Make-A-Difference Day: 100 volunteers at 12 sites

Small steps to a better world: Meatless Mondays
KRISTIE MIDDLETON
Guest Writer

Over the last decade, phrases like ‘go green’ and ‘reduce your carbon footprint’ have become firmly embedded in our lexicon, just as Earth Day has become an annual celebration. As an environmental advocate, this couldn’t make me happier. I’ve been inspired to see people switch to efficient light bulbs, recycle and use canvas shopping bags instead of paper or plastic. Nearly two-thirds of Americans say they recycle on a regular basis compared to a quarter of Americans in the 1990s. Yet, while more people have come to recognize the carbon footprint cost associated with everyday behaviors like driving cars, a leading cause of environmental degradation has remained largely hidden: factory farming.

According to the United Nations, animal agribusiness plays a prominent role in climate change. Wherever factory farms operate, there is sure to be environmental degradation. Untreated manure from hog farms runs off into our rivers, streams and other waterways, killing fish and causing algal blooms. When this waste inevitably reaches our oceans, this creates what scientists call ‘dead zones’ — areas of the ocean where all life dies off or moves away due to a lack of oxygen. The damage done to our planet by animal agribusiness is well documented and ever increasing; as our population grows, so too does our demand for meat.

The good news is that more and more people are connecting what we put on our plates with our impact on the planet. The result is that we as a nation are enjoying more meat-free meals as a way to help ourselves and the planet that sustains us. Since its inception in 2003, Meatless Monday has mushroomed. The idea is simple: enjoy a holiday from meat one day a week. It’s a simple solution with manifold benefits. According to the Environmental Defense Fund, “If every American skipped one meal of chicken per week and substituted

Continued on page 2
Caltech Y Column: Upcoming news and events

The Caltech Y Column serves to inform students of upcoming events and volunteer opportunities. The list is compiled by Neera Shah from information given by the Caltech Y and its student leaders.

Founded by students in 1966, the Y was organized to provide extracurricular activities planned and implemented by students as an opportunity to learn leadership skills and discover themselves. The mission of today’s Y remains the same—to provide opportunities that will prepare students to become engaged, responsible citizens of the world. The Y seeks to broaden students’ horizons, raise social, ethical, and cultural awareness through teamwork, community engagement, activism, and leadership. More information about the Caltech Y and its programs can be found at https://caltechy.org. The office is located at 75604.

Upcoming Events

1. Strawberry Peak Hike
   - Saturday, April 23rd | 7:30 AM
   - Come join us for a hike up Strawberry Peak on Saturday April 23. The plan is to leave from the Caltech Y at 7:30 am, so that
   - we beat the heat and all the grad students will be back well before formal. We’ll start from Colby canyon and go up and down the fun bouldering event to Strawberry peak. It is 6 miles total and 3000 feet elevation gain. You scramble up rocks the whole way, which is a lot of fun. Because it is short, it is a good trip for people with moderate hiking ability, but be aware because of the scramble on the rocks, it is a strenuous hike and if you are new to heights this might not be the best trip for you. Make sure to bring either sneakers with good traction or hiking boots, 2L of water, some snacks for the hike, sunscreen, and several dollars to pay your driver back for gas.
   - If you want to go, sign up at https://docs.google.com/spreadsheets/d/1Ao9PGHcLkJ-2Q-RxV1LYHbHxeWqy9KqW0u8FNU/edit?usp=sharing.
   - We particularly need drivers so that our local underprivileged students. Sycamores, a group that supports Highland Park students will be back well before we.

