Love Me Electric: an IIIT band shows their creative side

By Andres de la Hoz
ART EDITOR

Rocking out is hardly the word that comes to mind for those thinking about IIIT, a place more concerned with soul crushing academics and late nights of cramming than the creative side. Yet that’s not what happened when I stopped by Love Me Electric after my much needed second cup of coffee this morning. The band consisted of Joe Nicouzas and Matt Cargill, along with Bob McNelly, Mark Polderlis, and Denny Nizanov. Previously called Public Affairs, the band opted for a name change after deciding that better publicity would help them to record their music. This January, the name of which is their EP “Medicine and Magic”, was released.

Having a band while being in college is hardly a simple task, even more so when we have to balance the demands of being in a school such as this one. But they’ve seemed to do it well.

"Basically my brother and I write stuff at school on our free time, come home on the weekends or break, and put it all together as a band. Christmas break we recorded the EP we started 23rd December and went through 5 or 6 o’clock in the afternoon of Christmas Eve. We didn’t sleep the whole time, just recorded nonstop", tells Joe Nicouzas, still in the studio where the band’s evolution and growth is a bit hard to grasp for many college students. However, in addition to being the head of a variety of concerts, most of which are attended by 12 people (unless the audience which many others attend) the band started "screwing around, at home, but then with the same change, we had to make a big decision last summer, which was ‘you know, let’s go for it, and be a real indie, let’s spend some money, let’s do it the right way’, and even once we had the material recorded, we were just like ‘whatever, let’s have fun with it’, and we heard the finished thing and were like ‘it didn’t come out as bad, let’s start promoting it’, and we have heard bad things about it yet.

They certainly weren’t hearing bad things about it when they played their most recent gig at IIIT’s U-Club.

From the beginning, the band has been busy with a variety of concerts and roles, of which they are attended by 12 people (unless the audience which many others attend) and getting the success of which many others do.

Got your sleep hours?

By Abhishak Gunduurguri
TECHNOLOGY EDITOR

Spring break was great purging for some. Some had ban "work" themselves to some great rest. Some others got some studying done. But if one is there anything according to you, after the break, then it is the sleep and lots of it. At least that’s what was noticed after a busy beginning to the spring semester. At least that’s what the common opinion among a lot of undergrad students and a few grad students. Whatever the case may be, sleep is vital!

But wait, we only have one sleep break in the spring semester. And we don’t even have a week long break during fall. How do you get good healthy sleep during the week? Let us look at what is called ‘sleep hygiene’. One, sleeping in regular hours helps. The other important concept is the different types of sleepers. One, long sleepers and the other are short sleepers. Long sleepers usually need 7.5-8.5 hours of sleep. Short sleepers usually have enough sleep for 5.5-6 hours. Thus, having a regular sleeping pattern and the correct number of hours will result in healthy sleep habits. How do you find out if you are a long or short sleeper? If you wake up at 7 hours and feel really fresh, you are a short sleeper.

According to a psychologist if you miss a few hours of sleep once a week, it will not distort your sleep hygiene badly. But not sleeping properly for two or three consecutive nights will qualify for sleep deprivation. The psychiatrist said that this usually happens to students during exams when they usually don’t sleep at the regular hours. He says this usually leads to deterioration in concentration, moods and alertness. If this persists, continued on page 11.

Google buys and kills MySpace and Facebook, users shed tears

By Kevin Henry
TECHNOLOGY EDITOR

In a surprise move last weekend, Google acquired the largest of the most popular social networking websites on the internet. Both Facebook and MySpace will move under the ownership of Google. In addition to the acquisition, Google quickly announced plans to shut down both social networking sites by the end of the month.

The acquisition comes days after Facebook put itself up for sale for $2 billion. In 2004, MySpace had raised $2.1 billion in the days following, with rumors spreading of its plans to acquire Facebook. Not only did those rumors come true, but in a surprising move, Google also bought the MySpace social networking site for an estimated $500 million.

Last year Rupert Murdoch’s News Corporation bought MySpace for $550 million. Facebook, is the most popular social networking website among college and university students. Recently, the website also expanded into high schools, however college and university students still remain in the overall majority. The website allows college students to create profiles for themselves, post pictures, and add their friends to their "friend list". Some students use Facebook to communicate and keep in touch with friends from all over the country.

MySpace is a similar social networking website, however, it is not restricted to students at colleges and universities. Most popular among the 15-18 age group, MySpace has become a way of life for some teenagers. The age range, which populates much of MySpace is becoming known as the MySpace Generation. Users can post and share pictures, message and keep in contact with their many other friends, meet people from other parts of the country that share the same interests. There is even an option to create a webpage, which is an online journal. The site is also popular among teenagers that many junior and senior high schools have blocked access to MySpace on school computers.

Though it is unclear yet why Google bought both social networking sites, it has stirred a storm among both communities. The news of the acquisition sent the stock prices to both floor both sites down and has quite permeated well on both sites, but backlash is expected to come from the announcement that both sites will be shutting down at the end of April.

Reasons for the shutdown of both websites are still unknown, but the news has met with mixed opinion. Many of the users of one or both of the websites are voicing outrage, some threatening to change or even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts. The website’s user base has been criticized for "lack of real interest, some threatening to even delete their accounts.
From the Editor-in-Chief

By Lauren Joyce

I had quite the difficult time coming up with what to write about this week, but then it dawned on me as I was sitting and staring at my computer screen in a complete haze. Given that it was just April Fool’s Day, I began to think of ways to prank my fellow students as well as the school. The top idea I had stems from a book’s name and our mascot...

I thought about writing that our school had never changed its name from Illinois Institute of Technology back to Armour Institute of Technology. Although this may seem like a mild change, we probably would not have the Scarlet Hawks as our mascot, but instead the wieners. You know Armour Weiner? Not the dog. That would not go with the Armour theme.

While some of you reading this may not find it hilarious, imagine if we had someone dressed as a wieners as our mascot. At one point in time or another, we have all seen those poor souls that have to stand in the wieners costume to sell them for some budgie stand, but imagine that poor soul being our mascot. Man, we would get made fun of by other universities.

How would we market ourselves if we had the wieners as our mascot? I mean we have the Scarlet Hawks, but what would you say about the Wierers? We’d have school spirit, and our mascot is not the Red Hot Wierers. Yeah, just sounds lame. I mean we could put our mascot on any printed material. Students would not come here. How legitimate would IIT, mean AIT, look with a wieners on their application and information packets for new students?

