Scarlet Fever

Nat Nguyen
TechNews Writer

Do you have Scarlet Fever? That is the question that Union Board posed to the IT community last week and the answer is a resounding yes. And no, they’re not referring to a disease, but IT’s school spirit. Any doubters who thought that IT lacks spirit were proven wrong last week as the IT community turned out in masse to cheer the Lady Hawks to victory over the University of Chicago. Even the organizers of the event were pleasantly surprised. “I think the overall week went pretty well. There was a lot more participation than I actually expected. Everyone on my committee put in a lot of hard work for it and it paid off,” comments Kalindi Parikh, ’08’s Homecoming chair.

Sept. 30 – Oct. 5 marked yet another successful Homecoming Week at IIT, which was sponsored and organized by Union Board. This year’s Homecoming was appropriately themed Scarlet Fever and drew many participants throughout the week. Spirit teams, made up of various groups of students, spent the week participating in wacky competitions, all in the name of IT pride. Their work of art can be seen on the windows of buildings around campus. This year Vatos Lucos took home 1st prize as the most spirited team, followed by And then Bill Gates said, “Go Hawks”, Team MOBILITY, and KFC.

In conjunction with organizing the team events, Union Board also brought back hypnotist Chris Carter for a Tuesday show, which kept the IT students spellbound and roaring in laughter. Other events included Chubby Bunny contest, Carnival Games at the Hub, and the Moonlight Cruise Dance on Saturday. “I thought it [the boat cruise] was fun. A lot of people went and the music was good. The atmosphere for the night was very nice also,” comments David Ofori-Amoah, a 4th year mechanical engineer.

However, the atmosphere did not compare to the game on Friday. “the whole reason for Homecoming was to have fun and enjoy the people,” comments Veronica Rangel, Graduate Intern Student Activities. “It was a lively atmosphere, and having us win was definitely a plus.”

It wouldn’t be homecoming without the King and Queen. This year, Miguel Comparan and Michelle Chen were crowned as 2002 Homecoming King and Queen. “Homecoming week was awesome! Kalindi [Parikh] did an awesome job! We all celebrated the entire week, and the window paintings throughout campus are beautiful. Whoever programs next year has one tough act to follow,” comments Chrissy Lefief, a sophomore chemical engineering.

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National Depression Screening Day

Counseling Center
Submission

Thursday, October 10 is National Depression Screening Day. Staff from the Counseling Center will be at the HUB from 11 a.m. to 3 p.m. with information about depression. We will also offer free and confidential screenings of depression for students and employees.

Depression is considered a major public health concern in the United States. For some people it leads to alcohol or drug problems, often in an attempt to “self-medicate.” It is also a leading cause of suicide. For students, it is often a factor in having trouble focusing on schoolwork, getting poor grades, and dropping out of school.

One of the ironies of depression is, despite its serious consequences, it is relatively easily treated. Both medications and counseling are effective treatments, either alone or in combination. People often see a significant improvement in their functioning within a few weeks. Within a few months, people are often able to change circumstances in their lives that are contributing to depression.

Symptoms of depression are often grouped into three categories: cognitive, physical, and emotional. Cognitive symptoms include difficulty concentrating and making decisions, loss of interest, or pleasure in usual activities, feeling worthless or guilty, poor memory, and recurring thoughts of death or suicide. Physical symptoms include sleeping too little or too much, loss or gain of appetite, unintended weight loss or gain, slowing down or feeling agitated, low energy level, and tiredness. Emotional symptoms include feeling sad, feeling irritable, crying, and withdrawing form other people.

Any students experiencing some of these symptoms or concerned about a friend are encouraged to contact the Counseling Center (312-808-7132). We provide direct services to students upon request. We can also consult to students about how to help a friend or refer a friend to the Counseling Center. Our counseling services are free and confidential. We have a psychiatrist on campus one afternoon a week for prescribing and managing medication. There are fees for other services and for the medication, but those are usually covered by insurance.

In addition to our year-round individual services, the Counseling Center is offering psychoeducational group for depression starting the week of October 21. The group will provide help participants understand depression and learn methods of combating it. For more information, contact Nadonna Simon in the Counseling Center.

Classified

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Legitimate paid advertisements, from within or outside the IIT community, which serve to produce income for the paper, are encouraged. TechNews holds the right to deem any advertisement unsuitable for publication. Rate sheets are available upon request. Ad space is limited and is taken on a first-come, first-served basis. Contact the advertisement manager at TechNewsAds@iit.edu.

SUBMISSION

TechNews is published on the Monday of each week of the academic year. Deadline for all submissions, announcements, and ads is 5 p.m. on the Wednesdays prior to publication. Articles must be submitted electronically in ASCII (text) or Microsoft Word format. Unless otherwise stated, all submissions must be emailed to technews@iit.edu.

