**OUR VIEWS CONSENSUS OPINION**

**CoC looks forward**

The College of Computing (CoC) has announced the official creation of two schools, the School of Computer Science and the School of Interactive Computing. This decision seems like a natural progression from the already established system of threads currently in place, which allow students some level of specialization. Computer Science and Interactive Computing are two distinct disciplines, and treating them as such is the only sensible thing to do.

The move will improve CoC’s organization, since the schools will have separate chairs and more extensive administrative support. Offering more specific degree paths could potentially attract a greater number and higher quality of professorial candidates.

Computer science is definitely a growing field, so allowing for growth in the CoC is a good move. The field will continue to grow in the future, leading to further Computer Science disciplines that we cannot anticipate. Therefore, having this procedure for division already in place will ease the process when it is needed again. Other colleges within Tech could also benefit from following the CoC’s example.

**ΧΩΤ seeks national**

Chi Omega Tau, Tech’s only local social sorority, has announced its intent to affiliate with a national sorority. This announcement comes after the Collegiate Panhellenic Council (CPC) voted to explore sorority expansion last week. Since there is an interest group on campus, CPC should work with Chi Omega Tau as the expansion process moves forward.

National affiliation would benefit Chi Omega Tau in many ways, including financial support, a house on campus, alumni networking and, most importantly, a vote in CPC. As an associate member of CPC, Chi Omega Tau does not get to vote even though it must follow CPC guidelines. It is unfortunate that the sorority has to go national in order to have equal rights within CPC, however. The policies toward the only local sorority seem like unnecessary red tape aimed at exclusion rather than meeting the needs of women at Tech.

Going national certainly provides benefits, but it could also hurt one of the original goals of Chi Omega Tau, which was to provide an alternative to traditional Greek life for women at Tech, since the sorority would then have to follow the guidelines of a national, rather than local, group. Hopefully Chi Omega Tau will be able to keep its unique style while obtaining the benefits of national affiliation.

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**Quote of the week:**

“Liberate your soul to keep alive in your breast that little spark of celestial fire called conscience.”

—George Washington

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**Depression is more than the blues**

"Depression...sucks the energy from you and makes your body and mind unable to function normally."

James Stephenson
News Editor

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"If you feel like you suffer from depression, do not ignore it and think it will go away. Left unattended, untreated depression can worsen, lasting for years and causing untold suffering, and it can possibly even result in suicide. Those around you can’t necessarily tell whether or not you suffer from depression just because you may be down at times.

It should not be the responsibility of your friends to find out what is wrong with you and help you through it. It is your responsibility to get help if you feel like it is too overwhelming. People are not mind readers, and most have their own lives and problems to worry about. As college students, we are half a step away from the real world, where we won’t be able to rely on our parents or anyone else to help us through the problems in life. It is up to you to take responsibility for yourself and, if there is a problem, get help and change it. No one will do it for you.

However, that does not mean you need to feel alone in the world or that no one understands what you are going through. Depression is a common illness that affects millions of Americans. There are several treatment options available and there are professionals on campus who know how to help you through depression. Do not let it get out of hand and lead to suicide. Because once you go all the way down that road, you can’t come back."
As spring break draws near, I’m sure to see more of what I do every year—an increasing number of people flocking to the CRC to lose that extra couple (few, 10, 20, whatever) pounds they accumulated since beach season ended the previous summer. Most will only be marginally successful at achieving their goals, so to help you guys and girls out, I’m going to give you a few tips and dispel some myths.

The single biggest waste of exercise effort is people engaging in the daily practice of doing nothing but cardio—low intensity cardiac/cardiovascular type work. While this form of exercise burns the nominal amount of calories directly, it’s not the most efficient way to lose weight. Further, if you do manage to lose it, it will be easier to gain it back once you stop your routine. The fundamental misunderstanding here is that people do not realize that the total net effect from exercise is not fully realized only in the gym. An exercise session temporally disrupts your body’s equilibrium, causing micro damage to muscle tissue and depleting the body’s energy stores.

What results from this is that caloric expenditure increases for 24 hours or more after a workout—both to refuel the energy that was burned as well as repair the tissue that was damaged. The net effect of an exercise session does not come about until the body has completely recovered from the previous workout, which could be anywhere from 24 hours to a week.

That is exactly the reason why its deceiving only to look at the number of calories burned during an exercise session. The casual observer might note that according to Calorico (on Men’s Health) they can burn 1/3 more calories by jogging on the treadmill for 45 minutes than lifting weights for 45 minutes. In reality, the net metabolic effect of brief, higher intensity exercise far outweighs that of extended, lower intensity exercise.

