answering questions. I encourage anyone and all students to heed her words.

Another successful Latin Night in the Bog

By Christina Noonan
TECHNEWS WRITER

LIFE and SHPE hosted another extremely successful night at the Bog, Friday night with a mix of salsa, bachata, and merengue! The night was filled with excellent music, specials at the bar including $2 Coronas and Margaritas, dance, sweat, and a sultry atmosphere.

I personally love going to the RITMO nights down there because it’s a great way to learn how to dance, especially in an environment where many others are at the same level you are at. Guys, the girls of IIT are out and about at this event, and I even heard some complaining that there weren't ENOUGH guys that wanted to dance... or to learn! Girls, there were a bunch of foreign hot guys down there too. I was talking to one of the Bog managers during the event and she shared that there's always a great turn out for the event, so next time you're bored on a Friday night and this is going on, check it out!

My roommate, Jennifer Gibbons, convinced me to go this time, even though I complained I was tired from working in Crown. I'm so happy that I went. As she mentioned, “It was really easy to learn the steps, and even more fun to watch the professionals.” During the night, the instructors got together to show us a preview of their new performance, which was really cool. I kept wishing I could move my hips like those girls could.

All in all, it was a GREAT night filled with lots of people having a good time. The only thing I could ask for at future events is more of my friends to enjoy it! It’s always fun learning more about Latino culture and heritage in a positive and laid back environment like that at RITMO.

Association of Computing Machinery has new leaders

By Linda Goldstein
CONTENT MANAGER

The meeting was lasonic, cynical, and filled with bitter but geeky chit-chat, just like many other ACM meetings. The current purpose of the group seems to be to continue its own existence for some indefinable reason, to encourage and enable IIT Computer Science students (and students of other computer-related disciplines) to go to programming competitions, and to host lectures that IIT CS students show up for.

The new chair of ITT’s Association of Computing Machinery is Mantas Vidutis. Other officers elected at the meeting (which had only ten voters attending) were new vice chair Mike Drvosevic, treasurer Jianxu Xing, and secretary Erick Schneider. The group is scrambling to get its Finance Board proposal in by the upcoming deadline, as some planned events for the Spring 2010 semester would require funds.

Proposed events include a visit to Microsoft, entrance of an IIT team into various programming competitions, and lectures by IIT professors about interesting programming languages like Scala, Ruby, Python, and Haskell. The group is also thinking about trying to cosponsor an event with Union Board.

Some background on the new leadership: When speaking his piece about running for leader, Mantas’s first words were “I hate all of you.” Spoken jokingly, albeit in a monotone, it was a commentary of the reluctance of some of the students to attend a meeting of their own organization. Mantas is also the president of the LAN Party group — a group of IIT students (and students of other computer-related disciplines) who have gotten from it before.

Another one, but there are concerns that it, too, would go unused.

IIT ACM does have an IRC (internet relay chat) channel made by some students to communicate with other students. IIT ACM is living on the student organization equivalent of subsidence wages. The best that Mantas has gotten from it before.

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Leadership Academy seminar on culture draws record attendance

By Antoinette Smith

Dr. Z. Paul Babich presented "Working Across Cultures" for a group of approximately 90 IIT students on Saturday, in the MTCC Ballroom. Since the actual day was a holiday for students, Wednesday served as an alternate for students, staff, and faculty to gather together and hear from this particular group of speakers. They covered controversial issues such as same-sex marriage and discrimination in the military. I found the most interesting topic to be the discussion on same-sex civil marriages versus religious marriages. The speaker did a great job describing the difference between them and the proposal for such an idea. At the meeting, I saw members from the student life office, the study abroad office, and a handful of other interested parties. I was busy taking photos of the panel, which had so much insight about their particular topics. As one member said, "I could go on all day about that issue." The meeting ran from 12:40 to approximately 1:50pm, but probably could have gone on for much longer.Here is a recap of some of Babich's points:

- Babich stated, "You are pulling up the driveway to your place of business and are greeted by numerous armed guards, metal detectors, explosives scanners, and x-ray machines. What is your profession? If you said airline pilot, you are highly mistaken. You are, in fact, a nuclear engineer.
- The members of IPR0 342 had the opportunity to visit the Braidwood Nuclear Generating Station recently, thanks to their sponsor Exelon. The team was welcomed by numerous Exelon employees, including many IIT alumni and Site Vice President Amir Shahkarami. After a few presentations on specific systems within the plant, the team was divided up into smaller groups and lead on a tour of the facility.
- The first stop on the tour, which proved to be the longest and most intimidating, was at the plant security checkpoint. "The most surprising part was seeing how incredibly protected these nuclear plants really are," said Emily Kunkel. We had to go through more security than crossing the border and getting on an airplane combined." After making it through the security checkpoint, the team was lead through the massive main building of the plant, which houses the not only numerous, but enormous pipes, pumps, and generators required to keep the plant operating at Exelon's industry leading efficiency. "The scale was very impressive. All the equipment was larger than life," stated Brooke Jeffcoat. After the tour, the team had the opportunity to mingle with some of the on-site engineers about their task and realized that they have quite a semester ahead of them.
- IPR0 342 is designing greenhouses that utilize the waste water heat from power plants for heating purposes. Their overall goal is to construct greenhouses at plants such as Braidwood used to grow produce like tomatoes or potatoes. "I think that and hope that this project will inspire more people and companies to take sustainable approaches to waste," says Madeline Jensen. "It doesn't have to be waste anymore, it can be used for something useful."
- Babich said that they currently have 30 applicants for 11 students. If this panel sounded interesting to you, check out some of OMSS's other upcoming events in the following months! February 1st marks their celebration of Black History Month, and March 1st is the beginning of Women's History Month. These events run at lunch time, similar to the MLK presentation times; you can drop by without missing your class! If you have any questions, I'm sure OMSS would be happy to answer them. Their office is located in the northeast corner of Herman Hall, and their email is omss@iit.edu.
State of the Union Board Address
Union Board
1:10-1:40pm MTCC Auditorium
In a special joint session of the IIT Union Board, President Graziano will be addressing the State of the Union Board. A very special announcement will be made! There will be lots of free food.

Workshop: Resume Critique Sessions
CMC
2:00-4:30pm 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. Also held: February 4, 9:30-12:00.

Public Safety Forum at Lake Meadows Apartments
IIT Public Safety
6:30 - 7:30pm Lake Meadows Apartments, Community Room, 401 E. 32nd Street
Meet the director of IIT Public Safety, his staff and members of the Chicago Police Department that work around campus. Gain valuable information on safety awareness, and discuss issues and concerns you may have involving safety and security.

Intramural Basketball League Begins
Illinois Tech Athletics
8:00-10:00pm Keating, South Court
The Intramural Basketball League starts play today. Games will be played Tuesday through Thursday of each week for four weeks. Teams and individuals can sign up by emailing Coach Neal at jneal2@iit.edu for more information.

Workshop: Getting a Job - Creating a Quality Resume
CMC
3:00-4:00pm Galvin Library, CMC
At this workshop you will learn the fundamentals of creating a resume that will impress employers and hopefully lead to employment.

IIT Undergraduate Research Day
Undergraduate Affairs
11:45am - 1:45pm MTCC
Undergraduate research day is an opportunity to showcase the outstanding research performed by IIT undergraduates both on- and off-campus.

QWL Brown Bag Financial Seminar - Living Green
Quality of Worklife Committee
12:30-1:30pm HUB, Hermann Lounge
Join QWL and uncover some useful tips on "greening" your lifestyle in ways that will cost you little or no money. RSVP to qwl@iit.edu - Bring your lunch, beverages and cookies will be provided.

IIT Institute of Design Open House
Institute of Design
4:00-7:45pm 350 North Lasalle St.
Learn whether ID's graduate programs are right for you. Program will include break out sessions with students, faculty and alumni about life at ID; examples of current student work; guided tours of the facilities; a mock class; one-on-ones with faculty; and the chance to get answers to questions about admissions and curricula.

Quiz Bowl Practice
Union Board
7:00 p.m. WH 119
Come and join us! We’ll be seeing who’s looking good to play at this Saturday’s tournament at UIC.

EWB Krispy Kremes!
Engineers Without Borders
8:00pm-12:00 am MSV Old Cafeteria
50 cents per donut. To end between midnight and 2:00 a.m., depending upon availability.