2. The Supreme Court and the 2016 Elections
   - Monday, April 25th | 11:30am - 1:00pm | RSVP Required
   - Location: TBD
   - The Caltech Y Social Activism Speaker Series (SASS) is hosting a lunch talk with Professor Morgan Kousser, William R. Kenan, Jr. Professor of History, and Social Science, on recent events surrounding the Supreme Court.
   - With the passing of Justice Antonin Scalia, the Supreme Court has been of primary focus during this election year. Senate Majority Leader Mitch McConnell and every Republican presidential candidate have argued that President Obama should not nominate a new Supreme Court justice. Democrat Barack Obama has touted the virtues of meatless eating, pointing to fitness celebrity and vegetarian Bill Pearl, who, according to Schwarzenegger, is “one of the greatest bodybuilders ever. Equally exciting is the new world of food you’ll begin to explore when you enjoy more meatless meals. From exotic fare like Indian and Ethiopian dishes to familiar favorites like spaghetti with marinara or vegetables and grains ... the carbon dioxide savings would be the same as taking more than half a million cars off of U.S. roads.” A Carnegie Mellon University study found that we’d each do more for the planet if we ate meat-free just one day a week than we would if we ate exclusively local foods.

3. Pennsylvania LEARNS
   - Friday | 3:00 - 5:00pm
   - Location: Madison, Jackson, and McKee Elementary School
   - Come volunteer at Madison, Jackson, and McKee Elementary School! We are partnered with the Pennsylvania LEARNS program and work with their Science Olympiad team or regular tutoring along with occasional hands-on science experiments. Transportation is provided and to RSVP, contact Vansh Kumar.

4. Earth Week 2016 Events
   - Ongoing Events | April 18th - April 22nd
   - Join the Caltech community for a week of events April 18 - 22 to celebrate Earth Day! Lunch events will be held Monday - Friday with food provided, discussing topics including water sustainability, solar power, and sustainability policy. There will also be evening talks on renewable energy and the future of transportation, and opportunities to engage with local environmental organizations. Check out www.earthday.caltech.edu for the full schedule of events!

5. Washington Elementary School Science Fair Judges Needed
   - Wednesday, May 25th | 8:00 - 10:30 AM
   - Washington Elementary STEM Fair on Wednesday, May 25th. Judges are needed that morning from 8:00-10:30. If you are able to assist for an hour or two during that time contact Mars. Trenker with your availability. For more information on Washington Elementary STEM Fair or to follow up on market research, please visit www.westside.fns.us or call (626) 309-3240 Ext. 75604.

KATHERINE GUO
Editor-in-Chief

I noticed the photographs hanging around your office; they look very professional. Is photography your hobby?

Yes, it’s kind of one of my many hobbies that I got on the side. I do photography, I’ve done a lot of trail running, and I currently do a lot of mountain biking, and that led to me going to pretty places, and then I decided I wanted to take pictures of the places I was going to. I’ve got a corner for Oregon, and then I’ve got Washington D.C. here, and that is Utah, where I took a trip to Zion. The Bend, Oregon Visitors Bureau used on my photos on Facebook, but otherwise I’ve never really done much with it. That one has the horse I was riding that day, and this other one is of my girlfriend, Julie.

[There are two dollar bills taped to the wall] What was the bet?

Actually ... I forget. Usually we have a list here of things that are more interesting for dinner we’ll have bets as to what time the last meal goes out. So like a dollar in the pot, just to keep everyone on their toes, keep them interested.

Continued from page 2

Do you have plans for this term’s Chandler Interhouse?

For this year’s Midnight Madness, we’re probably going to go a little overboard again. It’s already planned. We’re keeping it under wraps a little bit, but we’re going to move it outside. That’s as much as I’ll tell you. But I promise it’ll be fun. Doing these parties, we go into it with the goal of wanting the students to enjoy it, but we also think, “What kind of party would we want to go to? How can we make this fun? What would be more entertaining?” And basically it becomes our term-long side project to do these special parties.

What’s been happening with the surveys and changing Board?