Also, our colors would be absolutely ammosexual since you could not have cool colors like black and red. Instead, we would be red and orange or orange and brown. Those do not really go well together for uniforms. We would also get called hot dogs, CAMEL.

Although people may not support our mascot now, there are still quite a few people that do. However, the wiener would change all that. However it may not, I mean the wieners is a completely ridiculous mascot that people could laugh at, and it may increase that school pride that I wanted about last week. Then again, I probably wouldn’t. People would just make fun of AIT.

So needless to say, I really do not believe the Armour Institute of Technology would have been a wise choice. We would have just been made fun of for our mascot. Instead, most people just consist of us with students at IIT.

So I leave you with this. Although IIT may not be the most well known campus, look on the bright side. We are NOT the Red Hot Wierers and the butt of all jokes. Instead, we are merely confused for being IIT. Technical genius.

Man, I am glad I am not a wiener—both the dog and the hoolig.

Way better!

**TechNews Classifieds**

PT and/or FT
Valet Parking
Attendant
Credit Card only
Flexible Hours. Work in Fun atmosphere.

Rates:
$6.00 per issue for 30 words. Additional words are 25¢ each. Pre-payment is required. Payment is accepted via credit card or check.

Deadline:
Friday noon before the requested Tuesday publication day. Allow ample time for mail if paying by mail.

To Order:
Visit our website: technews.collegeadvertising.com
Here you can place your ad, pay by credit card, and view your proof of publication. Call us at (312) 667-3005 if you have questions or problems with the site.

TechNews Classifieds section is powered by Universal Advertising.

**News and Editorial**

technewsarticles@gmail.com

**Business and Advertising**
technewsagc@gmail.com

**General Information**
TechNews is written, managed, and edited by the students of and funded in part by, Illinois Institute of Technology. The material herein does not necessarily reflect the opinions of Illinois Institute of Technology, or the editors, staff, and advisors of TechNews. There will be no censorship of TechNews publication by the faculty or staff of IIT. Sole authority and responsibility for publication and adherence to the values set forth in this policy rest with the TechNews staff. The paper seeks to be an integral part of the various interests of the Illinois Tech community by serving their needs through accurate and content to serve as an expression of perspective and to be critical of TechNews. A new editor-in-chief, for professionalism will still respect this same spirit and under this umbrella. All editorial content is determined between the editor-in-chief and TechNews and is subject to any off-campus advertisement when necessary.

**Advertising**

Advertisements are published in TechNews according to the space available in TechNews. Placement of an advertisement is at the discretion of the publisher. TechNews reserves the right to decline to run advertisements for any reason that may not be in the best interest of the newspaper.

**Submission**

TechNews is published on the Tuesday of each week, except during holidays. Submissions for all stories, announcements, and letters are due by 3 p.m. on the Thursday prior to publication. Articles must be submitted via email to technews.editor@gmail.com.
Which one would you choose?

The elephants? The whales? The clean air we breathe? Maybe the choice isn't so clear. Maybe you'd like a way to keep them all. Now the world's leading environmental groups are working together. To find out how you can help, look for us at www.earthshare.org.

One environment. One simple way to care for it.

Earth Share
You and I are both being lied to

By Kaiser Joseph

TECHNEWS MERCHANT

While going through my daily routine of listening to videos of airplane crashes on the internet, I came upon a news clip which was like a flash of discovery. I was watching the crash that took U.S. Senator Paul Wellstone's life, and it dawned on me:

Everything you've ever believed is a lie.

We live in a world of questions. What we know is no longer enough. It is the obviousness that these controversial cartoons about the prophet Muhammad came from Denmark, or is this a sign of a growing Viking insurgency? Charlie Sheen is questioning the 9/11 story; he also replaced Michael J. Fox on Spin City after Fox got Parkinson's. Charlie Sheen Derrick shot a guy in the face. Who benefits? Certainly not the gay. NIEBRA, the National Economic Security and Reform Administration, has had a gap ordered placed on it by the Supreme Court. Anyone who admits its existence will be given the death penalty. Naturally, everyone is talking about it. NESAIRA will forgive all debt, eliminate the IRS. Above the Federal Reserve, reissue the current administrative, and reserve the central government. Is there a people in the government working for it's an announcement? Was Wellstone one of them? The place in the video doesn't explode. Is Wellstone alive? What do they know?

We can all agree that The Devil's Advocate is a very important piece of religious discourse. But just because the film is based on the Bible doen't mean it's the original Bible? If Dan Brown is a liar, how can we prove that he didn't file the last verses of the Bible and plagiarize it? I don't love Trayvon. What is CBS hiding from me? Put the pieces together. George Bush doesn't want you to know about NESAIRA. Extraterrestrial forces are supporting the White Knight Project attempts to stormed into this, but they can't truly attempt anything unless you believe.

You have to stop asking questions! This is important!

Are Parkinson's goals genuine? If we know that the World Trade Center was a controlled demolition, was he behind it? If Charlie Sheen is the one trying to reveal the truth, he can't be bought for any amount of money. Just as he was supposed to be bought for any amount of money - or is that he wants us to think?

I know that the Protocols of the Elders of Zion have been around since 1903 - but can anyone prove it? I wouldn't trust them. How can we prove that Charlie Sheen himself didn't author the Protocols? It is all an illusion, trying to fool us into believing that a vast Jewish Conspiracy is behind it all? Come on, guys. That's just silly. How can we know that he's not behind it all? His father is President on TV, and more people vote for Americans than President. How do we know that he isn't planning to place his father in the executive branch as a NESAIRA-appointed President? (GLB IS PLANNING TO DO THIS)

WHAT ARE YOU HIDING FROM US SHEEN?

Did Tapac and Bigger know? George Bush Doesn't Care About Black People - were they trying to pit September Eleventh on his back that the government had them killed?

If Lance Armstrong didn't care, and Strick- ler never got it after they broke up, does that mean we're all really uncommittible? This is just something I'm curious about.

It is important that you keep asking questions! It doesn't matter how many times you've heard them or do what they've told you to do for too long. Ms. Powell said when interviewed by Ronald MacDonald. "Hey, he's pretty cute, too. Karina has taken it upon herself to fix world peace, IT psychoactive, and Crown Hall. I want to know that corona's track record, everything fixed will not re-break.

The absolute meaning of life

By Emoh Colin-Mei

TECHNEWS DIGITAL DESIGN EXPERT


Public Safety keeps public safe

By Schenck Justin

TECHNEWS DIGITAL DESIGN EXPERT

THERE'S CAMPUS is the new name of the campus for the TTU Public Safety department. The idea of the project was to create an environment that is safe and secure for students. The project is a collaboration with the City Police Department.

