

The Ampersand

UIC Honors College

September 1998

Important Upcoming Dates

- Tues., Sept. 14 *Alternative Spring
Break Meeting*
- Thurs., Sept. 17 *Society of Future
Physicians Reception*
- Fri., Sept. 25 *Honors College
Social: 3 - 5 p.m.*
- HCAB Freshmen
Board Applications
Due*
- Sun., Sept. 27 *AIDS Walk*

A Message from Dean Kaba

Following the perpetual law of motion, we have begun another academic year. Welcome to all of you who are returning from your vacation. I hope that you made a productive and enjoyable use of the summer. To those who are new, freshmen or transfer students, congratulations on your decision to attend UIC. This comprehensive public university is an exciting and rewarding institution dedicated to excellence in teaching, research and service.

Consistent with this mission, the Honors College provides its students with challenging opportunities that correspond to their interest in achieving excellence. I invite you not to settle for less than what you have already demonstrated. The whole staff and faculty of the Honors College are eager to help you. Feel free to seek their advice, and they will do their best to assist you. The College also makes it possible for you to interact with a diverse body of students. I urge you to communicate and work with one another in the lounge and other facilities.

As members of the honors community, you are invited to join others at the HCAB Social held bi-monthly on Friday afternoons. The next one will be Friday, September 25th from 3:00 to 5:00 in the student lounge. Welcome! I look forward to getting acquainted with you.

Expanded On-Line Ampersand

Don't forget to point your web browser to <http://www.hc.uic.edu> and read the expanded on-line version of this month's Ampersand!

You'll read about 'Jeev's Field Study', and see photos from New Student Day. You can thrill to Honors College students' exciting summer adventures through Europe, and pick up some neighborhood restaurant tips.

Be sure to read this information-packed on-line issue!

Tackling the Construction Mess

by Tara Mythri Raghavan

The fall 1998 term has brought with it the usual problems associated with a new school year. From scheduling mix-ups to UMOs (Unidentified Meal Options), new and returning students have been forced to quickly deal with the mayhem often associated with college life. This year, however, a new obstacle has been added to this list of challenges.

It would be hard for anyone not to notice the gigantic trucks, the mounds of dirt, and the layers of cement associated with the university's massive construction project. The visible mess across campus, specifically on the east side, has garnered many groans of complaint from students, faculty, administrators, and staff alike. Students have been particularly dismayed by the lengthy project that has all of us adding extra steps to our daily routine.

Despite the initial inconvenience associated with such an undertaking, students and faculty are learning to navigate the mazes of re-routing and temporary fences. We've become better at avoiding the puddles and potholes on steroids. We've become accustomed to the cesspools and loud machinery for we've realized this is going to be a long project. Although most of the improvements and changes seem to be taking a very long time, we all have to remind ourselves that this reconstruction will make UIC more beautiful, and in turn, campus life will be enriched.

(cont'd. on page 3)

Alternative Spring Break

Sitting on the sofa, eating potato chips, and complaining about how bored we are is what most of us do during our spring breaks. Now there is another way to spend this time and have fun while doing it. **Alternative Spring Break** is a new organization at UIC that places teams of UIC students in volunteer sites across the country. Each program gives volunteers the opportunity to experience issues such as urban poverty, racism, hunger, youth education, and HIV/AIDS. The students will help to serve meals, rebuild houses, and tutor children.

Over 20,000 students at college campuses across the country participate in these programs every year. Many of them say that ASB was a life-changing experience and the best week that they have ever had. Students leave their own little world of family, home, and school, and benefit from a culture and lifestyle quite different from their own. ASB has grown. Founded in 1994 when a group of ten students on a site in rural Appalachia started the organization, the 1997 program had over 10 sites and 160 participants.

If you are interested or want more information, contact **Jennifer Kosco**, our faculty advisor, at jkosco@uic.edu, or one of the following executive board members: President – **Arun K. Reddy** at areddy2@uic.edu, Vice President – **Vandana Khungar** at vkhung1@uic.edu, Treasurer – **David Limsui** at dlimsu1@uic.edu, Secretary – **Chris Wyckoff** at cwycko1@uic.edu, Publicity Chair – **Neha Desai** at ndesai4@uic.edu, Site Chair – **Ryan Tyrrell** at rtyrre1@uic.edu.



Free Super Tutoring

What does the above phrase mean? From a first glance, it looks like some cheesy comic book bubble quote, like “Pow!” or “Jumping Jackhammers!” Taking each word at its own value, you notice that there’s something FREE going around. Second, that there’s something about this tutoring stuff that’s “super.” So you fumble inside of your mind until you make the links, like “super tutoring” is kinda like “superman,” who’s the man of steel, the man able to do anything (unless he’s faced with kryptonite).

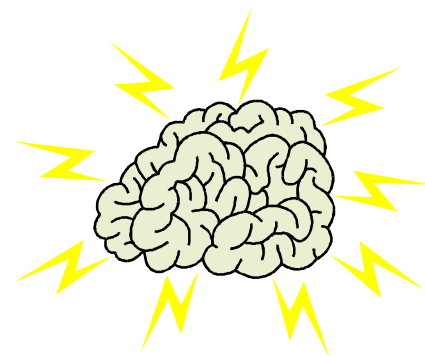
Similarly, “Free Super Tutoring” is able to accomplish those seemingly impossible feats, like help you pass that crazy Physics class, or master the finer points of Spanish.

Instead of drowning in homework, weekly quizzes, upcoming exams, and hieroglyphic notes, take control of the situation. Instead of letting it dawn on you that YOU HAVE ABSOLUTELY NO IDEA WHAT’S GOING ON, snap out of it, don’t panic, and look no further.

Free Super Tutoring will save the day! That’s right — all the help you ever wanted is right around the corner and waiting for you at the Honors College, 9 a.m. to 4 p.m., Monday through Friday, through the 15th week of the semester. Excellent and qualified students who were once like yourself have taken on the mission of channeling you away from those negative vibes, and steer you towards academic success.

Oh, did we mention that it’s FREE and available to EVERY UIC STUDENT?

Just stop by the Honors College at Burnham Hall. We’re waiting to save the world. Or you from a nervous breakdown.