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News

Rock Climbing at Devil’s Lake

Sarah Larson & Moshe Laimer
Submission

On Saturday, September 21, 2002 at 7:30 am, the Rock Climbing Club was taking its final roll call on the bus as we were on our way to Devil’s Lake, WI for a day packed with adventure. Three and a half hours later we woke up, surrounded by the trees and quartzite bluffs of Devil’s Lake. The unique topography and botanical environment of Devil’s Lake was formed and shaped by the Precambrian seas and the Pleistocene glaciers. Devil’s Lake itself lies in a north-south gap cut by pre-glacial rivers through 500 ft high bluffs. Cliffs and talus slopes border the lake on three sides. This was the view as we entered the state park. When we reached the parking lot, we met our guide from Vertical Endeavors and our day in nature began, perfect weather and all.

With our lunches in one hand, harnesses, shoes and helmets in the other, we hiked up the 500 ft. Boulder Fields, which were covered with ice from the air. Half-way up the slopes, past the tree line, we were able to see only some of the beauty that the lake had in store for us. We continued for what felt like forever, but in only 15 more minutes we reached our site for climbing... the Guillotine, which is located on the East Bluffs. The name comes from a suggestive wedge-shaped stone located between two of the towers. By now, it was noon and we sat down for lunch. During this time our two guides informed us about the routes they’d set for us. We broke off into our groups. The first-time climbers received a Climbing 101 demonstration and lesson, while the others geared up and got their climb on. Outdoor climbing is such an indescribable experience. The Climbers place all their focus on the rock, their holds and technique, not to mention the extreme trust in their belayer. Some of the routes we climbed on had names such as Annie’s Overhang, Ruse Toxico N d and Ron Radicans (Poison Ivy for short), Levitation (a little levitation would have helped at the start) and Beginner’s Face. The difficulty of these climbs ran the gamut from 5.2-5.9 in difficulty. In comparison, the hardest climbs in the world are 5.14c & 5.15a. The American rating system is the Yosemitite Decimal System. After a full day of climbing, we were not ready to head back to reality, but the rain came and that was our official hint that it was time to head home. At the bottom of the slope we thanked our guides, got ourselves ready for the long ride home, and headed out. Night fell and we all snuggled (reluctantly) in each of our bus seats. When we were rudely awakened by the roar of the EL, we knew that we were back on campus, and already looking forward to the next climb. The ROCK Climbing Club can be contacted at rock_ils@yahoo.com

www.illinois.edu/therock

On Deck

Monday October 7
1:45 pm Talk by CIIT Kelley Famous radio show host
Perotin Auditorium
Contact milsaf@illinois.edu

5:00 pm Stress Management Group
Fair Hall
Contact Shona Vas 3:280 7132

6:30 pm Free Aerobics Class
Recreation Sports Center

Tuesday October 8
1:50 pm UUIC Board Meeting
Urbana Alumni Lounge
2:00 pm PSA Meeting
SJ Lobby

8:30 pm Martial Arts Club Sign-up
Recreation Sports Center

Wednesday October 9
6:30 pm Free Aerobics Class
Recreation Sports Center

Thursday October 10
8:30 pm Martial Arts Club Sign-up
Recreation Sports Center
8:36 pm Religious Issues Bible Study
MST Fieldhouse
9:00 pm TechNews Meeting
WEB Office Room
9:00 pm Chi Alpha Christan Fellowship Meeting
Great Hall Room 203
9:00 pm InterVarsity Christian Fellowship meeting
WEB Office Room

Friday October 11
5:00 pm Free Aerobics Class
Recreation Sports Center

Saturday October 12
No events posted

Monday October 13
5:30 pm Stress Management Group
Fair Hall
Contact Shona Vas 3:280 7132

For postings, please send an email to TechNewsAdv@illinois.edu

BROWN AND THE ROOMMATE

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Lunch with an Alum: Bob Footlik

Sohan D'Souza
TechNews Writer

On Friday, September 27, engineer, entrepreneur, family man, visiting alumnus, and potential comedian Bob Footlik paid his alma mater a visit to talk to Illinois Tech students about education, family, entrepreneurship, corporate ethics and those mathematical formulas that seem useless in college but turn out to be a big help in the professional world.

Footlik graduated with a degree in Industrial Engineering from Illinois Tech in 1968. Footlik, and Footlik and Associates of which he is president, perform consulting services for six trade associations in the areas of staff warehousing and materials handling. Footlik himself writes for twelve trade journals and professional journals. He is also an officer of the Materials Handling & Management Society, the Association of Professional Materials Handling Consultants, the Illinois and National Society of Professional Engineers, and the Institute of Industrial Engineers.

Brian Bosak, who is the Assistant Director of Alumni Relations at the Illinois Alumni Association, began with a brief introduction of the Alumni Association and the Student Alumni Society. After a few announcements, he introduced Bob Footlik.

