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The Weather
Today: Mostly sunny, high 61°F (16°C)
Tonight: Clear, low 48°F (9°C)
Tomorrow: Sunny, high 66°F (19°C)
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Volume 128, Number 26

Cambridge, Massachusetts 02139

Tuesday, May 13, 2008



President Noah S. Jessop '09, Vice President Michael A. Bennie '10, Treasurer Riley E. Brandt '11, and Secretary-General Ian P. Tracy '11 are sworn in as the UA's Executive Officers for the 2008-2009 academic year at the last UA Senate meeting of the term on Monday evening in W20-400.

MIT Biodiesel Team Future Uncertain As Costs Wildly Escalate

By Nick Semenkovich
EDITOR IN CHIEF

The Biodiesel@MIT project, which aimed to reprocess used vegetable oil from campus dining facilities into eco-friendly biodiesel fuel to power the Tech and SafeRide shuttles, appears to have called it quits earlier this week, after running into a series of difficulties acquiring space and growing costs.

In March 2007, the biodiesel project won \$25,000 from the mtvU/General Electric Ecomagination Challenge, which they planned to use to purchase a biodiesel fuel processor and retrofit space for installing the processor. Joseph D. Roy-Mayhew '08, who thought up the project as part of a 2006 Independent Activities Period seminar, previously told *The Tech* that the team hoped to have the project fueling MIT's shuttles by the start of the 2007 academic year.

Unfortunately, things didn't go quite as planned.

Costs grew by \$100k

Roy-Mayhew said that the biodiesel team presented their proposal to administrators around two years ago.

The team considered using four different locations at MIT, all of which would need a variety of modifications to support the processor's water, power, sewage, or safety needs. "In it, we accounted \$3,000 for EHS [and] safety purposes, [but] the costs escalated ... quite rapidly," he said.

After a six-month delay in receiving the prize money from GE, the biodiesel team was still looking for a suitable site to install the fuel processor at the start of this term. "We got an estimate ... [from Facilities] for \$35,000 for two different locations," said Roy-Mayhew, who said the estimates included fees for unexpected costs.

Though the \$35,000 was beyond the project's prize money (which was also needed to purchase a \$15,000 fuel processor), MIT's Committee for the Review of Space Planning offered to loan money to support the project. "[We were] fairly surprised

Biodiesel, Page 11

66 Percent Accept MIT's Offer Of Admission; May Admit Off Waitlist

By Arkajit Dey
STAFF REPORTER

Two-thirds of the 1,554 students admitted to the Class of 2012 have accepted MIT's offer of admission. This year's 66 percent yield is the third highest in MIT's history, and only a slight drop from last year's record high 69 percent yield.

For the third year in a row, MIT will accept some students off its waitlist. "We're in committee and we're making decisions," said Stuart Schmill '86, Dean of Admissions,

regarding waitlist admissions. They expect to send out offers to "approximately thirty-five students" within the week. MIT admitted 40 and 20 waitlisted students for the 2010 and 2011 classes, respectively. While waiting for replies, "we'll still keep some number of students on the waitlist," said Schmill, since other schools will also be going to theirs and "we don't know" exactly what to expect.

The target class size, which is limited by the availability of housing, is 1,040 students, said Schmill. This is a slight decrease from the 1,069 students enrolled in the class of 2011.

Currently, 1,031 students have accepted admission offers, but that

Admissions, Page 16

Schools Use Controversial Commissioned Agents To Recruit Foreign Students

By Tamar Lewin
THE NEW YORK TIMES

ATHENS, OHIO

When Xiaoxi Li, a 20-year-old from Beijing, decided she should go to college in the United States, she applied only to Ohio University — not that she knew much about it.

"I heard of Ohio, of course," Ms. Li said. "I knew it was in the middle, and has agriculture."

What brought her here was the recommendation of a Chinese recruiting agent, JLL Overseas Education Consulting and Service Company. For about \$3,000, JLL helped Ms. Li choose a college, complete the application and prepare for the all-important visa interview.

"Everyone I know used an agent," she said. "They are professionals. They suggested Ohio University might be the best for me. They have a good relationship with Ohio University."

Actually, JLL has more than a good relationship with Ohio University. Unknown to Ms. Li, it has a contract, under which the agent gets a \$1,000

commission for each undergraduate it sends.

British and Australian universities have for years paid commissions to overseas recruiting agents, and as a result have attracted a growing share of international students. Now the practice is spreading in the United States, especially at community colleges and public universities eager to enroll more international students, who may pay several times the in-state tuition. Many institutions that use agents, including some small private religious colleges, are not well known; without recruiters, they have little hope of attracting students from around the world to diversify their campuses.

But the use of agents is raising uncomfortable questions and strong feelings, with some education officials uneasy about a system in which those who advise students on their college selection have a financial stake in the choice, an approach they fear could make the college-admissions process into a global bounty hunt.

"Putting recruiters on any kind of

Agents, Page 13

Gas Leak Causes Evacuation of NW21 and NW30

The gas main which feeds NW30 was broken at 2:30 p.m. yesterday by employees of Bond Brothers working on the NW35 project. As a precaution, buildings NW21 and NW30 were evacuated by the Cambridge Fire Department. The workers were installing a storm drain when they broke the main. By 3:04 p.m., occupants were allowed back in to both buildings. During the leak, NW30 lost gas for a brief period of time. The "all clear" was issued around 4 p.m., according to Ruth T. Davis, Communications Manager of MIT's Department of Facilities.

Tom Baillie of Bond Brothers said that Dig Safe had been called and had marked the area, but that Dig Safe had not marked the gas main that their excavation crew broke. *The Tech* was unable to reach anyone at Dig Safe for comment.

A representative for NStar confirmed that they responded to the gas leak but did not have the necessary information about their Dig Safe process to comment.

—Quentin Smith



QUENTIN SMITH—THE TECH

In Short

¶ **Campus Dining is serving free pancakes** as a part of "Flapjacks for Finals," this Sunday, May 18 from 8:30–10 p.m. in Lobell Food Court in the Student Center.

¶ **Stamps now cost 42 cents** following a 1¢ price hike yesterday.

Send news information and tips to news@the-tech.mit.edu.



Comics

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This will be the final regularly scheduled issue of *The Tech* for the 2007–2008 school year. *The Tech* will publish on Commencement and then once monthly during the summer.

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WORLD & NATION

China to Resume Talks With Tibetans, Dalai Lama Says

By Somini Sengupta
THE NEW YORK TIMES

The Dalai Lama said Monday that formal talks between his envoys and their Chinese counterparts were expected to resume in June, even as Chinese officials kept up their public denunciations of the Tibetan spiritual leader.

For the last two months, the Dalai Lama has witnessed from his perch here in exile a historic outburst of protest in his homeland, but he has been accused by officials in Beijing for trying to split the nation and was even derided as a “wolf in monk’s clothing.” All the while, he has gone hoarse telling the world’s news media that he is neither for the independence of Tibet nor against China’s hosting of the Olympic Games.

“Now the time has come for the Chinese government to conduct a thorough realistic review,” he said in an interview. “They have poured in billions. But they have failed to bring satisfaction to Tibetan life. They have to find out what’s wrong.”

Asked repeatedly whether he expected China to negotiate in good faith, or engage in talks simply in an effort to deflect mounting international criticism before the Beijing Olympics, the Dalai Lama demurred. “Too early to say,” he said.

Hundreds Arrested in U.S. Sweep Of Kosher Meat Plant

By Susan Saulny
THE NEW YORK TIMES

In the biggest workplace immigration raid this year, federal agents swept into a kosher meat plant on Monday in Postville, Iowa, and arrested more than 300 workers.

The authorities said the workers were suspected to be in the United States illegally or to have participated in identity theft and the fraudulent use of Social Security numbers.

A spokesman for Immigration and Customs Enforcement would not say how many people had been rounded up beyond the initial 300 or whether the management and owners of the plant, AgriProcessors, would face criminal charges.

The plant has 800 to 900 people and is America’s largest producer of meat that is glatt kosher, widely regarded as the highest standard of cleanliness.

The plant shut temporarily. The agents set up a perimeter around the 60-acre plant, in north-eastern Iowa, and entered on the morning shift, carrying out two search warrants, federal authorities said.

For HSBC, Asia Offsets Loan Problems in U.S.

By Julia Werdigier
THE NEW YORK TIMES

HSBC Holdings, Europe’s biggest bank, said on Monday that a recession in the United States was “increasingly likely” because the housing market would continue to deteriorate into next year.

The London-based bank put aside \$3.2 billion for bad loans in the United States in the first quarter, in line with its expectations, and said that the consumer finance business in America “remains challenging” because the “trend of rising delinquency ratios will continue.”

HSBC reported higher profit in the first quarter from the same period a year ago as its Asian business more than offset declining earnings in the United States.

“Emerging markets have held up for them but inflation is a risk, putting pressure on margins, and the thing we’re paying most attention to is them not calling an end to the U.S. situation,” an analyst at Panmure Gordon in London, Sandy Chen, said.

Powerful Quake in Western China Kills Thousands

By Jake Hooker and Jim Yardley
THE NEW YORK TIMES

CHENGDU, CHINA

A powerful earthquake struck Western China on Monday, toppling thousands of homes, factories and offices, trapping students in schools, and killing at least 10,000 people, the country’s worst natural disaster in three decades.

The quake, which was estimated preliminarily to have had a magnitude of 7.9, ravaged a mountainous region outside Chengdu, capital of Sichuan province, just after lunchtime Monday, destroying 80 percent of structures in some of the towns and small cities near its epicenter, Chinese officials said. Its tremors were felt as far away as Vietnam and set off another, smaller quake in the outskirts of Beijing, 900 miles away.

Landslides, power outages and fallen mobile phone towers left much of the affected area cut off from the outside world and limited information about the damage. But snapshots of concentrated devastation suggested that the death toll that could rise markedly as rescuers reach the most heavily damaged areas.

In the town of Juyuan, south of the epicenter in the city of Wenchuan, a middle school collapsed, trapping 900 students in the rubble and setting off a frantic search for survivors that stretched through the night. Two chemical factories in Shifang were destroyed, spilling 80 tons of toxic, liquid ammonia, officials told Chinese state media.

The destruction of a steam turbine factory in the city of Mianzhu buried “several thousand” people, the Xinhua News Agency reported Tuesday morning.

The quake was China’s biggest natural disaster since another earthquake leveled the city of Tangshan in eastern China in 1976, leaving 240,000 people dead and posing a severe challenge to the ruling Communist Party, which initially tried to cover up the disaster.

This time, officials mobilized some 50,000 soldiers to help with rescue efforts, state media said. Prime Minister Wen Jiabao flew to the scene and was shown coordinating disaster response teams from the cabinet of his jet.

The prime minister was later shown on national television stand-

ing outside the heavily damaged Traditional Medicine Hospital in the city of Dujiangyan, shouting encouragement at people trapped in its ruins.

“Hang on a bit longer. The troops are rescuing you,” he said. “As long as there is the slightest hope, we will never relax our efforts.”

The quake was the latest in a series of events that have disrupted China’s planning for the Olympics Games in August, including widespread unrest among the country’s ethnic Tibetan population, which lives in large numbers in the same part of Sichuan province where the earthquake struck.

The powerful initial quake struck at 2:28 p.m. local time — 2:28 a.m. Eastern time — near Wenchuan County, according to China’s State Seismological Bureau. Most of the heavy damage appeared to be concentrated in nearby towns, which by Chinese standards are not heavily populated. Chengdu, the largest city in the area with a population of about 10 million, is located about 60 miles away, and did not appear to have suffered major damage or heavy casualties.

McCain Asserts Greenhouse Gas Emissions Must Be Capped

By Elisabeth Bumiller and John M. Broder
THE NEW YORK TIMES

PORTLAND, ORE.

Sen. John McCain sought to distance himself from President Bush on Monday as he called for a mandatory limit on greenhouse gas emissions in the United States to combat climate change.

McCain, in a speech at a wind power company, also pledged to work with the European Union to diplomatically engage China and India, two of the world’s biggest polluters, if the nations refuse to participate in an international agreement to slow global warming.

In the prepared text of his speech, e-mailed to reporters on Sunday night and Monday morning, McCain went so far as to call for punitive tariffs against China and India if they evaded international standards on emissions, but he omitted the threat in his deliv-

ered remarks. Aides said he had decided to soften his language because he thought he could be misinterpreted as being opposed to free trade, a central tenet of his campaign and Republican orthodoxy.

But he took a direct shot at Bush. “I will not shirk the mantle of leadership that the United States bears,” McCain said pointedly. “I will not permit eight long years to pass without serious action on serious challenges.”

In speeches on the campaign trail, McCain frequently highlights the threat of climate change in speeches, but he has a mixed record on the environment in the Senate. In recent years, he has pushed legislation to curb emissions that contribute to climate change, but he has missed votes on increasing fuel economy standards and has opposed tax breaks meant to encourage alternative energy.

In his address on Monday, the pre-

sumptive Republican president nominee renewed his support for a “cap-and-trade” system in which power plants and other polluters could meet limits on greenhouse gases by either reducing emissions on their own or buying credits from more efficient producers.

McCain’s break with the Bush administration means that the three main presidential candidates have embraced swifter action to fight global warming.

The two Democrats seeking their party’s presidential nomination, Sens. Barack Obama of Illinois and Hillary Rodham Clinton of New York, criticized the McCain plan as too timid. Leaders of a number of environmental groups were also sharply critical and noted his past Senate votes against incentives for energy conservation and alternative energy sources like wind and solar power.

WEATHER

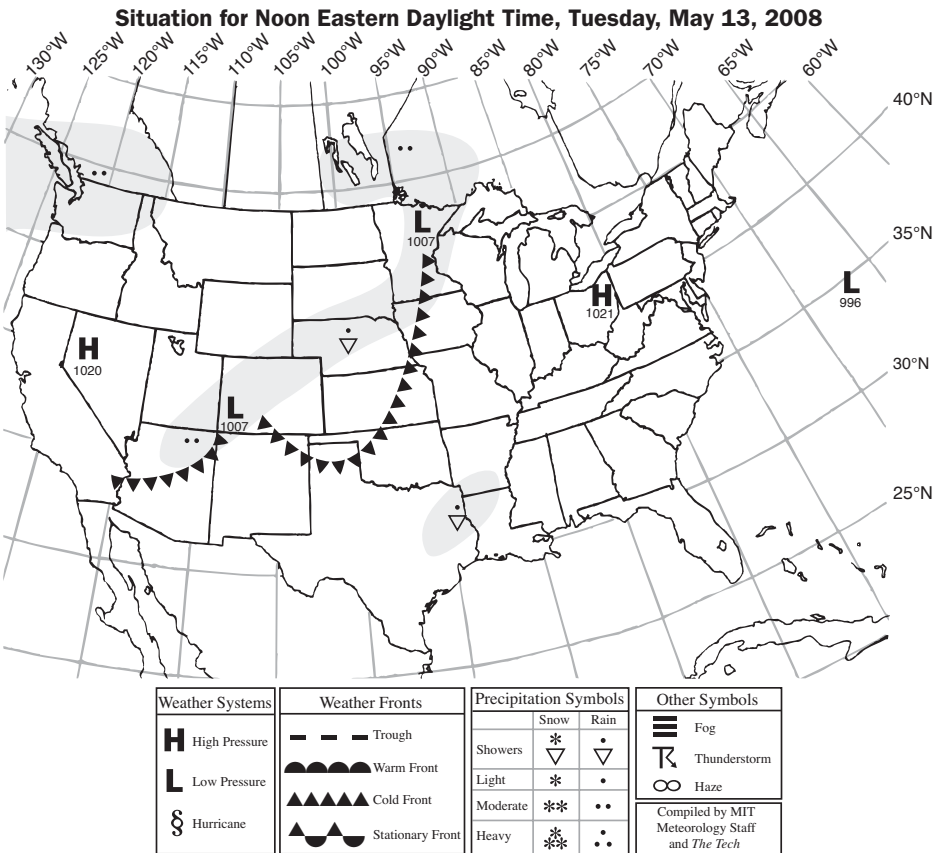
Don't Put Away That Jacket Just Yet

By Angela Marie Zalucha
STAFF METEOROLOGIST

For the rest of the work week, Boston will continue to see slightly below average temperatures, with no dramatic warming trends on the horizon. The reason for these slightly chilly conditions can be blamed on the wind direction. There are three main factors in determining the temperature. The first is the sun. Obviously, it is warmer during the day rather than at night and during summer rather than winter, based on the sun’s presence. The second factor in determining temperature is cloudiness. Clouds can act to block sunlight from hitting the ground, or act like a blanket to trap heat. The third factor is the wind direction. Wind can blow warmer or cooler air into our region. Meteorologists call this phenomenon “advection.”

As one might expect, wind blowing from the north will make it cooler, and wind blowing from the south will make it warmer. But because of Boston’s location next to the ocean, whether the wind is from the west or east is also important. This difference has to do with differing thermal properties of land and ocean. Land (e.g. rocks, sidewalks, grass, sand) heats up very fast when sunlight hits it. The land in turn heats the air very quickly. Therefore, when wind blows from our west, it has passed over the hot ground and will make us warmer. The ocean, on the other hand, does not heat up very fast when sunlight strikes it. This has to do with water’s relatively high heat capacity and density. The ocean remains cold, and so the air above it is cold. When wind blows from our east, we say the cold air is “advected” into Boston. This week the wind will be blowing from the northeast, meaning you should keep that jacket handy.

Today: Mostly sunny. High 61°F (16°C).
Tonight: Clear. Low 48°F (9°C).
Tomorrow: Sunny. High 66°F (19°C).
Tomorrow Night: Partly clouds. Low 50°F (10°C).
Thursday: Mostly cloudy. High 63°F (17°C).



U.N. Leader Bluntly Tells Myanmar to Hurry on Aid

By Warren Hoge and Seth Mydans
THE NEW YORK TIMES

UNITED NATIONS

As the authorities in Myanmar raised the cyclone death toll to nearly 32,000 and admitted one U.S. military aircraft, U.N. Secretary-General Ban Ki-moon pressed the junta to let international assistance and aid workers into the country without hindrance and expressed “deep concern and immense frustration” with what he called “the unacceptably slow response to this grave humanitarian crisis.”

In unusually blunt language for a U.N. leader, he said, “This is not about politics; it is about saving people’s lives. There is absolutely no more time to lose.”

The sharp comments from Ban came on a day when the authorities in Myanmar allowed a U.S. military aircraft to land with relief supplies Monday, crossing one barrier that has hindered the delivery of large-scale aid to more than a million victims of the May 3 cyclone. Meantime, state television has put the death toll at 31,938, with 29,770 people missing.

The U.S. flight was the most public example of what aid groups said was a slight easing of restrictions over the last day, although not nearly enough to provide for what they said was a desperate — and increasing — need. One raised its estimate to between 62,000 and 100,000 dead.

And even with the U.S. flight — the first of three that the Myanmar government has approved — President Bush said that the slow flow of aid suggested that the generals in charge were either “isolated or callous.”

“It’s been days and no telling how many people have lost their lives as a result of the slow response,” he told CBS News in a radio interview. “An American plane finally went in, but the response isn’t good enough.”

In frustration, Ban said that he had been trying for four days without success to reach the country’s senior general, Than Swe, and had sent a second letter to him Monday alerting him to the United Nations’ efforts to provide help and its need for “greater access and freedom of movement.”

John Holmes, the undersecretary-general in charge of emergency aid,

said that while there had been “slight progress” in granting visas to relief workers, only 34 of more than 100 applications had been approved.

U.N. officials said that the distribution of most deliveries of international relief supplies were still being blocked to the most badly affected parts of the country. They said help was reaching fewer than one-third of those in need.

The U.N. World Food Program, while reporting better cooperation with the government, said that it needed to move 375 tons of food a day to keep up with the urgent needs, but was shipping less than 20 percent of that — and was close to running out of rice.

At the airport in Yangon, a group of high-level officials greeted the unarmed C-130 transport plane carrying in the first U.S. aid, in an extraordinary scene of cooperation between two nations whose only relations in recent years have been acrimonious.

In a sign of the significance of the U.S. aid delivery, the aircraft also carried Adm. Timothy J. Keating, the commander of the U.S. military in the Pacific.