Not Your Typical Summer Vacation:

National Youth Forum on Medicine by Danielle Brandstetter

This past summer, I took advantage of a great opportunity to spend two months doing research at The University of Texas-Houston Medical School. I learned of this program when I participated in The National Youth Leadership Forum on Medicine in Houston during the summer of 1995. When I was accepted to the program, I only knew that I was going to work with adolescents. It wasn’t until arrived in Houston that I learned the specifics of my assignment: working with the “bad” youth of Houston at the Harris County Juvenile Detention Center. The Detention Center acts as a holding place for juvenile delinquents, aged 10 to 17 years old, before they are sent to a placement home, bootcamp, or prison. It seemed to me that many of the kids there had been brought in for relatively minor offenses like missing too much school or running away. However, I did meet some who were accused of prostitution, grand theft auto, robbery, and murder.

For my research project, I documented the offenders’ sexual histories, collected urine samples, and screened them for *Chlamydia trachomatis*. Along with questions about how many sexual partners they had had in recent months, and life-time, we also asked questions about condom use, sexually transmitted disease (STD) history, alcohol and drug use, and other high risk behaviors. The main purpose of the study was to find out if *Chlamydia trachomatis* is common enough among this population to require mandatory screening of every juvenile that comes into the Center. We found that 9.5% (19/201) of the males and 25% (17/69) of the females were positive for this STD. This data indicates that it is extremely important that all youths entering the Detention Center be screened for *Chlamydia trachomatis*.

Since I enjoy working with people more than I like working with test tubes, I indicated my preference on my application. However, there are several disciplines to choose from for your choice of research, including working at the medical school, dental school, school of nursing, and the school of public health. For example, in the medical school, you can work for one of the following departments: biochemistry & molecular biology, internal medicine, integrative biology, pharmacology & physiology, microbiology & molecular genetics, neurobiology, ophthalmology & visual science, pathology & laboratory medicine, and other research areas. Once you decide which one of these areas most interests you, then you choose a specific project with a specific mentor.

(cont’d. on page 5)



Looking for a way to get out and get some exercise, hang with your friends, and raise money for a good cause - all at the same time? We have a great way for you to do all three!

The 9th Annual AIDS Walk Chicago will take place Sunday, September 27th at 10 a.m. It is a 10K walk that begins and ends on the lakefront at Arvey Field. Pledge money raised is used for AIDS prevention, research and care.

UIC is one of the major sponsors of this event. Both HCAB and the Society of Future Physicians are forming walking teams; contact **Eric Yang** (HCAB) at eyang3@uic.edu, or **Rajeev Garg** (SFP) at rgarg1@uic.edu for information on joining their teams. You may also contact Dan Rascon at the UIC Medical Center at 996-0296.

You can also visit the AIDS Walk Chicago website for more information: <http://www.aidswalkchicago.org/>

Society of Future Physicians

Considering the number of pre-med students at UIC, one would think that we all have a pretty good idea of what we plan to do with the rest of our lives. We want to become doctors. It's as simple as that, or is it? We keep saying that we want to become doctors, but how many of us honestly know what that involves? We speak of having to take MCATs, going through med school, doing residency, and so on. We say that we want to become cardiologists, neurosurgeons, or pediatricians. But in all honesty, how much do we really know about all of these options? Probably not much at all.

The purpose of the Society of Future Physicians is to help anyone interested learn more about their chosen future careers. Through various activities such as a mentorship program, where students will be able to shadow a doctor in a certain field, and opportunities to view surgeries at UIC Hospital, the society hopes to make our futures in medicine a reality by bringing the field of medicine closer to home. Additionally, students will be able to discuss topics such as medical ethics, the medical school application process, learn about the life of a med student, and even discuss the many different fields in medicine.

Although the applications for the society were due Friday, September 4th, if anyone is still interested, please contact anyone of the members on the board:

Rajeev Garg: rgarg1@uic.edu
 Shrujal Baxi: sbaxi1@uic.edu
 Boyan Petrovic: bpetro1@uic.edu
 Nirali Shah: nshah8@uic.edu



For those who have already turned in their applications, there will be a formal reception held for all members on Thursday, September 17th at 5:00 PM in the Faculty Alumni Lounge at the College of Medicine West. We hope to see you there.

Construction

(cont'd. from page 1)

Years ago, the University of Illinois at Chicago, was a somewhat dreary place. It was difficult to find a flower or a blade of grass on the mostly concrete campus. Current students can look forward to a kinder, gentler UIC. Lots of trees, grass, and smooth pathways will soon replace the enormous puddles, a.k.a. insect breeding grounds, we're now dealing with. Although these may not seem important, the ambience around campus will be much improved with these additions.

It would be sheer arrogance on the part of students to complain about the length of time associated with the project, because changing the appearance of the campus is a job that needs careful consideration. Students who have been complaining about the intelligence of the construction workers have obviously never been associated with construction. These workers spend long hours concentrated on completing a project, which makes them all the more valuable to society. The complaints do not solve anything, and it would therefore be more productive to find ways around the mess.

In order to tackle the construction clutter, students must take extra precautions. By familiarizing themselves with the project in general and locating open doors to buildings, students can easily overcome the inconveniences. Taking time out to appreciate the changes on campus may help us all get over the burden. The tree in front of the Honors College may be seen as a symbol of good things to follow. Students who spend most of their time in SEL or BSB may want to walk over to the Honors College and visit the tree. Although this may sound like a strange thing to do, students visiting the tree may feel reassured of the outcome of the project. If we resign ourselves to the construction and learn to appreciate the small changes across campus, we will all be more satisfied with life on campus this semester.

Kabbes Scholarship Winners

The following Honors College students recently received the 1998-99 Kabbes Scholarship for Undergraduate Research:

Danielle Brandstetter, John Choi, Maggie Ciecierski, Pholophat Inboriboon, Chris Keh, Kevin King, Charlotte Kunz, Nancy Maloney, Oveys Mansuri, Martin Moran, Pauline Padrul, Alexander Prociuk, Heather Swader, Loria Trampas, and Jason Wellner.

Congratulations to all!