The campus police department is a fully cloves call from external professionals, and a bridgeport police department, where many students live on campus, or live in public housing. This is similar to the atmosphere in the City Police department, which is public housing. There is a possibility that the first respondent could be a police officer.

Many of you may have a negative impression of Public Safety. Maybe they're not doing their job. For instance, maybe you've seen Public Safety flying a quad copter in front of your block. It's just a fun way to keep an eye on the area. Maybe they've been there hanging out at JJ Fritts on 525 Grammer. Perhaps you've seen three or four squad cars in frigus oculi lectus et ultrices po- suere cubilia Curae; Pellentesque ut orci. Donec placerat, die id ornare placerat, pede ipsum fringilla ut, ultrices ac facialis dolor do, justo non quam. Vivamus lacus tortor non nisl.


Public Safety keeps public safe

by Schenck Justin

Public Safety keeps public safe

by Schenck Justin

Public Safety keeps public safe
Travelling past the Oregon Trail: Getting smarer with each murder

By Joseph Kaiser

Y eal’s earliest experiences with video games were educational. My parents got onto that bandwagon fast. In the years following the release of the Super Nintendo Entertainment System Classic and NBA Live ’95 (As much as I hate to put aadin on myself...), Some of my classmates and I would sneak into the library to play Duck Hunt, but I quickly saw through them, my 8-year-old brain was intimidated by all the keys they were pressing and the fast pace of the game. In fact, I don’t think I played a really violent video game until I was 15. I guess I’m sort of a late bloomer.

Since then, I’ve devoted my time to video games across all genres — from racing in Seadon to building railroasers to yes, beating up hookers. And as the industry comes to a crossroads in the legal system, with Larry Lessig and Clinton fighting to regulate the industry become hell or high water, it might be time to look at the issue from a lens other than that of a self-absorbed gamer.

It’s worth noting that last September marked the 20th anniversary of the Senate hearings on the ‘Madden Mania’ phenomenon that featured testimony by Don Snyder, John Denver, and Frank Zappa. The eventual Animal Planet success story began when Snyder claimed to have come out of those hearings — much akin to the ESRB ratings system for video games and the movie rating systems — and not a single quarter put into the V-Chip. One can look up Tom Stanage’s recent Wired article, “The Culture War,” to get an idea of how the debate has progressed from the last 350 years — from the 1970 argument about how novels were corrupting the minds of your average 96th grade student (oh the bravery of the ‘decency’ of the walls to the arguments against the sluth-iusnocy of the telephone and the sa- naturating rock music! But the truth is that the ‘decency’ of the walls isn’t as relevant as it once was, even if your mind is still being boggled by this point, and we all know that this will end in a court battle, so much as I’m going to look at the non-naturalistic educational value of games that the mainstream medium likes to grow.

The modern computer, of course, started out as a behemoth calculator. We had rooms full of these machines that could do a reasonable amount of multiplication that really wasn’t worth the cost — but it was a start. And for the longest time, a computer was seen as a tool for business — word processors, spreadsheets, equations and the like — and somewhere down the line, the idea of ‘watching sports’ took root. And yet even Pac-Man, though we may not have thought of it then, was letting us think... For the first time, you’re present with a maze that you have to navigate, on the fly, making strategic decisions in a real-time situation and the choice you make is going to affect your outcome. You’re making it up as you went along. Something that Ron Ken- nie Rous, the original Pac-Man, even said (Rouster’s saying is a bit poetic word for this, a redneck), trying to rework his words that he’s divorced three times already. We’ve been in one way or another to trim you think.

Even since the dawn of television, the common conception has been that this is what we’re going to do. It’s our game to scroll. In actuality, a young mind will be attracted to television because it’s new stimulus in the environment. The earliest value is to look around the house, and see momm’s, see your, same old, same old, better than... I’ve watched Pac-Man on the TV. Why play with the same old toys when you can watch the pretty colors do something new? So the TV on the TV wants to play games.

The bear on the tube just kind of sits there. In a way, then, you can see a similar at-

The south has risen again!

By Schenck Justin

This past weekend, the legislature of seven U.S. states voted to secede from the United States of America. The seven states, predominantly located in the South Carolina, Mississippi, Florida, Alabama, Georgia, Texas, and Louisiana, the same seven that initially formed the Confederate States of America have repeated their decision. Many historians have said that the people of the Southern states have never gotten over losing the Civil War in 1865. Both physically and mentally, Southerners seem to have an unrelenting collection to their pride by losing the Civil War.

After the Civil War, a group called the Lost Cause of the Confederacy tried to reestablish the image of the Civil War in the eyes of many Southerners. The group attempted to show the South that despite the fact that they lost the Civil War, they were in the right for fighting the Civil War. Since then, the South has had many people that support the long lost ideals of the Confederacy. Modern day groups such as the Sons of Confederate Veterans and the United Daughters of the Confederacy did not advocate modern day secessionism, but supported the decision of the CSA. In 1861.

A significant number of the people in the South, advocates a secession when the South would benefit most.

Thus has the motif in the South been that the “South will rise again” Today, they have. The Seclusion group that was secession over 140 years ago has been reformed. Will the Southerners have their way this time? One Southerner who gave his name is Billy Joe. Billy Joe's role, "Dem 'torns! The South has rose again! Praise the Lord and pass the ammunition!” When Mr. Jan Bob was asked who he planned to vote for of the numerous politicians running for the office of Presi- dent of the Confederates States of America, he responded with “Well, President Bush, of course!” President Bush does not have the time to run for that office, not of resigning from his current office of President of the United States.

April Fool's Day

I hope you enjoyed our dry pointedly stated April Fool's Joke, for this issue, the April Fools issue, certain Read News sections, isn’t meant to offend anyone.

Please think before writing responses, and e-mail them to news@julliosinc.net. All responses are subject to publication.
American hostage Jill Carroll Freed in Iraq

By Justin Schenk

A young reporter for the Christian Science Monitor, Jill Carroll, was kidnapped on January 7th in Baghdad’s Ali al-Kufi neighborhood. She had gone there to interview a Sunni politician, Adnan al-Dulaimi. Her translator was killed in the ambush that occurred nearby. She was reportedly taken to a hideout in western Baghdad. The Islamic Jihad claimed responsibility. The group was previously unknown to intelligence agencies. The group threatened to kill her twice in videotapes. These two videotapes aired on Arab television and contained Jill Carroll pleading for her life.