I’d be happy to speak to that — the Mirror has come out of a discussion with the IHC. I was sitting with Cat Jamshidi and Nick Schiefer, and they mentioned that they thought Dbl didn’t make the most sense in the world, and I was like, “Okay, there’s just a whole universe of what it might look if we didn’t have Dbl.” That was actually how

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The California Tech brings you stories of Caltech community members

Earth Week inspires conscious eating

Caltech Earth Week 2016

Earth Week inspires conscious eating

The California Tech brings you stories of Caltech community members

Humans of Caltech: Meet Jon Webster

Strawberry Peak hike is among one of the many hiking events that the Caltech Y hosts for students.

Photo Courtesy of Caltech Y

Email me if you can drive but are


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There are even more compelling reasons to eat our local foods. In addition to supporting our local farmers, we particularly need drivers so that our local underprivileged students. Sycamores, a group that supports Highland Park students will be back well before we.

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Deftones disappoints, shows its age on 

My biggest gripe with Gore is by far how little there is to make it stand out as a Deftones release, rather than a remix. There is almost any other group with alternative and metal inclinations, none of the most memorable songs stand out not for their menacing riffs or unsettling vocals, but for how well they manage to ape the styles of other, bigger names. Opener "Prayers / Triangles" is a dead ringer for Deftones' trick with its thick, clean vocals; simple, atmospheric riffs; and an especially canned-sounding, clean guitar lick. "A Lizet Hologram" and "Geometric Headress" have a bit more bite in the instrumentation, still falling by half the technical ability, while "Hearts / Wires" and "Pittura Infamante" could be accomplished by downplaying any of the songs of Barones' Yellowes & Green, and "Phantom Bride" has a poppy enough tone, including supporting percussion from a tambourine, to be a disarmed My Chemical Romance track. There is nothing against these groups, all of whom I very much enjoy and have produced some of my most-listened-to albums. However, the fault with these tracks is that they fail to add anything new or anything that Deftones a legendary name, with no unifying style or theme and nothing new to offer. Many have criticized 2000's Diamond Eyes for its bland, commercial songwriting, but at least in its case Deftones brought punishing riffs and catchy vocal melodies in order to create something with broad appeal. On Gore, we instead get a number of creatively bankrupt tracks relying on tired tricks instead of a fresh sound.

Over its 28 years as a band, Deftones has gone from being a pioneer of the alt-metal explosion of the '90s to an aging titan that, while still a household name, has become a secondary artist. The band has continued to tour and record, but after 2008, would have any chance of success under the current law to reorganize themselves in response. But at least in its case Deftones has been a steady advocate for over 20 years. One has to look past the standard the band set to establish a successor to the band's glorious early instrumental. The era of big, dumb riffs and the band have to uproot its entire style to establish a successor to the band's glorious early instrumentals. Many will find it a noteworthy entry into their discography.

Another criticism contained in McKenna's piece appears to be that Sanders' calls to "break up big banks" are hollow, presumably because he doesn't sell out the exact process through which this break-up would work. However, as Daniel Tarullo of the Federal Reserve has explained, it's actually desirable to allow relative flexibility to TBTF firms in meeting those constraints. It is widely recognized that the role of government intervention here should be to let regulatory bodies decide on a target for TBTF firms to meet, and those institutions the liberty to decide how they reorganize themselves in response. Far from lacking practicality or the "requisite expertise," as McKenna claims, Sanders has made a reasonable proposal that avoids government micromanagement. McKenna further criticizes Sanders' refusal to speculate on the long-term legal implications of the recent court ruling on a TOBTF institution. I would imagine the fact that the court opinion hadn't even been released yet on April 1 might have something to do with this refusal.

Additionally, while McKenna's article was ostensibly about Bernie Sanders' economic platform, he makes no mention that Sanders' policies go far beyond breaking up banks. For the first time in decades, we have a candidate for the presidency who doesn't back away from progressive, social democratic ideals as if they were political taboos, but instead has been their steady advocate over for 30 years – a level of consistency that Hillary Clinton can only dream about. Sanders is the only candidate who takes seriously the corrupting influence of money in politics in the election process.