Cablevision Is Winner of Newsday

By Tim Arango and Richard Pérez-Peña
THE NEW YORK TIMES

NEW YORK

The owners of The New York Post and The Daily News lost out to Cablevision in the battle for Newsday, the Long Island daily, on Monday, but the tabloid war may be far from over. Either paper could still strike a deal to share operations with Newsday, according to bankers and analysts.

A Cablevision executive, who insisted on anonymity because he was not authorized to speak on the matter, said that his company might be receptive to such an arrangement.

The \$650 million deal for Newsday, announced on Monday by Cablevision and the Tribune Co., which owns Newsday, settles one big question about the future of New York-area newspapers at a time of financial strain for the industry. But it raises many more questions, including what the new owners will do about an outdated Newsday printing plant, who will run the paper, and how The Daily News and The Post, the two New York City tabloids, will respond to losing the bidding war.

Rupert Murdoch and the media conglomerate he controls, the News Corp., owner of The Post, and Mortimer B. Zuckerman, owner of The Daily News, saw merging with Newsday as a golden opportunity to cut costs — particularly by printing some or all of Newsday on one of the other paper’s presses. And each of the moguls wanted dearly to keep Newsday, a tabloid based in Melville, N.Y., out of the hands of the other.

“There’s nothing to keep Cablevision from making some kind of deal with either News Corporation or The Daily News on production, maybe distribution, even ad sales,” said John Morton, a newspaper industry analyst.

Putin Bolsters Power With Cabinet Choices

By C.J. Chivers

THE NEW YORK TIMES

MOSCOW

Prime Minister Vladimir V. Putin announced the formation of a new Russian government on Monday, reappointing several top ministers and maintaining the power and prominent roles of members of his inner circle.

Putin, who was barred by the constitution from a third consecutive term as president, became prime minister last week one day after yielding the presidency to Dmitri A. Medvedev, a longtime aide and protege.

Putin presented the names of his team to the president, who promptly approved them.

The announcements reinforced the image that Putin will retain a grip on power and the direction of policy in Russia. Official Russian business is often presented to Russia’s citizens by the state-controlled news media, taking the form of scripted conversations between Putin and other government officials.

In announcing the Cabinet, Putin sat at the same place at a table that he used as president for these performances. Medvedev sat in a chair that viewers have come to regard as for subordinates. The news itself had the same effect, as the team that had governed during Putin’s final term was left largely intact.

Court Hears More Claims of Vaccine-Autism Link

By Gardiner Harris

THE NEW YORK TIMES

WASHINGTON

The U.S. Court of Federal Claims began another hearing on Monday to decide whether a vaccine additive led thousands of children to become autistic.

The hearing is the second in a series of three in which the court is considering whether the government should pay millions of dollars to the parents of some 4,800 autistic children. In this hearing, parents are claiming that thimerosal, a preservative that contains mercury, damaged their children’s brains. Thimerosal was removed from all routinely administered childhood vaccines by 2001.

Every major study and scientific organization to examine the issue has found no link between vaccination and autism, but the parents and their advocates have persisted.

The claims are being heard in a special court set up by Congress 20 years ago when a series of scares nearly crippled the vaccine industry. The hearing is expected to last two weeks to three weeks, and a decision is not expected until next year.

Almost absent from this hearing and the others in the series is any discussion of the case of Hannah Poling, an autistic 9-year-old from Athens, Ga., who the government conceded last year might have been injured by vaccines. Vaccine critics say the concession gives strong evidence that vaccines cause autism, but government officials say the case proves nothing regarding the safety of vaccines.

Menthol Gets Special Treatment From Congress

By Stephanie Saul

THE NEW YORK TIMES

Some public health experts are questioning why menthol, the most widely used cigarette flavoring and the most popular cigarette choice of African-American smokers, is receiving special protection as Congress attempts to regulate tobacco for the first time.

The legislation, which would give the Food and Drug Administration oversight of tobacco products, would ban most flavored cigarettes, including clove and cinnamon, but exempt menthol, the pungent compound derived from mint oils that triggers cold-sensation receptors when applied to the skin, eaten, or inhaled.

The reason menthol is seen as politically off limits, despite those concerns, is that mentholated brands make up more than one-fourth of the \$70 billion American cigarette market and are becoming increasingly important to the industry leader, Philip Morris USA, without whose lobbying support the legislation might have no chance of passage.

Even the head of the National African American Tobacco Prevention Network, a non-profit group that has been adamantly against menthol, acknowledges that the ingredient needed to be off the bargaining table — for now — because he does not want to imperil the bill’s chances.

Junior Coalition Partner Leaves Pakistan’s Fragile New Cabinet

By Jane Perlez
THE NEW YORK TIMES

ISLAMABAD, PAKISTAN

In an early sign of instability in the new government in Pakistan, the junior partner in the coalition said Monday that it was withdrawing from the Cabinet over the government’s failure to reinstate the Supreme Court judges dismissed by President Pervez Musharraf.

The move by that partner, the Pakistan Muslim League-N, to vacate its nine posts in the 24-member Cabinet, including the Finance Ministry, was a step short of leaving the coalition and causing the collapse of the government altogether. But it was a clear indication of just how fragile the coalition remained.

The leader of the party, Nawaz Sharif, said he was standing firm on a pledge made by the coalition in March to bring back 57 supreme and high court judges, including the chief justice, Iftikhar Muhammad Chaudhry, after their dismissal under emergency rule last November.

In protracted negotiations that collapsed Sunday, the senior member of the coalition, the Pakistan Peoples

Party led by Asif Ali Zardari, the widower of Benazir Bhutto, insisted that judges appointed during the emergency by President Musharraf as loyalists to him should also be retained.

“Complications kept on being created,” Sharif said at a news conference. “We made a promise to the nation, we couldn’t fulfill it, so we are quitting the Cabinet.”

Sharif said the party would not join the opposition, and would continue to work with its partner, issue by issue. But the duration of the two parties’ marriage was a matter of conjecture on Monday.

“Several months,” said Ashtar Ausaf Ali, a senior legal adviser to Sharif.

A confidant to Sharif, Nisar Ali Khan, who is among the ministers who will withdraw from the Cabinet, described relations between the two parties as “cool.”

Explaining his decision, Sharif said he had refused to recognize the judges appointed by Musharraf — and who now sit on the Supreme Court — because he considered their appointments during the emergency rule illegal.

quences of the justices’ ownership of stock in individual companies. With solitary recusals being much more frequent, a 4-to-4 deadlock is a more common outcome than an inability to proceed with the case at all.

That happened March 3, when nonparticipation by Chief Justice John G. Roberts Jr. resulted in a 4-to-4 tie in a case on the permissibility of lawsuits against the makers of federally approved pharmaceuticals. According to his most recent financial disclosure form, the chief justice owns stock in Pfizer Inc., the corporate parent of the defendant in that case, Warner-Lambert Co. v. Kent, No. 06-1498.

It remains to be seen whether the absence of Justice Samuel A. Alito Jr. from the Exxon Valdez punitive damages case, argued on Feb. 27, will result in a tie vote. His ownership of Exxon Mobil stock led to his recusal from that case, Exxon Shipping Co. v. Baker, No. 07-219. In a tie vote, the lower court’s decision is upheld but it has no effect as precedent in other cases.

Federal law makes it mandatory

Sharif said he would immediately file nominating papers to run for parliament in a by-election in June. A seat in parliament would give Sharif, who was twice prime minister in the 1990s, the potential to become a much stronger voice in the escalating contest with Zardari, who has declared he will stay out of the legislature.

In a statement after Sharif’s news conference, the Pakistan Peoples Party said it had “no differences” with its coalition partner over the restoration of the judiciary. “The only point of disagreement is the method of restoration,” said Sherry Rehman, central information secretary of the party.

Rehman said that the Pakistan Peoples Party would still try to resolve the issue “amicably” and that the Cabinet posts left open by the Pakistan Muslim League-N would not be filled.

The essence of the feud over the judges revolved around the future of Musharraf, regarded by the Bush administration as a strong ally in the campaign against terrorism. Musharraf no longer leads the army, but remains president.

for judges to remove themselves from cases if they own even a single share of stock in a company that is a party in a case. Judges, unlike some executive branch officials, are not required to divest themselves of their stock holdings. Nonetheless, Congress acted in 2006 to deal with the recusal problem by making divestiture more appealing. It extended to the federal judiciary the relief from capital gains tax liability that it had already granted to executive branch officials who sell individual stocks and reinvest the proceeds in government securities or approved mutual funds.

Whether the apartheid case, which seeks \$400 billion in damages from the corporate defendants, ever gets to trial remains highly uncertain, despite the Supreme Court’s inability to act on the companies’ request to dismiss it. The government of South Africa strongly opposes the litigation, and the Bush administration supported the companies’ appeal on the ground that the case “is causing present injury to important interests of the United States and the Republic of South Africa.”

Conflicts for Supreme Court Justices Halt Appeal in Apartheid Case

By Linda Greenhouse
THE NEW YORK TIMES

WASHINGTON

Financial and personal conflicts of interest affecting four Supreme Court justices left the court without a quorum last week and unable to decide whether to hear an appeal brought by more than 50 companies that did business in apartheid-era South Africa.

As a result, the Supreme Court announced on Monday that a lower court’s judgment allowing the high-profile lawsuit against the companies to move forward was automatically affirmed.

A quorum of six of the nine justices is necessary for the court to conduct business. While the recusal of four justices is unusual, so was the case that provoked it, a consolidation of 10 lawsuits filed in the name of everyone who lived in South Africa from 1948 to 1994 and who was injured by the official system of racial separation. The dozens of corporate defendants represented a who’s who of American business.

The outcome calls attention to the occasionally uncomfortable conse-

OPINION

Letters To The Editor



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Tibet Only the Tip of The Iceberg

Given the endless attention in the past few issues to China's human rights abuses as the summer Olympics in Beijing approach, I thought this photograph (<http://news.bbc.co.uk/1/hi/magazine/3128202.stm>) found in a German archive could spark further discussion about possible parallels between China today and Nazi Germany.

The photograph, found in a German archive, is of the English national football team giving the Nazi salute in Berlin's Olympic Stadium on May 14, 1938. The picture was published widely in Britain amidst the recent controversy in the UK over the capitulation of the British Olympic Committee to China's demand that British athletes sign a pledge promising not to speak about China's human rights record.

While the focus of the recent protests has been on the Tibetans, whose plight is truly pitiable, there are others who have grievances against China — Uyghur Muslims whose marriages and unauthorized pregnancies are forcibly terminated. Forced harvesting of organs from political prisoners and others in state custody has also occurred for a long time. After many years of denial, China took steps to curb the forced organ harvesting only when the impending Olympics intensified international scrutiny of its human rights abuses.

Additionally, according to a recent Pentagon report, China has around 1000 missiles pointed at Taiwan, whose inhabitants they claim as their brethren, an assertion bizarrely incongruous with their aggressive military posture. And who can forget the 1989 Tiananmen Square massacre, immortalized in that photograph of a man standing in front of a tank?

Few educated in China's schools will know anything about that incident.

Then there are the forced abortions and infanticide stemming from China's one-child policy. Chinese oil money is also prolonging the plight of Darfurians.

Many of these problems cannot be dismissed as propagandistic anachronisms — they are happening now or have happened recently. Tibet is merely one item in a long list of topics which merit further exploration, particularly for the benefit of our Chinese student friends. There is much to learn from the diligent smuggling out of China by foreign media of facts and history which the Communist government has long suppressed inside

their borders.

Technical advancement, economic growth, intellectual prowess, and general improvement in standard of living are among the material things cited as evidence of progress in China, in the numerous letters written to *The Tech*.

No one denies the remarkably quick and prodigious rise in China's economic prosperity. But material things have no inherent moral value. Having lots of money, or being really smart, does not necessarily make you a good person. Money is no measure of virtue. In particular, Fei Chen's letter calls access to education, medical care and food "basic human rights." However, there is no mention of what most others consider to be human rights — freedom of the press, of religion, the right to speedy and fair trials, to representative government.

Can Christians in China preach the second coming of the Christ? Can Catholics openly avow the pope as the vicar of Christ on Earth and the leader of a spiritual realm beyond the reach of any temporal ruler? Can members of the Falun Gong sect freely advocate and practice their beliefs? Can the media talk candidly about Tibet or Tiananmen Square? Are those charged with crimes tried in the courts of an independent and transparent judiciary, and within a short time of being detained? Are confessions obtained without torture and without the threat of harsher punishment? Are serious opposition parties permitted to organize? Man is more than an economic being — he is a spiritual creature with spiritual needs which only freedom can satisfy.

No amount of material wealth can fill China's gaping moral deficit.

Such criticisms are directed not at the Chinese people, but at the Chinese government.

The distinction between a people and its government may not be readily comprehended by those who grew up in as fervently nationalistic a society as the Chinese. We make that distinction because an unelected government cannot truly reflect the will and the sentiment of those governed. As a contrasting example, even though we Americans are ultimately responsible for the composition of our government via the ballot box, we are comfortable reproaching our government. That's why some find puzzling the backlash of the Chinese students to criticism of a government which they don't even get to choose.

To be sure, there are elections in China, just as there were in the Soviet Union, and in Iraq under Saddam Hussein. One must look past the window-dressing and see that the real power in China is still held by one party. No

serious opposition to the Communist Party is allowed to organize and to enter the political process.

Fei Chen writes that the political cartoon offends the dignity of Chinese students. Undoubtedly, their pride is offended. However, no cartoon can debase the dignity of the Chinese people to the depth the Communist government has. What's more denigrating — a silly drawing, or being forced to abort your second child? Far from trying to ridicule Chinese people, the cartoon is attempting to shed light on the indignities to which the Chinese government subjects its own people.

While we should heed Chen's suggestion to learn how Chinese history influences the way the Chinese students react to the cartoon, they should learn how political cartoons are used in our culture to convey political messages and social commentary, often more effectively than prose. The very irreverence of the cartoons, and the offense we imagine they must cause to those lampooned in the cartoons, are what make them so effective, endearing, and enduring — they have been a mainstay of American political discourse since colonial times, and are here to stay. That one cartoon was able to trigger so much dialogue in the pages of *The Tech* illustrates their power.

Justin Wong '07

Lin Has Low Success/Talent Ratio

Mr. Lin, as a big American Idol and Seacrest fan, I can't help but to point out that you yourself have a low talent-success quotient based on your recent article ("Squid vs. Whale", May 9).

As an editor, you really should have been able to come up with a more informative, enlightening, and objective article about the subject. You also tended to contradict yourself, especially when you wrote that you didn't feel that Seacrest was worth getting worked up about, and yet you were clearly worked up about him enough to come up with a 700-word article which, sadly, was completely devoid of any fact-based theory about the subject.

Still, thank you for proving that when it comes to Ryan Seacrest, people who go so far as to belittle him from high atop their mountain of misplaced superiority only end up proving that as talentless as they consider him, he manages to call their own credibility and "talent" into question to discerning readers like myself.

Cristina Gotanco



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Stop Spying on Freshmen

Ana-Maria Piso
and Tom Kennedy

The Inter-Fraternity Council recruitment rules this year include mandatory use of the Clearinghouse system.

Clearinghouse is an online system that fraternities use to track freshmen through Rush week. Whenever a freshman goes to a fraternity event his name is entered into a Web site. Other fraternities can go to the Web site and search for freshmen; they can see what event any particular freshmen is attending and view what events that person has been to that week.

Fraternities collude to keep tabs on freshmen and record their movements; Clearinghouse is a cooperative spying network.

When the modern Clearinghouse system

was introduced in 2005, freshmen likened it to “Big Brother” (see “Clearinghouse Worth Missing”, September 13, 2005 in *The Tech*). This negative response might be why freshmen are now deliberately kept in the dark about Clearinghouse. In Rush 2005, Clearinghouse computers were required to be at the front entrance of each fraternity and freshmen could see that they were being entered into the system; the IFC has since become wiser and last year fraternities were encouraged to keep their Clearinghouse maintenance hidden in a back room. Despite this, all freshmen are entered by default into a system they do not even know exists — and they have to proactively request to be withdrawn if they so choose.

The Inter-Fraternity Council has made several excuses for Clearinghouse. They have claimed that freshmen need to be tracked for liability purposes — but only men are entered

into the system, not women attending fraternity rush events. Perhaps the IFC believes that no one will care if an accident happens to a woman. They have argued that the IFC needs a way to make sure freshmen are brought back from trips on time — which does not explain why the names of freshmen going on these trips should be accessible to other fraternities and not to IFC executives only.

No excuse offered stands up to scrutiny. At IFC meetings this term, fraternities have finally been willing to admit it: the purpose of Clearinghouse is to spy. Fraternities use Clearinghouse to see which freshmen are being courted by other houses so that they can target those freshmen — or abandon them. So don’t worry freshmen: it’s all for your own good.

We, at the Number Six Club, think that spying is simply unethical — and we are not the only IFC member to think so. We certainly

never intend to use the data we have access to. We also do not want to help enable the spying that goes on. This term we informed the IFC that we will not sign any rules that force us to spy on freshmen. The response: a motion is now going before the IFC that any fraternity that fails to agree to all of the rules including Clearinghouse will be banned from recruitment during Rush week.

If a fraternity wants to keep track of who has been to their house that is their privilege. If a fraternity wants to share that information with other fraternities, no one has the right to stop them. However no fraternity has the authority to coerce others into spying for them.

Ana-Maria A. Piso '10 is the President of the Number Six Club. M. Tom Kennedy '09 is a former President and Rush Chair of the Number Six Club. This column is submitted on behalf of the Members of Number Six.

An Open Letter to the Incoming UAP/VP

Martin F. Holmes
and Ali S. Wyne

Dear Noah and Mike:

Congratulations on your victory! Your candidacy has sparked tremendous interest: Voter turnout was up by 13 percent this year, with 2,088 votes cast. Over half of the student body voted.

You will lead a student population that is far more engaged than the one that we saw when we arrived at MIT four years ago. Then, the UA was a mere blip on most students’ radar screens (the radar screens of those students who actually knew that the UA existed). It was viewed with suspicion at best and was more often ridiculed as irrelevant.

Today, because of a series of high-profile incidents that sharpened tensions between administrators and students, as well as — we would like to think — proactive efforts on our part, the situation is quite different.

The most important members of the ad-

ministration know that student engagement is at the top of the UA’s priorities, as do the most influential members of the faculty and the Corporation. We have ended our time in office by establishing and constituting the Task Force on Student Engagement, a group whose recommendations are likely to be taken very seriously in future years.

This task force will not only allow you and the UA to make key reforms in specific areas (for example, dining); it will also allow you to introduce a student voice in areas where it has yet to be consulted.

These are ambitious objectives. Luckily, you will have the privilege of working with an unusually strong set of Senate and Executive officers. Furthermore, your administration may well be the first in memory to experience strong relations with the Dormitory Council, the Interfraternity Council, and the Panhellenic Council.

It is difficult to imagine a better set of circumstances to inherit.

Now that we are on our way out, we thought that we might pass on some advice:

When we came into office, we were so eager to demonstrate concrete progress that we undertook several scattered initiatives without establishing a broad framework in which they could or should occur — student engagement is precisely that framework. Stay focused on high-level, strategic priorities, delegating specific projects to Senators and your committee chairs.

Senators are the UA’s most public face. If they do not feel invested in the organization, the UA will likely be perceived as ineffectual even if it is registering many accomplishments. In our time here, we have seen many individuals who came to Senate with incredible ideas and energy only to grow frustrated with its bureaucracy and inefficiency.

Remember the three C’s: communication, communication, and communication. More often than not, poor (or, in far too many cases, absent) communication is at the root of the UA’s problems.

We have many reasons to be frustrated with the administration. However, we share some of the burden for moving forward. We need to do

a better job of understanding administrative perspectives in good faith and communicating our own perspectives without adopting a presumptuous tone.

Administrators have told us that they do not share their personal viewpoints because they are afraid that students will misquote them, initiate rumors, or use those statements as a basis for criticizing the administration; there is certainly some truth to this claim. That being said, it is difficult to redress this state of affairs if we are neither given access to the channels in which high-level strategic decisions are made nor provided the rationales for crucial decisions even after submitting repeated requests. The Task Force offers a promising way out of this chicken-and-egg problem. Do not neglect to take advantage of this rare opportunity.