Footlik began by recollecting a 1966 visit to Chicago on Jackson Street, where, on the eleventh floor, he watched the employees cut out men's suit jackets. As long as a city block, a room that would later become his son's bedroom. He joked about having been given license by Bosak to "corrupt" the students present.

Footlik said he does not have a relatively well-defined job, since he worked as a consultant for a consulting engineering firm that he now runs, and he is not really sure as to what his firm actually does. He said that they are supposed to be industrial engineers, but on that very morning, he had done more work for his real estate broker, in addition to having to clean up after his home construction contractor.

Footlik said that he works with many types of businesses and people from around the world, recruiting his jobs in places like Israel, Scandinavia, Australia and Saudi Arabia, apart from all the jobs he has done in the US. He declared, "Any project that somebody will pay for us to do, we'll go and do it." Footlik described his experiences as the designer of the garbage handling system and basement loading docks at Chicago's Water Tower Place, and how his Illinois Tech training came into play in helping him solve problems he encountered there. He recalls the "Bowling Ball Problem" from Statics and Dynamics as one such example. He said that Illinois Tech taught him how to learn, and said that, at Illinois Tech, "every single day, you are going to learn something that will be useful for the rest of your life." He has been at it for over twenty, thirty years later.

Footlik said that when he bought a trailer at a marina in San Diego, he learned that his most important problems were with his boat, and his Illinois Tech training came into play in helping him solve problems he encountered there. He recalls the "Bowling Ball Problem" from Statics and Dynamics as one such example. He said that Illinois Tech taught him how to learn, and said that, at Illinois Tech, "every single day, you are going to learn something that will be useful for the rest of your life." He has been at it for over twenty, thirty years later.

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Footlik said that the best place to find something that will be useful for the rest of your life is an election. He light-heartedly described how he and his wife started a new business. He described how his daughter started an art gallery, and how she gained knowledge, skills and contacts by managing it. He described some innovative and unorthodox ways to start a business, such as initially telling competitors of one's business plans beforehand, in order to win them over as friends instead of making enemies of them. Footlik's message to the students was, "Think about yourself. This is the time when you can be selfish. This is the time when you can go out there and do things for yourself. Form your lives. Form yourselves. Don't just form your education. You are here to learn. But you are in the biggest classroom on the planet - Chicago. Take advantage of it."

He mentioned that Chicago is also the largest convention town on the planet, and provided an example of how a recent machine tool convention could have provided free services to students who needed machine parts cut for their IPRs. He said that there is no better place to network than a trade show.

He answered a few questions from the audience about his techniques of multitasking. He spoke about how he is successful because he is happy with his family, his boat, and his 13-year-old car, in contrast to unethical CEO's who will never sail their expensive yachts because they are busy trying to stay out of jail. He described his family and relatives, and how important it is to budget time for them. He said, "Your family and your children are your most valuable assets, not money or the cars, and your family is your success."

The audience enthusiastically applauded his speech, and he conversed personally with various students from the crowd while the audience was treated to pizza and...
Sophomore Camp at Lake Geneva

Sathishan Sivaloganathan
TechNews Writer

The Leadership Academy of IIT, together with the Outdoor Wisconsin Leadership School (OWLs) hosted the Sophomore Leadership Camp at Lake Geneva, Wisconsin during the weekend of September 13 to 15. Many outdoor activities were planned that fostered team work and developed leadership skills in the students. A total of around 30 students signed up for this camping trip which ran through the second weekend of September starting from Friday afternoon. To transport the students, two buses were sent from the Campus to the camp site: one left on Friday afternoon and the other left in the evening at 6pm. The first group of students reached the camp by 3pm. The students had been divided into four teams, with each team being led by one of the Leadership scholars. Each team was also accompanied by a trained professional to help the leaders.

With the second group of students arriving late in the evening, there was only time for Bruce Fisher, Director of the IIT Leadership Academy, to address the students. Then, he led them to a camp fire for some delicious smores. With a long day ahead, the students retreated to their rooms for a good night sleep before the camp got under way.

The next day started early with breakfast at 7:30 a.m. for all students. From the dining room, the students were led to the indoor basketball court where the first event of the Leadership Camp was to take place. All four groups were addressed by Mr. Fisher and then participated in an event called Team Olympics. The teams then split up into their own groups and were allowed to indulge in any game that pleased them. The groups were then awarded points for their efforts and prizes were given away. As afternoons approached, the students were once again led back to the dining hall for lunch. After lunch, the events had been evenly distributed among the groups. Groups one and two had Climbing Tower and Sailing on their itinerary. Just after lunch, while Group one was sailing, group two was at the Climbing Tower. The rest of the events were also distributed in such ways among all the four groups to ensure that each group got a chance to try out all the activities.