Ultimately, what McKenna and Sanders believe that the Secretary of Treasury to determine, under Dodd-Frank, that these banks are a danger to the economy over the problem of too-big-to-fail. McKenna characterizes Sanders' position as an indication of Sanders' lack of a clear direction forward. To the contrary, this response represents a substantive policy stance, as there are several methods to tackle TBTF banks. One proposal is the SAFE Banking Act, which caps the balance sheets of financial institutions based on a percentage of GDP. To the "having legislation passed" option that Sanders mentioned. Another option is the Sanders-drafted Too Big To Fail, Too Big To Exist Act, through which the treasury secretary–chaired Financial Stability Oversight Council (created under the Dodd-Frank Wall Street Reform and Consumer Protection Act) would create a list of TBTF institutions in question, and using those criteria to break them up. McKenna paints Sanders' response as him being out of touch with his own theoretical administration or the treasury department would have jurisdiction under current law" to determine if TBTF institutions are at risk. Sanders is actually correct that there are multiple options on the table, combining the executive branch and proposed legislation, to effectively tackle TBTF institutions.
Humans of Caltech: Meet Jon Webster

The California Tech brings you stories of Caltech community members

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continued from page 2

it started, like what would it look like if we didn’t have Dbal, and we tried to come up with a way that, in our minds, we thought might enhance what we were offering, because if you come get breakfast or lunch, you can get hot meals whenever you want, as much as you want — it really becomes a value proposition, like okay, we can do that if we don’t offer the C-store and Dbal, because you can’t do all-you-can-eat and the C-store, right, it doesn’t make sense. That’s what we thought we could do, and we just wanted to find out if the students were interested in that. So that was the one-question survey that we sent out. We bounced the idea off the food reps a bit, and we tried to do a little bit of small sample discussions, just going to talk to people and asking what they thought. Everyone seemed to be pretty excited, but the survey response wasn’t so positive. From a natured, we’re okay with it. We like certain extent, when it’s good-complain.

I think people always like to complain. I think that’s right, and to a certain extent, when it’s good-natured, we’re okay with it. We like constructive criticism — it helps us achieve our goals.

What are your other main goals for CDS?

I think the big one is dinner. We get a lot of complaints, and the ones that we get that are more genuine than the “Screw CDS!” types of complaints are those that revolve around dinner. We have a project right now where we’re trying to change how we present things, and we’re going to talk to the waiters about when to put food on the tables so that it stays hot, and generally try to move in the direction where the food that we’re serving is more appealing. We feel like the products that we buy are high-quality products, and we’re trying to make everything as appealing as possible. If you ask any of my staff what their job is, the answer will be very general “make things better.” We want to take whatever we have and up the bar and eventually get to the point where people like the job we’re doing.

I think the problem with dinner is variety. Honestly. We do three entrees but that’s kind of the product of what makes Caltech, Caltech. It is a very Caltech thing to eat the way you guys do. And I think there’s value to it, having everybody sit down and eat together; it’s just hard. Anyway, I think variety and quality for dinner are constantly on our minds, and as such — I don’t know how transparent this is to you guys — we just reorganized, and we have an executive chef for board, we have a sous chef for board now, and we are hoping for big things from them. So hopefully you guys will tell us when you see the change!

When did you start working here?

My mom has worked here for 50 years, so I grew up around Caltech and got a summer job working for Tom Mannion when I was 15. Then I moved over to the Einstein Papers for a few summers. In college, I was coming back and picking up my job at The Einstein Papers. Coming back here after college, I was just receiving invoices for Dining for a long time, and when Peter Daily came, he pulled me out of that role and started giving me more and more responsibility. I don’t know that I would have gotten into this had it not been for picking up a summer job, but I honestly really enjoy this job; I get to have fun every day. So I’ve been here on and off since I was 15, and it constantly blows my mind how smart you guys are. I don’t think I’m smart enough to realize the depth of everyone’s brilliance here, to be quite honest. You guys are all very much ahead of where I was when I was in college, in regards to responsibility and the amount of stress you guys endure. I think that’s very admirable, actually.
Men’s tennis team moves into tie for second place in SCIAC

实际体育内容编辑

孵PASADENA, Calif. (Apr. 13, 2016) – For the first time in over a decade, the Caltech men's tennis team won a third regional season SCIAC match in a key 5-4 victory over West No. 16 Chapman University, providing the perfect ending to Senior Day on Friday afternoon.

