



*In Conjunction with the American Chemical Society
Student Affiliates at the University of Pittsburgh*



Volume 23, Issue 7

April 11, 2014

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Dear Friends in Science:

Well, it is safe to say that another eventful school year has come and gone. Yes, the last few weeks are now upon us and, for those graduating, a bittersweet feeling is slowly but surely creeping into our veins. This bittersweet feeling entails bitterness for the fact that the graduating class of 2014 will soon say their final goodbyes to not only the American Chemical Society, but also to the faces of the many we have bonded so closely with throughout our college careers, including both friends and faculty. However, that sweetness feeling entails, in my opinion, much, much more! As students of the University of Pittsburgh, we will soon possess an undergraduate degree from this prestigious university. All of those years of hard work, dedication, and passion will soon pay off. And although that esteemed feeling of earning a four-year degree may not settle in until April 27th, the day of commencement – when we are holding our diplomas in the palms of our sweaty, anxious hands – I can guarantee you that the smile of such an accomplishment will not be quick to fade.

To the underclassmen involved with the American Chemical Society, I know that you will continue to make Dr. Bandik, other Chemistry faculty members, and the university, as a whole, proud. The longevity of this organization is stretched far past the horizon, and I only see the success and accomplishments of this group continuing to augment in the future.

I do, however, have a few last requests of each of you, from those graduating and from those who may have a few more years left on campus. Firstly, I ask that you never forget those who have lent you a helping hand throughout the years. Even if it was something small, like lending a pencil to someone in need, remember that such a gesture was through the kindness of the other's heart. Secondly, think of the many mistakes that you may have made as nothing more than newly learned lessons. Lastly, no matter where your path and education may lead you, always remember that you are a member of the University of Pittsburgh. And that, fortunately, is something that no one could ever take from you!

In ending my time as a newsletter editor for the American Chemical Society, I would like to close by thanking each and every one of you for the tremendous amount of respect and gratitude you have for this wonderful organization. I can honestly say that, as a member of this group, I have met and befriended some of the most motivational young men and women on campus. From Saturday Science to Green Patrol clean-ups, I have never once overlooked the passion of this group. You have helped in providing me with countless reasons as to why I truly embrace and love my school. H2P AND CONGRATULATIONS TO THE CLASS OF 2014!! WE MADE IT!!

Sincerely,

Mark Mazza – Co-Editor

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CHEM
MAJOR
NEWS



Congratulations to our 2014 Spring Term Award Winners

Chancellor's Scholar	David W. Palm
The Valspar Award	Joshua A. Casto James J. McKay
The Lowy Scholarship.....	Joseph D. Dudenhoeffer Samuel R. Friedlander
The Esther and Tobias Dunkelberger Memorial Scholarship.....	Joshua A. Casto
The Organic Division Undergraduate Research Fellowship.....	Brian D. Griffith
The McKeever Summer Undergraduate Research Fellowship	Zachary A. Eddinger
The Wass Summer Undergraduate Research Fellowship.....	Tingting Dai Melody L. Kessler Michael J. LeClaire Bradley J. Lukasak
The Teplitz Memorial Scholarship.....	Zachary A. Eddinger Brian D. Griffith James P. Kachmar
The Rita R. and David A. Rossi, Sr. Scholarship	Keith L. Carpenter Tingting Dai Sarah Dubnik
The Richard F. Zarilla Award	Jeffrey R. Bevan Aaron S. Linn Michael S. Mizrahi
The Silverman Prize	Kelsey J. Wiggins
The American Institute of Chemists Award.....	Brittany A. Austin
The SACP College Award	Steven C. Taylor
The Mary Louise Theodore Prize.....	Nicole E. Bauer Bret M. Boyle Rodger A. Dilla Evan A. Doud Robert B. Kang Brian C. Michael Cyrus R. Ramavarapu
The Phillips Medal	Adrianna D. Jensen David W. Palm

Farewell to Friends....

by: Adrianna Jensen and the Senior Affairs Committee

Over the course of our undergraduate career, Chevron has become an institution in our lives. It's our second home—or for some of us, first home—and we wouldn't want it any other way. Especially with an ever-expanding swath of renovations, Chevron has not stayed the same for the past four years—though, neither have we. Just as Chevron has changed quite a bit, we have each grown and matured into our potential, while retaining the greatest parts of who we are. However, this transformation would not have been complete without the amazing experiences we've had here:

The day when you met with George or Dr. Ward or Dr. Huston and realized just how messed up Arts and Sciences Advising is.

The time you transitioned from “dearheart” to a one-syllable derivation of your first name. Or last name. Or just a random syllable.

The time you started correcting your friends who mistakenly thought there was someone by the name of Dr. Bandik in the department. Only George here ☺

The time that you realized cursing and certain hand gestures could be a sign of endearment.

That time you realized O. Chem is actually hard. Like for real. And so is P. Chem—I and II.

That semester you realized that people lied to you about research. A failure is still a discovery, isn't it? At least a little? Well, in any case, maybe you got published—though hopefully not as an example in the safety manual...

That time during your independent project when you came to the conclusion that the only possible explanation for your data was that the instrument was possessed...but then the TA's and Dr. Ward performed some type of magic and the day was saved.