To read about and see photos of this year's New Student Day, be sure to visit the Honors College web site at <http://www.hc.uic.edu>

You can see pictures at both the New Student Day link, and in the expanded on-line edition of *The Ampersand!*

How I Survived the MCAT...and You Can, Too!

by Shivangi Bhatt

In every pre-med student's career, there are certain frightening elements, including organic chemistry, AMCAS applications, and getting top grades, just to name a few. But more than anything else, there is one part of being pre-med that scares the living daylight out of almost all of us. Four little letters put us through so much torture, along with the knowledge that there is just one day that will make you or break you on the road to medical school: the MCAT.

Are you scared yet? Don't worry, so was I. With all the fuss about how important the MCAT is to one's medical career, it's no wonder that many students put way too much pressure on themselves. The fact that all this pressure is applied for just one day can't help either, I suppose. But in the long run, taking the MCAT really isn't the horrible experience that some people would have you believe. All it takes is lots of time, patience, and effort, as well as a strong desire to become a doctor.

The MCAT takes a lot of preparation as far as knowing your material goes. In addition to having a strong background in verbal reasoning and writing skills, students must have a thorough understanding of biology, organic chemistry, general chemistry, and physics before they go in on test day. Your preparation should start when you take these classes for the first time — learn the material thoroughly then, because you will need to know it again.

And here's a word of warning to all you slackers out there (like me) who take pride in being able to pull an all-nighter and spend just one night studying before an exam and still come out on top: this plan of action will not work with the MCAT, for two reasons. First of all, there is just way too much material to get through. One night of studying is an impossibility for this exam, and even a week of intense preparation is still not enough. The perfect amount of time given towards MCAT studying varies from person to person, of course, but keep in mind the huge amount of information you will need to know when you plan out your study time.

The second reason why you can't cram is because the MCAT is a test of reasoning, not just knowledge-regurgitation. The questions are asked in such a way that even if you memorized every fact about every field of science, you still couldn't get through the exam without reasoning things out. The medical school admissions people don't want people who can only spit out facts, they want people with a blend of logic and hard knowledge. Think about it this way: would you trust a doctor who could name every bone and blood vessel in the body if he didn't know how to make a proper diagnosis? I didn't think so. So cramming generally won't help. This does NOT mean you don't need to know the information, because you definitely do. More importantly, you also need to know how to apply it.

(cont'd. on page 6)

The 'Real World' of London

by Puneet Shroff

You've seen MTV's "The Real World". You've always wondered where they get those people from and if the entire show is planned and just what the deal is. If you have ever wanted a quasi-'Real World' experience (or if you just want to take advantage of an awesome Study Abroad program) read on as I tell you about my 'Real World' adventure of this past summer as a participant in the Great Cities London program.

The Great Cities program offers its participants a unique opportunity to immerse themselves in the day-to-day life of London. Accompanied by 19 other UIC students (both graduate and undergraduate), we headed to the land of bland food (except for the Indian restaurants everywhere), and lived in flats (apartments, for those of you not familiar with British lingo) where there was more drama than on a soap opera!

For the academic component of the trip, we had to conduct a comparative analysis between Chicago and London on an urban issue. My research group chose to do a comparative study of urban politics in two regions to be affected by massive redevelopment projects – UIC and the Pilsen, Near West, and Maxwell Street areas, and the King's Cross/St. Pancras area of London. We also had the opportunity to hear some fascinating lectures and attend several group field trips. Memorable events included attending Parliament to meet Member of Parliament (M.P.) Kate Hoey. We also met with Lord Jeffrey Archer, author and candidate for mayor of London, as well as political activist Ken Livingstone, another mayoral candidate. We also had a chance to see the ever-popular Stonehenge and the ancient Roman baths in the city of Bath.

In addition to some of these planned group outings, there was ample amount of time to get to know London and its wonders. If you wanted to feel like a tourist, Covent Garden was your place to shop, dine, enjoy theatre, and even watch "obnoxious" fellow Americans. Or you could go back to the time of Shakespeare by attending the newly-opened Globe theatre as I did with fellow Honors College students **Ankush Goel**, **Michelle Prestidge**, and other GCL participants Bernhard Walke, Jen Domarad, and Jill Heinziger to enjoy "As You Like It." If you are into the night scene, London is the place for it, but at a rather high cost. Or if you were enchanted by the famous 'Tube', a.k.a. the Underground,

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Summer Vacation

(cont'd. from page 2)

Housing is available across the street from the UT medical school. The research assistants usually have to pay for it themselves, but it is very cheap. Two people share a room, and a big bonus is that each room has its own bathroom with a bathtub. If you are a resident at UIC, you know what a luxury a bathtub is! The only downside is that you are responsible for your own meals. That means you must learn to cook for yourself if you don't already know how. You are also awarded a stipend of \$2,000, which is paid in installments every other week.

For the record, my summer did not consist solely of juvenile delinquents and urine cups. I was able to enjoy a lot of what Houston has to offer, including five Houston Comets WNBA games. I met several great people I plan on staying in touch with. This, of course, includes my mentor who is a Harvard Medical School graduate. I will continue to work with him via e-mail and faxes to finish our article that will be published in a medical journal.

If anyone is interested in applying for this excellent program, you can e-mail Ms. Dana Farver at dfarver@admin4.hsc.uth.tmc.edu. There is also a web site which provides further information at: http://www.uth.tmc.edu/ut_general/research_acad_aff/cae/res/intro.html.



Need a Helping Hand?

In addition to the super tutoring provided here at the Honors College, there are several other campus resources here to help you in a variety of capacities.

The Academic Center for Excellence offers free workshops to the entire UIC community. All of the following workshops take place on Wednesdays, from 12:00 - 1:00 p.m. in Chicago Circle Center (CCC),

Room 501/502. You are also welcome to bring your lunch to the workshops.

9/16: **Study Strategies** - Learn the most effective systems for reading and taking lecture notes.

9/23: **Concentration & Memory** - Find out how you can increase your concentration and improve your memory.

9/30: **Test-Taking Strategies** - If you know the material, but have trouble with essay and/or multiple choice test questions, this workshop is for you.

10/7: **Test Anxiety Reduction** - Learn how to reduce your anxiety level so that you can perform better on tests.