Keep up the good fight, guys! This year can be the most transformative one that the UA and the students who they represent have had in quite some time. Carpe diem!

Martin F. Holmes '08 and Ali S. Wyne '08 are the outgoing President and Vice-President of the Undergraduate Association.



“My FEMA director ‘Brownie’ did a heckuva job for us in New Orleans. You want him?”

CAMPUS LIFE

Brouhaha Rhythm

A Fickle Mistress Named Summer

By Michael Lin
STAFF COLUMNIST

Oh, Summer ... so long have I longed for your kind and merciful embrace. For two semesters, I have quested through the academic labyrinth. I have endured perpetual confusion and ceaseless frustration, hoping to find you around every corner, only to find another serpentine passageway in my path. Now that I have traveled so far through this dim dungeon, the glimmer of your reward shines clearer even in my tired eyes, but one more challenge lies between you and me. The Minotaur of finals week stands ominously before me, offering one last, fateful change to strike me down. Yet as worn as I am, I am prepared to stand tall and slay it with the last of my energy, if only so I may crawl from beneath its corpse and find myself at your feet, bloody and bruised, yet ready for you to lift my

spirits.

I have oft wondered why you choose to elude me so, Summer. There have been so many times when I thought I could feel your presence, when the sky and air seemed to taste of you, when your golden beams were happy to soothe my aching flesh. Then a week, a day, would pass before you fled from me once more, and the chill of a Bostonian (excuse me, Cantabrigian) winter would blow through my veins again. Why did you tantalize me so cruelly, Summer? Why are you so mercurial? Why would you warm me with your sunny glow, then allow your sis-

Why would you warm me with your sunny glow, then allow your sister seasons to stab me with frosty blades and drench me in will-breaking rain?

ter seasons to stab me with frosty blades and drench me in will-breaking rain? If you wanted to dry out my skin, you did a fantastic job of it. If you were trying to tell me that I should shower

more often, I do apologize for stretching my laundry more than was polite, but you could have simply scorched me to sweating so that I would have no choice but to shower. Oh, wait — you did.

In spite of my complaints, sweet Summer, you know I love you

so. In the years of our youth, we spent endless days on frivolous pastimes; climbing trees, riding bicycles, being thoroughly spanked at Little

League baseball. Alas, as adolescence took me over, we took shelter in the air conditioning of my study, basking in the laziness afforded by a long and lustrous vacation. But, no longer. Now, in our near-adulthood (Holy Hannah, I am five months away from being *twenty*), with you comes the promise of more labor, a greater labor, a higher labor, one Hercules himself would have skirted away from. I speak of the opportunity for self-improvement, although the cleaning of my room could probably apply as well. A job, an internship, a chance to travel. Such is the way of romance, one of incredible possibilities and unpredictable surprises. I welcome your embrace, Summer, if only with some apprehension. Do with my heart what you will. Just try not to get too touchy-feely, okay? Your sister Autumn was there when I was born, and I'd hate for her to get jealous.

It's a Big, Big World

Little Me, Big World?

By Diana Jue
STAFF COLUMNIST

Throughout the semester I've addressed a number of topics such as poverty, sustainability, culture, trade, politics, and activism. However, I've overlooked specific examples that require last minute mentioning.

First are the retaken factories of Buenos Aires, where workers began operating factories that were closed by their owners after the economic crisis. The workers' slogan was "Resistir, ocupar, producir" (Resist, occupy, produce), and their democratic self-governance proved successful. I visited Cooperativa Chilavert Artes Gráficas, a small but famous retaken printing factory. Coupled with the example of the popular assemblies organized by residents of low-income Buenos Aires neighborhoods, these retaken factories beg the consideration of decentralization as governance 2.0, particularly when higher governments fail their citizens.

Contrast Buenos Aires with Beijing, where the centralized government's heavy hand plays a very visible role in society. My host mother, who recently moved into her high-rise apartment after being evacuated from her traditional hutong, bore the brunt of Chairman Mao Zedong's Cultural Revolution in the 1960s. Because she lost her educational opportunities, she was employed as a television factory worker. When I was in Shanghai, I befriended a Tongji University stu-

dent, Betty, and asked her what she thought about Mao. She replied that all she learned about the Cultural Revolution was that it was Mao's "mistake". Then she pointed to a giant statue of Mao located at the campus' entrance and said, "Everybody says he was a great man." Even from our lecturers and guest speakers, it was difficult to find an opinion dissenting from the government.

These two examples address a broader theme underlying the topics I've written about. The idea of citizenship dawns upon me: what it is, to where it is bounded (e.g. neighborhood, city, state, or nation), which responsibilities it entails (e.g. voting), and who is included or excluded (by force or by choice). Shouldn't how and with whom we live affect how we live as individuals?

At first glance I thought I had nothing to do with the cities I visited. But, studying abroad helped me understand myself as a citizen living within a global system.

Perhaps this column's title, "Big, Big World," is not appropriate. The onset of globalization has arguably made the world smaller. Multinational firms outsource to India, and workdays become 24 hours long because technology bridges time zones. The Internet allows me to keep current with international news and catastrophes. With trade and worldwide environmental problems, national boundaries become more and more invisible. How I live in the United States has global ramifications.

If we live in a small world with big problems, then how do we respond, if at all? We need to ask if we consider ourselves global citizens. If we are, then what are our responsibilities? Do we see everybody else living on this little planet as a fellow citizen as well? For example, our small contributions to global warming by driving unnecessarily will aggregate and affect vulnerable slum dwellers in India. The corn that we essentially put into our gas tanks could feed the mouths of people experiencing food crises in Egypt, Haiti, Thailand, and other countries. What we consume may deplete natural resources that are essential for some of our fellow citizens' survival.

As we learn to live together, an understanding of global citizenship, charity and compassion, although important, needn't be the only motivations that drive us to aid one another. Sheer respect and responsibility as co-citizens sharing this world are enough. Each of us can independently contribute toward big solutions. This lifestyle change requires a mindset shift concerning others and ourselves.

I leave you with what I've learned studying abroad. May it help you think about your own experiences.

1. Write and keep everything in a personal journal — My most treasured possessions from the trip are two extra large Moleskine cashier's notebooks filled with near-daily entries that capture my memories, thoughts, feelings, conversations, sights, diet, and experiences. For me, to write is to think, to process, and to untangle. Not writing is actively avoiding the convoluted mess that is in my head. Writing in a journal isn't as much about the end product as it is about the

process.

2. Converse with those who share the experience or similar interests — My classmates were some of the most passionate people I have ever met, and talking with them definitely expanded my thinking.

3. Explore — The more you observe and experience, the better your chances of finding something that triggers new ideas and thoughts. Since I had free weekends, I spent a lot of time wandering around. Get out of the books and try learning from experiences.

4. Meet new people — I spent a lot of time with natives whom I met through a series of interesting circumstances. Their authentic perspectives taught me about real life in their respective countries.

5. Reserve down time — Time alone to reflect, read, and sleep is necessary. Taking a break from the busyness to reflect on what's happening helped me learn tremendously.

6. Continue the experience — I picked up many relevant books when I returned home. I've found that what I've done after the trip has been more important than what I did before or during the trip. Learning lasts a lifetime.

7. Share — One reason I decided to write this column was to learn from it. Sharing in written form has forced me to formulate thoughts and to take stances. If I didn't do it, I fear that the trip would only be remembered as that awesome term spent traveling.

This is the end of Big, Big World, which ended up being kind of small after all. Thanks for reading. I hope you learned something. I sure did.



DIANA JUE—THE TECH

All of the universities that I visited had some version of a giant Chairman Mao statue. This one is at Fudan University in Shanghai.



DIANA JUE—THE TECH

A factory worker studies proofs inside a retaken factory in the Buenos Aires neighborhood of Chilavert.

May 13,
2008

COMICS

The
Tech

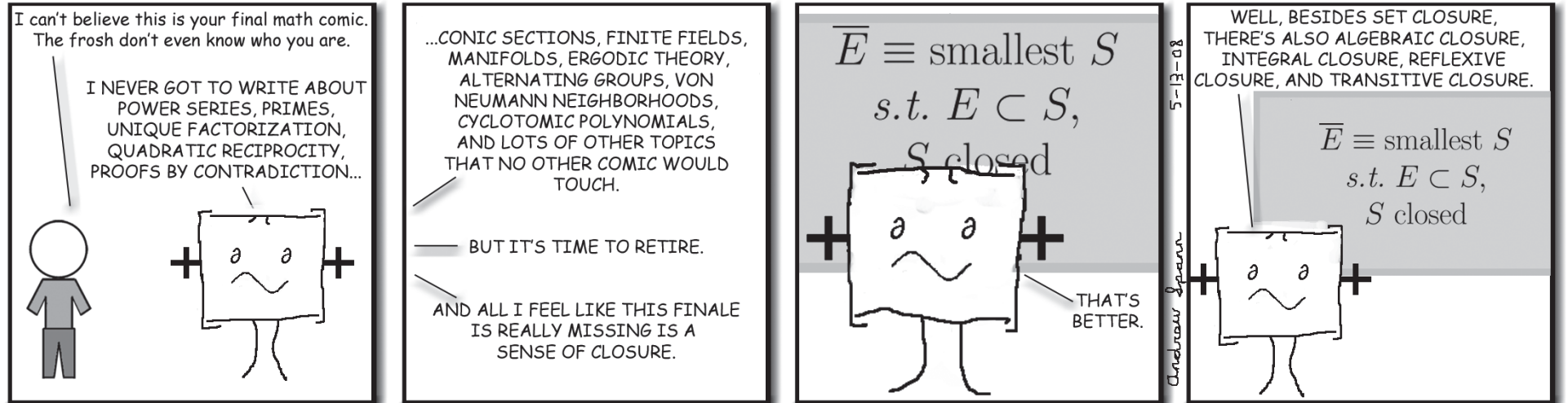
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PAGES

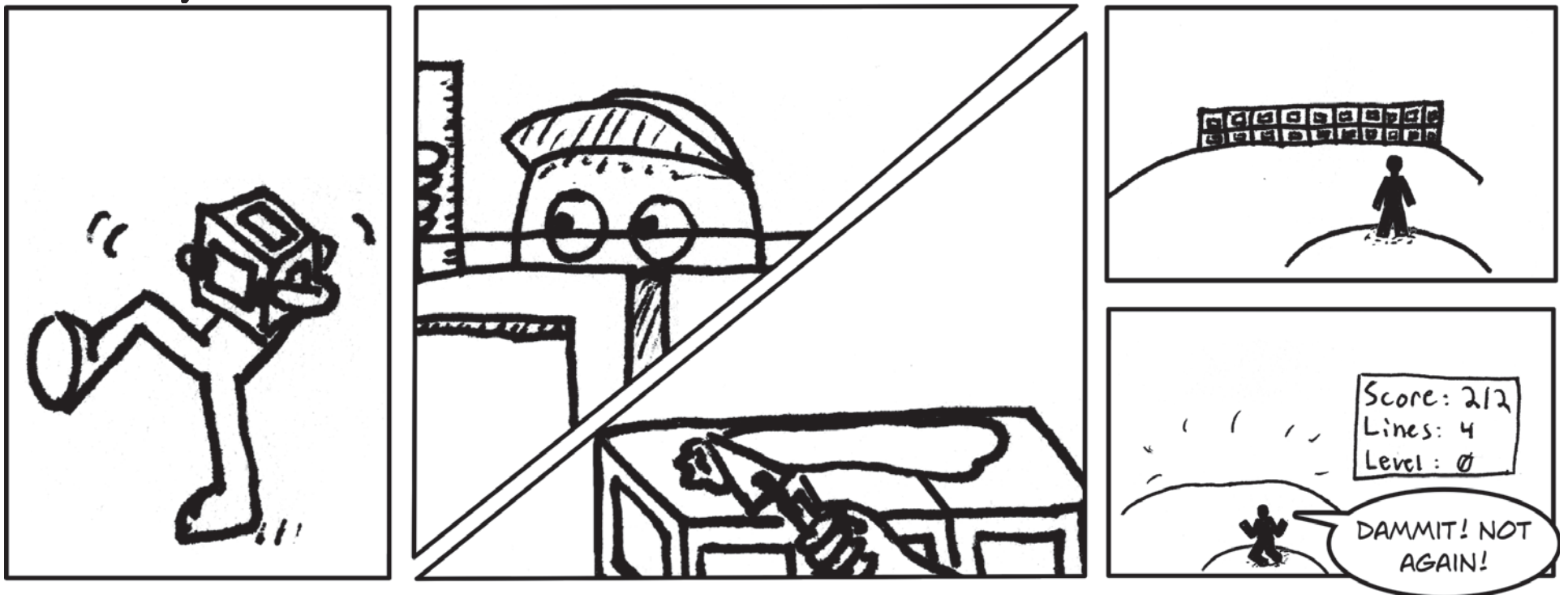
PROOF OF FALSE

by Andrew Spann



Steal My Comic

by Michael Ciuffo



The Daily Blunderbluss

by Ben Peters

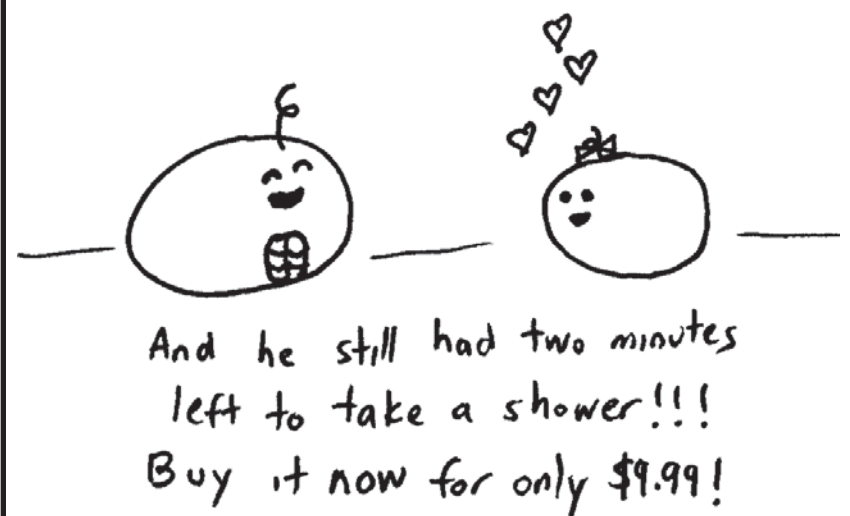
New, from Harmonix Music Systems...



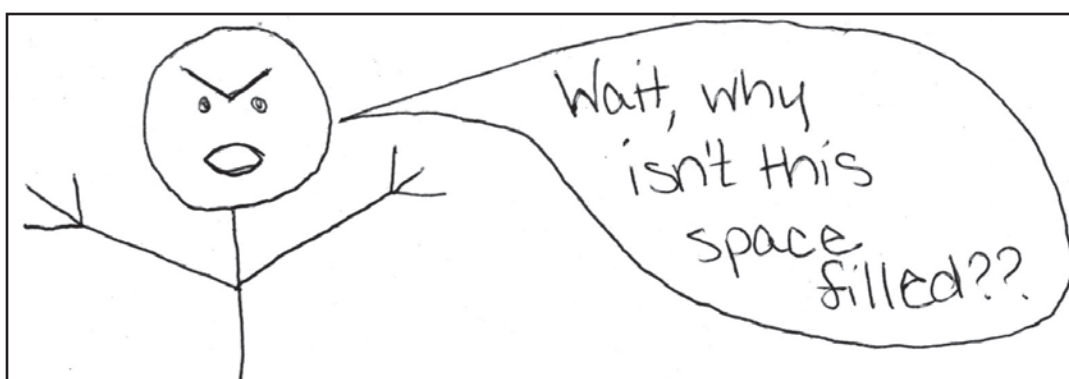
Blobbles

by Jason Chan

ten minute love



Remember, this is how Blobbles works:
you send a caption, and I make a drawing out of it.
blobbles@mit.edu



Punchline:

Maybe we need
more cartoonists...
COMICS@the-tech.mit.edu

Doonesbury Flashbacks
BY GARRY TRUDEAU

Dilbert® by Scott Adams

Crossword Puzzle

Solution, page 16

1	2	3	4		5	6	7	8		9	10	11	12	13
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ACROSS

- 1 Ponder
5 Freebie
9 Hammer in court
14Zatopek or Jannings
15Tissue additive
16Appliance maker
17Scottish berets
18Rend
19Light purple
20Persistent ache?
23Maglie of baseball
25Bobbsey twin
26Author McEwan
27Ave. crossers
28Keeps occupied
30Kofi of the U.N.
32John Jacob ____
33French summers
34Online auction site
38Persistent ache?
41Compos mentis
42Landlord's income
43Bikini or Eniwetok

44Beach

- 46Prayer book
47Lode's yield
50Director Lee
51Summer cooler
52Greeks letters
53Persistent ache?
57Tony or Oscar
58Easy pace
59Cops, to criminals
62Bottle inhabitant?
63Actress Swenson
64Comic Johnson
65Ford flop
66Like so, to Luigi
67Half a fortnight

DOWN

- 1 Convened
2 Ms. Thurman
3 Fool
4 "Lohengrin" heroine
5 Short snooze
6 Textile lubricant

su | do | ku

Instructions: Fill in the grid so that each column, row, and 3 by 3 grid contains exactly one of each of the digits 1 through 9.
Solution on page 16.

© Puzzles by Pappocom

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	7						4	
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Solution, tips, and computer program at <http://www.sudoku.com>

- 7 Sound of pain
8 To the point
9 Lead-bearing mineral
10Infamous Ugandan
11Landscape low points
12Make into law
13Needs
21Entomb
22Medieval trade association
23RBI and ERA
24Tyler of "Ghost Whisperer"
29Tender spots
30Expiate
31Cozy residences
33Peppy
35Earth's zone of life

- 36Dwight's rival
37Hollers
39Humor based upon contradiction
40Holy honoree
45"Messiah" composer
46Rum cocktail
47Missouri feeder
48Marry again
49Roy's Dale
51Pond denizens
54Port city of Pennsylvania
55Tuscany river
56Tobacco plug
60Noshed
61Shatner title word

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is pleased to announce the arrival of ...

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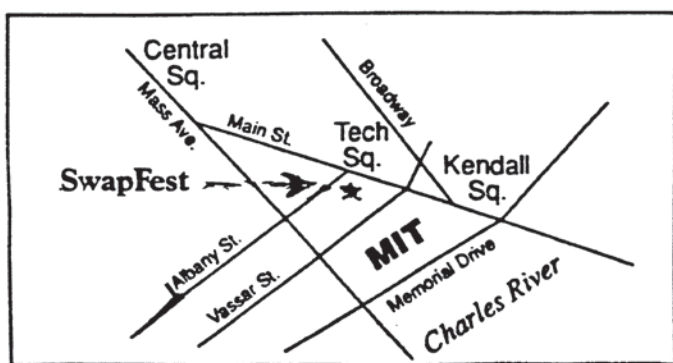
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Health at MIT

A special report by *The Tech* — May 13, 2008



TECH FILE PHOTO

The MIT Medical Building (E23) is located next to the Media Lab near Amherst and Ames St.

Dear Reader,

The most fundamental concern of the MIT community must, of necessity, be its own health. If we are to maintain this essential component of the university, we must first understand the system, what works, and what needs improvement.

The purpose of this special section of *The Tech* is to explore the wide range of health issues at MIT, mental health chief among them.

In these pages, we have invited campus opinion leaders to explain how their projects and programs contribute to the landscape of health at the Institute. An anonymous student columnist who used MIT Mental Health Services for the first time this year describes how taking the first step — asking for help — was the best decision of a school year, and how friends reacted when they found out. Additionally, two health educators give advice on simple ways to add wellness to your lifestyle.

Other columnists explain how health affects the life of MIT community members. In one column, the Graduate Student Council describes a new dental plan that will serve graduate students who have, for a year, had no coverage.

We have also reported on the issues that profoundly affect the well-being of those in our community, from a new alcohol training program to the rapidly growing MIT ambulance service. Elsewhere in the news section, *The Tech* explores how, in one interpretation, MIT's suicide rate is below the national average for college-age students; but in another, it's twice as high as the average for college students. And we explain how the free services that Mental Health Services provides help people who feel depressed, need motivation, or just want someone to talk to.