Having already earned the first national ranking in program earlier this season and a program-record No. 12 West Region ranking, the Beavers have seemingly left little else with which to shock the Division III tennis landscape. Yet Caltech now finds itself tied for second place in the SCIAC standings and in good position to claim its highest finish in the conference since placing fifth for three straight seasons from 1998-2000 and a program-best third in 1996.

The victory improves Caltech's SCIAC record to 7-3 and overall ledger to 9-5, including an 8-1 division mark against unranked NCAA opponents, although Chapman did appear in the season's first two national rankings. The Beavers are also 7-4 in regional play, with three of those losses coming at the hands of nationally ranked foes.

Caltech's Narrow Win

The win served as a perfect final home match for the senior Zornberg and three-year captain Raphelson said. “This whole year, we have been an eager learner and have embraced the daily opportunities to improve.”

Sophomore Alex Bourzutschky topped the No. 11 position.

Women’s tennis team moves up to No. 13 in West Region

实际体育内容编辑

孵PASADENA, Calif. (Apr. 13, 2016) – The Caltech women’s tennis team has moved up to a position 3-1 and overall season against national No. 5 Pomona-Pitzer Colleges and West No. 12 University of La Verne.

Caltech has posted a 6-1 record against unranked NCAA opponents this season, as well as a 5-4 record in regional competition, with all but one of those defeats coming at the hands of nationally ranked foes. Caltech's best-ever regional ranking came at the conclusion of the 2014 season, with the Beavers holding the No. 11 position.

Hill nears 81-year-old hammer record at Pomona-Pitzer invite

实际体育内容编辑

孵CLAREMONT, Calif. (Apr. 9, 2016) – Senior Morgan Hill threw within half a meter of an 81-year-old Caltech track & field program record and notched personal bests in both his other throwing events in a wildly successful day for the Beavers despite rainy conditions at the Pomona-Pitzer Invitational.

Hill began his day with a foul on his first attempt, followed immediately, out-throwing his previous best mark by over two meters to reach 131 feet and 10 inches, which puts him just one foot, six and seven-eighths inches off Robert Parker’s record from 1935. The senior placed fourth/10th among a strong field of Division II and III competitors, ranking third among NCAA Division III throwers. He then cleared another career mark in the shot put by almost three inches (32 feet, two and one-quarter inches) and launched the discus over 100 feet for the first time in his career, posting a mark of 100 feet, 8 inches.

“Has certainly been fun to see Morgan’s improvement this season,” Head Coach Ben Raphelson said. “This whole year, he has been an eager learner and has considered the rainy conditions.

Freshman Muskan Goyal had a day in the women’s events, matching her PR in the discus before dropping another .12 in the 100-meter dash (13.66). Junior Lucy Chen inched closer to the top-10 list in the long jump as she cleared an additional one and one-quarter inches and junior Lilly Luo dropped a second in the shot that she powered through a handful of other finishers and dodging a stray hurdle down the stretch.