At the end of the day, all groups were called on for dinner with officials of the University. Amidst the respected officials was Al Self, whose grant made the Sophomore Camp possible. Mr. Self spoke to the students about the characteristics and importance of leadership. The day ended with a motivating speech by Tom Hewlett of the Krainin Cover Company.

Day 2 of the Camp started early as well, with everyone at the table at 7:30 a.m. for breakfast. By lunch, all teams had completed all their outdoor activities and were looking forward to the speech by Mr. Hewlett. After lunch, the students were once again led to the indoor basketball court where a leadership workshop was conducted by Mr. Hewlett. The students then had enough time to pick up their stuff and get back to the bus. The bus left on time and reached campus just before darkness. Overall, the Sophomore leadership camp was a major success, amazingly planned by the Leadership Academy staff and well supported through the trip by Susan Adams and Bruce Fisher.

Spectrum Celebrates Coming Out Day

Andrians Joseph
Submission

Thousands of people around the country celebrate National Coming Out Day on Oct. 11 every year. What is National Coming Out Day and what does it mean? Every October 11, thousands of gay, lesbian, bisexual, and transgender people as well as straight allies celebrate National Coming Out Day. National Coming Out Day is a recognition and a time for people to openly acknowledge who they are and to be proud of it. It is a day when people come together to call for human rights for all, regardless of sexual preference. It is a celebration of the individual. There are workshops, speak-outs, rallies and other kinds of events, all aimed at showing the public that GLBT people are everywhere.

National Coming Out Day was started by the Human Rights Campaign, which in turn, has created a larger program called the National Coming Out Project. This is a year-round program that promotes honesty and openness about being gay, lesbian, bisexual or transgender on campus, in the workplace, and at home. It also promotes support for all citizens and friends of gay and lesbian.

Spectrum, the IIT’s Gay/Straight student alliance, has various events planned both on campus and off campus at DePaul University to celebrate National Coming Out Day. On campus, Spectrum will host a balloon raffle, informational booths in both the MSy and PLU, and, for a little fun, a door that we have received from 33rd St Productions for people to ‘come out’ in front of MSy. At DePaul there are also various workshops throughout the week as well as movie nights and other activities. We ask that everyone keep an open mind this week and come have some fun at our events throughout the week leading up to National Coming Out Day.

IIT is a microcosm of the world we live in. It is difficult to be in the open about who you are and what you believe. IIT's Gay/Straight student alliance is a group that aims to create a safe and accepting environment for all students, regardless of their sexual orientation. The group is open to anyone who is interested in supporting the cause of equality for the LGBTQ community.

Spectrum is a student organization that promotes social, cultural and political awareness. The group provides a safe space for LGBTQ individuals and allies to come together and discuss issues related to identity, diversity, and inclusion.

Spectrum’s website is www.iit.edu/glbsa. To contact Spectrum, please email spectrum@iit.edu.
The Road to the International Fest

Rahul Obri
Submission

Illinois Tech is one of the few universities which can boast of being truly multicultural, right to its roots. A manifestation of this diversity is the International Fest—its grandeur spanning almost three decades now. Keeping the lamp lit, October 18, 2002 will be the 27th year for the International Fest.

The International Fest incorporates three major events, making it almost a 24-hour party! Organizations from various countries set up booths during the morning (10:30 a.m. until 2:00 p.m.) depicting their culture and heritage. This is usually accompanied by ethnic food samples that are sure to be delectable. The zeal with which the organizations perform during the main event (7:30 p.m. - 11:30 p.m.), comprising songs, dances, and other performances to be displayed in the evening, will surely be commendable. The performances will be followed by a fashion show with participants wearing beautiful ethnic dresses. Excitement and anticipation fill the air as the performances are judged and prizes distributed. The evening isn't yet complete! For all the party lovers, there is a dance party after the fest (till 1:00 a.m) with free food. Almost 25 countries, representing their interests and cultures through various organizations operating around campus, participate in this event giving the Illinois Tech community an opportunity to come together and put in the best of their efforts. All this preparation and organization is the hard work of the International Students Organization (ISO) together with the International Center. Imagine the experience of seeing all this LIVE!! See you there!!

Here are some details about the 27th International Fest:
- Tickets go on sale at the CIC (HUB)
- Tickets cost $4.00 for the IIT community (ID needed) and $6.00 for non-IIT members.
- Entry to the fest is free for performers and volunteers.
- The ISO is looking for volunteers for backstage and lighting. E-mail iso@iit.edu
Features

The Path of the Fireman

Martina Dolajte
TechNews Writer

On September 25, firefighter Lieutenant Robert Martin gave an intimate lecture in the HUB ballroom on fire fighting and September 11. As an award-winning firefighter, he was one of the many firefighters who drove to ground zero to help New York after the tragedy of the World Trade Center.

Working to find any remnants from the rubble, his experience caused him to realize how lucky he is to be a firefighter.