We hope that this section's news stories, columns, and viewpoints will help improve your understanding of health in the community.

Angeline Wang
Contributing Editor, *The Tech*

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More MIT Students Are Using Mental Health Services

By Shreyes Seshasai
STAFF REPORTER

One in six students used MIT's Mental Health Services in the 2006–2007 school year, a rate that has increased by about fifty percent in seven years, according to data provided to *The Tech* by Chief of Mental Health Services at MIT Alan E. Siegel.

During the 2006–2007 school year, at least 1,639 of MIT's approximately 10,000 students used MHS services, an increase from the 1,098 students in 2000, as reported by the MIT Mental Health Task Force. People who take part in support groups or one-time consultations are not formally enrolled in MHS's system and are not counted.

More detailed information on users of MHS is not available, Siegel said, because mental health services are free for all MIT community members, so they don't have insurance records that others could use to track patients.

Though graduate students outnumber undergraduates by about three to two, Siegel said only slightly more graduate students than undergraduates used MHS services in 2007. The service recorded 11,273 total visits, with a median of seven visits per person.

Other community members also

used the services: 1,041 faculty and staff visited in 2006–2007, with a total of 3,959 visits and a median duration of four visits.

MHS usage not unusual among peers

MIT students used mental health services at about twice the average rate for college students nationwide. Last year, 16.4 percent of MIT students sought counselling, compared with 8.5 percent of all enrolled college students in the nation, according to the 2007 National Survey of Counseling Center Directors.

But the rate at MIT is on par with the 14–16 percent at schools traditionally considered “peers,” like Harvard University and Cornell University.

The Mental Health Task Force

predicted that changes to mental health services in the past few years would increase usage; in its 2001 report, it wrote that “university mental health directors predict student utilization will continue to rise to a level of 16–20%.”

Severe psychological problems characterized 49 percent of students who sought help at college counseling centers, according to the 2007 National Survey. It is unclear how MIT students compare; MIT doesn't categorize students this way, Siegel said.

Among students and faculty who visit MHS, the top three concerns are depression, relationship problems, and stress or anxiety, Siegel said. These concerns have remained constant over time.

Student Use of Mental Health Services Over Time

Year	1995	2000	2007
Undergraduate Students	315	514	(not available)
Graduate Students	367	584	(not available)
Total	682	1098	1639

SOURCE: MIT MENTAL HEALTH TASK FORCE REPORT, MENTAL HEALTH SERVICES

Statistics exclude those who were not formally enrolled with Mental Health Services, such as those in support groups or one-time consultations. Data from 1995 and 2000 come from the 2001 report of the Mental Health Task Force. A breakdown between undergraduates and graduates was not available for the 2006–2007 school year.



Pictured is the first of three Automated External Defibrillators installed in Spring 2006 in the Student Center. The other two were installed in the Stata Center and Infinite Corridor, and more were added the following year. The AEDs were funded by a large-scale CPR event hosted by MIT American Red Cross Team and Network (ARCTAN) and MIT-EMS.

In-House Discussion of Alcohol Risks Featured in New Prevention Program

By Emily Prentice
ASSOCIATE NEWS EDITOR

Next year, all fraternities hosting events with alcohol will be required to put three-fourths of their members through a new alcohol education program. The program, a 90-minute talk held in each fraternity's house, is designed to get students talking about drinking.

A trained student moderator leads the in-house discussion about the risks of alcohol in the new Establishing Norms Through Interactive Community Education program, which was created and piloted last year by the MIT Office for Community Development and Substance Abuse Center.

The new program will run in conjunction with PartySafe, an existing seminar aimed at reducing alcohol-related risks during parties, according to David J. Hutchings '10, Interfraternity Council risk manager.

Two-thirds of a fraternity's members needed to take part in PartySafe in the past if the fraternity wanted to hold events serving alcohol. Now, in addition, three-quarters of a fraternity's members must have completed the new ENTICE program every two years.

By leading discussions within individual chapters, the new program will help with “internal issues caused by alcohol and other drugs in their respective chapters,” Hutchings said.

PartySafe will be compressed to 90 minutes from its current 3–4 hours, so that PartySafe and the new program will together take about the same amount of time to complete, Hutchings said.

The new program begins with a survey that students in the living group take online prior to the discussion. Then, students trained by the CDSA mediate a discussion about statistics on alcohol use.

Students have responded positively to the new program's pilot. Eighty-one percent of students rated ENTICE as “Effective” or “Very Effective” in “addressing community alcohol issues,” according to a report authored by MIT's Community Development and Substance Abuse Center.

According to the report, the new program was influenced by MIT's existing Brief Alcohol Screening and Intervention for College Students program, which serves to provide one-on-one counseling for individual heavy drinkers.

The report suggests that where the BASICS program aims to reduce risky behaviors in individual heavy drinkers, the new program will aim to reduce risky behaviors in groups of high-risk drinkers.

In a study, the BASICS program seemed to reduce the likelihood that heavy drinkers would continue in their ways, according to the report.

A survey measured the effectiveness of BASICS's online feedback about an individual's drinking habits and one-on-one interviews with that individual in reducing heavy episodic drinking. In the study, heavy episodic drinking was defined as a minimum of four drinks for women and five drinks for men consumed in one sitting three or more times in the last two weeks.

The results of the study show that members of the control group, who received no interview or online feedback, decreased heavy episodic drinking by 5 percent. For groups that received only online feedback, but no interview, incidence of heavy episodic drinking decreased by 12 percent. Heavy episodic drinking in the group that participated fully in the BASICS program by receiving both interviews and on-line feedback, was reduced by 21 percent.

The report includes some quotes from students who participated in the new ENTICE program. One stated, “I think my house as a whole has been more open about talking about alcohol issues — I think the program gave us a safe and open forum to talk about the issues we all know are out there and exist.”

According to Kimmel Yeager, assistant dean of CDSA, the CDSA is considering extending the new program to include dormitories and athletic groups on campus next year.

Intake services improved

Why are more people using MIT's mental health services these days?

Perhaps this generation is more likely to experience mental health issues — or more willing to ask for help. Another possibility is that in recent years, on-campus mental health services have become substantially easier to use.

Prior to 2000, students who wanted to use MIT's mental health

services would call and set up an appointment, which could be scheduled a week later.

Now, students start right away with a brief phone conversation, about fifteen minutes long, with a mental health clinician. The clinician tries to understand the general problem the person is facing and asks questions to figure out what services would best

Mental Health, Page H5

MIT Medical, Mental Health Guard Access To Your Information

By Shreyes Seshasai
STAFF REPORTER

What information about your medical care does MIT share with other people?

On the whole, remarkably little is shared without your consent; MIT withholds most information unless you give the Institute written consent. This tight-lipped approach protects student privacy, but it can cause hassles when different parts of MIT want to work together.

Confidentiality at MIT's Mental Health Services is governed by a number of federal and state laws, including the Health Insurance Portability and Accountability Act. This act defined privacy measures to regulate the disclosure of a person's Personal Health Information. The act also sets forth administrative, physical, and technical safeguards to protect patients' electronic personal health information.

A curious quirk of HIPAA specifically excludes all educational records that are covered by the Family Educational Rights and Privacy Act, which includes a student's individual medical records. Medical records of non-students are regulated by the privacy restrictions set in HIPAA.

Mental Health Services will only release personal information with a patient's written permission, in compliance with Massachusetts state law. This written permission is required even for release to a patient's primary health care provider or to a support dean in Student Support Services.

There are exceptions to this requirement, such as when the person is in danger of physical harm by suicide, if someone else is in danger, or if abuse or neglect of a child or elderly person is involved.

Medical and mental health records are stored apart

In addition, Chief of Mental Health Services Alan E. Siegel said that a person's health records at MHS are kept separately from the records of MIT Medical. According to Siegel, this policy is not required by law, but MIT has chosen to follow it.

As a result, when a person comes to MIT Medical for urgent care, medical personnel must ask MHS to see if they have any information relevant to the patient's medical care, such as the medications the patient is taking.

In extreme emergencies, medical personnel can engage in a process called “breaking the glass,” where they look at a patient's mental health records using a standard called presumed consent.

This procedure is used very rarely, according to Siegel; he said he can't remember it being used in the past year and a half.

Medical information kept from families

“MIT students are not considered minors, regardless of age,” according to MIT Medical's policy.

Parents and family members of patients are not notified of the patient's care unless there is a life-threatening medical condition or the patient cannot make decisions regarding their own health.

MHS does not communicate di-

rectly with the patient's family,

When a student is hospitalized or in the emergency room, inpatient units are supposed to engage with the students directly and work to let their housemasters know, Siegel said.

If psychological problems are suspected, the staff at MIT Medical will inform the support deans at Student Support Services, who can talk with MHS.

Separation can cause anxiety

Does MIT's privacy-centered approach reduce the amount of communication that could happen between doctors and the patient's support group?

Matthew A. Dawson G, a graduate resident tutor from MacGregor, said that although MIT's privacy policies provide legal protection for the Institute, they may also be hurting students. Medical privacy rules make it hard for him to find out about his residents' well-being, he said.

After one of Dawson's students was hospitalized this year, Dawson received an e-mail saying that the student was there, but he would've liked to know more. “It didn't say whether it was a serious condition,” Dawson said. “It'd be nice if they said ‘They're in the hospital, alive, in stable condition.’”

“The other time[s], my students went to the hospital, I was not contacted,” Dawson said.

Dawson said that after he takes a student to get counseling or medical help, he receives no follow-up information from the Institute on that student's status. Asking students themselves about their treatment is awkward and seems to take the GRT-student relationship too far, he said.

If students routinely filled out waivers during Orientation, GRTs might be more able to help their students, Dawson said.

Institute committees need consent

The Committee on Academic Performance and the Committee on Discipline will only receive mental health information with students' consent, Siegel said.

MHS usually receives a list of students who are going to be reviewed by those committees, and the staff at MHS asks those students if they would like MHS to provide information on their behalf.

“CAP is not privy to confidential information about a student's mental health, unless the student signs a release which allows the medical department to comment on the student's case,” wrote Kai von Fintel, Chair of the CAP, in an e-mail.

Jessica T. McKellar '09, a student member of CAP, said that representatives from Medical and S^3 are present at the end of term meetings. “Medical still can't give away privileged information. They can mostly just confirm that a student's statements of FOO, BAR, and BAZ happening is accurate based on their records,” she said in a zephyr, referring to the common placeholder terms used by computer scientists.

The full text of MIT Medical's privacy policy is available at <http://web.mit.edu/medical/pdf/mitmedprivacy.pdf>.

With Students at the Helm, Ambulance Stands Ready

By Jeff Guo
STAFF REPORTER

Five years ago, if you called on campus for an ambulance, the MIT Police would show up. The officers dispatched to help you would be fully-certified emergency medical technicians, but they still carried badges. These police EMTs might take you to the hospital, but they might also write you up afterwards.

"There was absolutely a conflict of interest between policing and taking care of people," said Nicolas A. Wyhs '05, one of the founding members of MIT Emergency Medical Services, a student-run group that started in 2002 to take over the Institute's emergency medical response service from the MIT Police.

Nowadays, only students staff the ambulance. Their mission is unambiguous: Get patients to the help they need, fast. No judging, no hassle, and certainly no gossip about it a week later.

These 79 trained and licensed EMTs, mostly undergraduates, are ready to take calls at any hour of the day. In an academic year, they answer over 700 emergencies, spending nearly 20,000 man-hours on duty in three-person shifts. With funding from the Institute and the Association of Student Activities, they own their ambulance, they buy their own supplies, and they schedule their own training. In nearly every sense, they are a professional ambulance service.

An independent ambulance

The MIT-EMS bunk room is a home-away-from-home deep in the bowels of the Stata center. This is where the EMTs laugh, chill, study, and wait to be dispatched.

From inside, it's just like any other dormitory lounge. Brown leather couches crowd around a modest television. There's a DVD player and

Playstation, an Athena computer, and a desk for working on problem sets. There's a bathroom and bunks for the overnight shift.

Just next door is the long hallway that leads to the Stata loading dock, a cavernous warehouse of trucks and forklifts and rolling blue bins. The EMS ambulance bay is here, a closed-off garage within a garage.

Both the bay and the bunk room are new, constructed in 2006. They are signs of just how far MIT-EMS has come, from its origins as a part-time service operating out of an old borrowed ambulance to today's full-time, fully-staffed operation.

In 2000, Michael R. Folkert '98, then a graduate student in Course XXII, got the idea that students should run MIT's emergency medical service.

It wasn't that radical of a thought. MIT's then police-run ambulance was something of a curiosity, while student-run ambulances, though uncommon, are far from rare. Columbia University has an undergraduate ambulance team, as do Pennsylvania State University, Virginia Tech, and Rutgers University. The National Collegiate EMS Foundation has registered 52 such student ambulance teams.

The difference between a police-staffed ambulance and a student-staffed or professional ambulance is a matter of duty — duty to the patient or duty to the law. Student EMTs are concerned only with a patient's well-being. Potent privacy codes prevent them from discussing details with anyone not directly involved with the patient's care.

MIT's officer EMTs were also concerned with the health of patients. But after they safely drove patients to Medical or another hospital and their job as EMTs was done, their duty became to investigate any illegal behavior and file a report.



CLARA J. STEFANOV-WAGNER

The MIT-EMS ambulance parked outside Building 9.

This policy made students involved with under-aged drinking or other drug-related offenses wary of calling x100. If they could make it to Medical on their own and avoid the police on the way there, the doctors and nurses would keep mum. But if the students needed the campus police to take them in the ambulance, they risked follow-up disciplinary action.

With strong support on campus for confidential medical transfer, Folkert began laying the groundwork for a student takeover of the ambulance service. He arranged the first emergency medicine class for Independent Activities Period 2001 to build up a team of student EMTs. In the meantime, Samuel A. Schweighart PhD '05 and Wyhs helped make pitches to deans and other administrators.

"It took a lot of convincing," Wyhs said. "Sam and I gave at least 20 presentations. We were lucky that there were some people that were really for it."

Among those enthusiastic about MIT-EMS was Dean for Student Life Larry G. Benedict, who offered the group funding from the Division of Student Life, and then MIT Police Chief John DiFava. William M. Ketytle, director of MIT Medical, also gave his support. "We all felt strongly about student empowerment and that a student run service would have a lot of credibility with our students," Benedict said.

A lot of the work in the beginning involved reassuring that there wouldn't be any shenanigans. "We had to instill confidence in the administration that we weren't just a bunch of cowboys, that we weren't going to

just jump at the wheel of this moving death trap," Wyhs said.

The police officers themselves were supportive of a student-run ambulance, DiFava said. They recognized the awkwardness in serving both as enforcers and caretakers.

"I had problems with the MIT Police doing [ambulance work]," DiFava said. "It's a model that I've never heard of before ... you have cops and they're doing police stuff and they're also running the ambulance." And overtime pay for serving as an EMT was lousy anyway — a mere 65 cent per hour bonus on top of their wage, according to an old *Tech* article.

By summer 2002, Folkert, Wyhs, and Schweighart had hammered out an agreement with MIT's administration and the campus police. Starting

MIT-EMS, Page H5

MIT Medical Works to Identify, Address Causes of Suicide

By Elijah Jordan Turner
STAFF REPORTER

It's a question that lurks in the minds of many admitted students (and their parents): Is MIT safe for me?

More specifically, are MIT students more likely than others their age to commit suicide? The answer appears to be no. The Institute takes strong and active measures to protect its students' mental — and physical — health.

Suicide on campus remains one of the most salient mental health issues, both among students and in the public sphere. The issue came to national prominence after the deaths of Elizabeth H. Shin '02, a sophomore who died after setting herself on fire in her dormitory in April 2000, and Julia M. Carpenter '03, who died after ingesting cyanide in April 2001. But speaking statistically, MIT remains below the national average when it comes to the number of suicides for college-age students, according to Chief of Mental Health Services at MIT Medical Alan E. Siegel.

The suicide rate for college-aged Americans is difficult to pinpoint, Siegel said, but the statistic most familiar to him puts the rate at 12 suicides per 100,000 people aged 17–25.

In comparison, MIT, said Siegel, has averaged 11.6 suicides per 100,000 persons since 1964 and 10 suicides per 100,000 persons since he arrived in 2002. "The perception that we have more suicides than average is simply not true," said Siegel.

But other research has shown that college students are much less likely than others in their age group to commit suicide, making MIT's number disturbingly high. In 2006, University of Rochester associate professor Allen J. Schwartz wrote in the *Journal of American College Health* that: "Suggestions that there is a growing epidemic of suicide among college students in the United States are false. The National Survey of Counseling Center Directors reports 1,404 student suicides over a

14-year period and an adjusted suicide rate of 6.5 [per 100,000], half the rate of the general U.S. population (12.6 [per 100,000] for all races) during this period when matched for gender and age."

These figures should not be surprising, according to the American Foundation for Suicide Prevention. Men and students pursuing degrees in science and business tend to exhibit a higher suicide rate, according to the foundation's Web site.

MIT acts, while some students show little concern

The academic and social rigors associated with life at a high-pressure university make suicide a lingering problem nationwide. Between 10 and 20 percent of college students

in the United States have considered committing suicide, and 1 percent of those people end up attempting it, Siegel said.

Alarmed by these statistics, the Mental Health Services department at MIT takes a preventive approach. By counseling students, the theory goes, MIT will not only make them happier; it will also keep them from ever approaching a point where they think suicide is the only source of relief.

"Suicide is just one way for people to express dismay," said Siegel. "We need to identify and address the causes of suicides."

In 1999, MIT then-President Charles M. Vest established a Mental Health Task Force to revamp MIT's mental health programs. The task

force was not meant to target suicide in particular — rather, it aimed to discover how Mental Health Services could improve the overall well-being of students and meet their needs.

Today, students who spoke to *The Tech* did not seem too concerned about suicides on campus. Vyom Sharma G said he has never heard of a suicide since his arrival at MIT four years ago. (At least four members of the MIT community have killed themselves since 2004.)

Diana Wang '08 said that despite the media coverage that surrounds incidents of suicide at MIT, the issue is not particularly worrisome.

Both Abdulaziz M. Albahar '10 and Brianne M. Holmbeck '08 said they felt MIT Medical adequately addressed the issue of suicide.

Grad student culture is different

Because graduate students may be more isolated from campus life than undergraduates, Mental Health Services once asked graduate stu-

dents to take an online survey based on one developed at Emory University. Students whose surveys indicated high levels of depression were invited to visit the department or contact a doctor via e-mail. About 2 percent of students, most of whom had never visited Mental Health Services, received such requests, and most ultimately made contact with the department, Siegel said.

Mental health screening surveys have occasionally been administered to graduate students since then. Some graduate students were invited this spring to take a similar survey, in an e-mail sent by Chancellor Phillip L. Clay PhD '75.

In the surveys, students reported that accessibility and approachability were the weakest areas of the Mental Health Services department.

Siegel seems to understand these concerns; he said a rapid response is vital to addressing the needs of students who are suicidal, experiencing depression, or otherwise in need of assistance. Recent developments that exemplify these concerns include walk-in hours, added in September 2000; evening hours and weekend staffing, added later; and a phone screening system, added in April 2002.

Mental Health Services also enhanced its training of leaders in the MIT community. Graduate Residence Tutors, faculty, administrators, and other prominent members of the community were trained using a suicide prevention program that has been tested at six universities, including MIT.

The pilot program, first developed for the United States Air Force, teaches community members how to recognize people who are depressed or at risk of suicide and how to help them.

MHS encourages community members to attend workshops that, like all their services, are free and open to the community. Those workshops help people deal with issues like returning from a medical withdrawal, completing their theses, or overcoming procrastination.



TECH FILE PHOTO

The waiting room at MIT Medical's Mental Health Services.

Thirty Years Later, Nightline Is Still Here to Listen at x3-8800

By Nick Bushak
NEWS EDITOR

MIT's peer listening service, Nightline, will celebrate its 30th anniversary this year.

Nightline was started in the summer of 1978 by six students who pitched the idea to the administration after hearing about similar services in other colleges. The service, in its present form, has not changed much since then.