The men’s side found some success, too. Sophomore Alex Bourzutschky approached his personal bests from last year with season-best times in both the 200 (24.57) and 400 (54.43), shaving .84 and 1.36, respectively. The 4x100 relay trimmed another .15 to clock a 47.55 – a shade under last year’s top time – and freshman Ben Calvin improved in the zoom by .17 (25.93) and posted a 19.36 in the 100m hurdles. Senior Anup Kishore continued his steady progress in his return from injury by bettering each attempt in the discus, eventually throwing four feet farther than last month (61 feet, one inch).
ASCIT Minutes

Meetings are every Wednesday at 4 p.m. in SAC 13

Tuesday, April 19
Winnett Lounge  Bryan Hunter, Caltech Graduate Student, Chemistry & Chemical Engineering
Lunch provided

Tuesday, April 19
Winnett Lounge  Harry Ahearn, Howard Hughes professor of Applied Physics and Materials Science
Lunch provided

Wednesday, April 20
Winnett Lounge  Andy Wilson, Pasadena District 7 Councilmember
Lunch provided

Thursday, April 21
San Pasqual Walk  Andy Wilson, Pasadena District 7 Councilmember
Check out the latest options in sustainable transportation!
Lunch provided

Thursday, April 21
Keck 1 Auditorium  Paul Yeh, Parsons Gates, Vice Provosts’ Offices
Lunch provided

Friday, April 22
San Pasqual Walk  Interactive Art Event
Lunch provided

Friday, April 22
Ramona Auditorium  Interactive Art Event
Lunch provided

Tuesday, April 26 & Thursday, April 28
Winnett Lounge  Sustainable Living Workshops
Lunch provided

If anyone has any questions or concerns about a section of the minutes please email the appropriate officer. We are happy to answer any questions.

Meeting Adjourned: 12:48 pm
Dilma’s Dilemma: A look at Brazilian politics

SEAN MCKENNA
Contributing Writer

Dilma Rousseff was re-elected as president of Brazil in early 2014. Her second term has been a roller coaster ride almost from day one. A perfect storm of political and economic factors led up to a critical vote on April 17 by Brazilian lawmakers on whether to initiate an impeachment trial. As The Tech went to press, the result of this vote was still pending. Here’s what you need to know about how Rousseff got into this mess and what happens next.

Brazil was one of the main beneficiaries of what has been known as “the commodities boom.” Even as world financial markets were in chaos due to faulty subprime mortgages in 2008–2009, countries like Brazil and China were able to weather the storm partly due to the strong demand for commodities such as coal and steel. The commodities boom helped Rousseff win the election as the candidate from the Workers’ Party, which had been in power. During her first term, though, the commodities boom turned largely into a commodities bust in the same fashion as the recent bust in oil prices. Rousseff’s popularity, like that of most politicians, seems to be directly tied to the strength of the economy, as the beginning of the commodities bust in 2014 led her to barely win the re-election campaign. Since then, things have gone from bad to worse. The economic malaise has spread from the commodities sector to the Brazilian economy as a whole, with inflation and unemployment rising. Obviously, this kind of economic performance would disadvantage voters in a normal setting. But on top of the economy, corruption scandals have emerged. The most wide-reaching corruption scandal involves Petrobras, the Brazilian state-run oil company. Investigators are combing through this web of corruption to see how far it reaches into all of the various political parties. Upwards of one-third of the members of the lower house of parliament are under investigation.

Against this backdrop, it is natural to question Rousseff’s competence. However, it should also be noted that she has not been charged with any wrongdoing relating to the corruption scandals. Instead, the parliament is looking to impeach her for something that, according to many experts, is simply a technicality. They allege that the way her administration presented the federal budget at the end of her first term was disingenuous. However, the discrepancies the investigators point out are very minor, essentially amounting to putting make-up on the budget deficit to make it seem a little less bad while Rousseff was seeking re-election.

In my mind, far worse crimes could have been committed by a head of state, and far worse corruption probably was committed by some other members of the Brazilian government. The campaign against Dilma Rousseff misses the point: Brazil’s economy needs structural reforms in order to lessen its dependence on commodities and achieve balanced and sustainable economic growth. We should hope that this charade is resolved soon and that the corruption probe will prune the government of cronies. That is the best step forward for Brazil.