The numerous late nights you spent finishing lab reports—hoping that something you wrote made sense. But knowing that at least in the case of the fluorescence lab, it definitely didn't. Maybe the TA will be as confused as I am?

The first time you volunteered for an ACS outreach event and realized how much you love science and enjoy the chance to geek out about chemistry.

The first time someone told you to go to Eberly, especially when the Eberly tunnel was still super creepy...

The fun of attending ACS meetings—sometimes for the content, always for the food.

The time you spent waiting forever in 107 to see anyone. Probably a whole week of your undergraduate career, as a conservative estimate...

The semester when Chevron really became home base, a meeting place, a cafeteria, a union of sorts. A place with personal, reserved tables.

The semester when everyone clicked and became a family.

The semester when professors became friends.

The semester when everyone realized, with a certain mellow sadness, just how much they will miss Chevron and all her inhabitants.

There is so much love in this department, and the friendships forged here will not end just because the University of Pittsburgh has deemed that our program of studies has been completed. There is something about this place that won't allow all that we are to simply fade away. There's no place like home—no place like Chevron.

Congratulations

and best wishes

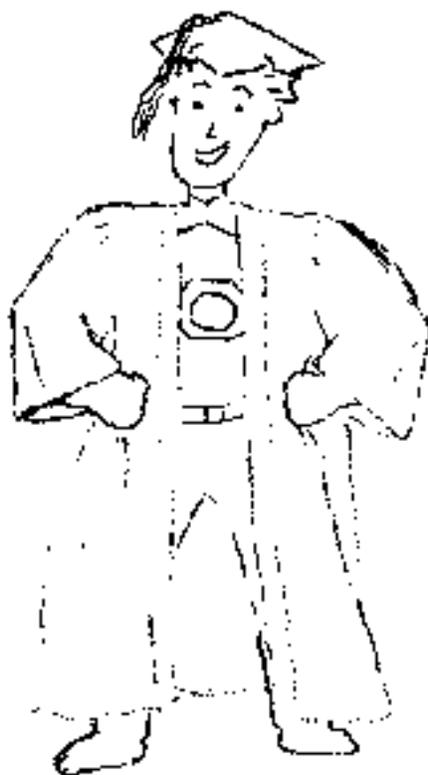
to our

2014

Undergraduate Chemistry

Graduates!

*From your friends in the
Chemistry Undergraduate
Program Office.*



GREETINGS ONCE AGAIN, FELLOW CHEMISTRY ENTHUSIASTS!

by: Aric Berning-Newsletter Co-Editor

Strictly speaking, it isn't my job this year to write the farewell letter-- that task has fallen to our very capable co-editor, and which you've probably already read, since I'm fairly sure that it will be the front page of the newsletter. That said, this will be my last time writing a column in the newsletter, so no matter what, some bit of "farewell" tone is probably going to seep through.

A couple of days ago I came across an article online about a gentleman who had suffered a near-death experience. He was riding with friends on a city bus when he suffered a massive heart attack. Three days later, he woke up in a hospital bed, having undergone triple bypass surgery and was told by his doctors that he had been medically dead for half an hour. I'm going to shelve the potential debate about whether or not he actually died and "came back," since the article was focused primarily on how his experience changed his life.

For the most part, the article imparted the sort of advice and reflection that one would expect from a story of a near-death experience. The principal themes were along the vein of "every day is a gift" and "tomorrow is promised to nobody, so live today to the fullest." While there is certainly some merit in this tried-and-true motivational rhetoric, one of the later reflections did strike home for me. The author wrote that he had gained a new perspective on stress management, in light of the fact that his doctors believed that his high-stress lifestyle had contributed to his heart attack.

"The thing with vices like drinking and smoking," he writes, "is that they at least give you some kind of pleasure in exchange for cutting your life short. Stress not only kills you faster, but it makes your shortened time less worth living. That doesn't seem like a fair deal to me."

Now, I think the stress he talks about is more of the garden variety, not catastrophic events like deaths or extreme financial hardship or serious illness. But as far as daily stressors go, I find a great deal of positivity in this message, because it implies that we are perfectly free to stand up and declare that our stress is being a burden on our lives. Following this declaration, we can move to realign something and improve our quality of life. Maybe we need to change our habits, maybe our perspective could use some tweaking, or maybe we simply need to accept that there exist things outside of our control and that wasting energy worrying about them is counter-productive. Sounds simple on paper, but of course that doesn't make it easy in practice.

I'm not trying to provide a magic bullet for stress, because every individual will need to discover what is best for them. But I've discovered that I have a lot more capability than I thought to change how I react to potential stressors. It wasn't necessarily easy at first-- when I decided that I wanted to prioritize my marriage over school, I made a rule that I would not study past 6pm so I could spend time with my wife. For a while, I didn't feel as though I was working hard enough, but my grades actually didn't suffer. For me, taking that plunge and changing something in my life has paid off very well so far. I'm still a work in progress, though (and always will be). It all hinges on the notion that I am not subservient to my stress.

It's been a pleasure serving with you on the ACS these past three years. I wish nothing but the best for everyone reading this. Go live. Aric