MIT students can call x3-8800 between 7 p.m. and 7 a.m. every night of spring and fall term to speak to an on-call male or female Nightline staffer. They can speak to the staffer about anything, according to a student Nightline coordinator who insisted on remaining anonymous. The service keeps the identities of those who answer the phones secret.

The service receives about five informational calls and one to two counseling calls per night.

Some students call for sports scores, SafeRide times, and other simple pieces of information. "We take information calls because we want people to be comfortable calling us," the coordinator said. Some people try to stump Nightline, but the staffers usually prevail with the help of Google.

According to a 2003 *Tech* article,

Nightline once took as many as 50 informational calls a night, but the advent of the Internet brought the volume of those calls down.

Counseling calls range from roommate issues to more serious problems. The calls last anywhere from 10 minutes to "hours."

"We're not professionals," and Nightline staffers "are not a substitute for mental health [counselors]," according to the coordinator. Staffers serve as peers with whom callers should feel comfortable. Nightline staffers point callers in the right direction if they would like formal counseling.

According to David W. Randall, assistant dean of Student Support Services and advisor to Nightline, counseling is never imposed on the callers. The service is completely anonymous and "it's up to the caller" to decide whether or not to follow through on staffers' suggestions for counseling, Randall said.

Randall declined to talk in more detail about counseling calls received by Nightline.

Callers are never required to reveal anything about their identities; likewise, staffers' identities are kept secret. The location of Nightline's headquarters is also kept under wraps (though has been previously

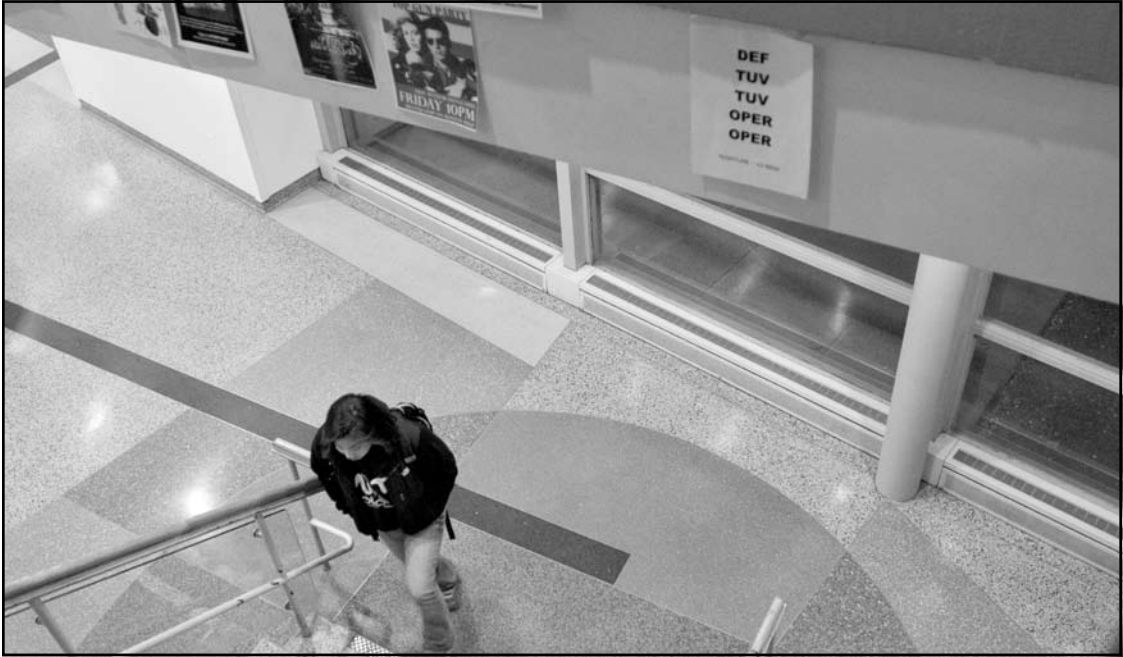
published by *The Tech*), although the coordinator did describe its amenities. The headquarters includes a bathroom, a shower, some beds, some computers, and several books used for informational calls.

Nightline currently has 27 volunteer staffers. Staffers choose two to three days a month to spend the night at Nightline's headquarters.

In general, Nightline staffers volunteer because they view the position as a service to the MIT community. One staffer said he joined Nightline because he "wanted to help people." The interviewed coordinator joined Nightline because "I've been there." "I've been in a place that I need someone to talk to, I need someone to vent to."

Students can join Nightline's staff by calling Nightline during regular hours at night and scheduling an interview. If accepted, students are trained for five weeks by a group of student volunteer trainers. New staffers learn "listening style" and how to handle crises, according to the coordinator. "Staffing has been strong in recent years," said Randall. But, according to the student coordinator, "We're always looking for new Nightline staffers."

Those who man the phones have no anonymous Nightline to call. Instead, Student Support Services holds weekly support groups for staff.



Jessica Sunmee Kim '10 is seen walking past a Nightline poster in Building 16 on Monday.

Student Resources

The Student Health Advisory Committee prepared a list of health care resources for students that is available online at <http://web.mit.edu/medical/student/resources/>. An excerpted list is shown below.

Student Support Services (S^3)

5-104, x3-4861

<http://web.mit.edu/counsel/www/>

You should consult S^3 if you are concerned about personal or medical circumstances negatively affecting your academic performance. S^3 also advocates for students at Committee on Academic Performance meetings, and reviews and approves requests for leaves, withdrawals, and readmission to MIT.

MedLinks

<http://web.mit.edu/medlinks/www/>

MedLinks are students trained in peer health advocacy by the Center for Health Promotion and Wellness. MedLinks are trained in basic first aid and CPR, can dispense single doses of over the counter medications, and can provide you with information about nutrition, sexual health, substance abuse, mental health and other issues. The MedLinks Web site contains a list of MedLinks sorted by living group.

Nightline

x3-8800 (DEF-TUV-TUV-OPER-OPER)

<http://web.mit.edu/nightline/>

Male and female student staffers are available from 7 p.m. to 7 a.m. every night of the term (except during summer and winter breaks) to listen to your concerns about practically anything. All phone calls and visits to Nightline are strictly confidential.

Center for Health Promotion and Wellness

E23-205, x3-1316

<http://web.mit.edu/medical/a-center.html>

Health Promotion's mission is to help you stay healthy and to provide support, resources, and information when you are not. The health educators on staff can answer your health questions confidentially over the phone or in person.

Go Ask Alice!

<http://www.goaskalice.columbia.edu/>

Go Ask Alice! is a health question and answer Internet service produced by Columbia University's Health Education Program but can be used by anyone. Go Ask Alice! allows you to anonymously ask questions about relationships; sexuality; sexual health; emotional health; fitness; nutrition; alcohol, nicotine, and other drugs; and, general health.

MIT-EMS

<http://ems.mit.edu/>

MIT-EMS is MIT's volunteer ambulance service, staffed completely by state certified student volunteers. The ambulance is in service 24 hours a day, seven days a week during the academic year and will respond to all medical emergencies on campus or at FSILGs. To request the ambulance, dial x100 from any campus phone or (617) 253-1212 from any other phone. Transport by MIT-EMS is confidential.

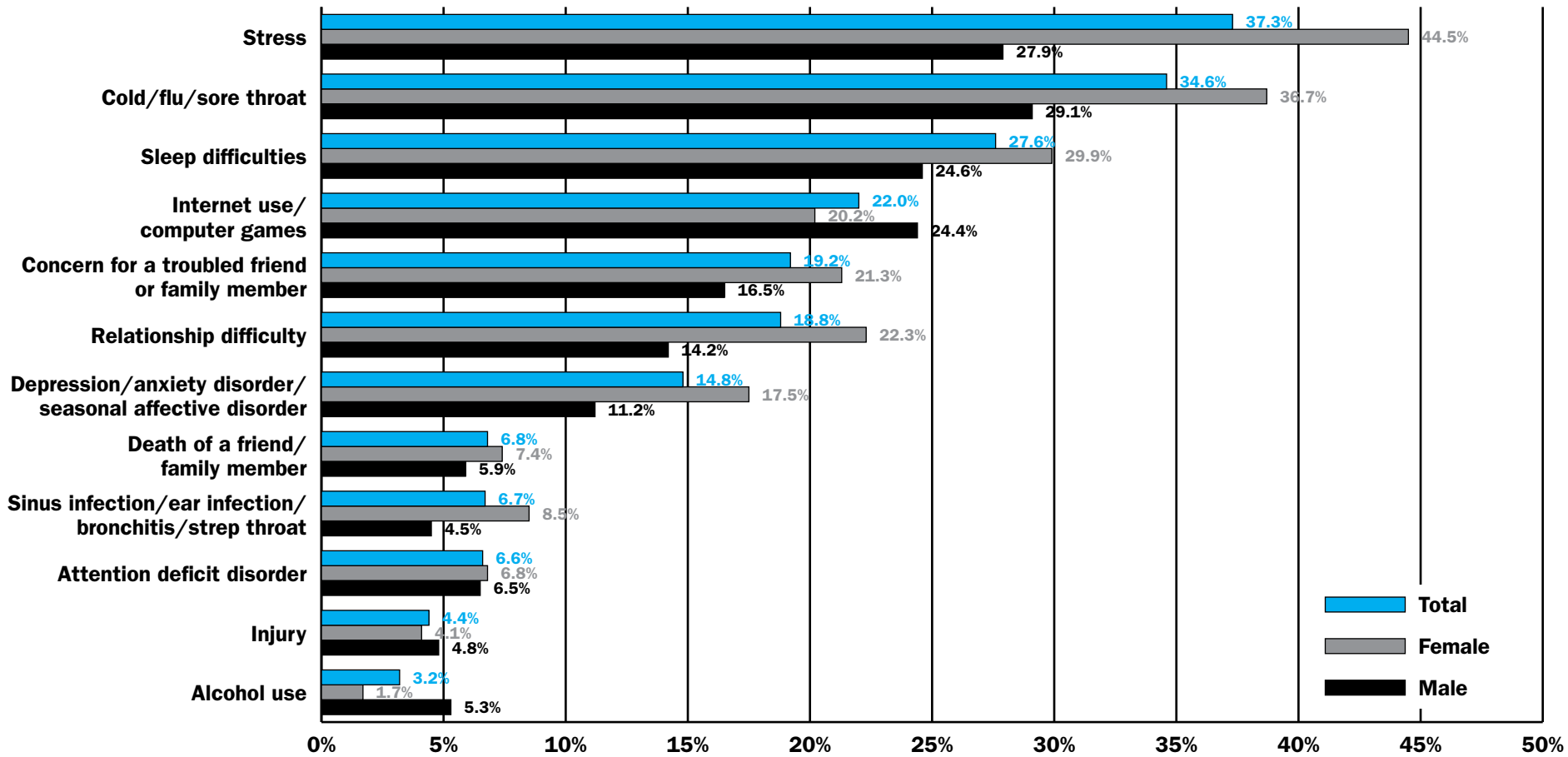
MIT's Tips for Common Symptoms

<http://web.mit.edu/medical/h-commonsymptoms.html>

MIT Medical's guide to common symptoms with tips on when to treat yourself and when to see a clinician.

SOURCE: [HTTP://WEB.MIT.EDU/MEDICAL/STUDENT/RESOURCES/](http://web.mit.edu/medical/student/resources/)

Health Impediments to Academic Performance at MIT



The graph shows the top reported health impediments to MIT students' academic performance. These results are from the National College Health Assessment research survey organized by the American College Health Association. The ACHA-NCHA survey was sent to MIT students in March 2006. Of the students invited to take the survey, the total response rate was 28 percent with 876 respondents.

Additionally, women and freshmen were more likely to respond. Given the response rate and bias, the results "should be interpreted with caution," according to information provided by Mandy D. Smith, research analyst in the Office of the Provost.

Mental Health Services Are Free for MIT Community

Mental Health, from Page H2

help the student. If the student cannot find a comfortable place to talk on the phone, these brief appointments can also be done in person.

Those who prefer to visit in person can also come to MHS's walk-in hours, from 2–4 p.m. on weekdays. During the 2006–2007 school year, 769 people made use of the walk-in services: 341 undergraduates, 240 graduate students, and 188 employees or dependents.

Of those walk-in visitors, 75 percent were self-referrals, meaning they chose to come to MHS on their own. The rest were referred by deans at Student Support Services, other staff at MIT Medical, and other clinicians at MHS.

Generally, more people use the walk-in hours near the end of the term, as final projects and exams approach, Siegel said.

Since 2001, Mental Health Services has also provided evening hours on weekdays for students seeking help. Additional full-time psychiatrists, social workers, and student specialists have been added over the past five years to accommodate a greater volume of people.

While the number of students using MHS has increased, some students have expressed concern about going in to Medical. "I think it's kind of intimidating. When you see someone on the third floor [of MIT Medical] you know what they're there for," said Sally E. Peach '09.

But she added, "It has a lot of unnecessary stigma ... there's the stereotype that people who go there get shipped off to McLean [Hospital], but from the statistics that's rare."

There has been some concern that students who needed mental help are not seeking it for fear they will be hospitalized. However, Siegel reassures students that hospitalizations from Mental Health Services are rare — in recent years, only about 10 per year — and when they do occur, they tend to be because of physical symptoms rather than suicidal thoughts. In 2000, 27 people were hospitalized; in 1995, 16 were hospitalized, according to the 2001 MIT Mental Health Task Force report.

"We hospitalize fewer students than most schools our size," Siegel added.

Who works at MHS?

Although most MHS clinicians are not MIT alumni, they have worked to become familiar with the Institute's culture.

Staff members regularly meet with student groups around campus, including the Student Health Advisory Council, MedLinks, and Nightline. Sometimes they talk with groups that are not medically related, such as the Chinese Students Association, Siegel said.

"Random Hall invited me to dinner," recalled Siegel. "Talking with students in residence halls is interesting."

Frequently, the staff also meets in small teams to share information about different aspects of life at MIT that could help them treat students.

Some students leave for medical reasons

Problems with physical or mental health can cause a student to leave MIT, a situation called a medical withdrawal.

MHS does not handle medical withdrawals. Instead, students who need academic counseling consult Student Support Services, whose office is in 5-104. The support deans at S^3 are meant to help students when personal issues affect their academic performance. There are "roughly 40–60 students coming and going" each semester because of medical

While Mental Health Services does not control a student's academic situation at MIT, Student Support Services will frequently work with MHS.

withdrawals, though S^3 keeps the official data, Siegel said.

While MHS does not control a student's academic situation at MIT, S^3 will frequently work with MHS.

According to Siegel, when a student talks to S^3 about leaving MIT, S^3 contacts MHS to see if they had contact with the student. S^3 then develops a plan for the student's withdrawal, including details about

whether the student will get medical treatment outside of MIT or take classes while he or she is away.

A student who has left for medical reasons must apply to return to MIT. The return application is submitted to S^3 and includes a personal statement, a letter of support from the student's advisor, along with any other relevant documents. A reapplication after a medical withdrawal must include a letter from a doctor or mental health professional.

In the case of a student whose medical withdrawal was motivated by mental health concerns, S^3 will contact MHS for an evaluation.

The Mental Health Service then provides information about the student's psychological progress to help S^3 determine whether or not to readmit the student, Siegel said. The final readmittance decision is made by S^3. MHS does provide support groups centered around issues students face when reentering the Institute that readmitted students can attend.

Students who are asked to withdraw because of academic reasons may also involve Mental Health Services in the readmittance process. Kai von Fintel, chair of the Committee on Academic Performance, wrote in an e-mail: "The first readmission is done by S^3 without the CAP's

involvement. Any subsequent readmission comes before the CAP. If the medical department is concerned that a student is not ready for the stresses that studying at MIT brings with it, this would play a role in the readmission decision."

Involving MHS can also be of benefit to students. As Jessica T. McKellar '09, a student member of the CAP, describes: "I think many people don't realize how much better their case is if they've reached out to some of the support infrastructure MIT offers. This includes your advisor, S^3, Medical, and various academic resources. When you can have people vouching for you and the efforts you've made it during these CAP meetings it makes a big difference."

MHS is also consulted in cases where the Committee on Discipline thinks a disciplinary infraction warrants mental health assessment. A MHS assessment may be considered when the COD decides whether to discipline a student, Siegel said.

But, Siegel said, they "don't want to use Mental Health to enforce policy."

If a student refuses to see clinicians at MHS, MHS cannot mandate treatment. In those cases, MHS will try to stay in touch with the students and help them try to sort out problems they may be facing.

Use of MIT Mental Health Service, 2006–2007

	No. People	Total No. Visits	Median Visits Per Person
Students	1,639	11,273	7
Faculty, Staff, Dependents	1,041	3,959	4
Other	181	598	3

SOURCE: MIT MEDICAL MENTAL HEALTH SERVICES

Statistics only include those officially registered with Mental Health Services. For example, they do not include those who take part in support groups or one-time consultations.

For Student EMTs, Medicine Isn't the Hard Part of the Job

MIT-EMS, from Page H3

in July, student EMTs began riding along with the police EMTs on calls. Slowly, over the course of the school year, the police began to allow students to respond to calls by themselves. "It got to a point that the police would choose the calls they took," Wyhs said. "If it sounded pretty minor then they might say 'Okay, you guys take this.'"

In 2003, after a year of riding with the MIT Police, an opportunity came up: The MIT ambulance was due for its regular state inspection. The vehicle that the police had been using was over 10 years old and couldn't pass muster. With funding from MIT Medical, MIT-EMS bought itself a new ambulance and an ambulance bay near the Medical building.

"That's when we really cut the cord," Wyhs said.

The team passed the inspection handily, earning their certification which was issued in their own name. MIT-EMS was no longer operating under the police. It had become its own, licensed ambulance service.

High staffing, full shifts

Today, MIT-EMS runs out of its new quarters in Stata. Membership, which started out in the mid 40s, has nearly doubled. Every year, over 40 prospective EMTs take the IAP training class. Most continue on to get their certification and work for MIT-EMS.

One sign of MIT-EMS's success is its packed shift schedule. Just a couple of years ago, the service only operated on weekend nights — there weren't enough people to staff the ambulance during the week. Now, the junior members race each other to sign up for coveted shifts on the ambulance, which runs 24 hours a day, seven days a week.

MIT-EMS Chief Jonathan Liu '08 said, "We've come to the point where we have so many EMTs that want to work that not all of them can work the amount of time that they want to work — they're so enthusiastic and they want to put a lot of energy into it, but we only have one truck and only 24 hours in the day."

Jose L. Villa-Urbe '11 is one of MIT-EMS's newest members. He took the training class in January and

recently received his state certification. So far, he has spent nearly 70 hours on duty.

Villa-Urbe first heard about MIT's student-run ambulance when he saw them at the activities fair during Campus Preview Weekend. "I never considered the idea of being an EMT," he said. "I don't think I even knew that MIT had its own ambulance system."

But given the opportunity, Villa-Urbe jumped at it. He filled out his application in December and got an interview. Right before the end of the semester, he was delighted to find out he had gotten into the IAP training class.

Because spots in the January IAP class are limited and so many students apply, MIT-EMS has to screen applicants. "It's actually a fairly competitive process," Liu said.

For the students who do get in, the IAP class is a crash course in emergency care. The students learn CPR, splinting, spine immobilization, trauma assessment, and how to administer basic drugs. Most EMT classes spread the material out over six months. The MIT class does it in just under one.

"It was a lot of fun, but it was really intense," said Sarah C. Wilder '10, another incoming EMT. She recalls volunteering during one class to be backboarded — restrained against a rigid plank so she couldn't move around and hurt herself.

Wilder said: "I was the first person they did it on, and I didn't know what to expect so it was really creepy when [the instructor] said 'Okay, we're going to pick you up now.' I freaked out a little, because you have the spinal collar on and you can't move or anything."

Both Wilder and Villa-Urbe have been riding along in the ambulance since January. Being new, they usually take patients' blood pressures and vital signs and fetch equipment for the other two EMTs on the ambulance. Mostly, their job is to watch and learn.

"The material is taught really well, so that wasn't really the challenging part," Wilder said. "It was getting used to it, getting used to working with patients. It's a lot different in the back of the ambulance."

