Solar plane lands in California
3-day flight across Pacific Ocean was done without any fuel [TIME]

Beyoncé releases new album
12-song “visual album” called Lemonade is singer’s first since 2013 [TIME]

Federal agents shot at motel in Kansas
3 U.S. marshals shot at motel, which goes up in flames during the gun fight [CNN]

Police begin manhunt in Ohio after family killed
8 members of the same family found murdered in 4 different locations, no motive has been established [BBC]

Prince found dead in Minnesota home
57-year-old singer found dead Thursday, cause of death is unknown [BBC]

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BOLTON EXPRESSES RESERVATIONS ABOUT METRIC SYSTEM

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EDITORS’ COLUMN: HAVING FUN DISCUSSING APPLIANCES

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MORGAN HILL BREAKS 81-YEAR-OLD RECORD

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MEATLESS MONDAYS SPARKS DISCUSSION ON VEGETARIANISM
**Caltech Y Column: Upcoming news and events**

**Caltech Y**

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

Founded by students in 1916, the Y was organized to provide extracurricular activities planned and implemented by students as an opportunity to learn leadership skills and discover themselves. More information about the Caltech Y and its programs can be found at https://caltechy.org. The office is located at 505 S. Wilson Avenue.

**Upcoming Events**

1. **Caltech Y India Cultural Trip - Applications Available Now**
   - December 10 – 20, 2016
   - Cost: $950
   - Applications Due Thursday, May 18th

The Caltech Y, in partnership with the SURF Program and IIT Gandhinagar (IITGN) in India, is coordinating a trip to Ahmedabad, India. Join us for an exciting trip as we explore India as an emerging nation and its potential role as a global leader in the context of its history and culture. The Caltech group will be hosted by IITGN and discussions and trips will be led by IITGN faculty.

The trip is open to undergraduate students only - sorry no graduate students. Applications can be found at http://caltechy.org/organizations/india/

2. **Sustainable Living Series**

   - Chemicals and Cosmetics - Finding Greener Alternatives | Tuesday, April 26th
   - Food and Shopping for a Sustainable World | Thursday, April 28th

Sustainable Works, an educational organization that promotes sustainable actions to foster a safe, healthy and equitable world, will lead two seminars about how you can make your lifestyle more sustainable. These workshops will give perspective on shopping and using consumer goods, household chemicals, cosmetic products, and organic food and how they influence the environment. You will learn how your actions can make a difference.

Students, staff, and faculty are all welcome. Lunch provided on first come first served basis. The Sustainable Living Series is coordinated by Amanda Shing - Grad Student and 2015-16 Caltech Y ACT Award Recipient and is made possible with generous support from The Caltech Employees Federal Credit Union and the Caltech Y.

3. **Caltech Y Centennial T-shirts**

   - Pick your T-shirts up at the Caltech Y
   - All colors and sizes are in stock at 505 S. Wilson

It’s the Caltech Y’s Centennial Year and we are celebrating with Caltech Y Centennial T-Shirts! The pillars of the Caltech Y are Service (purple), Adventure (green), Civic Engagement (red), Perspective (blue), and Leadership (grey). When you participate in any of our programs you earn that pillar’s color. Complete all five colors to be credited! Get one or collect all five colors.

Here is how you can earn a shirt:

- Adventure: Y-Hike Backpacking, Yosemite Camping, Joshua Tree Camping, Day Hikes, Kayaking, Adventure Iceunches, Wilderness First Aid, and Alternative Spring Break Trips.
- Perspective: World Fest, Explore LA, Endeavor LA, Caltech Live!, CSEOutdoors, Community Service and Advocacy Fair, and the India Ki Khoj Trip.
- Leadership: attend a leadership program or join one of our leadership groups: ExComm, Y-Outdoors, the Social Activism Speaker Series Committee, or be a Service Project Leader.

In honor of the Caltech Y Centennial, the Caltech Y is offering the opportunity to win T-shirts for participation in one of the many programs it offers.

4a. **Pasadena LEARNS**

   - Friday | 3:00 - 5:00 p.m. | Madison, Jackson, and McKInley Elementary School
   - Come volunteer at Madison, Jackson, and McKInley Elementary School! We are partnered with the Pasadena LEARNS program and work with their Science Olympiad team or do regular tutoring along with occasional hands-on science experiments. Transportation is provided. For more information and to RSVP, contact Vanish Kumar at vksamur@caltech.edu.

4b. **Hathaway Sycamores**

   - Wednesday | 5:30-8:00 p.m. | Highland Park

Volunteer at Hathaway-Sycamores, a program that supports local underprivileged students. There are a variety of ages and subjects being tutored. The service trip includes about an hour of travel time and 2.5 hours of tutoring. Transportation is included. For more info and to RSVP email Sherwood Richers at stachers@tpric.caltech.edu.