In the turmoil after the destruction of the World Trade Center, he felt the need to be there like many other fellow firefighters. He knew that he was needed even more by the men who survived. There were few men in his company who were allowed to go and he was fortunate enough to be one of them. Once he got there, Lt. Martin went straight to work.

"When you see it on TV, you can't judge the magnitude of the area that has been devastated," stated Martin. Speaking with hidden emotion, the Lt. described the efforts that every person put in working, lending a shoulder to lean on, and an ear to listen with. His stay in New York consisted of checking the areas that were uncovered by the cranes. Once the steel was lifted a handful of firefighters would go in and check the "pockets" for any remains of a life that was lost. Within a half an hour, the rubber boots that the firemen wore would begin to melt from the still smoldering ground. This halted the work, and allowed Martin and other firemen from across the country to listen to the various stories that were being told. Touching by the experience, Martin recounted the memory of the event with a story.

The pauses of emotion in the stories were more powerful than the words that were being said. "It was sad to listen to," remarked Kedari Vasu, a student who attended the lecture. There were wakes, services and funerals to attend during his stay. There was one everyday, explained Martin.

While the mood did not represent cheerfulness, Martin remarked on the heroic efforts of all the men who rushed into the towers. Each fireman who survived saved ten lives. It is the "path of the fireman" to save lives in risky situations. As Martin watched the television on the day of the event, he related the emotion that he felt for the firemen that he knew were not going to make it. It was the code of bravery and honor that he knew would make them heroes as they paraded into the burning towers.

The code is present not just in New York firemen, but in all firemen across the U.S. As a Chicago firefighter, Martin has won awards for respecting this "path of the fireman". His awards consist of the Illinois State Medal of Honor, the Chicago Medal of Honor and the Fireman Valor Award. In each case, the awards have come from his everyday desire to keep others safe from harm. It is this bravery that is found in every fireman. Martin commented that, as a firefighter puts himself at risk, he forgets that he is being courageous. It is their job to help others in danger. The World Trade Center incident shone light on the work of a firefighter and the importance that he places on a life other than his own.

"I am the luckiest man," said Martin. He mentioned his amazing experience at ground zero, the love for his work and for his family. His wife, Kathy Martin, sat in the crowd. With a quick glance, Martin affectionately smiled at her as he went on to explain the high esteem he has for his life. His appreciation has grown even more after September 11.

With the anniversary of the event, emotions have been rekindled. In the background of our lives we remember where we were when it happened and the disbelief that was felt around the country. Courageous firemen like Lt. Robert Martin have been saluted and remembered as heroes for risking their lives. Martin concluded, "If it were tomorrow and another 9/11 happened, more firemen would have died because they would be climbing those stairs all over again. It is the life and the path of the firefighter."

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19. treatment to cure
20. rules of acceptable behavior
21. constant dull pain
22. underlying feeling

DOWN:
1. psychic
2. tumor not benign
3. twist or turn absent-mindedly
5. able to last
6. amusement
7. exploding star
9. air-driven musical instrument
13. motivate somebody by violence
15. outlaw, ban
16. bone-softening disease
18. sad
19. collapsible shelter
20. distinctive period of history

Answers to last weeks CROSSTEST
ACROSS:
1. PREDATOR
6. THUMB
8. MENTALITY
10. RADAR
12. CARTRIDGE
13. REMAINS
14. NARRATE
16. YARD
19. ALIAS
21. SOLDIER
22. OPEN
23. OBITUARY
26. OMELET
27. EON
28. CONGREGATE

DOWN:
2. RAMPAGE
3. ASTEROID
4. CURD
5. STRENUOUS
7. BARTENDER
9. LODESTONE
11. ARRAY
14. ROTATION
15. MEDIATE
17. AGITATE
18. BLATANT
20. SOLIEMN
23. NOOSE
25. YANK

women's collegiate race completed the course in an amazing 18:49, almost a full minute before the second place runner.

The men's team had an even tougher race ahead of them, not only because their race was longer, forcing them over the obstacles more times, but they had to climb up riverbanks already made muddy and slick by the 378 wet feet of the previous race. This proved to be no problem for the IIT men's team as they raced hard and all achieved their best times of the season. Seth Carpenter was the first in red and gray to cross the finish line. He finished his 5k (almost 5 miles) in 29:06 at 56th place, just shy of winning one of the free tee shirts awarded to the top fifty finishers. Doug Meyer finished at 31:34, almost a minute faster than last week, followed by Lance Pickens at 33:53, Brent Lagesse at 36:03 and Johan Leonard at 41:00. While the team did not place as high as usual due to the absence of some key runners, the remaining athletes stepped up to the challenge and raced well. From next race is held on the familiar Montrose Beach course, giving runners another opportunity to lower their times.
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**That's Life**

**By Mike Twohy**

**Sports Math**

Dilbert, put together a team to decide who'll be on the strategy council.