The group demanded the release of all female detainees in Iraq by February 26th or the hostage would be killed. Two days later, Iraq’s Interior Minister Bayan Jabr reported that Carroll was being held by the group. The Iraqi government lashed out. Carroll used her cell phone to contact the Baghdad bureau chief at the Washington Post and her family in the U.S. Her father was able to get to the U.S. She was allowed to talk with her family again on Wednesday and was allowed to talk with members of the American military again.

On Thursday, she was left in the street near the Iraqi Islamic Party offices in the city of Al Ameria. She walked inside the office and handed the personnel a letter written in Arabic that asked for help, which was thought to be written by her kidnapper. The Islamic Party contacted the United States embassy and left her cell phone with the Baghdad bureau chief at the Washington Post. She was able to get to the U.S. by plane. She was able to talk with her family again on Wednesday and was allowed to talk with members of the American military.

The reaction from the United States was universal. A dozen nations condemned the attack, including those of the Nordic countries. The United States condemned the attack, and the United Nations called for a comprehensive investigation.

The United States demanded the release of all female detainees in Iraq by February 26th or the hostage would be killed. Two days later, Iraq’s Interior Minister Bayan Jabr reported that Carroll was being held by the group. The Iraqi government lashed out. Carroll used her cell phone to contact the Baghdad bureau chief at the Washington Post and her family in the U.S. Her father was able to get to the U.S. She was allowed to talk with her family again on Wednesday and was allowed to talk with members of the American military again.

The reaction from the United States was universal. A dozen nations condemned the attack, including those of the Nordic countries. The United States condemned the attack, and the United Nations called for a comprehensive investigation.

Chief of staff Andrew Card resigns

By Justin Schenk

Last Tuesday, Bush administration chief of staff Andrew Card offered President Bush his resignation. President Bush accepted his resignation. The Bush administration was under attack on September 11th. Both Democrats and Republicans praised Andrew Card’s service. The House Majority Whip, Roy Blunt, praised his service, saying that he turned the lights in the White House on each morning and turned them off each evening with dedication to President Bush and the United States. President Bush said that Card served the country well, and was the most "workaholic" of all the staff. Senate Majority Leader Bill Frist also praised him, saying that Card provided strong and steady leadership during hard times. Surprisingly, one of the Bush administration’s biggest critics, Illinois Senator Dick Durbin, said that "Andrew Card is reasonable, professional, a good man and a man of my highest regard. If the White House is looking to change course, they picked the wrong person to turn over board."
Study finds telephone counseling increases smoking cessation rate

By Victor Guharoy
TECHNEWS WRITER

The objective of a recent study was to determine whether telephone care increases smoking cessation compared to brief clinical intervention as part of routine health care. In this study, 837 smokers received either behavioral counseling over telephone with the mailing of smoking cessation drugs or intervention as part of a traditional routine health care system (Archives of Internal Medicine, March '06). Abstinence from smoking was measured in both groups.

Telephone care protocol consisted of 7 calls scheduled over a 2-month period and counselors encouraged the use of pharmacologic therapy, 6-month abstinence of smokers was 13% in the telephone care group versus only 4% in the standard care group. Smoking cessation drugs were used in 89.6% in the telephone care group versus 52.3% in the routine health, care intervention group. The authors concluded that the telephone care group increases use of behavioral and pharmacological assistance leading to higher abstinence rates.

Smoking is currently the greatest single cause of deaths in the United States. Cigarette smoking kills more Americans than car accidents, suicide, alcohol, and illegal drugs combined (HYPERLINK "http://www.cancer.org" www.cancer.org). According to the American Heart Association, 44 million Americans smoke cigarettes (HYPERLINK "http://www. americanheart.org" www.americanheart.org). Each day in the United States, 3,000 children and adolescents become regular tobacco users, and one third of them will die prematurely from smoking related diseases, such as cancer, lung, heart, stroke, and many other diseases. Smoking costs the United States more than $150 billion each year. The health benefits of smoking cessation can greatly reduce the occurrence of heart disease and in fact, abstinence can reduce the risk of heart attack and death by 50 percent.

40% of the smokers attempt to quit but smoking cessation is a difficult process since it is an addictive substance, heroin and alcohol. In addition to physical addiction, smoking is linked with social activities and weight loss.

The current study reinforces the idea that combined use of behavioral counseling and pharmacologic therapy is the most effective tool for smoking cessation.

FDA panel recommends disclosure of stimulants’ psychotic effects

By Victor Guharoy
TECHNEWS WRITER

A pediatric panel of the Food and Drug Administration recommended that physicians and parents need to be warned of the potential risk of psychotic effects, such as hallucinations, from the use of stimulants like Ritalin (New York Times, March 25, 2006).

The panel members estimated the side effect occurs in 2 to 5 of every 10 children and they recommended disconnection of the drug when such side effect arises. In many children, the events of the psychotic effects stopped once they ceased taking the drugs and resumed in some children once they restarted. The findings were based on 90 scientific studies. Another FDA advisory panel in February '06 also recommended including warning about the drugs dangerous side effect on the heart on the product label. Ritalin has been used for more than 50 years for treatment of attention deficit disorder and hyperactivity. It has been estimated that about 2.5 million children and 1 million adults in the United States take Ritalin.

Stimulants have been studied in many trials and confirmed efficacy. Children who end up on these drugs may take them for many years and some of them continue to take them for the rest of their lives. However, many experts believe that the drug is over-prescribed. The new findings are indeed a serious concern among the millions of users. The FDA does not have to follow the recommendations by the advisory panels. However, it is believed that the FDA will pay serious attention to the reported side effects and include the warnings on product labels.
City lights:  
the true reason behind empire’s existence

By J. Rufus Brilla XVT

PHILANTHROPIST-Architect

W hat is the purpose of the Empire State Building? Really—how has it painted such a success in the minds and hearts of the American? It is my contention that it is very much due to the publicity it has received through the years as it relates to the small King of the Skies.

Sure, one could argue that the Empire State Building is such a landmark due to the power it holds as a state, because of the monumental volumes that extract with one another into the sky—it is my view that the symbolic power that exists can only do so much to make such a success, and that there must be some sort of catalyst that allows the effect to stand, something that sparks the flame, the fire.

I do not even believe that the fact that the Empire State Building was the tallest building in the world would have been enough to spread the fire. I am sure that this would have set itself into the minds of motion picture guides some time to use as their back drop, the palatial and site of vast lobbies that would allow enough of a reference for some sort of giant scale over New York City.