What is Senior Gift?

STEPHANIE WONG
GALEN GAO
BIANCA LEPE
Senior Class Co-President
Senior Gift Chair

Have you ever sat on the chess table under the RF arches or used the penny press? If so, you may already know that Senior Gift is a longstanding Caltech tradition. Every year, the graduating class gives something back to campus, leaving behind a legacy and inspiring future classes to make their own mark on campus.

This year, we have chosen to raise funds for mobile charging stations. Many colleges around the country have already installed similar stations on their campuses, allowing for the convenient charging of phones, laptops and tablets without having to lug around your own charger. The idea for this gift this year came from Tom Mannion, who noticed that students were frequently leaving their chargers all over his house. If we reach our goal of raising enough funds for 10 or more charging stations, they will be placed all over campus in spots where people generally sit for long periods of time with their electronics. We even have the support of Professor Tom Soifer and two Development staff members, who have generously agreed to match student gifts up to $3,000.

You’re probably wondering why you should give to Senior Gift. For a lot of us, Caltech has become like our second home. Throughout our time here, we as students have benefitted from donations made by alumni through things like House Endowments for fun house events, the scholarship fund and the SURF fund. After all we have gained from philanthropy during our undergraduate years, supporting Senior Gift is our opportunity to make sure that future classes can continue to enjoy Caltech.

Last week, we had a Senior Gift pizza party at Tom’s to kick off the campaign. It was a huge success — we raised enough money for four charging stations! Over the next couple weeks, we will be continuing to collect donations for Senior Gift at many different locations and events. We will be tabling in front of Chandler during lunch every day from 12:30 to 1:30 p.m. until April 29. This Wednesday, April 20, we will also be collecting donations at our Senior Gift Dessert Night for seniors in Wisnett from 10:00 to 10:30 p.m. The seniors will also be celebrating 53 days until graduation. Unfortunately we couldn’t have this event on Thursday to make it 50 days. Welp. There will be a very large and magnificent cake, though.

As the name does not really imply, the finale for Senior Gift will be the Break Through Campaign Kick Off campus celebration on Friday, April 29, on Beckman Mall starting at 5 p.m. We will have two of our charging stations there on display, and if students activate any of the stations, and Bucky Bear will be on hand to help explain how to use them. That Friday will be the last day to give to Senior Gift.

Feel free to stop by our table outside Red Door during lunch if you have any questions or want to learn more about this great Techer tradition. You can also check out our website at https://kend.caltech.edu/seniorgift.

Across
1. Acquire
2. Part of the hand
3. A narrow way or road
4. Square root of one
5. Having a strong interest
6. Constrictors
7. Ballet step
8. Aromatic herb
9. Lubricant
10. Deciduous tree
11. Father
12. Results from costs
13. Possesses
14. Lawful
15. A narrow way or road
16. A narrow way or road
17. A thin strip
18. Far beyond the norm
19. Total
20. Indicating maiden name
21. Possesses
22. Group of things of the same kind
23. Facial
24. Full
25. Definite article
26. Nocturnal bird
27. The night before
28. Fish traps
29. Decapod
30. Skin condition
31. Derisive
32. Square root of one
33. Impersonate
34. Healthy body
35. Having a strong interest
36. Monetary value
37. Charge per unit
38. A great distance
39. Female hog
40. Concession or interest
41. Desperate
42. Sleigh
43. A narrow way or road
44. On the sheltered side
45. Aromatic herb
46. Male red deer
47. Large African antelope
48. Female hog
49. Large body of water
50. Space between things
51. Stage whisper
52. Feathers
53. Cutting tool
54. Slinks
55. Archeological site
56. Celestial body
57. Health resort
58. Trance
59. Detest
60. Knotting or looping
61. Traditional story
62. Sleigh
63. Estate
64. Champion
65. Pelvis
66. Health resort
67. Percipient
68. Hemispherical
69. Rope
70. Presbyopia
71. Medieval era
72. Resilient
73. Suggestive of the supernatural
74. Wheel shaft
75. Inactive use
76. Worker in short, for scientific research
77. A quantity of paper
78. Mousse
79. Republic of Ireland
80. False alignment
81. Monetary value
82. Charge per unit
83. A great distance
84. Feel concerned or interest
85. On the sheltered side
86. 100
87. Large African antelope
88. Female hog
89. Large body of water
90. Space between things
91. Stage whisper
92. Cutting tool
93. Slinks
94. Sleigh
95. Celestial body
96. Detail
97. Objective
98. Cutting tool
99. Archeological site
100. Ending