You want me to form a committee to create a committee that will produce a document that will be ignored?

No, it's a team to create a council.

Can I be on the team that ignores the document?
Elephant & Castle: A Royal Treat

Sohan D'Souza
TechNews Writer

Elephant & Castle is one of a family of British-themed restaurants that first took root across the Atlantic in merry England. It was named in honor of a 14th century nobleman's daughter, L'Enfant de Castle, whose title the pub's British founders mispronounced as "Elephant & Castle." She probably was not very flattered.

Anyway, the Chicago franchise of this chain is located in the heart of downtown, just a few blocks away from the CTA Green, Blue and Red lines, and serves a wide variety of hard beverages and superb British food.

The interior, as well as the exterior for that matter, has an authentically looking British-themed décor. A bright red telephone booth, reminiscent of those that dotted the cities of old England, stands prominently outside, next to a coat of arms. At the entrance, a cutout figure of a Bobby (British policeman) greets patrons and visitors. Stained glass art decorates the ceiling and walls.

On the walls are hung metal plate art, charming woodcuts, and pictures of polo grooms and railroad cars. A long, high shelf runs along the restaurant's walls, upon which small culturally relevant icons and antiques have been arranged. Evidently, a lot of work has gone into making the place look like a real British pub.

The bar is very large, and offers a vast selection of spirits, including imported beers, draft beers, ales and a variety of single malt scotches. Television units are mounted at various points in the restaurant for those who would like to catch a game while they're sipping their drinks.

The restaurant section is very classy. The furniture is predominantly dark wood and dark embossed cushions. Various kinds of seating arrangements are available, some at a higher elevation than others. Soft light fills the airy interior and light rock music plays in the background.

The waiting staff at Elephant & Castle is very agreeable. Mild-mannered and soft-spoken, they embody a great deal of thoughtfulness. Sure they don't have British accents, but that does not detract at all from their British courteousness. The speed of service is satisfactory, but could be better.

The menu features many heart-warming and quintessentially British items, such as Steak and Kidney Pie, Shepherd's Pie, Cockaleeky soup, Guinness Irish stew, and Ole' English Fish 'n' Chips, as well as other delicacies like Lemon Grilled Chicken.

Also available are decidedly American foods such as chicken wings and quahog clams, as well as some dishes from very far-off lands, such as the Indian Lamb Curry. A good range of meal-side beverages is offered, as well as a decent selection of seafood.

The Shepherd's Pie is delicious; a layer of piping hot moist and seasoned minced beef under a crust of creamy mashed potatoes, served with a salad on the side. The Ole' English Fish 'n' Chips is a little dry, but goes well with the salad and dip. Just remember that "Chips" here refers to British fried potato wedges, not dry American potato chips. It's a bit like the classic biscuit vs. cookie controversy. The Lemon Grilled Chicken, composed of grilled chicken slabs marinated in lemon juice and served with rice and vegetables, is simply delectable. The chicken is grilled to perfection, and has the most flavorful texture and aroma.

The value for money at Elephant & Castle is excellent; average entree items cost between $7 and $12. It is a good place to visit with a date or friends. To experience the charm and taste of a British pub without traversing continents, check out Elephant & Castle.

Location: 111 West Adams Street (Loop)
Website: http://www.elephantcastle.com
Phone: 312-236-6656
Hours: 7 a.m. - 12 a.m. daily
(late night menu 10 p.m. - 12 p.m)
Swimming cont’d
Swimming is an individual with different motivations, different needs. It is his job to find out what each swimmer needs and to give each swimmer their individual attention, to find out what buttons to push, when to push them, and how hard. Bond says that he also plays different roles for different people. He is always, first and foremost, a coach, but he is also a friend and a bit of a father figure. This goes along with the different needs for different people, as he can play a friend, too, or enforce as the situation needs.

The second part of Bond’s philosophy focuses on the actual workouts. He believes that you can have a good, hard, quality workout, have them less frequently than normal, and still get optimum results. Even though IIT swimmers are required to make a minimum of seven practices per week, this amount is low compared to the standards at other schools. This is acceptable, however, as the workout schedule is designed to give a maximum impact while not taking away from the tougher academic schedule that IIT has. Bond says that, unlike most swim coaches who write workouts for the entire season before the season even starts, he writes workouts on a day-to-day basis on his gut reaction and feel of what his swimmers need.

Bond has several goals for the upcoming season. On the women’s side, he is excited about the new girls coming in, one of whom has the real possibility of becoming a National Champion. His biggest goal is to recruit more swimmers for next year. He is disappointed that he was able to sign so few, but most of the swimmers that he was looking at last year signed to Division I schools. For the guys, he says that he has at least six solid swimmers that will be National qualifiers, with several that should be National finalists. However, Bond will not try to push his athletes too hard this year, but rather let them loose and see who will rise to the challenge.