A world apart from the classroom

Both Wilder and Villa-Urbe emphasize that the back of the ambulance is a world apart from the classroom. There, the walls didn't rattle and the floor stood in place. Tasks that were easy in the classroom take on new dimensions of difficulty while swerving at 40 mph.

"The first time I took vitals I was really worried," Villa-Urbe said. "You're in the back of the ambulance and it's really bumpy, and it's hard to hear the blood pressure and differentiate that from the bumps on the road."

"The streets of Boston and Cambridge are really bumpy," he added. "That's something you notice a lot."

That is the challenge of being an EMT. Liu will be the first to admit that EMTs do not carry out complex procedures (nor do regulations allow them to). They cannot start IV lines or intubate patients; they cannot offer pain medication aside from aspirin or Tylenol. The medicine is not the hardest part of the job: It's keeping patients calm when they are hurt or bleeding; it's trying to do the simple things learned in EMT class while the sirens are blaring and people are running around.

"Most of the things we learn in class, it's just common sense," Villa-Urbe said. "It's just that, because we'll be working in stressful situations, we have to practice them over and over."

The job also takes an emotional toll on the students. "The blood doesn't bother me, so that's good," Wilder said, "but with real patients, especially when they're in pain, it's like 'I don't want to touch [the injury], but I have to touch it, it's my job to touch it.' That's hard."

MIT-EMS plans to respond to MIT 911 calls

Next year, Liu hopes to integrate MIT-EMS with municipal services. The only way to reach MIT-EMS now is to call the campus emergency line, x100 or x3-1212. A 911 call summons a professional ambulance service. Recently, MIT-EMS bought radios that can tap into the Cambridge emergency network, and Liu says they are working with the city's emergency call center to get added to the dispatch list.



RICARDO RAMIREZ—TECH FILE PHOTO

Daniel D. Jimenez '10 learns how to perform CPR on a dummy in La Sala de Puerto Rico on April 3, 2008 in an event sponsored by MIT-EMS.

VIEWPOINTS

Knowing When to Ask for Help

A Student's Perspective on MIT Mental Health Services

Anonymous Student

I'm not depressed. I don't have suicidal thoughts, and in no way do I view killing myself as an answer to anything. But for the past school year, I've been seeing a psychiatrist at MIT Medical. Why? Well, because sometimes, there's just no one else to talk to.

I'm not the type of person anyone would call a loner. I'm an active member in some of the largest student groups on campus, I have a group of friends I hang out with often, and the average student would probably recognize my name, for one reason or another.

You would expect with such a large support group around me that I would have someone to turn to when I had a problem. Sure, if I needed help on a problem set, someone would be there. Or if I needed to borrow cash for lunch, I could ask someone. But as I began to realize last spring, as the issues that surrounded my life became more serious, my willingness to reach out for help diminished.

In the fall, it reached the point where I would spend hours sitting in my room, doing nothing but thinking. The work would be on my desk in front of me, but I would just stare at the screen, hands idle as my mind raced through worrisome thought after worrisome thought.

That's when I knew I needed help. The frustration had reached the point where I didn't want to have my life continue that way.

I read online that MIT Medical's Mental Health Services offered walk-in hours in the afternoon, and I went in. After filling out a short form, I was able to see a psychiatrist. We spoke for almost an hour and decided that setting up a time for us to talk more regularly might help me work through some of these problems.

That was eight months ago, and after meet-

ing roughly every other week since, things have changed.

In reflecting back, I can now see some of the roots of the issues. Like many people at MIT, I think my problem was one of high expectations. Growing up, I succeeded in most of what I tried, so the expectation for success was always there. There was no room for failure.

But because I was successful, I felt as if I didn't have a right to "complain" once in a while about what life was like for me, because on the exterior, it seemed so great. When there are countless other people out there who are worse off than me, what right do I have in speaking up and complaining? My situation can't possibly be worse than theirs.

I tried telling someone close to me about the problems I had focusing, and how my thoughts

were overrun with this flood of concerns. She laughed. "At least you have a job for next year," she said.

Yes, I do have a job for next year. I was "successful." But what I realize now is that it doesn't mean I don't have problems, and it doesn't mean I don't have the right to get help.

The other driving factor that led me to keep these thoughts bottled up was that I was afraid to show any sign of weakness. After being the strong silent type for as long as I can remember, showing a more emotional, weaker side of me would change the perception that others had of me, and the thought of that was scary.

This idea of perception also drove me to keep my counseling a secret. Until recently, almost none of my friends knew I went to Medical for psychiatric help, and a main reason for that was the perception I thought others had with mental health patients. Would the respect that people gave to my thoughts and views be diminished if they knew of my current mental state?

Anonymous, Page H8

Affordable Dental Care for Graduate Students

*Alex H. Chan, Tanguy M. Chau,
Leeland B. Ekstrom, Dacheng Lin,
Oaz Nir, and Robert Y. Wang*

Most MIT graduate students lack dental insurance and defer dental care as a result. At present, to obtain dental care, graduate students must either pay for services in full, have insurance under their own prepaid plans from private insurers, or have coverage under their parents' or spouse's plans.

Many of MIT's peer institutions, including Harvard, provide dental plans (or at least the option to subscribe) to their graduate students. Due to advocacy efforts of the Graduate Student Council, primarily the Housing and Community Affairs Committee, as well as the strong support of Dean for Graduate Education Steven R. Lerman '72, there will be a voluntary, prepaid dental plan available for graduate students starting in the upcoming academic year. The plan ("Plan A") will provide basic diagnostic and preventive care as well as discounts for more substantial dental procedures.

This is a substantial gain for graduate students as well as for health care at MIT, gen-

erally construed. Graduate students without dental insurance from their parents or spouses should enroll in this new plan in the fall. With the renewed emphasis on dental care, graduate students should take a more active role in their dental health and seek out appropriate care.

But we should not rest on our laurels. The basic diagnostic and preventive care in this new plan is just a start. The Institute can and should provide a more substantial dental care program for graduate students, besides Plan A. Dental insurance more closely matching that of MIT employees should be provided for graduate students.

In fact, the basic dental plan that will be rolled out this fall provides an opportunity to gather more accurate data about the state of dental care of graduate students. This data will allow the Graduate Student Council to price a better dental plan ("Plan B") which provides more significant coverage of restorative care. Performing this analysis is necessary, as MIT would be required to self-insure Plan B (unlike the basic plan). By making a principled,

data-driven argument to MIT for the pricing of this plan, the GSC will be able to make a strong case to the Institute to self-insure this plan. The Institute should take this request seriously.

However, neither Plan A nor Plan B can address the needs of students with extreme dental cases. From our claims analysis and feedback on the Cost of Living Survey, some students had to pay as much as \$4,000 for dental care last year. To address these extreme cases, the GSC has started a Catastrophic/Emergency Dental Care Fund which has received seed funds from the GSC matching funds from MIT Medical Chief of Oral Surgery Edward B. Seldin and Lerman. Growing this fund is a priority of the Graduate Student Council.

The Web site for enrollment in Plan A (Delta Dental PPO Value Plan) is under construction and will be ready for use in September so that graduate students may enroll.

Chan, Chau, Ekstrom, Lin, Nir, and Wang are members of the Graduate Student Council.

*There will be a voluntary,
prepaid dental plan
available for graduate students
starting in the upcoming
academic year.*

Creating an Open Dialogue Between Students and Medical

Maryanne Kirkbride

As the clinical director for campus life at MIT Medical, I've been fortunate to partner with dedicated and passionate students to advance many health-related projects in the last six years. During that time, my colleagues at MIT Medical and I have given considerable thought to approaches to support the health of individual students, but also the entire campus community. As a means of advancing this dialogue, I'd like to share our philosophy with you and discuss some areas where we can continue to improve.

MIT is very much like a small city — a defined geographic area in which community members live, work, shop, and dine. We have law enforcement, health services, "public works," and commercial and residential areas. Viewing the campus as a civic entity helps us find opportunities for promoting health and wellness far outside the realm of health services and gives us a much bigger "toolbox" with which to work.

It inspires us to ask new questions: Can

we pull together a group of interested "citizens" (students, faculty, and staff) to discuss our overall health status? Can we combine the power of existing community networks with on-campus health and recreational services to help people make healthier lifestyle choices? Can we identify health issues common to all community members and consider broader options for making positive changes?

The best health systems in cities and towns work together with community leaders to identify and resolve health issues. In our case, we are fabulously lucky to have the Student Health Advisory Committee. SHAC has helped our clinicians understand the everyday lives of MIT students — the time pressure, the unique dining system, and fifth week flags. SHAC has given us MIT-specific tips for discussing sensitive topics such as stress.

At the same time, SHAC has helped students understand how to use MIT Medical — appointments, walk-in, insurance, Urgent Care, and the Center for Health Promotion and Wellness. Many students who come to MIT have

never made their own doctor's appointments and don't know what to expect. This shared understanding makes it much easier for students to get the care they need when they need it.

We have made progress, but we have more work to do. There are still some barriers that we can overcome together. Some students erroneously believe that you have to have MIT insurance to use MIT Medical. Not so! Every student is welcome. Another barrier we are concerned about is fueled by stories about unsatisfactory care. A student with a serious illness might delay getting care because of what they heard third or fourth hand about MIT Medical's reputation.

No health care system is perfect, and we want any of our patients who have a concern to contact us so we can address issues directly as they arise. We need everyone's help to reduce these barriers — to let new students know we are available to them and to let any student with a concern know we want to hear about it.

The bottom line is that we are all responsible for creating a healthy community. Each one of us has an important role as a friend, a caregiver, or a leader. The partnership between students and MIT Medical has created an open dialogue. It is up to us to keep it going.

Maryanne Kirkbride is the clinical director for campus life at MIT Medical. She can be reached at kirk@med.mit.edu.

*No health care system is
perfect, and we want any of our
patients who have a concern
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issues directly as they arise.*

Woes of Urgent Care

How Miscommunication Affects Student Perceptions

Caroline Huang

Students enrolled at MIT are guaranteed free access to help at Urgent Care, regardless of whether they use the MIT Student Extended Insurance Plan or an outside provider. Sounds great, right? Free round-the-clock coverage for problems such as strep throat or headache, conveniently located right on campus.

Not so fast. Talk to a handful of students about their experiences at Medical, and chances are you'll hear someone complain about Urgent Care. The care is slow, the doctors misdiagnose students, nurses disregard complaints, etc. Ask the same students about the experiences they've heard via word-of-mouth, and the horror stories mount.

Is this an accurate portrayal of Urgent Care? Well, yes and no. There are certainly inadequacies in the care that students receive, but these inadequacies can (and should) be attributed to far more than Medical's clinicians. I think student dissatisfaction with Urgent Care is threefold: expectations that run counter to Medical's capabilities and design, incompatibility between student and medical schedules, and a seeming abundance of negative stories.

Students arrive at Urgent Care expecting a quick fix for any medical problem, regardless of the severity. The difficulty with this thought process is that Urgent Care is for *acute* problems, not cumulative ones. While Urgent Care should be able to treat a straightforward case of strep throat in one visit, it is much more difficult to treat a combination of nausea, headache, fatigue, and other symptoms that arise when a student is run-down in a single 20-minute consultation. Treating these symptoms requires the student and clinician to work together to change health habits. Understandably, that's a daunting task; clinicians grow frustrated with students for neglecting their health, while students grow frustrated with clinicians for attributing everything to "stress."

Furthermore, it is unrealistic for students to expect that a campus medical center should be free of the problems that any other doctor's office or emergency room faces. Long wait times are simply an unfortunate characteristic of health care in general.

A second problem lies in the inherent difficulty of coordinating student and medical schedules. If you are enrolled in four classes, work in a lab, and/or have outside commitments, the free time you have during business hours is extremely limited. This leads to students not being able to make appointments with their primary care physicians (if they even have one — some students opt to use Urgent Care for every medical problem, thereby contributing to the inefficiency and long wait

Huang, Page H8

VIEWPOINTS

About Resilience and Mental Health

Alan E. Siegel

Since coming to MIT Mental Health in 2002, I have been impressed by the resilience of MIT students.

Resilience is most often defined as a “dynamic process that individuals exhibit positive behavioral adaptation when they encounter significant adversity or trauma” (Luther, Cicchetti, & Becker, 2000). Students here have an amazing capacity to recognize their personal difficulties and work toward changing things. Even when things seem quite bleak, MIT students persevere in finding ways to solve problems creatively.

The college years are the time when people make the transition from imagining a life to finding ways to live it. In this process, they discover much about themselves that is true and much

that is untrue, what can be realized and what cannot. Students discover much about the world that is different than expected — one where past accomplishment and potential does not always lead to success and fulfillment. There are many opportunities to be jubilant, and there are times when only anxiety and sadness seem present.

Many times the emotional well-being of MIT students is compromised by their own expectations, and others’ expectations for them.

MIT students are very, very hard on themselves. At times, they are relentlessly self-critical. It is important that faculty, staff, and administrators understand this so that we do not compound stu-

dents’ propensity for self-criticism.

For students, it is important to recognize when you are not being fair to yourself, and begin to learn different, more tolerant and flexible perspectives. Here the goal is not to lower expectations for yourself, but to have expectations that reflect the complexity of the life situation you are in. A conversation with a mental health clinician can help a student understand more about thoughts, feelings, and motivations. It can help someone get back on track. It can help a person rediscover unique ways to cope when facing difficulties, and to develop new approaches to deal with them.

When anyone faces new challenges in life, it is natural to experience anxiety, pain, and worry. Sometimes being depressed is normal and natural. The American Psychological Association Health Center (<http://apahelpcenter.org/>) writes in “The Road to Resilience” that: “Resilience is not a trait that people either have or do not have. It involves behaviors, thoughts, and actions that can be learned and developed in anyone.”

I think that students at MIT are uniquely able to look for creative solutions to problems, and we want to try to work with you to find new ways to apply this energy to your own growth and self-confidence.

Alan E. Siegel is the chief of Mental Health Services at MIT Medical and assistant clinical professor of psychology in the Department of Psychiatry at Harvard Medical School. He can be reached at siegel@med.mit.edu.

Many times the emotional well-being of MIT students is compromised by their own expectations, and others’ expectations for them.

Cheat Sleep! How to Get Better Quality Sleep

Zan Barry

Sleep deprivation is one of the oldest forms of torture. A good night’s sleep is one of life’s best cheap thrills.

There is a gazillion dollar industry built up around sleep products, from mattresses to sleep medication to little aromatherapy pillows. There are a gazillion studies that indicate that the human body really likes to get seven to nine hours of sleep per night on a regular basis. Sleep researchers indicate that 24 hours without sleep results in slower reaction time and judgment impaired to the same degree as having a Blood Alcohol Concentration of more than .10, which is legally drunk in all 50 states.

However, sleep deprivation can be a matter of “nerd pride” at MIT. Some view being severely sleep deprived as an academic badge of honor. Ironic, considering many studies, including one published in the January 2008 issue of *Behavioral Sleep Medicine*, find that college students who sleep less perform worse academically. Sleep not only helps to consolidate memory and learning, it helps to minimize the damage sleep deprivation causes to one’s cognitive and social intelligence.

So, how can we minimize our own brain damage? How can we get better quality sleep, even if we aren’t getting optimal quantity?

If you find yourself pulling one all nighter, try to clear your schedule the next night so you can get to sleep as early as possible. This will minimize the disruption to your sleep-wake cycle and get you back on track to deep, restorative sleep sooner.

If you have chronic sleep deprivation, try to time your naps so they have the best impact and the least disruption to your sleep-wake cycle. A 20–30 minute power nap can be refreshing without creating too much “sleep inertia” or lethargy upon awakening. If you have a huge sleep deficit, you might choose to take a 90-minute nap, which allows the body to go

through deep sleep and come back up into a lighter stage of sleep, making it easier to wake up. Ideal timing is mid-afternoon (I mean no disrespect to those 2:30 p.m. classes).

Lack of deep sleep is strongly implicated in American weight gain. In two recent sleep studies, researchers have identified major weight and diabetes risks associated with inadequate sleep. In the Nurses Health Study (August 2007), subjects who slept five hours per night were 32 percent more likely to gain 33 pounds or greater and 15 percent more likely to become obese than subjects who slept seven hours per night. So seven hours of sleep per night appears to be a tipping point for some people to protect against weight gain.

In another study, healthy young adults deprived of slow-wave sleep for just three nights developed insulin resistance — associated with increased diabetes risk — comparable to a 20–30 pound weight gain (University of Chicago, December 2007). Deep, slow-wave sleep is really important, so try to make your sleep environment as conducive as possible by keeping it dark (or wearing a sleep mask), quiet (or by using a white noise machine or earplugs), and on the cool side.

Exercise in the morning or afternoon helps promote more deep, restorative sleep at night. If you work out in the evenings, make sure your body has cooled off a lot before going to bed. A drop in body temperature is a hallmark of a



ANA MALAGON—TECH FILE PHOTO

Susanna “Zan” Barry, a health educator at MIT Medical.

strong sleep cycle.

Finally, the body’s stress response (“fight or flight”) is the enemy of deep sleep. Increases in cortisol from stress or drinking alcohol interfere with deep sleep states. Learn how to evoke your own “relaxation response” (yes, everyone has one — this is the biological opposite of the fight or flight response) to help you get to sleep

faster and stay in a deeper stage of sleep. Try using the relaxation techniques led by yours truly on the MIT Web site: <http://web.mit.edu/medical/wellness/stressless/>.

Susanna “Zan” Barry is a health educator at the Center for Health Promotion and Wellness at MIT Medical. She can be reached at bars@med.mit.edu.

Improving Nutrition at MIT Working Toward Better Practice, Better Options

Julie A. Banda

There is no way around fueling your body if your hope is to have success, energy, and health. Many MIT students lack the basic nutritional balance needed to perform at their highest cognitive and/or physical potential.

We as a community need to work toward a way of eating that meets the needs of every student in all their roles — as driven academics and researchers, competitive athletes, and developing adults. We at the Center for Health Promotion and Wellness want to share with you our core philosophy about nutrition at MIT, a philosophy that meets students where they are, helps them make choices within our current options, and teaches students to use their “consumer” power to increase the variety of healthy eating opportunities.

Here is what we know to be in good practice. Most of the research about how nutrition connects to performance, health, mood, and en-

ergy can be summarized into these six simple tips. As you read, consider if this is easy or challenging here at MIT. (For more information, see <http://web.mit.edu/medical/wellness/eatwell/>.)

1. Do *not* skip meals — eat at least three times a day.
2. Select whole grains whenever possible.
3. Remove trans fats from your diet; read your food labels.
4. Select lean and/or low fat dairy and meat.
5. Consume at least five servings of fruits and vegetables each day.
6. Drink at least eight glasses of water a day.

Currently, MIT allocates a certain dollar amount for room and board in the undergraduate financial aid package, but leaves the choice on how to spend that food money to the individual. For students skilled at budgeting, shop-

ping, and cooking, this can feel like a wonderful personal choice. What about students without those skills? Or students with other financial pressures? There are many students who hit this campus with no plan or budget for how they will eat.

What we find in our practice is that less than ideal eating patterns take hold early and are difficult to change later on. Under the academic challenge of the science core, even students with the best of intentions can find it difficult to eat well consistently.

Student groups are coming together to address barriers to eating well at MIT. A group of students, called the Fruit Frontiers, is working to increase access to and consumption of fresh fruits and vegetables. (A recent survey showed that as few as 7 percent of MIT students get the recommended daily al-

lowance of fruits and vegetables.) The Student Health Advisory Committee has selected nutrition concerns as one of their primary platforms for the year. Many students have volunteered their time and ideas to the Blue Ribbon Dining Committee as well. Wonderfully, individual students have also taken direct action — asking for healthier options like whole grains at various local food vendors.

Each student on this campus has a role to play in making eating well possible. Work with a group or department trying to make things easier or better. Advocate for healthier study breaks, events, and “free food” options on campus. Finally, be open-minded and consider solutions that not only ensure choice, but provide and guarantee practical and effective options for every student on this campus.

Julie A. Banda is a health educator at the Center for Health Promotion and Wellness at MIT Medical. She can be reached at banj@med.mit.edu.

There are many students who hit this campus with no plan or budget for how they will eat.

VIEWPOINTS

What do you think?