Lower intensity exercise causes far less muscle damage and biological stress than higher intensity work. This, in turn, correlates to a much lower impact on caloric expenditure outside of the gym. In addition, it’s important to remember that the body adapts in very specific ways to training. When you go for 45 to 60 minutes of continuous work you will attempt to adapt by becoming more efficient at performing that exercise.

One of the ways this improvement in efficiency will manifest itself is by breaking down muscle and lowering exercise metabolism. Extended low-intensity work actually makes the working muscles smaller and weaker. Because of this, every time you step on the treadmill to go jogging, you are apt to burn fewer calories than you did the previous time. In a way it’s like trying to run up a “down” escalator that keeps increasing in speed.

A much better solution would be to perform higher intensity, cross training type work conferring of weight training, brief, high-intensity cardiovascular work or both. This type of routine has several advantages. It will directly burn more calories and...

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**OPINIONS**

**OUR VIEWS**

**HOT or NOT**

**Got GOAT?**

Muhammad Ali is just an inspirational guy—overcoming racial adversity, coping with Parkinson’s and now promoting his college. Tech has the honor of being one of five colleges testing the new snacks, and we can’t wait to get down to Barnes & Noble to test out this healthy junk food and see if it lives up to the moniker of “Greatest of all Time” (G.O.A.T.).

**“How rude!”**

So it’s a bit embarrassing, and maybe we wouldn’t admit it to even our closest friends, but we were really looking forward to meeting West in, I mean Stephanie Tanner, speak in—on campus—even if it was about meth addiction. It was like a little ray of our childhood shining through into our hectic college lives. Hearing that she wouldn’t be ready to take on the possible role in protecting the right of humanity.

**Nothing but net**

Women’s basketball is in the midst of a three-game winning streak, and the team is ranked sixth in the Atlantic Coast Conference. Best of all, the Jackets are assured of an overall winning record this season in the ACC, the first time this team has records above .500 late in the season since 1999. The Jackets started the season No. 31 ranking, but they have fallen to No. 15. The team should be able to turn their luck around against Duquesne this weekend.

**“People do not realize...”**

Jamie Howell
Photography Editor

“[People] do not realize...”

that the total net effect from exercise is not fully realized only in the gym.

**YOUR VIEWS**

**LETTERS TO THE EDITOR**

Unborn children need legislated morality

In the United States, over 4,000 citiizens are silenced against their will—often by the mother’s right. The argument suggested that the rights of women over their... 

“Legislating Morality” (Feb. 09, 2007)

The letter questioned whether giving an unborn baby rights means taking away the mother’s rights. The argument suggested that the rights of women over their bodies must not be infringed upon. However, exercising self-control will not cause any woman to lose her rights, but will regulate her actions.

The self-control is accomplished not by engaging in sexual intercourse before the woman is ready to take on the possible responsibility of a child. When a woman chooses to have sex, she has taken on the responsibility of a possible pregnancy.

Contraception, a willful effort to go against contraception, is never 100% successful. Once the male sperm and female ovum unite, the separate genetic material combine to form the genetic make-up of the zygote called the genotype. Then, in order for an organism to grow and develop like the rest of us, it requires oxygen, food, water and healthy interactions with its environment.

Every human organism only needs to develop according to its already designed nature, which is present at conception. Therefore each human being begins its physical existence as a unique individual and continues growing on a timeline from embryo (conception to eighth week) to fetus (week 9 to 12th week) to newborn to adolescent and throughout adulthood.

Abortion is an act that is against the law and in the cloths of humanity because it sanctions the killing of innocent humans for the convenience of other humans.

The government’s legislative role in protecting the right of the developing human, and giving the mother responsibility...
Letters from page 9

to control her body is the same as protecting the human population from second-hand smoking in restaurants and public places. Do the rights of the non-smoker triumph that of a child?

The government intervenes and suspends the right of the smoker to smoke in public places, in order to embrace the rights of the non-smoker which argues that the smoke is detrimental to his health and could lead to possible death; so is it more lawful or legitimate to take the side of the non-smoker than that of an innocent child that is in need of intervention from certain death. The government legislates what it deems "moral."

Is it not "immoral" to embrace the murders of innocent lives? The government should create laws for the protection of the unborn humans.

— Utang Ekpo
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Presidents should be honored like MLK Jr.

Why does Tech get Martin Luther King Jr. Day off, but not President’s Day? Don’t get me wrong. I don’t mean to belittle MLK at all, he was one of the most Tech students even have freedom to defend, but he may not even have an independent country to defend it. Washington is the reason why we’re even here; how can we get Martin Luther King, Jr. birthday off and not a day dedicated to the father of our country?