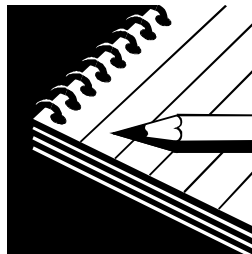
10/14: **Math Strategies/Math Anxiety** - Learn strategies to improve your performance and reduce your anxiety in math.

For questions about this series, call A.C.E. at 413-0032.

You can also visit the Writing Center, located in 120A SEO. Open to any UIC student working on an assignment for a course at UIC, the Writing Center works with writers at any stage of the writing process, including planning, drafting, and revision. Through one-on-one scheduled conferences, you and a tutor will work together in selecting and developing parts of your writing that need improvement.

The Writing Center is open Mondays, 9 - 5; Tuesdays - Thursdays, 9 - 6, and on Fridays, from 9 - 3. Make an appointment by calling 413-2206.

Additionally, you can visit their web site at <http://www.uic.edu/~vainis/wc.htm>



Real London

(cont'd. from page 4)

(the "L" becomes a bigger joke than it already is) as I was, you could ride it aimlessly for the pure joy of it. Anyway you look at it, historically or modern, or whatever you enjoy, there is no possible way to be bored in London, especially with the weekly magazine "Timeout" to guide you.

It is still amazing some of the reactions I get when people learn that I studied in London through this program. While some of these responses are positive and provide me with an opportunity to talk endlessly about the program, an overwhelming majority of them seem to wonder how studying in London actually qualifies as a study abroad experience.

Not only is it a method to study in a different educational system, but a chance to integrate yourself into British society. Living in America, there is a strong tendency to assume that powerful nations like the United Kingdom, for example, value the same aspects of everyday life. While it may be easy to arrive at this assumption, since there are countless similarities between the U.S. and the U.K., there are fundamental differences between the two. These were not found in the cleanliness of streets or even in the different educational approaches, but rather in the mentality of day-to-day life. A Londoner pointed out to me that in America, it seems we work all day, only to retreat to our homes to work more at night. Although slightly misconstrued, compared to the English and Scottish (they love their separate identity!), Americans do seem to lead much more fast-paced, work-oriented lives.

Whether it's the history, the monarchy and other political organizations, the emphasis on public transportation (cars are a hassle in London!), and even the hordes of tourists everywhere you turn, the cultural differences are astounding. But, for me, that was the beauty of this unique adventure - a chance to understand others and myself through living in a society that I didn't think had more to offer than Chicago.

Feel free to contact me for more information regarding the program (pshrofl@uic.edu) or the Study Abroad office (413-7662) directly.

Surviving the MCAT (cont'd. from page 4)

Another thing that rattles some people is that the test is eight hours long. Yes, the MCAT is definitely a test of endurance. When I approached the end of the last test section around 4:30 p.m., I felt completely brain-dead. But this is where taking practice exams comes in handy. Because I had already taken five or six full-length practice MCATs, I knew what to expect and I was ready to fight off the fatigue when it came. Practice exams are an extremely useful tool in understanding both the content and the sheer duration of the test, so take them often, and time yourself as if it were the real thing every time.

All of this advice does not mean that you need to take a year off of school and spend twelve hours a day every day studying for this one exam. It just means that you should pace yourself when you study and get in some practice exams if you can. Another important thing to remember is NOT to stress out. Stress definitely works against you, both during preparation for the test, as well as on exam day. Just remember that you are in control of the exam, not the other way around. Approach it with a relaxed attitude, and you should be just fine. Here are a few final words of advice about the MCAT:

1. Start preparing fairly early for the exam so you can do everything at a leisurely pace without putting too much pressure on yourself.
2. Don't stress! It's not the end of the world if you don't get a good score. Medical schools look at a lot of other factors in the admissions process besides the MCAT. Besides, as I said, stress works against you. Relaxing a little bit will actually help your score.
3. Get a good night's sleep and eat a light breakfast before the exam. These things are essential to keeping you relaxed, focused, and strong on test day. Also take a light lunch with you so you won't get tired in the afternoon session.

There is much more to tell, but many of you will experience it yourself someday. The MCAT won't kill you; it can be used as a tool to help you. With the right preparation and mindset, it's really not so bad. You may even enjoy it (in some sick, twisted way, of course). But even if you don't love it, you will love the feeling you get at 5:00 p.m. on exam day. It makes the whole thing worthwhile. So relax, focus, good luck, and get to it!

It's very important that we have your most current information on file. If you have a new campus address, or if you have changed your phone number, or any other pertinent information, please fill out the following form and turn it in to the Honors College main office, 103 Burnham Hall ASAP! Thank you.

Honors College Information Update

Name _____

SS# _____

Old Major _____

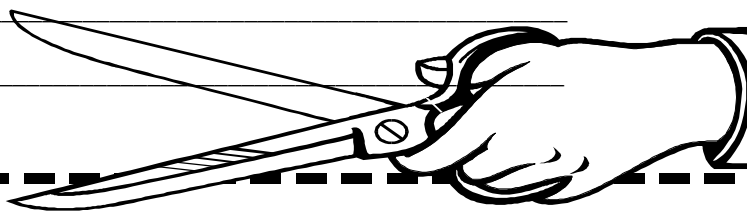
New Major _____

Old Address _____

New Address _____

New Phone # _____

E-Mail Address: _____



The Wedding Marathon

by Naila Mohsin

Most people spent their summer vacation traveling, volunteering their time, exploring new avenues, meeting new people, or experiencing life in general. My summer, which was dedicated to my sister Naazli's wedding, certainly encompassed all of these things. I would like to share some of my experiences with you as well as acquaint you with some of the customs and ceremonies comprising a Pakistani-American wedding.

It all began the day my sister said "yes". With this being the first wedding announcement in my immediate family, we were overcome with joy, emotion, and anticipation. We had only six months to plan a very traditional, Pakistani wedding and so my mother and I spearheaded the wedding mission and signaled our relatives all over the world to begin preparations.

Completely exhausted the day after my last final exam, I found myself sitting on a jumbo jet in expectation of a 20-hour flight. I was going to Pakistan to help my mother make my sister's *jahez* – which is the bridal trousseau – and to bring back other "ingredients" for a traditional Pakistani wedding. I returned three weeks later and 15 pounds lighter, having survived intense heat exhaustion, dehydration, malnutrition, political strife, and nuclear weapons testing. With only two weeks left before the wedding, I was handed a list of things to do and was informed of the current predicaments that we had to resolve (e.g. accommodations for 500 people, and a guest list of over 1000). And so began the wedding marathon....