ASB Benefit Concert with Canasta
IIT Habitat for Humanity/ BOG Events Fund
8:45 pm-12:00 am The BOG
Check out IIT’s Habitat for Humanity as they raise funds for Alternative Spring Break 2010! Raffling of cool prizes throughout the night! Canasta will keep the semester going with a healthy dose of orchestral pop.
**Friday 1/22**

**Study Abroad Application Due**
*International Center MB 405*
Deadline for all summer and fall 2010 study/intern/volunteer programs. Get yours in today!

**Leadership Academy Scholarship Application Due**
*Leadership Academy LS 136*
Please submit your application for a scholarship from the Leadership Academy. Nominations from faculty members are due February 12. You may submit an online application or stop in Life Sciences, room 136 to request a paper application.

**New Illinois Rules of Professional Conduct (CLE)**
*Office of Continuing Legal Education*
8:30-10:45am
DTC Auditorium, 565 W. Adams St.
The new Illinois Rules of Professional Conduct became effective on Jan. 1, 2010. Professors Shapiro and Gross will lead a spirited discussion of the new rules and their practical application focusing on real world scenarios. For more information or to register for the seminar please visit: www.kentlaw.edu/depts/cle.

**Getting a Job:**
*Researching Companies*
12:50 - 1:40pm Galvin Library, CMC
Just in time for the Spring Career Fair on February 25! Want to get the competitive edge in your job hunt and at the fair? Learn how to look for companies that want to hire you. The subscription-only sites taught here are NOT available to most of your competition who stuck with only Google. To guarantee your spot, register online at http://tinyurl.com/researchingcompanies.

**CMC Industry Seminar with ComEd Executives**
2:30-4:30pm MTCC Auditorium
ComEd will present a strategic view of the future of ComEd and the industry. Senior and graduate level EE, ME and ArchE students interested in the electrical power industry are invited to attend to learn about careers and ComEd, and network afterwards with the IIT/ComEd Campus Team at a reception. Sign up in the CMC by February 1.

**IIT Idol Tryouts**
8:00pm The BOG
Try out for IIT Idol! If you can sing, show us and compete to win a prize! Email ubBOGvip@gmail.com to sign up.

**Saturday 1/23**

**Haiti Indoor Soccer Tournament**
*SigEp*
12:00–6:00pm Keating Hall
Sign up on the MTCC Bridgeto register as a team or a single (all singles will be put into teams on event day). Four courts will host teams of 5 vs. 5. Double elimination bracket tournament determines the final winner. 1st place prize: free t-shirts. Snacks and t-shirts will be sold at the event. All proceeds go to those suffering in Haiti.

**Monday 1/25**

**Corporate Governance and the Workplace**
11:30am-2:00pm DTC 10th Fl Event Rm, 565 W. Adams St.
Chicago chapter of LERA (Labor and Employment Relations Association) is sponsoring a panel discussion on Corporate Governance and the Workplace featuring: Jerome Braun, Author and Lecturer in Social Science; Professor Gary Herrigel, Political Science Department, University of Chicago; Tom Geoghegan, Labor Attorney.

**Getting a Job:**
*Interviewing*
3:00 -4:00pm Galvin Library, CMC
Interviewing can be a stressful, nerve wracking experience. At this workshop you will learn how to prepare for interviews so you can build confidence and reach your potential.

**Evening with the Public Administration program**
5:00pm
565 W. Adams Street, Room 305
Open house event. Register at stuart.iit.edu.
Lokal offers a fresh take on old world cuisine

By Kari Rybaltowski
A&E EDITOR

What are the first descriptors that spring to mind when one envision Polish, Hungarian, or German food? Most likely not "exciting," but things like "hearty," "heavy," and even "flavorless" pretty quickly come to mind. This is why the thought of a restaurant like Lokal - offering fresh, exciting, global takes on staples of Central European cuisine - might be confusing to some. But it manages to do just that, in a way that's too innovative and nuanced to be written off as jumping on the fusion cuisine bandwagon. While still leaving the basis or inspiration for those dishes recognizable to a Pole like me. Dishes like potato pierogi in a bourbon-date sauce, a roasted red and golden beet salad with goat cheese and a pomegranate vinaigrette, and chicken breasts marinated in Polish bison grass vodka are just a small sampling of the eyebrow-raising creations Lokal has to offer.