I beg you, tell me that when I mention those two things that come to your mind are New York City and Big Kong. You, and I could not ask more of you to draw the shape of the Empire State Building for me and ask that after having drawn it I could ask you how you have remembered the form, and you would tell me that you remembered it from King Kong.

Who thinks of the Empire State Building as the symbol of New York and America—we think of it as the symbol of the struggle with the giant ape, a symbol of the urban picture world that draws us back to the American Dream. We do not think of the marvels of construction that it took to construct the building, in its terms, we do not think of how small it made that enormous ape appear.

Yes, I all the glory of the American Spirit, of New York, of the gigantic of the American people, but it is hard to say that it remained anyone of those big parts of the ape, of the dog fights in the sky to produce the dammed in distance. It is very much speaks so of more mundane, of the marvels that can be created in the midst, how much lies imagined can take us away.

Sure the stone and the building is beautiful, the shape of that as it87 in the sunset cannot be ignored—cone just cannot deny that it would be more difficult before it had not been used in the shaping of the city. Even this sort of investigation proves through the understanding of architecture as we know it, and encourage you to find your way of understanding the built world.

On the cheap: The Signature Room

By Emch Colle-Wei
IMPEDE RESTAURANT PATRON

Every college student dreams of a perfect first date. Usually, that means that this date is easy to come by and extremely cheap. Recently, we’ve looked at a list of an array of incredible deals for food on a college student’s budget, and given us as many suggestions as humanly possible. Admission: We’ve been having a hard time finding new places for your epicromentadventuring. However, this week, all you have to do is walk, drink, and take up.

Standing high atop the John Hancock Tower is the famous Signature Room. Here, a fairly priced menu and an exceptional atmosphere await potential college students. Not feeling up to a meal just yet? Relax with one of the Signature Room’s signature low-priced bottles of champagne. We sampled and thoroughly enjoyed a bottle of 1995 Dom Perignon, which cost us next to nothing—$52.00. It doesn’t get much cheaper than that.

Of course, so one person can live on champagne alone...believe me, I’ve tried. The Signature Room staff, in their innate brilliance, realizes this and capitalizes upon it beautifully, without stealing your pocketbook. One note: We are outside in the Spring Mountain Organic Beer of Chicken. It’ll fill you up and make your taste buds dance the conga for a mere $50. Not feeling like murdering yourself? Well, you should. To keep out of the pits of hell, Order the Pan Seared Day Boat Salmon. Served over a delicious horseradish po- tato cake sauce and sautee American (French words make food taste better), you’ll swear you’re cooking something from the Maritime’s own personal restaurant, but paying too in these too be sleeping. The waiter comes out at $35.00 a pop. Thank you, not the waiter. Dessert, the best part of the meal...the statistics. It’s not been assumed that since it is well-known for its diverse campus, this is a great thing for the university. These Looppaland natives have proven themselves to be very mean individuals. They even preach morality in song form on a regular basis. The Paparazzi has been offered $1,000 for a black and white photograph of one of these individuals, who like Big Foot, are very camera elusive. Better start practicing, anybody. It’s rumored that Mr. Works has chosen to take up residence in what used to be the APF fraternity house, and that there are specific reasons for his golden ticket scheme. It’s widely believed that the first talk of a golden ticket “stevetakes” will begin circulating around campus within the next few months. Many IIT professors explicitly have said that they will cancel class so that students may run out and buy all the Works chocolate bars they can eat, in an attempt to find the golden tickets and win the sweepstakes.

These are exciting times for the five students who will meet their fate in Woe’s cogeneration factory. The factory opens in mid to late October, and the five “random” IIT students who will be chosen to go inside will be expected to break out into some random song in motion and leave Woe’s factory with a greater understanding of who they are. As if that isn’t enough, the students believe this is just another IIT publicity stunt. Only time will tell. My money’s on April 4th.

City lights: the true reason behind empire’s existence

By J. Rufus Brilla XVT

PHILANTHROPIST-Architect

W hat is the purpose of the Empire State Building, really—how has it painted such a success in the minds and hearts of the American? It is my contention that it is very much due to the publicity it has received through the years as it relates to the small King of the Skies.

Sure, one could argue that the Empire State Building is such a landmark due to the power it holds as a state, because of the monumental volumes that extract with one another into the sky—it is my view that the symbolic power that exists can only do so much to make such a success, and that there must be some sort of catalyst that allows the effect to stand, something that sparks the flame, the fire.

I do not even believe that the fact that the Empire State Building was the tallest building in the world would have been enough to spread the fire. I am sure that this would have set itself into the minds of motion picture guides some time to use as their back drop, the palatial and site of vast lobbies that would allow enough of a reference for some sort of giant scale over New York City.

I beg you, tell me that when I mention those two things that come to your mind are New York City and Kong Kong. You, and I could not ask more of you to draw the shape of the Empire State Building for me and ask that after having drawn it I could ask you how you have remembered the form, and you would tell me that you remembered it from King Kong.

Who thinks of the Empire State Building as the symbol of New York and America—we think of it as the symbol of the struggle with the giant ape, a symbol of the urban picture world that draws us back to the American Dream. We do not think of the marvels of construction that it took to construct the building, in its terms, we do not think of how small it made that enormous ape appear.

Yes, I all the glory of the American Spirit, of New York, of the gigantic of the American people, but it is hard to say that it remained anyone of those big parts of the ape, of the dog fights in the sky to produce the dammed in distance. It is very much speaks so of more mundane, of the marvels that can be created in the midst, how much lies imagined can take us away.

Sure the stone and the building is beautiful, the shape of that as it87 in the sunset cannot be ignored—cone just cannot deny that it would be more difficult before it had not been used in the shaping of the city. Even this sort of investigation proves through the understanding of architecture as we know it, and encourage you to find your way of understanding the built world.
City Lights: Modern Materials

By Sir Reginald Brilla TV
THE WALKER HERE

Architecture today very much relies on the use of new materials in new ways, as well as the use of new and innovative technologies. There are many new architectural formats that use this material technique, but I would like to focus on one very near to us, one viewed at quite a distance - I mean the approach to the McCormick Tribune Campus Center, very well known to most of us as the MCTCE.

Now, why is the Campus Center such a controversial building? Well, it has very much in the materials that constitute this building, specifically having to do with such elements as the green roof panels and the metal-clad floor. Each of the materials, and their applications have connotations associated with them which, when circumvented have dire consequences.