What are your thoughts on MIT Medical and the health and mental health services it provides?

Salman A. Aldukheil '10

"I went once because I jammed my eye. They were very helpful in scheduling an appointment, and everybody was nice."



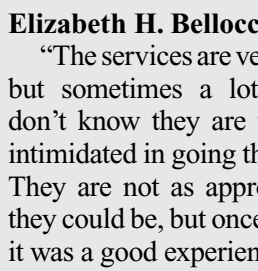
Steven T. Lynch '10

"I've had friends that have gone to Medical and they don't help or they tell them something that is not true. I know a lot of depressed people that simply do not feel comfortable going to MIT Mental [Health] because they don't know the people and it's just uncomfortable. I think MIT is working on getting liaisons in living groups, which could work."



Joseph P. Diaz '10

"I think they provide fair services for anybody who needs help. It has been fairly quick and easy with friendly staff and comprehensive services."



Elizabeth H. Bellocchio '10

"The services are very adequate but sometimes a lot of people don't know they are there. I felt intimidated in going the first time. They are not as approachable as they could be, but once I was there it was a good experience."



Nur M. Shahir '10

"I have only been [to MIT Medical] a few times. Technically, I have a primary care physician [who] I have seen once freshman year. ... MedLinks are sometimes more useful than MIT health services."



Kyle M. Knoblock '11

"I don't have familiarity with the services. The one time I went, the service was great. I was in and out in an hour with a diagnosis and everything."

Caroline E. Rubin '08

"I've heard from friends that they just try to give you drugs and make you leave."

Karishma Rahman '11

"One of my friends went to Mental [Health] because she was having a hard time and there were several deaths in her family. They were very helpful and made sure to set up follow-up meetings. I also had a friend with sleeping disorders, and they set up a sleeping study for her and got her the medication she needed."

Anjan Soumyanarayanan G

"My one complaint is that MIT does not provide dental services."



Ryan S. Hodgson '11

"I think it is definitely important to have mental services especially at MIT with all the stress. I'm glad it exists."

Jesse Lopez '08

"I think there is a stigma about MIT Mental [Health] because if you go they might think you're crazy. However, for the last four years they have made it more friendly and accessible. I think the publicity is good. MIT confuses depression for being overworked. Professors and mental health services should work together to achieve a good balance between work and fun. People seem happier at other campuses."



Margarita N. Trevino-Garrido '11

"What I've heard is that MIT Medical is not very knowledgeable. I asked about a dental service once and they were not able to answer. I have heard from people that you have to wait a long time. My friend had a concussion and had to wait an hour. My opinion on Mental [Health] is that it is not confidential enough because they take whatever you tell them too seriously. They should not tell people in your academic department about your problems."



— Reporting by Andrea Robles

Knowing When to Ask for Help

Anonymous, from Page H8

Telling my friends was one of the hardest things I have done at MIT, but the result was unexpected. While I'm sure their perception of me has changed, part of it seems to be in a positive way. Sure there may be some negativity that people hold toward the notion of mental health, but what I received instead was more respect for being able to actually go and seek help.

Time with my psychiatrist has also taught me to dismiss the preconceived notions of therapy I had. I didn't have to lie down on a couch and be scrutinized. I wasn't kicked out after an hour because "time's up." I didn't have to repeat things over and over again, because she did, in fact, listen and take note of everything I said.

The reasons for going to visit Mental Health Services can be quite varied. You can treat my experience as anecdotal, but looking back, what surprised me the most was that the concerns that were driving me insane, literally, did not seem to be unique.

I was worried about my obligations to my family, my relationship with my friends, and my religious beliefs. I could expand further, but the details aren't important. What was important was that these thoughts/concerns/frustrations were driving my mind to the limit, and I just couldn't concentrate on anything else.

What was utterly frustrating about the matter was not that I wasn't getting anything done, but that I just couldn't share my thoughts with anyone.

While the feelings of stress and anxiety were rising, it paled in comparison to the deep feeling of loneliness that this lack of communication was causing. After all this time at MIT, had I really not formed a friendship where I could feel close enough to talk to someone about a deep personal matter?

I knew that there were more subtle ways to approach the problem, but I realized that you can't always wait for someone else to notice and push you to get help.

Putting these thoughts into perspective was what my psychiatrist helped me do and continues to help me do. It's impossible to see things about your life like an outsider would, and even someone who only learns about you by talking with you can provide insight that you wouldn't expect.

It's not worth feeling alone, stressed, or anxious because you're afraid to go talk to someone. For me, taking that leap has changed my last year at MIT for the better.

The undergraduate author of this piece asked to remain anonymous due to privacy concerns.

Woes of Urgent Care

Huang, from Page H6

times), and relying on After Hours Urgent Care.

After Hours is a new beast entirely — the clinicians staffing Urgent Care are not the same every day, thus leading to an inconsistent standard of care. On a Friday night, the physician may be exceptionally good at communicating with the student to address a non-obvious medical problem. The next day, a different physician may not have the same diagnostic and interpersonal skills. While this is a problem at clinics everywhere, it is magnified on a campus where students have a lower threshold for illness for myriad reasons: sleep deprivation, caffeine addiction, poor nutrition, etc.

Finally, the horror stories about clinicians misdiagnosing serious problems are the largest obstacle to student satisfaction with Urgent Care. During my freshman fall semester, I walked into Urgent Care with a concussion, only to be told that the clinician thought I "seemed sad" and asked if I was depressed. Personally, I thought I was just sad that I had hit my head. I mentioned this to my friends, who proceeded to share their own qualms about MIT Medical. Was this a productive way to air our concerns? Certainly not. At the time, though, it made me feel slightly better about being told that I appeared depressed. Because I wasn't the only one who disputed what a clinician from Urgent Care told me, I felt justified in thinking his assertion was completely

off-base.

Additionally, negative experiences are more likely to be the topic of conversation than positive ones. Sharing details about an uneventful visit is usually boring, but shocking people with the alleged incompetence of a medical professional is anything but.

In the face of these discouraging problems, MIT Medical has acknowledged some of its shortcomings and taken steps to create a more efficient, streamlined Urgent Care. The new physical setup of Urgent Care is designed to decrease the overall visit time, and After Hours supposedly has a more consistent schedule of physicians. These ideas sound great in theory, but will they increase the standard of care students receive in practice?

I recently had a sinus infection. Unable to find a same-day appointment with my nurse practitioner, I caved and hoofed it to Urgent Care. Anticipating a several-hour ordeal, I brought a textbook, a problem set, and my iPod so I could at least pretend I was being productive.

Within an hour, however, I had checked in with reception; seen a triage nurse; seen a nurse practitioner, who wrote a prescription; filled said prescription at the pharmacy; and walked out the door. Is this an anomaly or the new norm? Only time will tell, but I hope it's the latter.

Caroline Huang '10 is a Tech contributing editor and co-chair of the Student Health Advisory Committee.



KRISTINA M. HOLTON—TECH FILE PHOTO

Howard D. Kellogg '08 pedals hard during the Iron Nerd Triathlon on Saturday, May 5, 2007, held as part of last year's Wellness Week sponsored by the Undergraduate Association Committee on Student Life.

Biodiesel Processor Required Expensive Building Renovations

Biodiesel, from Page 1

that CRSP did agree to foot half the bill with us,” said Roy-Mayhew. Over time, money loaned by CRSP would be paid back by the purchase of biodiesel from the processor.

Associate Provost Lorna J. Gibson, who chairs CRSP, said that the project’s costs quickly grew out of control. “Eventually [the] recycling area went up to \$60,000,” said Gibson. “[CRSP] offered to pick up the difference to try to support project,” she said, “[but] then it went up to \$137,000.”

Roy-Mayhew attributed huge cost increases to fire safety equipment requirements, but said Biodiesel@MIT was never told exactly why the cost increased by nearly \$100,000.

Sara A. Barnowski ’10, current president of the biodiesel team, said that the team had “no idea that there was going to be so much renovation involved,” which meant that some of the team’s own price estimates were far off. “[But] I don’t even think Facilities really knew what kind of renovation costs or what kind of construction costs it was going to require,” said Barnowski.

Gibson said the project “has not been a very smooth [one].” Gibson said that when Facilities first assessed the project, they weren’t aware of all of the Environmental Health & Safety issues regarding a fuel processor. Key issues include fire suppression and spill mitigation.

Gibson also mentioned that Facilities transitions complicated original cost estimates. There was a major restructuring of MIT Facilities during the Biodiesel@MIT project, which split the department into two divisions. “The people we ended up working with [had] only been here a couple of months,” said Barnowski. “[Facilities] sort of admitted that they ... didn’t originally carry out a ... robust enough analysis of each location,” said Barnowski.

A possible solution

Eventually, however, CRSP and Facilities managed to bring the costs back down near \$60,000. Roy-Mayhew said that a manager had been found to direct any renovations, and that the processor could be installed in the lower level of the Grounds Garage.

“[We] started to get the legal work [done] for the processor [and] hired UROPs,” said Roy-Mayhew, who added that Biodiesel@MIT was told renovations could be completed by May.

Unfortunately, last Wednesday, May 7, Gibson told the group that constraints on the Grounds Garage meant that it would not be possible to install a fuel processor. It is not clear what those constraints are.

Roy-Mayhew said he was disappointed the project fell through so abruptly, especially after hiring three UROP students for the summer.

Additionally, Barnowski said the team may have already purchased a \$15,000 biodiesel processor and service contract from MBP Bioenergy, LLC. “The only step left ... was for the company to send us specific invoices. I’m pretty sure that had been done,” said Barnowski. She had not heard back from the administrator in charge of Biodiesel@MIT funds or from MBP Bioenergy.

More money, more problems?

Last Thursday, May 8, Biodiesel@MIT was told in a meeting with CRSP and Facilities members that they might be able to install a processor in W92 if they could raise an additional \$20,000, according to Roy-Mayhew.

“A capital cost near \$80,000 is not near what we were going to do from the beginning,” said Roy-Mayhew. He added that the team would already be borrowing money from CRSP, and \$80,000 vastly exceeded implementation costs at other sites in the U.S. “[Maybe] because it’s in the middle of Cambridge ... things do cost that much,” said Roy-Mayhew. Most of the cost — around \$50,000 — would go toward health and safety systems, said Barnowski, with the remainder required for other building renovations.

Moreover, a W92 installation was in no way guaranteed, and Biodiesel@MIT would have to start from the beginning, getting new cost estimates and approvals for the location.

Gibson said there wasn’t any additional funding available from CRSP any that there weren’t any other options being considered.

“[There’s a] limit to how much we can put into one student project. We have many requests for lots of things,” said Gibson, later adding that “at some point in the future, maybe things change.”

Barnowski said the team was left with few other options. “[We could] try to take the processor off campus somewhere,” she said, but suggested that an off-site processor wasn’t a likely solution.

Roy-Mayhew said that an off-site processor didn’t mesh with the team’s original goals of sustainability. “[We’re] supposed to be sustainable on campus,” he said, describing the financial and environmental benefits of having a biodiesel processor on campus.

Biodiesel@MIT may end up giving the \$25,000 prize money — presuming a processor hasn’t been purchased — to the Environmental Programs Office to support grants for sustainable projects on campus.

But it is not clear that they could give the money away: the terms of the Ecomagination Challenge state that “the money awarded must be applied to cover the creation expenses of the Project described in the winning Application.”

Money or not, the failure to bring a biodiesel processor to MIT may take away from MIT’s educational experience.

“There’s definitely a loss of an academic resource,” said Barnowski. “Course 10 has implemented a lot of biodiesel modules for [Chemical-Biological Engineering Laboratory (10.28)],” she said. Roy-Mayhew said the lab included projects to design quality control kits for biodiesel processors, but now the students have no place to test their designs or see their real-world applications.

Barnowski said she was disappointed the project never came to fruition.

“The people I’ve talked to feel that it’s really unfair and hypocritical ... to be pushing the new Energy Initiative, [when] even this project with so much funding and support couldn’t get implemented,” she said.

“We had a lot of theoretical support from higher up in the administration,” Barnowski said, but no one person seemed to take on the project.

Dean for Student Life Larry G. Benedict expressed surprise at the project’s end in an e-mail sent yesterday to Roy-Mayhew. In the e-mail, Benedict said he thought the plans were finalized last fall.

In the end, “no one was really specifically willing to donate their time, or their money, or their space to the project,” said Barnowski.

“It sort of got lost in the middle.”
Michael McGraw-Herdeg contributed to the reporting of this story.

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Chorallaries Perform OMG Spring Concert

(right) Arushi Dugar '08 sings at the OMG Concert thrown by the MIT Chorallaries on Friday, May 9. (below) Katherine A. Jarrell '08 (left) and Tess E. Wise '10 show off their vocal chops.

Photography by Alice Fan



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Colleges, Students Pay Potentially Dishonest Agents

Agents, from Page 1

commission makes them out and out sales agents,” said Barmak Nassirian, associate executive director of the American Association of Collegiate Registrars and Admissions Officers.

Like JLL, many agents collect hefty fees from both sides — the students they advise, and the universities they contract with — leaving some to question whose interest is being served. Even some advocates of recruiting agents see a need for an ethics code.

“We should be doing this, but we should be doing it right,” said Mitch Leventhal, vice provost of international affairs at the University of Cincinnati, which has contracts with agents. “And I don’t think it’s right for students to have to pay a lot if the agent is also getting paid by the university. I don’t think it’s ethical.”

Agents range from huge operations like JLL to mom-and-pop outfits — and from reputable to fly-by-night. No one keeps track of how many agents there are, how many receive commissions from universities or how many students they send to the United States. But those familiar with the flow of international students say that thousands, mostly from Asia, use agents to come to American institutions, particularly community colleges with intensive English programs.

Some agents are paid mostly through commissions from universities; others are paid entirely by the students, with the university never knowing that an agent was involved. The State Department also operates hundreds of offices worldwide advising students on study in the United States.

Many colleges see contracts with overseas agents as a win-win proposition, helping to bring in far more tuition dollars than are paid out in commissions. They also see the foreign students as attractive both for their contributions to the local economy and the international bridges they help to build. Ohio, where many institutions are contracting with agents, recently adopted a strategic higher-education plan specifically calling for international recruiting.

But Mr. Nassirian argues that the process has invisible losers. “If there is a natural limit to the capacity of our educational system to take foreign students, isn’t it better to get the best qualified rather than those with the ability to pay?” he asked.

A Legal Exception Overseas

A legal disparity makes matters still murkier. Federal law forbids universities to pay recruiters based on how many American students they enroll, a ban meant to block aggressive recruiters from signing up unqualified students for college, including welfare recipients, in order to pocket the commissions — knowing the students would be likely to default on federal student loans.

The law makes a specific exception for overseas students, who are not eligible for such loans. But some policy experts say that to keep the profit motive out of college recruiting, the practice should not be allowed overseas, either.

Still, those who use overseas agents say they can play a valuable role. For Asian families who speak little or no English, but have a powerful longing to get their children a prestigious education, agents help navigate the bewildering process of producing transcripts, selecting a college and getting a visa. For American universities that are not well known abroad, and cannot afford to send admissions officers on expensive recruiting trips, local agents may be the way to compete in the globalized world of higher education.

“We can get on this high horse of pure behavior, that we will not pay an agent for recruiting students, while British and Australian and Canadian universities do it, and we can see all the students go elsewhere,” said Josep Rota, Ohio University’s associate provost for international affairs. “The old model of international students was that we sat here in the foothills of Appalachia, saying, dear world, come

here and we will welcome you, and that worked until 9/11. But then they stopped coming. If we want to continue to bring them here, we have to recruit.”

Ohio University, a public institution with more than 20,000 students, has done well with commissioned agents, especially in China, the source of more than half its foreign undergraduates. JLL has sent more than a third of them.

“I came on a plane with about 30 other students who all used JLL,” said Fei Peng, a 20-year-old from Shanghai who arrived in Ohio in August.

Ms. Peng, like Ms. Li and all the Chinese students interviewed on campus, did not know the university paid the agent for each student who enrolled. While a few said the commissions gave them pause, they were generally satisfied with their agents’ services, both in selecting a university and in preparing them for the visa interview.

“They give you a lot of questions, and you practice good answers,” said Ms. Li, who has wire-rimmed glasses, black nail polish and an earnest manner.

Many of the Chinese undergraduates come from big cities and appreciate the quiet of small-town Athens, although some say life here can be boring, if they have no car, and are not interested in partying. They see study in the United States as a back-door route to success in China, where most failed to win admission to the top Chinese universities. Most come from one-child families, with parents who are very involved in planning their success, and willing to pay the United States’ high tuition costs — about \$18,000 a year at Ohio University, double the in-state tuition.

Mr. Rota said he was delighted that his campus had 113 Chinese undergraduates this fall, four times as many as the previous year, and that generally, they were doing well. But he remains wary.

“We know that working with agents is potentially dangerous, that many of them are not honest, and that we have to be extremely selective,” he said. “One condition for them to continue working with us is that they send the kind of students we want, who will stay here and succeed, not come and use their visa for inappropriate purposes and disappear into the woodwork.”

‘A Lot of Gouging Going On’

Still, he hopes to use more agents to increase the international enrollment; the university already has agents in Turkey and Taiwan, and is looking for partners in Vietnam and Korea. Throughout Asia and to a lesser extent other parts of the world, thousands of agents offer help to students seeking admission to an English-speaking university, charging them fees that may be a few hundred dollars, or far more. “Some agents charge as much as \$30,000,” said John Robert Cryan of the University of Toledo, which works with agents, but pays no commissions. “There’s a lot of gouging going on.”

JLL, which is licensed by the Chinese government, sent about 2,000 students to American colleges over the last year, and many more to Australia and the United Kingdom. Li Zhen, the vice manager of JLL’s United States department, said students paid fees ranging from about \$2,000 to apply to a community college to about \$5,000 for the most selective universities, for which the agency charges extra. JLL helps students apply anywhere they want, including universities that pay no commissions.

“My personal record, my best, was getting a student to U.C.L.A.,” he said.

Just as agents vary, so too do the commissions. Ohio University is on the low side, paying \$1,000 for each undergraduate, or 10 percent of tuition for the English language program.

“The market range is anywhere from 10 to 25 percent of tuition,” said Visakan Ganeson, director of international programs at Skagit Valley College in Mount Vernon, Wash., which gets about half of its 200 international students through commissioned

agents. “How much you pay depends on your position in the market.”

The most selective universities, deluged with applications, do not contract with agents.

Overseas recruiting agents have long been used on the West Coast, especially by community colleges like Skagit Valley, which offer intensive English courses to prepare students for college-level work.

Linh Nguyen, 17, who came to Washington last fall after finishing 11th grade in Vietnam, applied to Skagit Valley on her agent’s advice.

“They told me that it’s a small college, but it has a good quality,” said Ms. Nguyen, who paid \$300 to her agent.

Bates Technical College, an open-admissions institution in Tacoma, Wash., pays 15 percent of the first year’s tuition to its agents in Taiwan and China, according to Cheri Loil-and, the associate vice president for extended learning.

Mr. Leventhal of the University of Cincinnati, who formerly worked for a huge Australian recruiting agent, has been preaching the gospel of commission-based recruiting. The flow

of international students to American universities has increased slowly in recent years, while the number going to Australia more than doubled, he said, largely because American universities recruit poorly in Asia.

“Most American universities do helicopter marketing,” Mr. Leventhal said. “They drop in for college fairs and road shows and then they take off. There’s no continuing presence overseas, no one on the ground who speaks the language and can answer questions any time. That’s something a lot of parents want.”



MARTIN SEGADO—THE TECH

Elejo E. Ocholi '08 (second from right) and Daniel J. Wendel '05 (right) take the lead vocals in the MIT Cross Product's performance of "In the Light" by dc Talk during Saturday's concert in 54-100.

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Jazz Ensemble Hosts Herb Pomeroy Memorial Concert



A concert in memory of Herb Pomeroy, an accomplished musician and teacher, and founder of the MIT Festival Jazz Ensemble, was held this past Saturday, May 10 in Kresge Auditorium. The concert featured performances by the Ensemble, an Ensemble alumni band, and a number of local artists who have worked with Pomeroy.

(Counter-clockwise from top-left)
Jazz pianist Harvey Diamond stands after playing Duke Ellington's "Don't You Know I Care?"