The creative impetus for this is, again, an exciting and intriguing mix of influences. Gosia Pieniarzko, co-owner, used to wait tables at Sophie's Busy Bee, a no-frills Polish diner located in Wicker Park before its days of gentrification. After its owner retired, Gosia found herself traveling, and ended up doing humanitarian work in Zambia for a time. There she honed her craft by preparing meals for the community she stayed in, learning a great deal in the process. Chef Gabriel Miranda presents an interesting combination of credentials as well – Chicago born, Mexican-American, and Japanese-trained. Interestingly enough, European food was something he had never really cooked before. While my opinions on the game lie on the positive side, Bayonetta draws upon a Japanese aesthetic and caters to those with a slant towards the positive side, Bayonetta's constant need to facilitate combos or combo strings; it's a common problem found a reason to go beyond the default weapon and throw in extra tricks to mix up the pacing, I never mastered them. While other action games in the fluidity of its controls and the better payoff of Devil May Cry's series is where to best draw comparisons. The creator of Devil May Cry, and that particular player experience.

If you have been down to the Bog recently, you have probably noticed all the great photographs on the walls. They are all over the bar area and show IIT students living life at their university. Well, if you would like to see your photographs in the Bog and be part of an exhibit in the MTCC, here is your chance! The Campus and Conference Centers is looking for high-quality photographs of students having fun at the Bog: students using the rec center, bowling, and just having a good time at various events! Of course, if you are so inclined, you can take some "arty" photos of the lanes, a pool table...or whatever it is that artsy people photograph. The first-place winner will receive a semester of free bowling and pool in the Bog (this would include one hour of lane usage per night and shoes for up to 5 people, and one hour of pool per night), which is a pretty sweet deal, if you ask me. Now, you are probably really excited about this contest and wondering, "Are there any rules, Lory?" Why yes! They are as follows:

- All submissions must be mounted on black foam core, matte board or equivalent.
- Entry is not to exceed 20"x30" in either landscape or portrait format.
- Submissions are due by 5:00 PM, Feb 26 to Chris Dayss, MTCC 214.
- The border of the mounting board is not to exceed 2" beyond picture.

So get your cameras out and start clicking, kids!

Bayonetta casts a crazy spell on action gaming

By Carlito E. Cabada, Jr.
TECHNEWS WRITER

Throughout my years of playing video games, I've been exposed to some weird stuff. I've seen violent deaths, huge explosions, otherworldly magic and deformed aliens among numerous oddities, but despite my desensitized mental state, nothing quite prepared me for Bayonetta, an action game from Devil May Cry creator Hideki Kamiya and his team at Platinum Games. Any attempt to describe the game sounds like hyperbole but, in truth, most descriptions are an understatement. The game from Devil May Cry creator Hideki Kamiya and his team at Platinum Games. Any attempt to describe the game sounds like hyperbole but, in truth, most descriptions are an understatement. Bayonetta, without question, one of the craziest games I have played in a long time and I highly recommendable to those looking for a fun single-player experience.

As mentioned before, Bayonetta comes from the creator of Devil May Cry, and that particular series is where to best draw comparisons. The core of both games is pulling off stylish combos with an equally stylish character using a variety of weapons and abilities. Bayonetta deviates, however, in the fluidity of its controls and the better payoff when mastering them. While other action games throw in extra tricks to mix up the pacing, I never found a reason to go beyond the default weapon sets or combo strings; it's a common problem resolved by Bayonetta. Constant need to facilitate combos or combo strings; it's a common problem resolved by Bayonetta. Constant need to facilitate combos or combo strings; it's a common problem resolved by Bayonetta. Constant need to facilitate combos or combo strings; it's a common problem resolved by Bayonetta.

The food, however, must speak for itself, and though my experience was with the lunch menu, it still gave me some insight into just how unique a space Lokal is. Upon entering, I was greeted with an unassuming storefront, and the lack of preconceptions has certainly led to a varied and exciting menu.