Overall, Bond says that the return of diver Matt Robertson (who won the three meter diving competition, and placed fifth on the one meter at Nationals last year) will guarantee that the men’s team will place high again at Nationals this year. This year will also feature strong relays for both the men’s and women’s teams and he anticipates that all five relays for each team will qualify to Nationals this year. His predictions for Nationals are that the women will place at least Top-10, and the men at least Top-8 again, or better.

Long-term, Bond says that he looks forward to “building a National powerhouse.” He says that it is very likely, and reasonable, that in a couple of years he will have a team that consistently competes for the Top-3 spots at Nationals.

The competitive season officially starts with the Swim Team’s first home meet on Saturday, October 26th, which will be the Match Memorial Invitational. Everyone is excited to come out and see what might very well be the best season in school history.

IIT VOLLEYBALL RESULTS

October 01, 2001

IIT vs. Kendall College

IIT Defeated Kendall College

Game 1 Game 2 Game 3
30-25 30-17 30-25

Key Stats

Lauren Joyce
24 assists, 6 aces
Jackie Lange
12 digs, 11 kills
Amanda Bieberich
9 kills

volleyball cont’d
Hawks demonstrated the importance of teamwork. All the players moved, communicated, and executed together. The Hawks demonstrated that when playing against a weaker opponent, a team has to keep at their level and know when to put a team away. Lauren Joyce led the team with 11 aces and 34 assists. Devonne McLarty had 12 kills and Amanda Bieberich had 9 kills. The Hawks defeated Kendall in three games with scores of 30-15, 30-26, 30-16.

Thursday, September 26, the IIT Scarlet Hawks faced their first defeat in six games. The Hawks played at home against St. Francis University, a rival every year. The Hawks played hard throughout the entire match by executing plays, suffering tough, and killing the ball. As every team must, the Hawks fell victim to defeat.

The Hawks picked out the weaknesses in their defense in the first game, and used that to their advantage throughout the match. Key tips made by Jen Warren and Lauren Joyce helped the Hawks stay in the match. Sophomore, Jaid Lange kept the Hawks defense and offense alive by adding 13 digs and 11 kills. Lauren Joyce had 38 assists for the match. Senior, Allison Lefker had 10 kills and 12 digs.

This loss doesn’t make the Hawks any less of a team, nor does it take the spirit out of their play. Every team has to face failure every once in a while. The team that is defeated can either improve on the court, or play at the same level as before. The Hawks are a different type of team then the usual defeated team. After the loss, the Hawks were not disappointed in their game play. Every player held their heads up high and gave suggestions on what the next practice should cover. Even the Hawks coaches, Chris Meyer and Melvin Hubbard, kept their spirits high. Not one player or coach was upset with the match results. With this loss, the Hawks learned the improvements that need to be made, plays that need a little more work, and how to be a better team. The Hawks were defeated 24-30, 27-30, and 30-22.
IT Swimmers Bond for the Future

Brianna Swenson
TechNews Writer

The IIT 2002-2003 Swim Season officially started at 6:30am last Monday, September 23rd. With four returning swimmers and twelve new swimmers (along with three returning divers and four new divers), swim coach Rob Bond is very excited about the prospects for this year.

This is Bond's second year as swim coach for IIT. He started last year after the retirement of longtime coach Dennis Match. Last season, he coached a team of fourteen.

Bond's own competitive career is impressive, if somewhat shorter than normal. He started swimming in his sophomore year of high school at Conant High School in Hoffman Estates, IL. During his three-year career in high school, he qualified for the Illinois State Meet eight times, making the finals twice. When he graduated from high school, Bond held nine of his school records.

Bond came to IIT in 1992 on a scholarship from the late Coach Match. Bond only swam for two years, but in those years he qualified for nationals thirteen times, making the finals ten times. His sophomore year, Bond was honored with All-American honors. When he left for the Illinois State Meet, he coached many age group state qualifiers, including four IHSAA State Champions, six IHSAA National qualifiers, and one IHSAA National qualifier.

Bond also spent two years coaching men and women at St. Viator High School, and another two years coaching just men at Warren High School, both located in Gurnee, Illinois. During this time, Bond sent fifteen swimmers to the Illinois State Meet, three of which made it to the finals. In addition to high school coaching, Bond also started a USS team from scratch, which now has an enrollment of 165 swimmers, who still devotedly keep in touch with their Coach Bond.

When asked about his coaching style, Bond says that his style has two parts. The first focuses on the swimmers. He says that every runner's plight from a bridge several yards off the marked course. The extra challenges, however, provided an interesting deviation from the standard race for both fans and competitors. IIT runners proved up to the challenge as some achieved their best times of the season in this race.