DAY 1: Dholak Party

A traditional dholak party is an intimate pre-wedding celebration where the bride's family and friends convene to create a festive atmosphere in the bride's house and to help in the preparations. A sort of bridal shower, women adorn the bride, decorate the home, wrap gifts, and sing and dance. This was the first (and probably most well executed) of our wedding parties, at which over 70 people were present to share in our happiness.

DAY 2: Mayun Ceremony

The Mayun is a traditional ceremony where the family and friends come to prepare the bride for her wedding day. They beautify her with natural ingredients. They put almond oil in her hair to make it shiny and they massage "*uptan*" (a type of herbal paste) onto her skin to make it soft. We slightly modified and "modernized" these ceremonies, and invited the bridegroom's family to celebrate with us in the pre-wedding festivity.

DAY 3: Mehndi Ceremony

Traditionally the night before the wedding, the Mehndi ceremony is when women apply *henna* to the bride's hands, wrists, and feet in ornate designs. A night of singing, dancing, and festivity, the Mehndi ceremony is known to be the most fun and colorful part of the wedding. Although we made some slight alterations to certain traditions and customs, the Mehndi ceremony was indeed the most eventful part of my sister's wedding. As the sister of the bride, I was appointed charge of the Mehndi preparations and arrangements, so I can give you a very clear insight to the events of the evening.

Because I was organizing and coordinating everything, I was the last to leave the house with the most important and valuable items in my car. Halfway there and an hour late, I realized that I did not know the exact location of the Hall. By the time I found a pay phone, I noticed the black cloud hovering over my car. It began to thunder, rain and hail incessantly, but I persisted until a tree fell right in front of my car. A sign from God? I didn't care; I was determined to reach the hall. When I finally found my way there, I was informed that there was no speaker wire for the stereo. Before I could react to this bit of unwelcome news, 400 of our guests and I were quickly ushered to the basement of the building by firefighters as a protective measure from the tornado watch. Of all the days for a tornado! Eventually, the tornado passed, and so did the rest of the evening... but we were only half way there.

(cont'd. on page 10)

Spotlight on Taylor Street

by Joanna Kuppy

Ever wanted to go to dinner, or just for a cup of coffee, but you weren't quite sure where to go? Well, if you're looking for cafés that have great atmospheres and even better menus, look no further than Taylor Street. Both *La Tazza Bella* and *Jamoch's Café* attract many university students in search of good food and a great time.

La Tazza Bella - 1345 West Taylor; hours: M,T,W,R—8 a.m.-1 a.m.; Fri.—8 a.m.- 2 a.m.; Sat.—9 a.m. - 2 a.m.; Sun.—9 a.m. - 1 a.m.

La Tazza Bella is a fairly new establishment which is located approximately midway between the east and west sides of campus. The café is comfortably furnished with sofas and small tables and chairs. To give the café a close and informal feel, it is also dimly lit. Stacks of magazines and books encourage patrons to relax and stay awhile. While *La Tazza Bella's* atmosphere is fantastic, the food is what keeps hordes of students returning again and again—sandwiches made-to-order, mouth-watering desserts, freshly made soup; and, of course, plenty of coffee. Highly recommended are their soups and desserts—one can rarely go wrong with one of these creations.

Jamoch's Café - 1066 Taylor; hours: M, F—6 a.m. - 5 p.m.; T, W, R—6 a.m. - 7 p.m.; Sat.—9 a.m. - 3 p.m.; Sun—closed

Located close to the east side of campus, *Jamoch's* is a popular meeting place for many UIC students. The atmosphere is friendly and relaxed; the service is generally (in my experience) quite good. Students return and keep *Jamoch's* busy because of the great food—if you get tired of campus food, they have a wide variety of appetizing entrees available. The best item on the menu is the vegetarian chili—not only is it a regular accompaniment to several of *Jamoch's* dishes, it also makes quite a filling meal on its own. Don't forget to try their excellent selection of coffee and hot chocolate as well.



JeeV's Field Study

by Rajeev Garg

During my freshman year, I was very fortunate to be able to take ANTH101: *World Cultures: Introduction to Social Anthropology*. In this class, we learned about many of the different ways anthropologists study cultures all across the world, from the Tiv in Africa to the Eskimos of Alaska. The goal of this social science is to have a better understanding of other cultures and their practices. Anthropologists record their impressions about different cultures in field journals, which are available to the public or used for further research.

Part of the work I did for ANTH 101 was to write field journals about different situations that I witnessed personally. At first, I was a little worried about finding a suitable group of individuals to observe. After a while, however, I realized that I was living among one of the most interesting groups of people with one of the most interesting types of lifestyle: THE HONORS COLLEGE FLOOR MEMBERS.



Over the next year, I will be writing about the members of this unique “civilization” and their “rituals.” It requires many years of experience and learning of proper techniques to be a professional. As an amateur, however, I will be following the three basic rules of anthropology and field study: objectivity, involvement, and confidentiality. All the field studies I present will be as open minded as possible. As a resident of the Honors Floor, I will try to be very inconspicuous so as not to upset the natural flow of the life on the floor. And, I will maintain complete confidentiality. I will not mention any names, nor will I submit anything that the individuals studied would not like published.

Be sure to read the *Ampersand* every month to read about my findings and be amazed at the happenings of this world through ‘JeeV’s Field Study!’

The Invasion of the Crystal Method

by Eric Yang

Two years from the turn of the millennia, the course of music has suddenly been hit with a flurry of the now-familiar style of electronica—a hybridization of techno with resounding bass beats, electronic sound effects intertwined with percussion, and some influences of rock. Electronica groups such as The Prodigy, Chemical Brothers, Sneaker Pimps, Moby, Tricky, have brought this adrenalized, unique style to mainstream audiences throughout America. In addition, music greats such as U2, Smashing Pumpkins, and David Bowie have integrated electronica into their own music, introducing new sounds altogether.