If you have been down to the Bog recently, you have probably noticed all the great photographs on the walls. They are all over the bar area and show IIT students living life at their university. Well, if you would like to see your photographs in the Bog and be part of an exhibit in the MTCC, here is your chance! The Campus and Conference Centers is looking for high-quality photographs of students having fun at the Bog: students using the rec center, bowling, and just having a good time at various events! Of course, if you are so inclined, you can take some "arty" photos of the lanes, a pool table...or whatever it is that artsy people photograph. The first-place winner will receive a semester of free bowling and pool in the Bog (this would include one hour of lane usage per night and shoes for up to 5 people, and one hour of pool per night), which is a pretty sweet deal, if you ask me. Now, you are probably really excited about this contest and wondering, "Are there any rules, Lory?" Why yes! They are as follows:

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So get your cameras out and start clicking, kids!
New theater opens on Roosevelt!

By Christina Noonan
TechNews Writer

Hardly anyone has heard of the new theater that recently opened on Roosevelt, one train stop from IIT on the green line, the "ShowPLACE ICON Theater." It’s just past Target as you walk west towards the bridge, surrounded by a new condo development. It sounds great, compared to the travel you have to make to get to AMC River East, which is clear across the city. To get to that older theater, you’d have to take the green or red lines and still walk blocks. There’s always theelow’s theater close to the grand stop too, but no one seems to go there anyway. Despite its close proximity to the school though, I wonder if the theater will become a popular choice for the students, with its higher movie ticket pricing and required "assigned seating." Unlike most theaters where you simply buy your ticket and sit down, at this location, you have to pick your seats from a screen.

My first time going, I was slightly annoyed that there was a choice to have a "buffer seat" (empty seat) between my chair and those taken before me. The program requires you choose seats next to those already taken, probably to maximize the number of people the theater can accommodate. I can see this as a reasonable precaution for movies expected to be packed, such as those on their opening nights and weekends, but more than slightly annoying if you’re just out to see a movie and want your space. Additionally, because of this system, there’s someone to "show you to your seat," much like at a performance hall. If you’re one of those people who likes to skip into other movies after yours is done, beware, this is not the place to do that.

Also frustrating is their ticket pricing. Evening tickets for adults are $12.50, and without a student rate, this is a bit on the high side...especially considering we can go get AMC silver or gold discounted tickets for River East at around 8 bucks. Granted, if you can get up early enough for their first showing of that movie on any day, your ticket price is dramatically reduced to $7.50. However, this theater offers an option I’ve personally never seen before in theaters. For $17.50, you can get a VIP Premium Reserve ticket to watch their movie in a special screening room, and can enjoy alcohol and “real food” from what I’ve heard. Granted, you have to be 21 to enter the VIP rooms. Speaking of food, the theater also offers a variety of food options you don’t find at your general movie theater, including Ghirardelli chocolates, bacon popcorn, pepitas with roasted garlic, tea, frozen yogurt with toppings like candy and fresh fruit.

Additionally, the theater offers several “perks” for adults by adding stipulations to what movies people can see based on time. For example, despite what movie you want to see and its rating, after 7PM or so, you have to be accompanied by an adult after 7PM. Interestingly, after 7PM, only ages 6 and under are admitted and only PETS are allowed as well. Oh, and just in case you were wondering, yes, the company offers some sort of “super savings ticket,” but they’re not redeemable at this location. Sorry.

All in all, it’s an interesting place to check out, if for nothing else than new architecture and your not-so-average movie experience. However, based on its high prices, special requirements, and assigned seating you can expect I won’t be going back there much.

Study Abroad ’07: exploring Paris and classes (Days 3-4)

By Raymond Ballard
TechNews Writer

Day 3 June 3rd, 2007
Paris/Louvre/Eiffel

On the morning of June 3rd, we awoke early, at around 8AM. Surprisingly, none of us experienced any jet lag. We took showers and met with Jane and Maureen at a café on Rue Montorgueil. It is a beautiful street, like most in Paris, bustling with French locals enjoying café, (expresso in America), shopping slow at fruit, veal, beef, and meat markets, and bakers. We ate croissants, drank coffee and freshly squeezed orange juice, and began what would turn into one of the best days of my life.