Eighteen women's teams consisting of a total of 165 runners were the first to try out the course. An unsuccessful river crossing or two dwindled those numbers somewhat, but all IIT runners finished in great form achieving times on par with last week's race even on this more difficult course. Once again, Melissa Szczygiełska set the standard for IIT women, finishing first for IIT and 26th overall with a time of 2:22.44. Next to cross the finish line for the Hawks was Lauren Raetz at 23:07, then Susan Lewis at 24:12, Kim Smith at 24:16, Joana Nicolaescu at 24:23, Sarah Roulard at 24:51, Diana Williams at 25:49, Brandy Caffee at 26:57 and Neva Wheeler at 29:11. Overall, IIT placed fourteenth out of the eighteen teams. The winner of the race was Lauren Raetz.

Over the River & Through the Woods

Lauren Raetz
TechNews Writer

Actually, it was more like through the river and over the woods as the IIT cross-country team competed in the Berkeley Old English Classic on a course that resembled a steeply-raked garden. Obstacles such as logs, stacks of hay, and several river crossings were scattered throughout the course to provide an extra challenge to runners whose legs were already exhausted from the strain of the race. At one point in the course, runners had to literally jump off a small bank, hope for a steady landing in the stream below and then scramble up the muddy shore on the other side. Fine, on the other hand, could observe the runners being aos. The game went well, ending with the Hawks winning 30-15.

The second game started off a little shaky, with Barat scoring four points in a row. The Hawks regained composer with a solo block by Amanda Buberich. The Hawks used the momentum in their favor, scoring five points of their own. Barat battled back against the Hawks with some incredible dives and smart plays. Fortunately, the Hawks wanted the game more than Barat. Consistent serving from Devonia McClarty put the Hawks in the lead again. With Lauren Joyce executing the hitting plays, Jenifer Wanzek and Allison Leith were able to kill the ball. The Hawks won game two with a score of 30-26.

As the third game started, Allison put the Hawks on the scoreboard with hard serves. Throughout this third game, the runners proved up to the challenge as some achieved their best times of the season in this race.

Rollercoaster Week for Scarlet Hawks

Jacqueline Sokolowski
TechNews Writer

On Tuesday, September 24, 2002, the IIT Scarlet Hawks played Barat University at Barat. Again, the Hawks had a different line up at the beginning of the match. Outside of Amilia Lang, the team didn't play in the match, but Chelsea Boldra filled in the spot. With Chelsea on the outside, the Hawks didn't have any worries throughout the match.

The Hawks played strong throughout the first game. Key kills made by Amanda Buberich and Chelsea Boldra helped the Hawks win control of the ball. Devonia McClarty added consistent serving and passing to help the Hawks advance with the lead. Lauren Joyce dominated Barat with her jump serve. Lauren added 10 points in a row to the scoreboard, with 4 of the serves being aces. The game went well, ending with the Hawks winning 30-15.

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IIT SWIMMING ALUMNI MEET RESULTS

(Time Trial Event Only)

EVENT 1 – MIXED 100 YD FREESTYLE
1. Kling, Nik AL 53.11
2. Szczewinski, Robert AL 54.73
3. Larson, Jeff FR 55.80

EVENT 2 – MIXED 200 YD BACKSTROKE
1. Erdman, Scott AL 2:10.38
2. Edwards, Chris FR 2:19.04
3. Crandall, Daniel FR 2:19.93

EVENT 3 – MIXED 100 YD BUTTERFLY
1. Kling, Nik AL 58.93
2. Erdman, Scott AL 1:01.32
3. Pimputkar, Siddha FR 1:04.32

EVENT 4 – MIXED 200 YD FREESTYLE
1. Edwards, Chris FR 2:00.62
2. Kling, Nik AL 2:06.79
3. Das, Abi FR 2:12.25

EVENT 5 – MIXED 100 YD BREASTSTROKE
1. Larson, Jeff FR 1:08.80
2. Pearson, Matt SO 1:17.98
3. McMahon, Jim AL 1:24.21

EVENT 6 – MIXED 100 YD BACKSTROKE
1. Erdman, Scott AL 59.75
2. Crandall, Daniel FR 1:02.71
3. Pimputkar, Siddha FR 1:07.69

EVENT 7 – MIXED 200 YD BUTTERFLY
1. Beribak, Amy FR 2:30.89
2. McMahon, Jim AL 2:41.15
3. Freeman, Elizabeth SO 2:44.82

EVENT 8 – MIXED 200 YD BREASTSTROKE
1. Larson, Jeff FR 2:34.99
2. Pearson, Matt SO 2:56.49
3. Benson, Brian SO 3:02.60

EVENT 9 – MIXED 50 YD FREESTYLE
1. Pimputkar, Siddha FR 24.28
2. Kling, Nik AL 24.73
3. Tourtelette, Lux AL 25.30

** Relay times not included as names of relay team members were unavailable.**