Down
1. 100
2. True
3. Square root of one
4. Impersonate
5. Having a strong interest
6. Healthy body
7. Traditional story accepted as history
8. Redden
9. Lubricant
10. Subdivisions of a play
11. Inactive use
12. Results from costs exceeding revenue
13. Make laceration by knotting or looping
14. Consumed
15. Pennies
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How I increased my stress and decreased productivity in 10 easy steps

KSHITIJ GROVER
Contributing Writer

I’m an experienced veteran of the working world. Let me tell you how to lead a better life (I’ll also link to some cool articles I’ve written at the bottom that are on an ad-supported website and urge you to try my unrelated product that I’m launching today. Rate, Comment, Subscribe).

1. Clean your desk! Do it Right after you finish this piece, get to work. No, really: it’s a life-changing magic that will keep you on top of the New York Times best seller list for weeks on end.

2. Creative geniuses like Steve Jobs were fueled by the mess around them. Make sure your desk has inspiration on it. It has to be randomly placed. Albert Einstein once said, “If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?” He went on to say, “I love the new Model 3” (Brainy Quips 18).

3. You should wake up early in the morning. The early bird gets the worm. The guy who leads Starbucks gets up early — 4:30 a.m.! (Business Outsider 5).

4. Remember to burn the midnight oil. You’ve never heard of creative insomnia? It’s all about the hustle. I don’t care whether you’re on a plane at 2 a.m. or you’re chronically exhausted. You snooze, you lose. (Elitism Hourly 26).

5. Network a lot. Be expressive and social. Go to as many meetings as you can when you’re in the office. Not invited? Take initiative. No calendar can dictate your schedule. Show up and say you’re just checking out the vibe. If people attack you for butting in, tell them it’s for your personal growth. Networking has immense ROI (Return On Irritation).

6. People respect those who are silent. Don’t speak too much. Stay distant. Eat lunch at your desk. It creates an air of mystery. If you are in any social situation, the only thing you should say is “interesting.” You may either nod or shake your head along with this verbal autocracy. Most importantly, when you speak (and do this with caution), only whisper. Whispers are the loudest.

7. Dress to impress. You’ve got to dress for the role you want, not the role you have. Formal Fridays present a false dichotomy. You can never be overdressed for the occasion.

8. Be casual. Wear a tank top to work because your comfort is all that matters. Cultural norms are the poison of our society. Never allow your self-worth to be dictated by what others think. If you’re focused on fitting in, you can’t stand out.

9. People-pleasers are charming. Be a Yes-Man (especially if you’re a Woman). If you ever feel overwhelmed by agreeing to something, refer to #4. The only thing that matters is whether you’re delivering above expectations.

10. No one likes a pushover. Push others over. Assert dominance at every possible opportunity. If you’re asked to do something by your boss, schedule a one-hour one-on-self to discuss it. Don’t say “yes” unless the task will revolutionize who you are as a person. Meditate deeply on these things every morning. Just don’t overthink your life — go for it.

Answers to current crossword (p. 7)

This picture represents a common phrase, title, or person.

Think you know the answer? Take a guess at mondaysunday.com/164

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The California Tech
Caltech 40-58
Pasadena, CA 91125