We leisurely walked south to the Louvre, which has free admission on the first Sunday of each month. The churches, cafés, and apartments are all unbelievable. Famous buildings are exquisite, but every building is an architectural marvel and enlivens the city of light, city of love. The American movie Eurotrip pictures the line at the Louvre as immense, but it was actually quite short and fast. Perhaps it was because people don’t need to rush and pay.

The Louvre itself is incredible. Each part constructed at a different time, the building somehow formed a symmetrical castle and is one of the most important museums in the world. We spent 3 hours in the Louvre, seeing Michelangelo’s “The Dying Slave,” the Aphrodite Venus Italian sculpture, the Winged Victory of Samothrace, Egyptian crypts, Napoleon’s apartments, and most importantly and grandly displayed, the Mona Lisa. Many of the works were amazing, but I ponder the grandeur of the Leonardo da Vinci masterpiece. It is simply a picture, but the aura around it permeates the air, as hundreds come close to see it. Many people crowded in like cattle, and after 3 hours, we were thoroughly museumed out.

We walked along the edge of the Seine River towards the Eiffel Tower, stopping on a bench for a baguette lunch. We strolled on for another mile or so and finally approached the Eiffel Tower. The lines seemed long, but Tom and I really wanted to see it. The others waited and we began the process of line waiting. It took 30 minutes and about 13 Euros before we made it on one of the elevators. The rush was great as the elevator climbs the brown iron structure, shifting sideways for the 1st third of the trip, sliding in another direction for the 2nd third, and ascending straight up for the finale. The elevator doors are transparent, and I can’t help but wonder if the asent will ever end. It is one of the best views I have ever seen, a thousand feet high, overlooking the river, the Louvre, castle structures, and the business district. We never wanted to leave; even on a cloudy day, you can see the edge of Paris, and the rolling hills of the city. After 2 hours on the Eiffel, we headed back down to meet the others (another hour of lines to get down), and we walked the river and the St. Germain street to the Latin Quarter. We ate another wonderful meal around 8-ish and walked across the little bridge over the river.

Day 4 June 4th, 2007
Paris

We72woke at around 8:30AM and met Jane, Meredith, Ruth, and Monique for breakfast on our favorite little street, Montorgueil. During a late glass of wine the night before, we had surprisingly

seen Ruth and Monique, and shared our wine. Monique is a particularly beautiful Hondurian girl with a gaze that can bring Napoleon to his knees; bright green eyes, tan skin, and pursed lips (that often remind me of Angelina Jolie). At 10 PM, Jake and I took a walk, finding ourselves on a wonderful bridge over the river. The falling sun and beautiful city culminated in a relaxing 3-hour sit. We headed back north to our place and then over to the residence of beautiful ladies Emily and Naomi. They cooked us a wonderful dinner of rigatoni pasta cream filled mushrooms, sweet peppers, and, of course, lots of cheap French wine.

Most of the group enjoyed the party at their place, and a party above us for older people came in on accident and shared some cheese. They were extremely friendly, but after a couple of more complaints, we decided to go over to Ruth and Monique’s place. One tip learned is to close windows late at night, as everyone with an open window in your building can hear you. Once at the other apartment, the celebration continued late into the night...
SLipSTiCK

lol :P

Crosswords by

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.”


Brain Teasers

How can you throw a ball as hard as you can and have it come back to you, even if it doesn’t bounce off anything? There is nothing attached to it, and no one else catches or throws it back to you.

Solution: Throw the ball straight up in the air.

Two girls are born to the same mother, on the same day, at the same time (Edit: of course, not both at once - one right after the other - you know what I mean ;) ), in the same month and year and yet they’re not twins. How can this be?

