Out of Danger: Southern California Tends To
Over 30 Casualties and 40,000 Burnt Acres
Caltech Students Care About Their Health

By: Wendy Lopata, Health Educator

Every wonder what the Health Educator does at Caltech? Do you walk past the Health Education office (next to the bathrooms, on the 2nd floor of CSS), and read some of the information about sleep or exercise or pick up some fliers? And you wonder about what health issues other Caltech students are worried about.

The short answer is, students have numerous and varied health concerns. There are, however, some general themes that arise when I talk to students about health and wellbeing and I’d like to share these with you.

Alcohol and Drugs: Some students at Caltech drink and use drugs. Not news to you? What might be news to you is that students don’t drink or use drugs at the rate that you might think they do. Almost 60% of undergraduates regularly abstain from alcohol and 35% of graduates regularly abstain from alcohol. And the students that do choose to abstain do so because of health concerns and concerns that their academics might suffer. (Caltech Alcohol and Drug Survey, 2007). Students talk to me about their struggles to manage their drinking, about feeling comfortable in their choice not to drink, or to find ways to approach a friend for whom alcohol or drugs have become a problem.

Sex: It’s not always easy talking about sex. But it’s something that is on a lot of students’ minds and there’s often a need for a confidential conversation. Students talk to me about the choice to have sex and challenges associated with making that important decision. Students come and talk to me about contraception choices. Students come and talk about contracting STDs and HIV, STDs and HIV testing, and living with STDs or HIV.

Sleep: Sleep is interesting because it usually isn’t the problem that students mention when they first come in to see me. Usually it’s something else – difficulty concentrating, low motivation, numerous colds, or irritability. But we often discover together that sleep is what is missing in the equation. I work with students to create a sleep plan, find ways to get the most out of their sleep, and to help manage the things that are getting in the way of sleep so that sleep can be a priority. Look for tips on getting more restful sleep on my website at www.healtheducation.caltech.edu.

Exercise and Nutrition: Students often think of coming to talk to me if they want to make changes in their exercise routine or diet and nutrition. Students ask me about ways to fit exercise into their busy lives and about ways to eat healthier on a budget. Students also talk to me after visiting their doctor or one of the nurse practitioners at the Health Center. Sometimes they ask about specific dietary changes such as increasing their iron intake or adding calcium or protein in to their diet.

With each of these issues, sometimes there are underlying factors that haven’t been addressed. Stress can affect one’s motivation to exercise and can affect food choices. Depression can sometimes first reveal itself in changes in eating behavior or sleep changes. Very often our body responds physically to stress or depression before our mind understands what’s going on.

When students come and talk to me, I offer confidential support, I help correct misconceptions and I make sure they get connected to additional resources when needed.

Check out my website at www.healtheducation.caltech.edu for information about upcoming activities as well as lots of information and resources around all health related issues. Look for information about a Health Advisory Council that I will be pulling together to help me plan programs to address students health needs or contact me at wlopata@caltech.edu if you are interested. And watch for information about the Caltech Alcohol and Drug Survey (CADS) during second term.

And come stop by and visit. Pick up some materials outside my office, grab some condoms or earplugs, and come in and chat. The more I can get to know your needs, the better resource I can be for all students on campus. I look forward to meeting you! Wendy Lopata

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From Wendy Lopata, Health Educator

Join The Tech and fight for a better America

Are you good with computer? Join the tech!
Women’s Bball searching for new identity

By Yang Yang

After graduating its first recruiting class of five seniors – including the program’s career leading scorer in Lindsey King – the women’s basketball team is struggling to find a new offensive identity.

The Beavers shot a paltry 29.1% from the field during Saturday night’s 44-38 loss at home to La Sierra.

With 10 new freshmen, including 6’2” starting center Krissy Dahl, the team is adjusting to a new offensive system.

“This year we actually have more of a traditional center (in Dahl),” junior Lisa Yee said. “It’s a lot easier to play with her because we could get the ball in [the post] and the defense has to collapse. A lot of our offensive plays we run are very different because of that. It’s something we need to get used to, we’re not using her effectively.”

After going on a 11-2 run in the second half which included ten players 6-4 or taller, included ten players 6-4 or taller, and the Beavers committed 14 turnovers in the first half and only scored two points and went 9-12 from the free throw line and knocked down only 1 of 43 three pointers. The Dutch didn’t go more than 78% from the line, and the Beavers failed to get any free throw attempts in the first half, failing to make their first 10 attempts.

The Beavers scored 22 points in the first half, would prove to be too much for the men to overcome. The Beavers did not relent, but the Golden Eagles took advantage of a full court press from the home side. The Beavers were 12.5% behind the arc, and 21.4% from the field in the 2nd half, and watched the lead balloon to as large as 25 with just under nine minutes to go. However, the Beavers used aggressive defense and strong free throw shooting to close the gap, hitting ten straight free throws down the stretch to close the game down only 15.