The green roof used on the ceiling is known to most to be a material used in the construction of so many other buildings, or some other such application, as the backing for a finish material. This means that we are not used to seeing this material on the surface as a presentation or finish material. Due to these preconceptions, most of us would find it hard to say that this way of finishing the surface looks rather cheap or unfinished, if we were not certain that this is the way that the surface was supposed to look.

The metal-clad flooring in the Campus Center has connotations of the commercial world, of a utilitarian shopping center. As much as, I have heard from some students, this building feels like it is a student center and more like some commercial play in order to entice the users to purchase something, all in the layout of the space - the layout of the space as more of a passage than usage.

These are materials within the building that play more strongly to the idea of human comfort, as every decision in this building is made to suit that basic design effect on this. I would like to bring your attention to the most pressing in to the user's comfort - I think that we are all familiar with what are known as the anonymous bathrooms, these being constructed of a relatively new technology which allows the passage of light without the loss of privacy. Though privacy is not lost, the passage of light through the wall seems to disrupt the comfort of the user due to the preconception that the passage of light implies the passage of solitude or more.

Each and every material choice in the McCormick Tribune Campus Center has been made very carefully to ensure that each have each been made to test the comfort level or the user, to suggest that in the placement of the Precast Concrete Panels that should be tested - prejudice and preconception must be put aside and truth must be found. That we do not find may be the opinion that the panels have been well thought out and executed, and it is in contradiction that we are very near to the concept in which they may have been implemented. As always, these are my thoughts on the subject and I encourage you to seek out your own thoughts and truths at your own leisure.

Aqua beats and moon verses to commemorate sexual assault awareness

AquaMoon SpokenEvidence Submission

CHICAGO – SpokenEvidence, Inc. is pleased to announce that "Aqua Beasts and Moon Verses (A Choirepoem)"

Volume 1 - The Remix contains dynamic new works by AquaMoon Virginia Raver Berman and Camilla Williams. "Volume 1 - The Remix" examines the positive female presence in hip hop, shines a light on women's health issues, rape survival, activism, solidarity, addiction recovery and motherhood/adolescent daughter.

"Volume 1 - The Remix" will be the official production for Sexual Assault Awareness Month, sponsored by Student Outreach Services and The Chancellor's Committee on the Status of Women at the University of Illinois at Chicago. The production will make its University of Illinois Chicago debut on Friday, April 28, 2017 at 7:00 p.m. in the Illinois Room on UIC's campus at 750 S. Halsted, Chicago. General admission tickets are $10 and $5 for students. To reserve tickets for this show, please call 312-996-5426 or visit http://www.uic.edu/depts/cswa.

An encore performance of "Volume 1 - The Remix" will be held on Saturday, April 29, 2017 at 7:00 p.m. at Jack's Java in Evergreen Plaza, 9500 S. Western, Evergreen Park. All proceeds from this performance will be sold at the door for $10 each. For more information contact 312-458-9612 or aquamoon@spokenexistence.com.

Urbanized Music's Anisa Norman Hawkins is the special invited guest for "Volume 1 - The Remix." Norman Hawkins, an acclaimed artist, activist and spoken word poet, is also president of Chicago Hip Hop Initiative, a nonprofit hip-hop community development organization.

Student Outreach Services is an active student group on the University of Illinois at Chicago, whose mission is to create student program addressing and educating the great UIC community about the ongoing violence against women. The Women's Committee's on the Status of Women works to improve the lives of women students and to bring attention to women's health issues, rape survival, activism, solidarity, addiction recovery and motherhood/adolescent daughter.

Contact AquaMoon/SpokenEvidence, Inc. 312-458-9612 Prompt 3 http://www.spokenexistence.com aquamoon@spokenexistence.com

**NEW YORK SECTION DOESN'T NEED WRITERS**

STOP FLOODING US WITH ARTICLE SUBMISSIONS

WE DO NOT PUBLISH STUDENTS' WORK

DON'T E-MAIL
EMCHOL@IIT.EDU

WITH SUBMISSIONS
Love Me Electric: an IIT band shows their creative side

gaining something material for free, in which case attendance (more than tripled), the band marched on and played a very successful show, being the highest attended show at IIT’s U-Church according to Dan Widen. The crowd, including many non-IIT students, highly enjoyed the show, and the band appreciated the fans’ energy and effort in making it a truly memorable event. Not that they’re strangers to the live scene.

"Biggest show we’ve played was at Congress Theatre two years ago, under our old name, for a crowd of probably 250-400 people, all very professional, and it was a big thing for us at a white back. A far cry from their beginnings as a high school band done for fun. "Most personal show we ever played was 5 years ago, when we first got started, everyone’s friends, everyone we knew, everyone in the crowd just went nuts the whole show. Their latest stop at the U-Church is seen by the band as a good sign of things to come. "As I see it, our best show ever just happened at BEIT, seeing all those kids come out, half the faces which I didn’t even know, just singing along, dancing and going crazy. It was wild. I think’s seen that in a long time. The energy was fantastic. And that’s what makes a show. It’s not how well the guitarist plays his stuff or how well the drummer keeps pace with the rest of the band. It’s what the crowd does for the band, that’s what makes a show."

The band’s fanbase has grown considerably after the release of their EP. Now they find themselves as one of the bands remaining in MTVU’s Best Music On Campus search. The contest gives finalists a chance to post their music, bio, photos, and videos on MTVU’s official website, and the winner gets a record deal with renowned label Drive-Thru Records, as well as a music video that will be showcased on MTV and MTVU. The band is currently among the top 50, and hope they can get that coveted record contract. "We entered that a month ago just thinking, ‘what the heck, let’s give it a shot’, and didn’t think anything of it. A couple thousands bands entered, it was ridiculous, and I got an email saying ‘you guys made it, we cut it down to 50 bands, you’re one of them’, and I thought ‘cool’, but then I started realizing how serious it was, and as I listened to the bands I noticed that Drive-Thru records are mostly aimed at pop punk bands, and many of the bands in question didn’t fall into that category, so since our style is ‘Drive Thru Records’ style, we figure we’d have a shot. The band’s reviews on websites regarding the contest have been encouraging, among the highest rated so far, which pleases them. Thanks to the internet, and their respective college, they’re animating their voting group, hoping that they will go far in the competition. "As we’ve always been focused on ourselves, we’re a big group effort, putting out a CD requires 20 people to put work on it, not just the 5 guys playing on it, and that’s what we’ve always been about, and we don’t want to win this for ourselves, we want to win it for everybody else, so we can play bigger shows, and do what we want for our fans."