And now, a new group hails from Los Angeles known as The Crystal Method. Usually, an electronica group from the United States would seem inferior to the domination of European electronica wizards, but their debut album, “Vegas”, named in honor of their hometown of Las Vegas, matches up to the power and adrenaline experienced from the electronic melodies spawned from Europe. People who are unfamiliar with Crystal Method, which consists of Ken Jordan and Scott Kirkland, may have heard their music played more frequently than they realize. For instance, an excerpt of the fast-paced dance song “Busy Child” is consistently played with Gap Khaki commercials, as well as being played in many Gap stores, and it also played frequently at alternative and dance radio stations across the nation. An excerpt of the highly charged and rhythmic “Keep Hope Alive” is also performed in the opening scene of *The Replacement Killers*, which beautifully sets the tense, chaotic mood of the movie. They also composed the soundtrack for the Playstation game Nitrous Oxide, which, in fact, is the name of their current tour.

The Crystal Method is currently embarking on a nationwide tour which includes a stop at Chicago on September 19th. Performing at the House of Blues, their show begins at midnight, with the requirement of being 18 and over. It is general admission and tickets are still available, and it is a show not to be missed. The chaotic and neo-psychedelic ambience of their performances is an experience that must be witnessed up close and personal. If you can’t make this performance, I highly recommend their debut album, “Vegas”—ten excellently composed tracks which evoke a wide range of emotions through a wide variety of tempos, electronic sounds, mixing, and seductive rhythms, which make their sound hypnotic yet adrenalizing.

To find out more about this innovative group, check out their web site at: <http://www.randommedia.com/thecrystalmethod/mainpage.html>

She's Leaving Home

by Mimi Roy

For a lot of us, college is the first time in our lives when we are truly on our own. No more Mom or Dad waking you up when the alarm clock (which, by the way, is also the same alarm used during a nuclear fallout) fails to wrench you away from dreamland. No more good food waiting for you when you get home, all tired and worn out from a long day. And definitely no more comforts of home, like a room of one’s own, or a television with 50 some channels, or even just a little bit of peace and quiet.

Instead, we deal with noisy neighbors. And a teensy t.v. that makes your eyeballs ache. And greasy food that we buy or make, but either way, is bound to clog up our arteries and add up to the infamous “freshmen fifteen,” those extra inches we add on to our waist or any other undesirable place.

But then again, we adjust to the little idiosyncrasies of daily life. We learn to deal with a roommate’s . . . well, shall we say indiscretions? Eventually, we don’t even mind the way we’re limited to about five feet of living space. In fact, we cling to the weird parameters and routines of college life. Late nights, going out for food at four in the morning, talking with a bunch of people about absolutely nothing until dawn, sneaking into places that we’re not supposed to be, and doing those things you’re really not supposed to be doing.

(cont'd. on page 9)

Bon Appetit!

by Nisha Chhablani & Pooja Nagpal

Greetings, fellow Honors College members! This new column is here to present exciting culinary adventures, both on and off our gastronomically challenged campus. In other words, this is a food critique. We hope you enjoy reading, and eating. In this week's issue, find out how to treat yourself to something cool on campus.

Freshens Frozen Yogurt/Smoothies/ Petersen's "Old Fashioned" Ice Cream.

One can find this delightful stand in UIC's very own INNER CIRCLE, which is open until 9 p.m. Ah, the Inner Circle. Such a wonderful place to commiserate with one's cronies, and unwind before and/or after a challenging physics or communication class (we would say during class, but we would never, ever condone cutting class. Never. Really.). On our last visit we were fortunate enough to sample the mint chocolate chip ice cream. We both found the mint-green color to be very appealing, and taste-enhancing. However, the ice cream was lacking in its chocolate component. To clarify, IT NEEDS MORE CHOCOLATE! We're talking chunks here. Those dinky slivers just won't do. Otherwise, it wasn't that bad. Maybe the shake version would be better, but only for those serious about their mint chocolate chip.

Mint chocolate chip ice cream ratings:

Pooja: 6/10 Nisha: 4.5/10

Freshens also provides smoothies and frozen yogurt. Pooja finds the smoothies to be rather sweet; however, their fruity flavor compensates for this shortcoming. Nisha finds the yogurt to be decent, considering its health value. She cannot, however, accept the fact that her very own yogurt providers emphatically refuse to give her YOGURT IN A CONE. Is that too much to ask? Otherwise, it's pretty good. Of course, nothing would be better than YOGURT IN A CONE. "Gosh" (Nisha). "Sheesh" (Pooja).

Pooja's Piña Colada Smoothie Rating: 6/10

Nisha's Chocolate Frozen Yogurt Rating: 2/10 (Because they didn't give me YOGURT IN A CONE)

Look for our OFF CAMPUS Reviews, coming in the next Ampersand. If you have any suggestions, please e-mail us (we don't get out much). We would love to hear from you. As ever, Bon Appétit.

Pooja (pnagpa2@uic.edu) Nisha (nchhab1@uic.edu)



Leaving

(cont'd. from page 8)

Being with different types of people, being stupid, being naive, being "young" — all of this adds up to an experience that's heady enough to make you choke up all that "teen angst" you thought you had and convince you to stay here forever (almost).

Of course, all good things come to an end. May rolls around and you realize that it's time to go back home. Unless you've got a place for the summer, it looks like it's good old Mom and Dad's place for now. Once you're settled back at home, you feel as if nothing's changed. And in a way, you haven't changed in Mom or Dad's eyes either. A sampling of this life: "Be sure you're back by eleven," or "Didn't I tell you to clean your room?" And of course, there's always the classic "As long as you live under my roof, you follow my rules" speech. The steady, sedate life of home no longer sits with you the same way. Does anything ever make us completely happy? Probably not. In the beginning, we were clamoring to leave the first time we set foot on a college campus. Then, we're dying to go back home when Mom and Dad wave their last good-byes before settling into the family station wagon. After a few weeks, we never want to leave this wacky day-to-day existence, where any time is pizza time and the music never dies down. And once we're at home, we try, with very little success, to get back into the humdrum groove.

"She's Leaving Home," is the title of a Beatles' song and it has some of the cheesiest lyrics I've ever heard. But it does contain a few kernels of truth. Like the way we just might make our parents feel a little strange, if not downright depressed, when we're gone ("Daddy, our baby's gone"). Like the way we surround ourselves with new and interesting people, so "radically" different from those high school days, once we've left home ("She's leaving home after living alone for so many years"). Or maybe, just maybe, like the way we'll question ourselves when our kids, who are just eons away from present thought, leave home.