Although we did not close the gap as much as we intended, it was motivating to watch our players dig in and stay aggressive,” Eslinger stated. “Our pre-season conditioning definitely came into play.

In their second home game to start the season, the Beavers fell to the Central Dutch from Pella, Iowa by a disappointing 96-45 margin. The Dutch roster included ten players 6-4 or taller, and this height proved too much for the Beavers to overcome. The Dutch ran the flex offense very effectively, and, as the Beavers closed down more and more options on the play, the Dutch were prepared with the next look. They shot very efficiently, 62.5% from the field, and took only eight 3-pointers throughout the game compared to 16 from the Beavers; each team made four of the long-balls.

The Beavers were out rebounded by 19.

Caltech led in scoring by a second strong performance by Dellatorre with 16, as well as an 11 point performance by Senior Travis Hausler. Dellatorre and Elimquist led the Beavers on the glass, each snatching four caroms. “Matt played with exceptional intensity,” Eslinger commented. “We need that kind of mental production from all of the players.”

Central Center Loren Liming led all scorers with 21 points on 10-of-11 shooting. The Dutch opened the game with a five minute, 13-0 spurt, and the lead never got to less than ten after that. While the Beavers made several runs to stem the tide, the Dutch offense proved too much. The crowd was never able to become a factor as the Dutch didn’t go more than a minute and a half without scoring until there was less than eight minutes to go in the game, with a lead of 40 points.

“As a team, we didn’t come to play,” Eslinger explained. “To be competitive with anyone, we have to bring up the energy level during pre-game and make sure that everyone of us is focused. One person who is ready just isn’t enough. It has to be contagious.”

The Beavers will be back in action in two home games this weekend. They meet Oberlin this Wednesday at 6:00 pm and UC Santa Cruz this Saturday at 4:00 pm in Braun Athletic Center.

Women’s Bball searching for new identity

Soccer forward named All-SCIAC

Senior Tyler Volkoff (22), who scored a school record eight goals in one season, was named to the all-SCIAC second team this week.

Slow start to men’s bball season

The Caltech men’s basketball team opened played this week with games against La Sierra and Central (Iowa) at home. The men’s team will play 17 of its games at home this year, making plenty of opportunities for students and faculty to show their support. In the first game, the men were narrowly outmatched by the La Sierra Golden Eagles 79-64.

Sophomore Ryan Elimquist opened up strong and never wavered throughout the game, hitting 17 of 19 free throws en route to a 29 point performance to lead all scorers, accompanied by eight rebounds, to best all players. Senior Matthew Dellatorre also had a strong performance, knocking in 19 points and going 9-12 from the line.

As a team, the Beavers were an impressive 78% from the line. I was very pleased with our ability to get to the free throw line and knock them down,” head coach Oliver Eslinger said. “That will be an important ingredient for our success all season.”

The game opened up as a low-scoring matchup, with neither team making its mark for the first three minutes. After that, a relative flurry of shots hit their mark for both teams, and the game was tied 20-20 with 10 minutes remaining in the opening half. The Golden Eagles then went on a 21-8 run on the wings of their strong defensive play. This run, spurred by 18 points off turnovers from the Eagles in the first half, would prove to be too much for the men to overcome. The Beavers did not relent, but the Golden Eagles took advantage of a full court press from the home side. The Beavers were 12.5% behind the arc, and 21.4% from the field in the 2nd half, and watched the lead balloon to as large as 25 with just under nine minutes to go. However, the Beavers used aggressive defense and strong free throw shooting to close the gap, hitting ten straight free throws down the stretch to close the game down only 15.

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Upcoming Games

Nov. 26
Men’s Basketball vs. Oberlin College
6:00 P.M.

Nov. 28
Women’s Basketball vs. Whitworth
12:00 P.M.

Men’s Basketball vs. Whitworth
2:30 P.M.

Nov. 29
Men’s Basketball vs. UC Santa Cruz
4:00 P.M.

Women’s Basketball vs. Fisher College
7:30 P.M.
Humor

Sine Error

Dammit! What's wrong?
I'm trying to invent a new universe but I'm all out of blue pegs!

Deity's Block

Are you sure you want to use that much peanut butter?
I ask myself that every day, man. I just don't know what to believe any more.

I hear God does a lot of this sort of thing. You could ask Him.
I tried, but he just laughed at me.

So typical for Him.

Another ISP filtering content. Thank God for Crypto.

It wasn't that long ago that RSA was illegal to export. Classified a munition.

You know, I think the crypto community took the wrong side in that fight. We should've lobbied to keep it counted as weaponry.

Why?

Once they get complacent, we break out the Second Amendment

... Damn.

Oh, hey, it's twelve of the dudes from control group B!

I'm cool with her past lesbian experimentation, but I wish she hadn't insisted the experiments be scientifically rigorous.