How far along Love Me Electric will go is hard to say, but they hope to have IIT’s support. "As of Sunday, we’ll probably be the only Chicago band left, let alone the only IIT band that was ever in it, and it would really mean something to bring this home not just for Love Me Electric and the fans, but IIT too."

As of Sunday April 2nd, 25 bands will be narrowed down to the finalists. Join in and the rest of the band hope that their time, and their peers at IIT show them support by voting for them in this very decisive round, since being a finalist in itself is a win. The U-Church show was just the beginning, and you will be seeing free samplers and posters around campus, if you want to check out the band. If you’d like to check their website, you can view their MySpace at www.myspace.com/lovemeelectric and their Pure Volume page at www.purevolumecom/lovetoelectric. Hopefully the guys will

ENPRO/IPRO

New Business Idea Challenge

Do you have an Entrepreneurial idea that has potential? We would like to hear about it. See our website for details. www.iit.edu/iea

Easy to Enter

CASH PRIZES

1st Prize $750
2nd Prize $500
3rd Prize $250

Sponsored by:

The Coleman Foundation

Ed Kaplan Entrepreneurial Studies Program

For contest information go to: www.iit.edu/iea
Got sleep?

it could also lead to difficulty in studying and mood swings.

Modern sleep deprivation includes sleeping late irregularly, watching movies, internet addiction, video games, alcohol and drugs.

These factors are known to cause differing sleep patterns.

Thus, as IIT students who work hard and play hard be warned that having an irregular sleep cycle may negatively affect most things in your life. Practice healthy sleeping habits for the betterment of your education, mental state and happiness.

Buzed Driving is Drunk Driving

Ad

NSHA

What is the main topic of the article about sleep deprivation and its effects? The main topic is the effects of modern sleep deprivation on mental and emotional well-being, including difficulty in studying and mood swings, and the importance of healthy sleeping habits.
Sexual Awareness Month: ask the expert

By Counseling Center SUBMISSION

A pril is Sexual Assault Awareness Month (S.A.A.M.) so to help spread the word the Counseling Center presents “Ask The Sexpert” to address common questions and concerns about sex and sexual assault.

Sexpert, can men be raped?

Yes! Any man can be sexually assaulted. A man’s size, strength, appearance or sexual orientation do not matter. Men can be assaulted by male and female perpetrators regardless of what they look like, what they wear, where they go or live, what their sexual orientation is, age or marital status. University studies have shown that almost half of male students have felt verbally pressured by a female dating partner to have sex and a percentage said they have been physically forced to have sexual intercourse by their partner or while on a date. Some said they were pressured by verbal coercion and physical restraint, and some reported being too afraid to consent.

Erection and ejaculation are physical responses that do not mean a man wanted or enjoyed intimate sexual contact. These responses also do not indicate anything about his sexual orientation. In some situations a victim’s erection or ejaculation is used to confuse the victim and increase the perpetrator’s sense of control or discourage the reporting of the assault.

Convincing the victim that he has ‘enjoyed’ the assault, either through guilt or fear of retribution, reduces the amount of time between the assault and reporting.

Understanding that you feel you have been the victim of a sexual assault contact a support group, the Counseling Center at (312) 808-7315 or Public Safety at (312) 808-4563. Someone who is especially trained in this area can help you begin to sort out your feelings and make informed decisions about what to do next. Couselors can listen to you, help you understand what has happened and help you identify your feelings about the event. That person can also help you explore your options about legal action or be your advocate if you choose to report this incident to the police.

Sexual assault that involves any kind of penetration can result in injuries that are not always immediately apparent so medical attention is advised. Further, a healthcare provider can help collect evidence or document injuries should you decide to pursue the issue legally.

Finally, it may be difficult to do, remember that it was not your fault.

What about using Viagra recreationally?

Viagra (Sildenafil), a prescription drug used to treat erectile dysfunction (ED) or inability to get or maintain an erection, has developed a large following in young, healthy males who want to enhance their sexual experiences. At parties where alcohol or other substances are used, men may find themselves ready and willing to engage in sexual activity. However, the use of ED medications to enhance sexual performance is not without risk. Overdosing can cause problems, such as chest pain, vision problems, prolonged erection that requires medical attention and even death.

Many young men believe that if a prescription drug is medically approved then it is safe to use recreationally. This is not always the case.ED medications are designed to treat men with medical conditions such as diabetes, heart disease and obesity and should not be used to improve sexual performance.

It is important to remember that medications intended to treat one condition may have side effects in others.

If you have any questions about the use of ED medications, go to the Counseling Center at (312) 808-7315 or Public Safety at (312) 808-4563.

Missouri Historical Society

FAR TH ER THEY GOT FROM CIVILIZATION, THE MORE CIVILIZED THEY BECAME.
IIT campus-wide technology rated first in country

By Justin Schenck

After years of poor technology reviews by both students and faculty, IIT's renovated technology on campus has earned it the 1st ranked place for "best campus-wide technology." This ranking categorizes schools according to wireless Internet availability in class buildings, computer lab facilities, general Internet connectivity, number of wired and wireless Internet connections per student, and student 'satisfaction. IIT's facilities excel in all of these categories, and with these categories, there's no wonder it's #1.

"Some students are amazed at the quality of technological advancement since their first years here at IIT, and faculty even more so. "Going are the days of prunes and pancakes," said Electrical Engineering student Scott Runkie. "Now are the days of a wireless world!"

Kevin Henry buys a PC

By Justin Schenck

Technology Editor Kevin Henry, widely known around the IIT campus as "Mac Man Ken," has decided to given up on the failing Apple company. He has been saving up money for a new computer for nearly a year on his laptop. However, as we have seen in the last few weeks, he has written a "pros and cons" series about the new Apple Intel Mac. He has come to the conclusion that most of the rest of society has Mac actually stuck. Kevin Henry, however, is a bit more of a Mac user himself. He might as well not waste my money and build his own PC.

Kevin Henry's mother's address has, predictably changed. You can now reach Kevin on AIM as "Belorki79." And the network has been in Mac OS 8.1 for the last year. "They conn/love_my_PC. When queried if he would try and install Mac OS X through the rumored hardware upgrade, Kevin commented that "I figured since Mac OS X is UNIX with a MacPro, I can just install and start a new operating system." Kevin was last seen downloading Gnome.

