

PHOTOGRAPHY FLIES HIGH

Annie Leibovitz's renowned photography graces the walls of the High Museum of Art, featuring a range of subjects and styles. **Page 9**

TENNIS SERVES UP HISTORIC WIN

Women's tennis won the NCAA championship by defeating UCLA. The historic win secured the school's first NCAA title in any sport. **Page 12**



Dining keeps trans fat off tables



By Gilbert Cha / STUDENT PUBLICATIONS

Students pause to make their food selections in a line at Brittain dining hall. Tech's food provider, Sodexo, guarantees that all of its offerings are trans fat free, so students can eat healthily on campus. Trans fat has been shown to increase risk of coronary heart disease.

By Aileen Li
Staff Writer

The war against trans fat has taken over restaurants and grocery stores across the country as the latest battle in Americans' struggle to maintain heart-healthy, obesity-free lives. But what is the truth behind this fat, which has taken over bread and carbs as the new villain on the health block?

Many things in life are two-sided and fat is no exception. While unsaturated fat is a main source of energy for the body and aids in the digestion of many vitamins and carotenoids, saturated fats and trans fats raise harmful low density lipoprotein (LDL) cholesterol levels in blood and serve as a major

contributor to many forms of heart disease and cancer.

In 2003, the Food and Drug Administration (FDA) issued a regulation requiring manufacturers to list trans fats on nutrition facts tables. In 2006, many states banned restaurants from using trans fats altogether. As it turns out, studies have shown that the use of trans fat is correlated with elevated risks of getting coronary heart diseases, diabetes, obesity, cancer and infertility.

According to the FDA, trans fat is a type of saturated fat. The majority of trans fat is formed when liquid oils are made into solid fats like shortening and hard margarine; however, a small amount of trans fat is found naturally in animal-based

foods like milk. Essentially, trans fat is made when hydrogen is added to vegetable oil.

Before the invention of trans fats, people cooked with lard, palm oil or butter, which are high in saturated fat. When research showed that saturated fat increased the level of LDL cholesterol, manufacturers started using a healthier alternative—vegetable oils. However, according to www.HealthCastle.com, liquid vegetable oils go rancid easily. Scientists began to hydrogenate liquid oils so the food processed with them could have a better shelf life. As a result, trans fat was born.

According to the Health and Diet Center, there is no official recommended daily allowance for trans fats, but the suggested daily limit

provided by many doctors is two grams per day. While that may sound like a lot, more than 40 percent of the products in an average supermarket contain trans fats and many restaurants and fast-food chains fry with partially hydrogenated oils.

In addition, the FDA also allows food manufacturers to label any product that has less than 0.5 grams of trans fat per serving as trans-fat-free. So while a package may claim to have "zero trans fat per serving," the customer could still be consuming some trans fat.

According to Tech's Wellness Center, no more than 10 percent of daily dietary fat should come from saturated or trans fat.

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Health hazard

Worries about trans fats have swept the country, as cities and states have taken action to ban the health offender from restaurants and food manufacturers have taken care to include friendly "trans fat free" labels on every package of product.

Given that trans fat can lead to coronary heart disease, diabetes, obesity, cancer and infertility, perhaps everyone could benefit from being more conscious of their trans fat intake.

Some of the major food sources of trans fat for American adults are listed below, as reported by the Food and Drug Administration.



Cakes, cookies, crackers, pies, bread (40%)



Animal products (21%)



Margarine (17%)



Fried potatoes (8%)

Students head to nearby parks for cheap summer fun



By Jamie Howell / STUDENT PUBLICATIONS

Centennial Olympic Park (above) offers fun, inexpensive entertainment options that students can take advantage of this summer.

By Levi Kafka
Contributing Writer

Summer term has arrived. For Tech students, that means a shortened semester with longer class periods, followed by free time to enjoy Atlanta's green spaces.

Nearby Centennial Olympic Park and Piedmont Park each offer facilities and events beyond the Tech campus. Better yet, most of their offerings are free, which should be a relief to perennially cash-strapped students.

Piedmont

Nestled in the houses and shops of midtown, Piedmont Park has served as Atlanta's backyard for nearly 103 years. South of Clara Meer, Oak Hill and the Meadow are excellent for jogging, touch football, ultimate frisbee or just laying in the sun. To the north lay playgrounds, the tennis center, a dog park, the swimming center and various administrative

facilities.

With the aid of numerous sponsors, Piedmont Park will be presenting its Screen on the Green festival through the end of June. Each Thursday at sunset, a classic

"[Screen on the Green is] a great excuse to get outside and curl up with your special someone."

Robert Allen
Fourth-year ISYE

movie will be shown on a massive screen. A different local band will open each showing.

"[It's] a great excuse to get outside and curl up with your special someone," said Robert Allen, a

fourth-year Industrial Systems and Engineering major.

99X and the Park Tavern will be presenting Unplugged in the Park, a series of Sunday night concerts free to those who are 21 and older.

Dana Wolski, a fourth-year Industrial Systems and Engineering major, offered some thoughts on this event. "The music is good, but it's [unfair] that they don't serve dollar drafts when it rains during a show," Wolski said.

Adjacent to the north edge of Piedmont Park is the Atlanta Botanical Garden, where people can explore the garden's extensive indoor and outdoor plant collections. The special exhibits section currently feature carnivorous Asian pitcher plants.

While summer is a great time to enjoy the park, some of the biggest events will take place a little later. Piedmont Park will host a benefit concert Sept. 8. The Dave Matthews

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Band will headline the event, with the Allman Brothers Band opening.

Centennial

A few blocks down Techwood Drive is Centennial Olympic Park, which has fun offerings as well.