David Joyner
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Bad publicity helps GTCR public image

This is a public appeal to whoever has decided to embark upon a quixotic crusade to give every bit of Georgia Tech College Republican (GTCR) political theater 10 times more publicity than it deserves. Please stop.

Every year they do something hokey and provocative, and every year some mystery "campus leftist" steals their crosses, or breaks their signs, or puts up posters insulting their club president’s ethnicity, and we have to endure a week of editorial bombast about how the poor, downtrodden Republicans are carrying the cross at Calvary while the uncivil and undemocratic liberal crowns are lost for their painful belongings. Sometimes it even captures the attention of the entire "liberal media."

I cannot fathom why this continues to happen, for several reasons. First and foremost, with two to three tests per week, I can’t imagine that most Tech students even have time to notice their displays, much less dismantle them. If they do, they probably don’t last here long, so that doesn’t explain this recurring phenomenon. Second, if my INTA 1200 class was any indication, Tech students aren’t particularly political. It is difficult to get most of us to even acknowledge that a given political issue exists, much less express an opinion on it. So, I’d estimate the odds of a random Techie walking past the display (1/5), disagreeing vehemently with it (1/10), actually taking the time to stop crumming and sneak out to take down every one of the crosses (1/100) and owning a vehicle to haul them away in (1/5) at one in 500,000, and something similar to this apparently has happened every year for the four years that I’ve been here, so that’s more like one in 3,7501/210.

I’m fairly sure that my genetics professor would urge me to reject this hypothesis. This is no random occurrence. Who’s doing it, then? Who actually cares about this stuff?

A College Democrat? I strongly doubt it; we’ve spent enough time discussing the colorful antics of our counterparts to know that this kind of display is pretty much a flop UNLESS somebody screws with it in a public fashion. A College Republican? I certainly wouldn’t know.

Regardless of who’s behind these acts, there is a silver lining in all of this. The American people as a whole have lost their stomach for the divisive brand of politics, typified by former College Republican Karl Roe. Just ask any one of the former congressional Republicans who spent the past six tumultuous years debating nothing but gay marriage and flag burning and suddenly found themselves joining the ranks of the very jobless they ignored or insulted throughout their entire careers. Ask any of the disgraced and imprisoned former members of the College Republican “Triumvirate” that gave the organization its present form: Jack Abramoff, Ralph Reed and Grover Norquist. They will grudgingly admit that the wheels are coming off the wagon.

In closing, Rush Limbaugh once urged House Republicans to “keep a few liberals alive so everyone will know what they were like.” The way things are going, I don’t think we liberals are the ones who need to worry about being swept into the dustbin of history.

Jim McNary
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GT Lorraine provides great experience

I happened to pass the “study abroad” information session a couple of weeks ago and stopped by to say hello to my friends at the Georgia Tech Lorraine (GTL) table, Professor Bill Sayle and Ms. Cathy Bass.

Last year they were a kind of intimidating “faculty” and an unknown “staff.” After my amazing summer in Lorraine, they and so many others feel so comfortable and close.

I remember last year, when I decided to go to GTL. I was frantically putting my application together because so many people wanted to go, and I heard that there was going to be a big waiting list. There was, but I was lucky and early enough to get in.

What an incredible summer I had! I got a Eurail pass and spent every second that I wasn’t in class or studying planning my next exciting trip. No one can believe me when I tell them of all the places I went during the 10 weeks I was at GTL. I went all over France of course, but also to Germany, Switzerland, the Czech Republic. I was there when France went to the World Cup Finals and sat in a café in downtown Metz with thousands of French people, sharing in the hysteria and excitement of this great national event.

Anyway, I decided to write this letter because I was really surprised to hear from the GTL folks that there are still many openings for the 2007 program. If you don’t have plans for the summer, you would be crazy not to look into this. You can take classes in engineering, management, humanities and, of course, French. And it is all taught in English. The classes are small, and you feel like you are in a small college setting where students actually get to know their professors.

I feel like I packed in as many experiences in one summer as most people could in 18 years—more than that, even. As I look forward to the summer, I am very sad that I am not going back. So if it fits into your life at all, go for it. You honestly will return with a whole new perspective of yourself and the world. Isn’t that what college is supposed to be all about?

Paige Carpenter
Fourth-year ECE
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The Georgia Tech Symphony Orchestra and Jazz Ensemble present:

Concerto!

Concert featuring the winners of the 2005-06 concerto competition.
Stuart Terrett and Karissa Fleming

and a piece composed by student Rolan Duvvury

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Haydn “Trumpet Concerto, 1st Mvmt”
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Stan Kenton arrangements of “All at Once you Love Her”, “Pegasus”, “String of Pearls”
McConnell’s “Dindi”, Metheny’s “Return of the Dream”, Newman’s “Street Scene”

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