Solution: Two babies are born of two sets of triplets.
By Melanie K  
TECHNEWS WRITER

Friday afternoon, the Men’s swimming and diving team made the drive up to Green Bay Wisconsin to compete against the Phoenix. The competition was tough, as Green Bay is an NCAA DI school, and the Phoenix won the meet, but the Scarlet Hawks had some good swims. The 400 yard Medley Relay, consisting of freshman Matthew Rosenfeld, seniors Jay Park and Joe Taylor, and freshman Eric Grunden took 2nd with a time of 3:41.69. In the 1000 yard Freestyle, sophomore Ryan Tapak took 3rd with a time of 11:38.66. The 100 yard Backstroke took 4th with a time of 56.61. In the 50 yard Freestyle, Taylor took 2nd with a time of 22.47, and senior Brian Brady took 4th with a time of 22.82. Freshman Ian McNair took 4th in the 1 meter Diving with a score of 221.15. Sophomore Keiji Halloway took 4th in the 100 yard Freestyle with a time of 51.40, and Park took 3rd in the 200 yard Breaststroke with a time of 2:17.02. Followed by freshman Michael Keane who took 6th with a time of 2:20.60. Taylor took 1st in the 100 yard Butterfly, with a time of 51.46, just out touching Green Bay’s Ryan Loy, and Halloway took 3rd with a time of 53.83. McNair took 4th on the 3 meter board as well, with a score of 248.85, followed by sophomore Tom Lord with a score of 238.90. The 400 yard Freestyle Relay of Taylor, Brady, freshman John Lyman and junior Tomasz Chojnacki took 3rd with a time of 3:23.12.

The following day, the entire team went to Lake Forest, Illinois, to swim against the Forrester’s of Lake Forest College. The pool is in meters instead of yards, so it was a little bit longer, and times were not usual for the swimmers. In addition, the seniors got to make the lineup, so some of the events were also unusual. But the Scarlet Hawks had some good swims nonetheless. The Men’s 200 meter Medley relay of Rosenfeld, Grunden, junior Joe Muchna and Chojnacki took 1st, and the diver’s swim a relay of their own, taking 4th. In the 800 meter Freestyle, Keane and Halloway took 1st and 2nd, and freshman Victoria Masney swam to a 1st place finish in the 200 meter Freestyle for the women’s team. Freshman Nicole Valio took 3rd in the 50 meter Freestyle with a time of 26.25. In the 200 yard Breaststroke, sophomore Melanie Koto took 2nd, and Valio took 4th, and Taylor and Grunden took 1st and 2nd for the men’s team. Curran and sophomore Andrea Zuniga took 3rd and 4th in the 100 meter Freestyle, as did Halloway and Lyman for the men’s side, and in the 100 meter Breaststroke, sophomore Melanie Koto took 2nd by a touch. In the 400 meter Free, sophomore Jusla Duarte took 2nd for the women’s team, as did Rosenfeld for the men’s team, and Keane and Grindel took 3rd and 4th in the men’s 100 meter Breaststroke. The men’s senior 200 meter Freestyle Relay of Taylor, Park, Greg Herbert, and Brady were out touched, taking 2nd, followed by the team of Grunden, Grindel, Rosenfeld and Keane for 3rd, and the team of sophomore Dylan Maus, Tapak, Halloway and Muchna for 4th.

The women’s team will be competing on Friday at 6 P.M against Robert Morris University. The meet is a breast cancer awareness meet, and the team will be fundraising all week. Raffle ticket sales for a 50/50 raffle will be held on the MTCC bridge during lunch, and challenge races to the men’s team will be held during the meet. Support the team’s efforts on Friday at the meet, or buy tickets during the week!

Scarlet Hawks make top 20 times for NAIA

By Melanie Koto  
TECHNEWS WRITER

Last week the updated top 20 times for the NAIA swimming and diving program came out. And on it, were a handful of names from IIT. The lists look something like this:

Sophomore Max Ramminger currently holds the #1 spot in both the Men’s 50 and 100 Free. He is also tied for 15th in the 100 Backstroke, and also has the 15th place ranking in the 200 IM. He also has the 6th place ranking in the 100 breaststroke. Freshman Matthew Rosenfeld made the cut in the 200 backstroke, earning the #19 spot in the event. Senior Jay Park holds 18th in the 200 breaststroke on the men’s side, and freshman Eric Grunden snuck in for #20.