The Fountain of Rings, Centennial's trademark feature, has been improved over the winter. The fountain is programmed to run in conjunction with a variety of songs, which vary between shows. The shows run four times a day, at 12:30 p.m., 3:30 p.m., 6:30 p.m. and 9 p.m. "I love to cool down in the fountain when I get a chance," said Meg Smith, a third-year Biology and Chemistry double major.

Centennial Park has two free music series this summer, Music@Noon and the Wednesday WindDown. Music@Noon is a series of free concerts from noon to 1 p.m. every Tuesday and Thursday through October. Wednesday WindDown concerts take place between 5:30 p.m. and 8 p.m. every Wednesday.

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"I don't really pay attention to trans fat when I'm choosing what I eat. Given a choice between a trans fat food and an equally delicious alternative sitting right next to it, I'd choose the alternative. Otherwise it wouldn't make a difference," said William Morgan, a second-year Civil Engineering major.

Tech's food provider, Sodexo, announced its conversion to trans-fat-free foods more than a year ago. According to its news release in February, Sodexo's goal is to help their customers' intake of trans fat be as low as possible by replacing the major sources of dietary trans fat with heart-healthy alternatives.

"All the dining places on campus, which include all the dining halls, the Student Center, Jackets and so on, all use Sodexo as the food provider, so we don't use trans fat in the foods," said Tom Shram, the director of operations of Tech Dining Services.

Today, most experts recommend the use of alternatives like olive and sunflower oils to reduce the risk of heart disease, since they contain healthier unsaturated fats.

Ramblin' Wreck proves helluva song

By Andrew Guyton
Staff Writer

Anyone at Tech can recognize its fight song, the "Ramblin' Wreck from Georgia Tech." Its catchy tune, brazen lyrics and rich history make it as much a part of Tech life and tradition as Buzz and stealing the T. But where does the song come from?

Its history starts with the old drinking song "Son of a Gambolier," a lament to one's own poverty.

The song was popular long before Tech opened; the earliest college to adopt it was Dickson College in the 1850s, which modified it to reference their college bell with the lines "I wish I had a barrel of rum/and sugar three hundred pounds,/The college bell to mix it in,/The clapper to stir it round." The Colorado School of Mines adapted it in the late 1870s, naming it "The Mining Engineer" and singing "I'm a rambling wreck

from Golden Tech, a helluva engineer....A shooting, fighting, dynamiting, mining engineer." Many other colleges adopted it as well, but no version is as close to the "Ramblin' Wreck" as "The Mining Engineer."

In 1895, Charles Ives, the first uniquely American composer, wrote a melody for the song.

Then came Tech, which opened its doors to students in 1888. According to Howard D. Cutter, a member of the class of 1892, Tech's version of the song was first sung by a student to cheer on the Engineers to victory against UGA's baseball

...Tech's version of the song was first sung by a student to cheer on the Engineers to victory against UGA's baseball team in an 1890 game.


team in an 1890 game.

The song became the school's official fight song in 1905 and the lyrics were published in Tech's first-ever yearbook in 1908.

Michael A. Greenblatt, Tech's first bandmaster, heard the band playing the fight song to Charles Ives' tune and wrote the first arrangement

"Ramblin' Wreck from Georgia Tech"

I'm a Ramblin' Wreck from Georgia Tech, and a hell of an engineer
A helluva, helluva, helluva, helluva, helluva engineer
Like all the jolly good fellows, I drink my whiskey clear.
I'm a Ramblin' Wreck from Georgia Tech and a hell of an engineer
Oh, if I had a daughter, sir,
I'd dress her in white and gold,
And put her on the campus
To cheer the brave and bold.
But if I had a son, sir,
I'll tell you what he'd do—
He'd yell: 'To hell with Georgia!
Like his daddy used to do.
Oh, I wish I had a barrel of rum,
and sugar three thousand pounds
A college bell to put it in,
And a clapper to stir it round.
I'd drink to all the good fellows,
who come from far and near.
I'm a ramblin', gamblin', hell of an engineer!



and score of the song around 1912. Greenblatt's successor, Frank Roman, wrote and copyrighted a new adaptation for the song that included trumpet flourishes. Roman's version, or something close to it, is the song that Tech students know and love.

The new song then enjoyed great popularity and a meteoric rise to fame. In 1920, then-student Arthur Murray organized the world's first radio dance, which featured

the "Ramblin' Wreck." In 1925, the Columbia Gramophone Company began selling a recording of Tech songs which included "Ramblin' Wreck." The song became "immensely popular" according to sources; it gained incredible fame when Tech's Glee Club sung it on the *Ed Sullivan Show* in 1953.

As impressive as that was, it was even more amazing when it was sung by vice president Richard Nixon and Nikita Khrushchev to ease tension at their 1959 meeting in Moscow. Nixon didn't know any Russian songs, but Khrushchev knew "Ramblin' Wreck" from the

Ed Sullivan Show. The song has also appeared in other places: Tim Holt sang it in *His Kind of Woman* (1951); John Wayne whistled it in *The High and the Mighty* (1954); Gregory Peck sang it in *The Man in the Gray Flannel Suit* (1956). It was also the first school fight song to be played in space.

In 1998, a 19-member Diversity Task Force chaired by Stephanie Ray, associate dean of students and director of Diversity Programs, proposed that changes should be made to the fight song because it discriminated against women. Faced with vocal opposition from students and alumni, however, the task force abandoned the effort.

The most recent development has been the student body's adoption of the cheer "Fight! Win! Drink! Get naked!" at the end of the song. Relatively few Tech students know the storied history behind the fight song. The next time you pump your fist in the air while cheering for Tech sports, you'll know more about what you're singing.

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Students cheer on the Jackets at football games to the rollicking notes of the "Ramblin' Wreck," Tech's time-honored fight song.

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