Scientists possibly make 'historic' breakthrough, then disappear

By Kevin Henry

A group of scientists recently announced they have made a breakthrough in the design of a new computer that will revolutionize the way we think. Adding to the excitement, the scientists have reportedly completed a step-in computer.

The new technology has been able to make an immediate breakthrough after years of research. According to science fiction, multiple stories and books have been written regarding the subject of time travel. The concept was first proposed by the French H.G. Wells novel, The Time Machine. The story has been turned into a film, starring Aand 1968.

Kevin's parents have now bought the new Mac and are excited about the new operating system. It will be available to consumers in mid-2006, and the company has already started a new project to develop an improved version of the new operating system. The company is working on a new version of the Macintosh, which may be released in the next few years.

A drunk driver ruined something precious. Amber Apodaca.

Friends Don't Let Friends Drive Drunk.
GO TO JAIL FOR A GUN CRIME,
AND YOUR FAMILY SERVES
A SENTENCE WITH YOU.
CONGRATULATIONS, YOU'VE JUST PREVENTED YOURSELF
FROM BECOMING INFECTED WITH MANNEQUINISM.

ALL IT TOOK WAS READING THE NEWSPAPER. SIMPLE, HUH?

TO LEARN OTHER EASY WAYS TO PROTECT YOURSELF,

LOG ON TO FIGHTMANNEQUINISM.ORG
DOWN WITH BOREDOM

Statutory Warning: Opening this page might cause you to wet your pants.

SCIENTISTS

CONTINUOUS SAY-IT TAKES MANY NAILS TO BUILD Crib BUT ONE SCREW TO FILL IT

WORD LIST

| ARCHIMEDES | CURIE | EINSTEIN | LENZ |
| ARISTOTLE | DARWIN | FARADAY | NEWTON |
| AVOGADRO | DA VINCI | FRANKLIN | PLANCK |
| BOHR | DESCARTES | GALILEO | RUTHERFORD |
| COPERNICUS | EDISON | HOOKE | TESLA |

SCRABBLE

Unscramble the words on the right by the help of the clues. Then use the boxed letters to figure out the main word.

1. St. Patrick's Day
   Drink
   __ __ __
   Big IIT Event
   On April 22nd
   __ __ __
   Goes On Your
   Hotdog
   __ __ __
   Most of Us Are
   Waiting For
   __ __ __

SHORTCUT

Strike Out

Dawn I'm gonna go hangout with my new friend...

You should stay away from him. He seems like a bad kid

After we go some showers, Wanna go ride go karts!
This week in Chicago sports

By Sachin Jain

As the playoffs are quickly approaching, the Bulls still remain in contention for the eighth and final spot in the Eastern Conference. The Bulls have failed to capitalize on some excellent opportunities in the past few weeks, but will yet again have another chance to make it. The Bulls won against the Indiana Pacers. The Pacers are right in the middle of the playoff race, but their play of late has been mediocre. The Pacers have already taken two of the three games from the Bulls this year, and have a good chance to win their third if their star, Jermaine O'Neal, has a good game. The Bulls finish the week with two games against the current eighth seed, the Philadelphia 76ers.

The 76ers are led by the NBA's second leading scorer in Allen Iverson, who also leads the team in assists with almost eight a game. Philadelphia has been struggling of late as they have won only two of their last ten games. Coaches from both teams have stressed that if their teams don't get their acts together they will be sitting at home watching the playoffs. The teams have split their previous two meetings and will both be looking to capture the series season by winning the remaining two games. This week the Bulls need to win at least two of the three games in order to have a reasonable chance of making it into the playoffs.

The off-season, the World Baseball Classic, and spring training have finally concluded, and the major league season has begun. It seems like yesterday but the White Sox were celebrating in our backyard to the World Series Champions. However, this is a new year and all the success the team had the year before doesn't matter anymore. Most of the team is healthy and ready to play, but the catalyst of their offense, Scott Podsednik, will be out for a short time. The Chicago Cubs are playing well, but the team is far from perfect. The Cubs have a chance to make it to the playoffs, but they need to play well in the remaining games to do so.

Non-surgical solutions include:

- registering to vote, volunteering,
- staying informed.

For more info, log on to

FightMannequinism.org
OR text message 47922:  

American Red Cross
1-800-HELP NOW
redcross.org

Scarlott Hawk Athletics

<table>
<thead>
<tr>
<th>This Week</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday 4/7</th>
<th>Saturday 4/8</th>
<th>Sunday 4/9</th>
<th>Monday 4/10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>vs USF 3 PM</td>
<td>at SXU 3 PM</td>
<td>vs UC 12 PM</td>
<td>vs. IU-Northwest 12 PM</td>
<td>at Rockford 3 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last Week</td>
<td>Tuesday 3/29</td>
<td>Wednesday 3/29</td>
<td>Thursday 3/30</td>
<td>Friday 3/31</td>
<td>Saturday 4/1</td>
<td>Sunday 4/2</td>
<td>Monday 4/3</td>
</tr>
<tr>
<td>Baseball</td>
<td>Lost vs USF 5-6</td>
<td>Lost vs Robert Morris 2-4</td>
<td>Lost vs Valpo 4-3</td>
<td>Lost and Won vs PNC W (5-4), L (3-4)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
SPEEDTALK™
The Fastest Way To:

Get help carrying couch you found on street.

Ask how to remove smells from fabric.

Connect with up to 25 people instantly with the touch of a button. Then make plan to move couch into your place or back out to street.

Unlimited SpeedTalk Minutes
- 1000 Anytime Minutes
- $49.95 per month
- Buy 1 and get up to 3 LG UX4750 phones FREE
(with 2-year contracts and mail-in rebates — offer good through 4/29/06)

U.S. Cellular
1-888-BUY-USCC • GETUSC.COM

Offer valid on two-year service agreement on local and regional plans of $49.95 or higher. All service agreements subject to an early termination fee. Credit approved required. $19.95 activation fee. $30 equipment charge fee. Tow charge, fees, surcharges, roaming charge and lower, subject to 5% Regulatory Cost Recovery fee charge applies. This is a tax or government-regulated charge. Local network coverage and reliability may vary. Usage rounded up to the next full minute. Use of service constitutes acceptance of our terms and conditions. Buy one get three free requires a two-year service agreement and mail-in rebate. Allow 7-12 weeks for rebate process. SpeedTalk™, SpeedTalk+ models handsets required. SpeedTalk calls may only be made with U.S. Cellular SpeedTalk subscribers. SpeedTalk is only available in U.S. Cellular's enhanced services market.