Senior Joe Taylor currently holds the #3 spot in the 100 fly, as well as the 12th place ranking in the 200 fly, where sophomore Keiji Halloway and junior Joe Muchna also hold rank, #18 and #19 respectively. Freshman Ian McNair is ranked #1 on both the 1 meter and 3 meter board for 11 dives, and also holds the 5th place ranking for 6 dives on 1 meter, and 7th for 6 dives on 3 meter. Also on the 1 meter board, sophomore Tom Lord holds 9th, and juniors Aaron Komoroski and Jeff Reilly hold 12th and 13th for 6 dives. Komoroski, Reilly, and Lord also hold the 5th-7th place rankings for 11 dives on 1 meter, and 10th-12th place rankings for 6 dives on 3 meter, and Komoroski holds 3rd and Lord 5th for 11 dives on 3 meter.

For the women’s team, freshman Victoria Masney is tied for 16th in the 50 free, and also has the #4 spot in the 100 free. She also holds the #6 spot in the 100 fly. In the 1000 free, sophomore Melanie Koto holds the 16th spot, and sophomore Morgan Curran holds 18th in the 200 breaststroke.

Both teams also have multiple relays ranked in the top 20 as well. With so many high rankings, and more expected as the team improves from here on out, the National Meet in March looks like it will be successful for the Scarlet Hawks swimming and diving teams.
Focus on Fitness: new yoga instructor at IIT, Helen Lee

By Joe Kirsch
ASSISTANT COORDINATOR, INTRAMURALS AND RECREATION

Students who have been attending yoga at IIT will notice a new face on Tuesday night, as Helen Lee, a current instructor at Bend Yoga and Movement Center, is set to take control of the class. Before starting her new role, Helen was kind enough to answer a few questions for TechNews this past week to let students know a little about her background and her passion for yoga.

Helen was born in Evanston, IL and grew up in Skokie and Chicago so she is quite familiar with the city. When she was older she had the opportunity to study at the University of Hawaii at Manoa, in Honolulu, on the island of Oahu. While she was there, she received a BA in Dance Performance and Choreography and also a minor in Acting.

Her first taste of yoga was when she learned some of the asanas (poses) in her theatre rehearsals in Hawaii, but her first actual class wasn’t until she worked for The Peninsula Hotel, where she decided to take advantage of some of the perks for working there, including yoga classes. The classes caught her interest and Helen began to explore various studios in Chicago, and in 2007 she began teacher training at the Chicago Yoga Center with Suddha Weixler.

One thing that Helen remembers when she first started yoga was that her wrists hurt a lot, but she assures those who are beginners that the body will adapt and the pain will soon go away. She wants students to know that a key to relieving some of the stress is “to spread the fingers, shifting most of the weight into the backbones of the knuckles, while cupping the palms.” She often reminds her students during class by saying, “spread your fingers, pressing your hands into the mat, into the earth.” When she practices yoga now she never experiences wrist pain, and so she knows that with a little practice and dedication yoga can become much more enjoyable.

Some benefits that Helen believes students will take away from her classes include stress relief, increased flexibility, and the healing power of yoga - and not just physically, as she says she particularly loves and appreciates how yoga “can heal you emotionally and mentally, creating peace, harmony and confidence.” She hopes that students will leave her class having increased their awareness of themselves and their surroundings, having learned to breathe deeply and open their hearts, being open to possibilities and to taking chances.

You might find it interesting to note that one of Helen’s dreams growing up was to be just like Madonna. Helen has a number of favorite hobbies. She enjoys reading, knitting, dancing, choreographing, movies, museums, taking walks, smelling various objects, watching birds, floating in water, wiggling her toes, and collecting seashells. A couple of books that she recently read that she recommends include The New York Regional Mormon Singles Halloween Dance, by Elina Baker and The Glass Castle, by Jeannette Walls. She also loves to travel. She couldn’t pick one place she’d like to go but did narrow her choice down to Africa, Mexico and Italy.

One of her favorite quotes is from Vincent Van Gogh, “I can’t change the fact that my paintings don’t sell. But the time will come when people will recognize that they are worth more than the paints I used in the picture.” A few words of advice from Helen are to “be present, stay present, be in the now. Try not to hang on to the past, to what has previously happened and try not to be too anxious about the future, what is going to happen next.”

Thanks for reading this week’s Focus on Fitness @ IIT; look for next week’s article on a new Plyometrics class, hosted Monday evenings at Keating.