Only in America

by Zishan Khan

Dedicated to all those people who ask themselves:
"Why did I come to America?"

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Only in America, for Big Mac and Cheese
Did Pilgrims sail across the sea.
I'm sure the Indians, when they settled the land
Were dreaming of having their own music band
With electric guitars and cool keyboards,
And groupies to keep them from being bored.
Only In America —not France,
Did Columbus learn to disco dance,
And Ben Franklin drove a Ford,
Benedict Arnold (a Honda Accord).
Contrary to what most believe,
America has always had color TV,
And airplanes, radios, and grocery stores
Were in the country way before
Any person walked on this land,
Before 'The Juice' took the stand.
You might ask how I have the brass,
To state these things as such hard facts.
But I can assure you, my countryman,
That these things and America go hand in hand.

Great Cities Indeed!

by Ankush Goel

As summer has come to a close and school has begun, I have been reminiscing about my experience abroad this summer as a participant in the Great Cities program. We were in London for a four and a half-week study experience, but we were free to travel on weekends. The opportunity to travel made the experience all the more enjoyable.

Puneet Shroff, another Honors College student in the program, and I went to Paris for the long Bank Holiday weekend. We arrived in Paris very early in the morning via the Eurostar train, which travels under the English Channel. It was not really all it was cracked up to be, though it was a fast trip; only three hours from London to Paris. Since it was only two weeks before the start of the World Cup, the city was full of excitement.

The city was in a frenzy of preparation for the Cup, with activities at a fever pitch culminating in the amazing opening ceremony, which we saw two weeks later.



In Paris, we saw all of the important sites: Notre Dame Cathedral, the Louvre, the Arc de Triumph, the Champs-Elysees, Versailles, the Musee D'Orsay, etc. The highlights for me were the Musee D'Orsay where some of the world's greatest works of art are on display, and Versailles, where Louis XIV made his home. The most surprising thing about Paris was its size. Looking at a map of the city, the city really did not seem that big, but when we walked from the Eiffel Tower to Notre Dame, we realized that we had covered a *lot* of ground!

We travelled to Edinburgh, Scotland on the last weekend of the program, via the British Rail. The train ride itself was spectacular, as we rode through the beautiful English countryside. Throughout much of the trip, the North Sea was just a few hundred feet away.

Edinburgh is very popular with young people; there were many other college students there so we felt quite at home. The most interesting part of our stay was a ghost tour that we took, where we heard some very disturbing stories about the inspiration for the novel "Dr. Jekyll and Mr. Hyde." We also were able to go into the countryside and see the green hills of Scotland; we even got to see the farm where Dolly, the cloned sheep came from. Scotland was a great place to relax and have fun with the locals.

The Great Cities Program gave me the chance to visit not only London, but also Edinburgh and Paris. After spending time in these cities, I feel enlightened, in that I was able to see some of the most fascinating and colorful cities in the western world.

An Unforgettable Summer

by Harris Jatoi

In the midst of getting back to the routine of the academic year, many students look back at what they did in the summer. In this spirit, I would like to share what I did over the summer and what made it so unforgettable.

My mother, sister, and I went to London for 13 days to visit relatives and see the sights. We took in Leicester Square, Picadilly Circus, Big Ben, Parliament, and Buckingham Palace. London is a lively city, with something new and different around every corner. Aside from the unpredictable weather, London was great.

Our next stop was Karachi, Pakistan. I knew I had arrived in my homeland once the hot, 100 degree air blew in my face outside the airport. Karachi, in a nutshell, is a very relaxed environment. I went to the beach on the Arabian Sea several times, as it was only minutes away from where we were staying. In addition to trying out authentic Pakistani cuisine at home, I went out to several restaurants with friends and family. I also had the opportunity to bargain in flea markets, something I would recommend trying!

All in all, trip was a good break from a sometimes-stressful life. But having too much time on your hands can get boring, which is why I'm glad to be back in school in Chicago!

The Wedding

(cont'd. from page 7)

DAY 4: Part I - The Marriage

The *Nikah* is the official religious marriage ceremony, where the bride and groom accept the vows in both verbal and written forms in the presence of witnesses. We planned it to be an intimate gathering at our home and invited only family and close friends, which accumulated about 70 people. Exhausted from the night before, we were late in welcoming the groom's family appropriately and didn't have time to do half of the *rasms* (ceremonies). When the *maulvi* (religious leader) began the marriage ceremony, we realized that the photographer was not present and the cameraman came late. But we continued, and they officially were officially married. (We realized a week after the wedding that nobody signed the official papers! Don't worry, their marriage was still legitimate....)

DAY 4: Part II - The Reception

The big night had finally arrived. We planned the evening to be a gala event with a guest list of over 650 people, an elegantly decorated stage/hall, an organized program...a formal reception in all respects. However, the minor details distracted our attention from the "big picture". The beautician came to our house 4 hours late. The bridal party arrived an hour late and was greeted by the groom's party and guests (the reception is traditionally hosted by the bride's family). Midway through the procession, I realized that I had only written half of my speech. The speaker system was faulty, which the banquet hall people notified us of the last moment. And, to top it all off, the photographer was only present for half of the wedding. However, dinner was served and portraits were taken, and the bride and groom rode off into the night and were well on their way to living happily ever after, bringing the marathon to an end.

The point of this story is not to enumerate the negative aspects of the wedding experience, for such things are inevitable and determined by fate. This was a very special and cherished time for my family, as it was the first wedding in our immediate family. It gave us the opportunity to reminisce on our childhood experiences, to rekindle ties with old friends, to appreciate the affection and help of family members, reunite with long-lost relatives, and to work together to make the occasion a true celebration. We were reminded that time is fleeting and that each moment of life is precious and irrevocable. As for the wedding itself, most people tell me with sincerity that the wedding was "perfect", that everything seemed to go smoothly, that they were very impressed with the arrangements, and that they thoroughly enjoyed themselves. I thought it was a joke at first, but after watching the 6-hour wedding video (about 100 times, thanks to my mother) I can believe it. So there you have it folks, my wedding experience—the inside scoop. Believe it or not, I actually wish I could do it all again!