Dr. Richard S. Orr '62 (left) presents a signed award of appreciation to Ensemble director Frederick E. Harris, Jr (right) on behalf of the Ensemble alumni band. In presenting the award, Orr thanked Harris for organizing the memorial concert.

Alto saxophonist Katrina L. Schoen '11 plays a solo during the Ensemble's performance of Billy Strayhorn's "Blood Count."





(Counter-clockwise from above)
Stephanie C. Chan '09 plays the harp during the world premiere of "The Calling," composed for Saturday evening's concert by Jamshied Sharifi '83.

Festival Jazz Ensemble pianist Matthew D. Rosario '10 finishes John Cale's "Sig Ep" with a flourish.

Flügelhorn soloist Christopher N. Kottke G (left) and Ensemble director Frederick E. Harris, Jr pause for a moment at the conclusion of Saturday evening's concert.

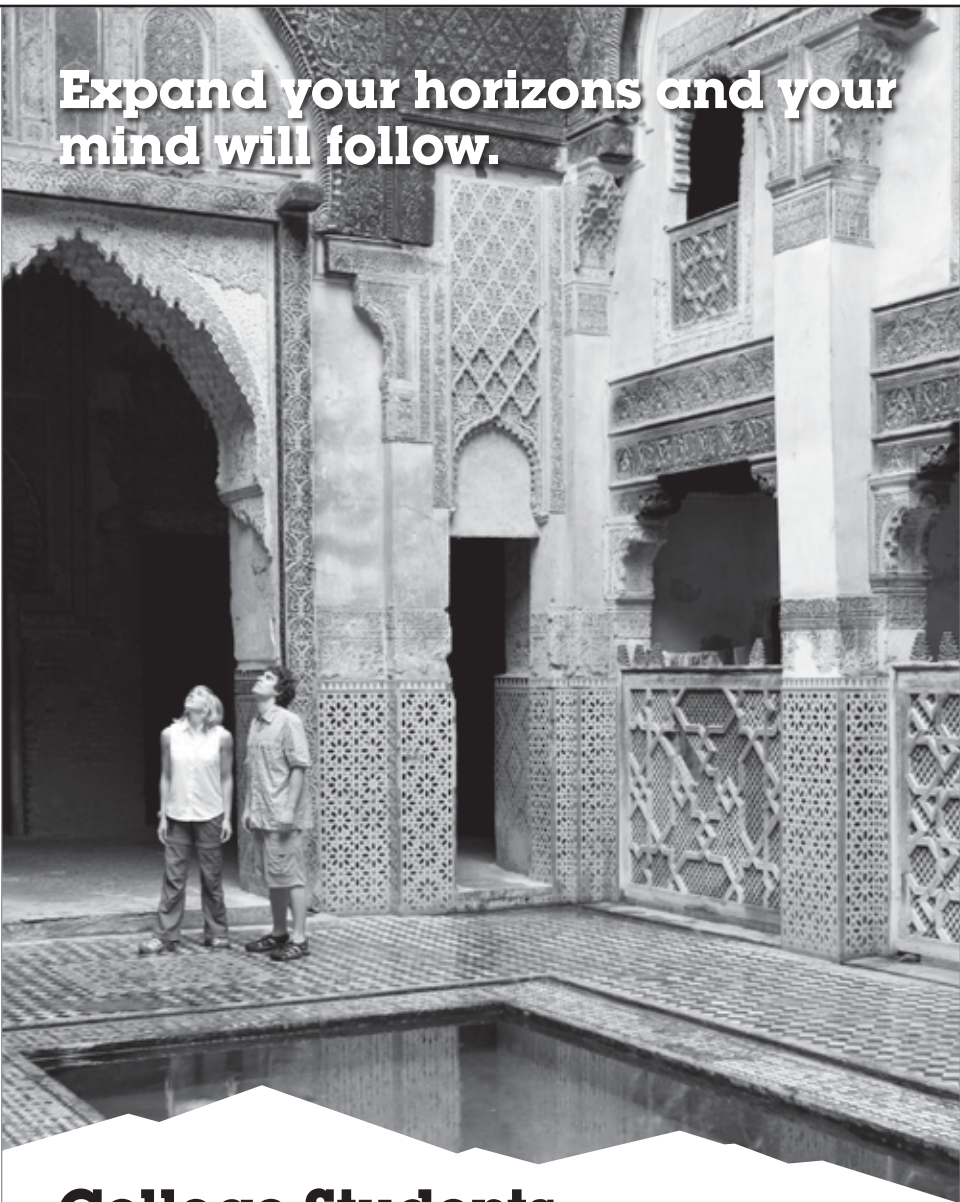
Everett Longstreth shares some words with the audience prior to conducting the Ensemble through "Sig Ep."

The concert featured five pieces written in Pomeroy's honor: "A Day on the Earth" and "A Tale of the Skyswimmer" by pianist and guest conductor Magali Souriau, "Olive's Branch" by trumpeter and guest conductor Greg Hopkins, "Herb's Band" by trombonist and guest conductor Dr. Richard S. Orr '62, and "The Calling" by composer Jamshied Sharifi '83.

Photography by Omari Stephens



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Yield May Vary Due To Fin. Aid, Waitlist

Admissions, from Page 1

number will vary slightly. Some students have extensions while their financial aid packages are finalized. Others may switch enrollments as they are accepted off of waitlists at other schools. Schmill said he hopes the waitlist shuffles are settled by June.

This year, MIT and other top-tier colleges such as Harvard and Princeton increased their financial aid offers, and both Harvard and Princeton also eliminated their early admissions programs. Though MIT increased its financial aid, some schools with larger endowments were able to increase their aid even more. These changes in the admissions landscape made the yield unpredictable, with some concern that there would be decreased yields at

top universities.

But for most schools, the yield remained steady or only dipped slightly. Harvard's and Yale's yields were near 78 percent and 69 percent respectively, similar to past yields. Princeton's yield dropped one percent from 69 to 68. Schmill said yield fluctuated because of "more students who applied to more schools and were admitted to more schools." Thus, more students had a wider variety of options to choose from.

The current demographic make-up of the class, which may change as waitlisted students are admitted, is 46 percent female, 25 percent under-represented minorities, and 18 percent first-generation college students. "Despite all the uncertainty of the admissions process this year, I'm really quite pleased how the class has shaped up," said Schmill.

Solution to Crossword

from page 8

MUSE	COMP	GAVEL
EMIL	ALOE	AMANA
TAMS	TEAR	LILAC
PAIN	INTHE	NECK
SALNAN	IAN	STS
TIESUP	ANNAN	
ASTOR	ETES	EBAY
THORN	INONE	SSIDE
SANE	RENT	ATOLL
SHORE	MISSAL	
ORE	ANG	FANPIS
SEVEN	YEAR	ITCH
AWARD	TROT	HEAT
GENIE	INGA	ARTE
EDSEL	COSI	WEEK

Solution to Sudoku

from page 8

7	6	8	3	4	9	1	5	2
2	9	4	8	5	1	6	3	7
1	5	3	6	2	7	4	8	9
4	1	6	2	8	5	9	7	3
9	7	5	1	6	3	2	4	8
3	8	2	9	7	4	5	6	1
8	4	7	5	1	2	3	9	6
5	3	1	7	9	6	8	2	4
6	2	9	4	3	8	7	1	5

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If you have any questions, please contact Professor Haimanti Roy, haimanti@mit.edu.

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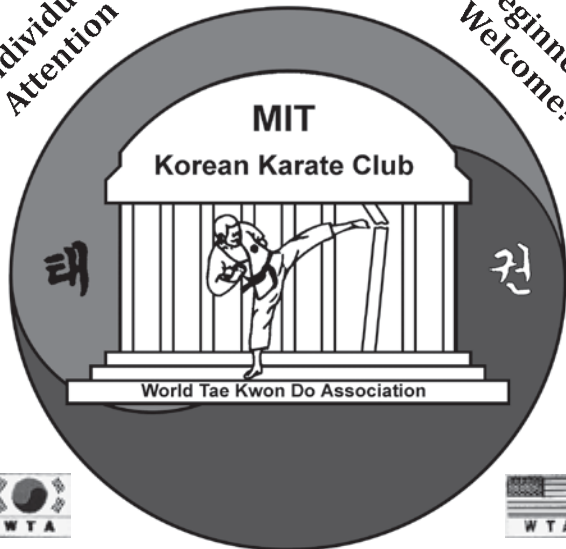
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Students Face Off In 2.007 Robotics Competition

The annual 2.007 competition, this year entitled “Da(yes)MIT” or “Save the Baby Beavers,” was held last Wednesday and Thursday, May 7 and 8, in the Johnson Athletic Center. Clockwise from left:

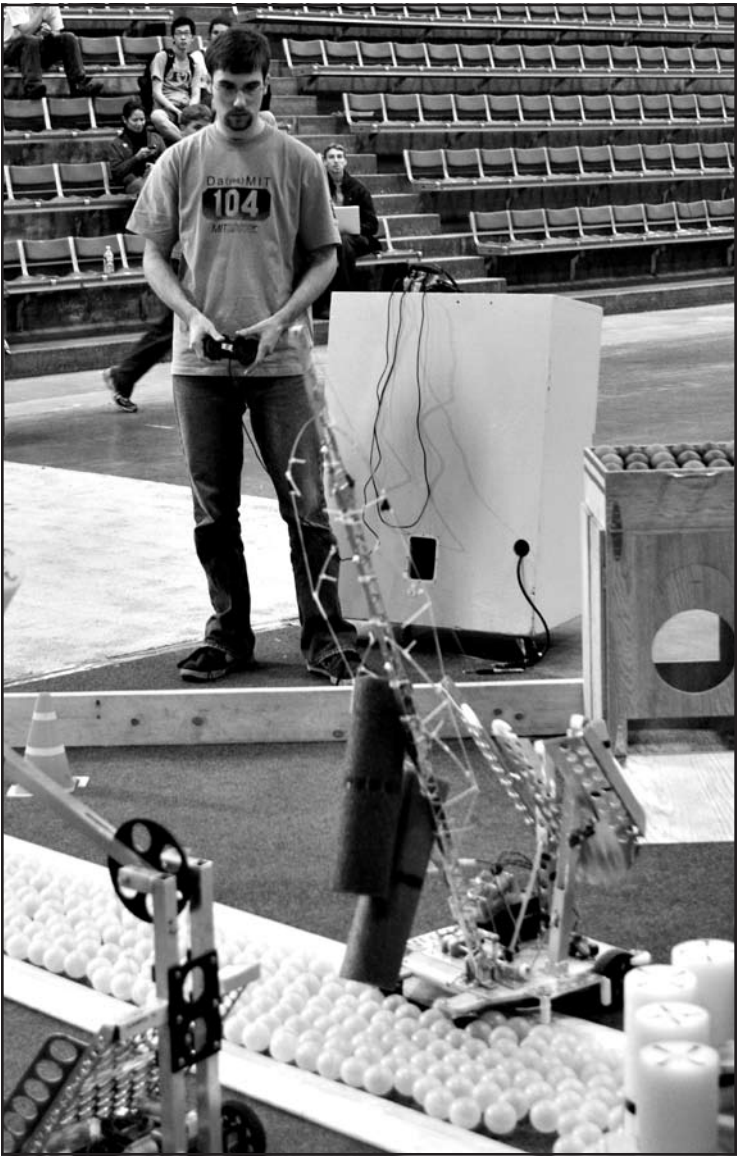
Encased in a foam suit, Aaron E. Ramirez '10 makes last minute adjustments and checks on his robot prior to facing an opponent in the second round of the 2.007 competition.

A robot built by Radu Gogoana '10 pulls back the barrier containing the “food” pellets and diverts the flow of falling balls into the starting box.

2.007 competition winner Gregory D. Tao '10 hands his trophy to second-place Ethan L. Huwe '10 as course professor Alexander H. Slocum '82 picks him up to carry him on a victory lap around the arena.

Ethan L. Huwe '10 tries unsuccessfully to extract his robot from the clutches of his opponent's “bother bot,” a small robot designed to rapidly cross the competition field and jam its opponent's movement.





Clockwise from above:

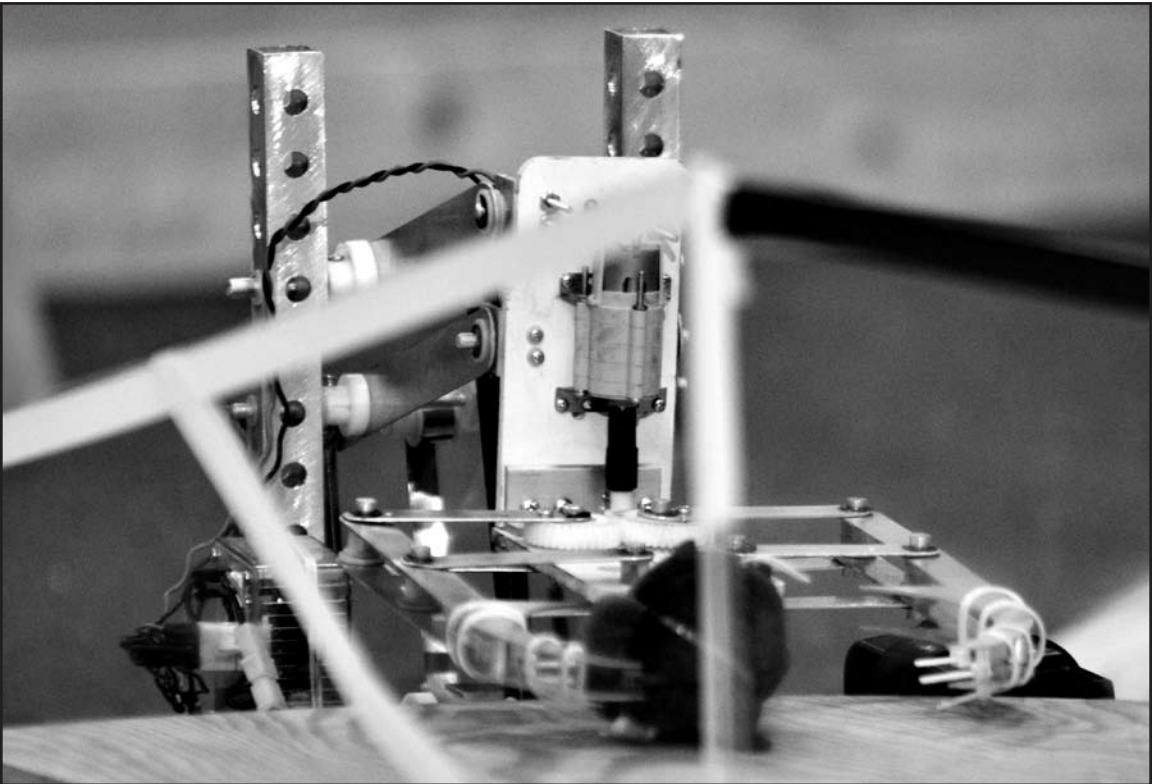
Jacob G. Latcham '09 concentrates on steering his robot, intending to dump the “trees” he harvested from the “forest” into the “river.”

The MIT Chorallaries sing “The Engineer’s Drinking Song” before the beginning of the second round of the 2.007 competition.

A robot constructed by Joshua B. Gafford '10 rescues a baby beaver and places it in the competition board’s “lodge,” the only robot in the second round and beyond to do so.

2.007 winner Gregory D. Tao '10 sets up his robot in the starting box.

Photography by Brian D. Hemond



SPORTS

Thomas, Bradshaw Set Institute Records at N.E. Championship

By James Kramer
DAPER STAFF

While the men's track and field team placed 20th out of thirty-eight scoring teams at the 2008 New England Intercollegiate Amateur Athletic Association Outdoor Track and Field Championships, Aline Thomas '08 is leaving nothing in the tank for the women.

As she heads toward the end of her senior year, Thomas paced the women's track and field team to 14th



Adrienne M. Bolger '08 passes the baton to Leanne M. Veldhuis '08 in the women's 4x400-meter relay at the New England Intercollegiate Amateur Athletic Associations's Outdoor Track and Field Championship, held last Thursday through Saturday at the University of New Hampshire. The relay team placed 14th with a time of 4:08.57.

in the team standings after thundering to Institute records in the shot put and hammer throw. Thomas has improved her marks steadily all season, but Saturday's performance was easily the best outing of her career.

Thomas topped her standing school record in the hammer with a toss of 164'7". Netting third place in the event and tops among all Division III competitors, Thomas may have solidified her spot at the NCAA Championships with the result.

Capping the afternoon with another impressive showing, Thomas

broke a six year old record in the shot put with a throw of 43'10.75". Breaking the previous record by one-quarter of one inch, Thomas finished sixth against the field. In both events, she currently ranks among the top 15 in Division III.

Thomas wasn't the only MIT athlete to enjoy a record-breaking meet. In what appears to be a weekly occurrence, Andrea E. Bradshaw '09 shaved a little more time off her record in the 800-meter run. Although she finished outside of the scoring, Bradshaw completed the circuit in an Institute-record 2:16.89.

The Engineers had a few "near records" during the meet as well. Margaret C. Leibovic '10 ran 12.75 in the 100-meter dash while Jacqueline M. Wentz '10 authored the program's second-fastest time in the steeplechase with a personal record of 11:07.63.

MIT secured the remainder of its points in the pole vault, where Emily Hwang '09 tied for sixth after clearing 10'11.75". Leanne M. Veldhuis '08 also performed well, but missed qualifying for finals by one spot in the 400-meter hurdles after a time of 1:05.55.

Men Place 20th

Omari S. Stephens '08 paced the Engineers at the all-divisional meet, finishing second overall in the pole vault. Stephens cleared 15'9" in the vault. Despite tying for the best jump of the day, the Tech senior settled for second place behind Southern Connecticut State's Sutton Underwood.

James R. Oleinik '09 enjoyed another strong performance in the shot



OMARI STEPHENS—THE TECH
Jacqueline M. Wentz '10 runs out of the water pit during the 3,000-meter steeplechase at the New England Intercollegiate Amateur Athletic Associations's Outdoor Track and Field Championship, held last Thursday through Saturday at the University of New Hampshire. Wentz finished third in the event, crossing the finish in 11:07.63.

put en route to sixth place. Oleinik set a personal record and cleared 50 feet for the first time in his career with a throw of 50'10".

Anthony D. Teixeira '08 was the only MIT athlete to compete in two individual events. Teixeira added to MIT's point total with an eighth-place finish in the long jump (22'5") while he just missed qualifying for finals in the 110-meter hurdles after a run of 15.46 seconds.

The Engineers also received good efforts from Stephen A. Morton '10 in the triple jump (44'11.5") and Vladimir Sobes '11 in the javelin (177'2"), although both performances finished just outside of scoring.

The University of Rhode Island pulled away for the team championship with the University of Connecticut taking second.

Pamidimukkala, Holbrook Named MIT Athletes of the Year

Praveen Pamidimukkala '08 was named the 2008 winner of the Howard W. Johnson Award and for the third year in a row, Doria M. Holbrook '08 was awarded 2008 MIT Woman Athlete of the Year last week at the 2008 Awards Convocation.

Holbrook earned her seventh and eighth All-American honors at this year's NCAA Division III Championship after finishing third in the one-meter and fourth in the three-meter competition. After setting records in both events at this year's New England Women's and Men's Athletic Conference Championships, Holbrook was also named NEW-MAC Diver of the Year for the third time in her career. Holbrook is a two-time national champion in the three-meter event, winning the title in 2005 and 2007.

The Howard W. Johnson Award is given to the top male athlete at MIT. Pamidimukkala led the men's volleyball team to an eleventh place national ranking, finishing second in the New England Division of the North East Collegiate Volleyball Association.

Pamidimukkala was also named NECVA New England Player of the Year for the second time in a row, as MIT made the quarterfinals of the NECVA Championships. In addition, he was named to the American Volleyball Coaches Association Division III Men's Volleyball All-America Second Team. After four years on the team, Pamidimukkala leaves MIT with the Institute record in kills, aces, and solo blocks.

—Shreyes Seshasai, Sports Editor

“Until the reality of equality between man and woman is fully established and attained, the highest social development of mankind is not possible.” — ‘Abdu’l-Bahá (b.1844)

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