Adventures with a Backpack

by Veeral Sheth

It started and ended a little crazy, and in between there was much to be seen. From the day we flew into Amsterdam there were conflicts and chaos galore. The four of us guys (fellow Honors College students **Minesh Shah** and **Vinit Varu**, Jiten Patel, a friend from U of I, and me) headed out on a 5-week journey through most of Western Europe with nothing more than our backpacks and a travel book that acted as our Bible for 35 days.

I'll spare you from the boring "We saw this, and then we saw that, blah blah..." format because I really don't say that kind of stuff in an exciting and interesting way, and I'd probably hold your attention for a whole two seconds before you started flipping through the Ampersand again.

There were, however, some interesting interactions between us four American suburbanites and the "different" people and places of Europe. Our first day pretty much set the tone for the rest of the trip; we were shut out of every youth hostel in Amsterdam and ended up staying in the shoddiest little shack across from the infamous red light district. All because we didn't reserve ahead. The funny thing is that you would think that after a night in that pricey little shanty, we'd learn our lesson, but I must admit that there were some pretty low moments as far as living conditions were concerned during the rest of the trip. One time, in Pisa I believe, none of us could go to the communal washroom because there were mosquitoes the size of small countries hovering around the toilets.

But I fear that I am creating a negative mood that certainly does not correlate to the trip. Now that I look back, I realize how momentous it really was. Travelling through nine different countries, meeting unusual and mysterious people, eating strange foods, and tripping over our tongues trying to speak their native languages – it was all something to remember.

There are so many things that stick out. One time we were on a train and I had asked the young lady next to me if she'd switch seats with my friend **Minesh**. The next thing I know the girl puts on her jacket and it says "Skinhead" on the sleeve. To say that I was a bit intimidated would be an understatement. But she moved, and Minesh sat down with me. However, for the rest of the ride, the two of us sat there in complete silence, frozen like Michaelangelo's David, so that we would not aggravate our German friend any more than we already had!

As I'm sitting here looking at pictures from our trip, one of the things that stands out is being in Paris during the World Cup. I have to say that the job Chicago did playing host four years ago pales in comparison to the job that France did. The fact that France is also easily accessible by many European countries allowed us to meet hardcore fans from all over the world. Walking through the train station in Paris and watching an entire trainload of Jamaicans march out with their team colors and drums, chanting and cheering for their team, was something I'll never forget.

The people we met at youth hostels and on the streets of London, Paris, Madrid, and Rome were definitely a major part in making this trip memorable. A lot of times we'd meet people at the hostels just coming in from a city that we were headed towards and we'd swap stories and points of interest with them. That was the beauty of the trip. The fact that we had the freedom to go where we wanted when we wanted to – that was the most liberating component. One day we were in Munich and all the hostels in the city were filled. So what did we do? Instead of dragging out the search for a place to sleep even more, we hopped an overnight train to Vienna, Austria and saw the city that day. Much to our dismay, we discovered that all the rooms in Vienna were filled as well! So what do we do? We hop on a train and head to Salzburg where we had already reserved a room from Vienna. I never thought that I'd be able to just leave a country and hop to the next just because I needed a place to sleep the night, but that is just what we did.

People always ask me what my favorite part of the trip was, and to be honest I really cannot say. Each place was so different, so unique. The places that nobody seems to ever hear about seemed to have the most to offer as far as culture is concerned. At the same time, the larger, well known cities provided much entertainment and diversity. The one thing that I tell my friends is to go and see Europe soon if they can, before it becomes too Americanized to even be called Europe. I had many conversations with random Europeans about this topic. They see it, too. MTV and McDonald's are quickly taking over. It's funny, when we were in Rome, our free city map was sponsored by McDonald's. In addition to giving locations for all of the important historic sites, every McDonald's in the city was mapped out, too! It was a bit ridiculous. Oh, and for all those people that were wondering, a McDonald's Quarter Pounder with Cheese IS really called a 'Royale with Cheese' in most of Europe.

That is about all I will say now about the trip. It seems as though I've only begun to talk about the things we experienced, but alas, to learn more you will have to hunt one of us down. Until then, this is **Veeral Sheth** wishing you happy trails.



L to R: Vinit Varu, Veeral Sheth, Jiten Patel, and Minesh Shah
in front of one of the 7 wonders of the world, Rome's Colisseum

Photo Gallery

Friday, August 21st was New Student Day. Sponsored and organized by HCAB, the theme of this year's event was 'The X Files.' The day began early in the morning with get-acquainted games and welcoming speeches from Dean Kaba, Dean Madia, and HCAB President Puneet Shroff. Students then met their consultants and went on a scavenger hunt of the campus. They were greeted by Agents Mulder & Scully at the end of their search. The students then met with their honors class professors. Everyone had worked up an appetite by this time, so the picnic lunch on the lawn was welcomed by everyone.



James Abraham, Holly Biggs, Serena Viturawong, and Honors Economics Professor Oscar Miller.



Student Consultant Rachel Daniell leads her group on the campus scavenger hunt.



Everyone enjoyed the delicious sub sandwiches from Fontano's.



Agent Scully (a.k.a. Neha Desai) wonders if there is an alien over Agent Mulder's (a.k.a. Monica Johal) shoulder!



HCAB's Eric Yang and Puneet Shroff find a unique way to dispose of the sandwich boxes!



New students relax and get acquainted over lunch.

On Sunday, August 24th, new Honors College students and their parents attended a reception hosted by Provost Elizabeth Hoffman. After hearing welcoming remarks from Provost Hoffman, Deans Kaba and Madia, the guests enjoyed refreshments and conversation. Here are some photos from that afternoon.



Interim LAS Dean Eric Gislason confers with a new student.



Dean Madia chats with students about the beginning of the school year.



Dean Kaba greets a new student, as HCAB President Puneet Shroff, and Associate Dean Jeff Lewis look on.



Students and their parents enjoy the dessert and punch table's offerings.



Kristen Williams, Assistant to the Assistant Dean, and freshman Somiya Prakasam discuss the finer points of cookie-eating.



Puneet Shroff tells a new student about how wonderful the Honors College staff is.