**Other Announcements - Beyond the Caltech Y**

- Animal Magnetism
  - Monday, May 23rd | 5:30 - 8:30 p.m. | Brown Gym

Caltech’s Center for Teaching, Learning, and Outreach is seeking volunteers to run activities and lab demonstrations at its community science event on Monday, May 23. The event will feature the lecture, Animal Magnetism by Joseph Kirschvink, professor of geobiology, focusing on earth's systems. More information on how to get involved in this and other future outreach events can be found at https://osa.caltech.edu/cseVolunteer.

**Caltech-Occidental Symphony features student winners in concert series**

Continued from page 1

March did its job to open the concert with excitement, and at the same time the steady pace of the march kept the level of excitement controlled, leaving enough room for the climax. Following “Pomp and Circumstance,” Nicholson’s “Flute Concerto” was a novel experience. The concerto itself is neoclassical in style with only two movements instead of three, and it is a relatively rare opportunity to listen to a live flute concerto with a full orchestra. This seemed a challenging piece because of the intentionally unpredictable progression and the rapid dialogues alternating between solo flute and orchestra.

After intermissions, Beethoven’s Symphony No. 3 was an outstanding finale, as the conductor’s radiant enthusiasm thrilled both the orchestra and the audience. Ever since then, whenever I picture Gros in my head, he is jumping up and down on the podium during the last movement of Beethoven’s Third. If I were to describe Gros’s conducting style in one word, it would be “energetic.” Gros was not new to “Eroica” — he had conducted the symphony for the Santa Monica Symphony just two years ago. I believe Beethoven’s Third was an excellent choice for the program, given his experience with the piece and his overflowing energy.

Left with an admirable impression from the first concert, I had been keeping an eye on the second concert and was certainly not disappointed. The opening piece, Carl Maria von Weber’s “Overture” to Der Freischütz, did not give me many strong feelings, though it was probably not the orchestra’s fault. I remember zoning out for a moment, and by the time I regained my consciousness the overture had been over. Next up was Prokofiev’s Piano Concerto No. 3. Prokofiev was one of the major composers of the 20th century, his reputation in the West was underrated during his lifetime due to cold-war antipathies, and his Piano Concertos No. 1, 2 and 3 are some of his most popular works (also some of my favorite piano concertos).

Then played the piano solo very well, even though unfortunately his piano parts were often overshadowed by the orchestra due to the acoustics in Ramo Auditorium. Finally, Elgar’s “Cello Concerto in E Minor” was my favorite performance out of both concerts, and Amitay was my favorite artist. When I talked to several orchestra members after the concert, they all named this piece as their favorite as well. I think secretly the Caltech-Occidental Symphony always saves the best piece for the last in every concert. In addition to the superb music quality, Amitay’s stage presence was remarkable. He interacted with the audience through facial expressions, and guided the audience to appreciate the concerto’s rich emotions. As a freshman, Amitay is the youngest among the three student winners.

Overall, the variety of concerto instruments played up the concerts, and the Caltech-Occidental Student Concerto Competition performances have been a great delight. I would recommend next year’s concert series for anyone with a Sunday afternoon to spare.

**Caltechlive!**

**SATURDAY, MAY 7, 2016 • 8 PM**

**SUNDAY, MAY 8, 2016 • 3:30 PM**

**Treat your Mother for an afternoon of hilarity!**

**Capitol Steps Political Satire**

**Free Parking**

**Caltech’s Beckman Auditorium**

**www.events.caltech.edu**

Call campus x 4652 for information
A$AP Ferg’s sophomore album disappoints despite big name collaborators

NAILEN MATSCHKE
Contributing Writer

A$AP Mob has without a doubt been one of the most successful pioneers of this internet-driven age of hip-hop, and like similar collectives that rose to fame in the ‘90s, the explosive popularity of one member catalyzed the careers of the others. In A$AP’s case, this was A$AP Rocky, whose debut album Trap Lord was released in 2013 to a fairly positive reception. On it, he demonstrated not only his competence as a rapper with a good ear for complementary beats but also that he had his own style and wasn’t just another Rocky. However, A$AP’s Forever mixtape, while not lacking in the oddly charming personality of Ferg’s lyrics, was a far less cohesive project, even for a mixtape. It contained a wide variety of far more pop-influenced tracks, from festival bangers to attempts at ‘90s R&B to viral dance move vehicles, and while some were entertaining, others were half-baked, out of place and totally illogical for Ferg. These highlight his main weakness — that he’s just not that technically skilled and needs engaging subject matter and a solid beat in order to produce an all entertaining track. On Ferg’s second album, Always Strive and Prosper, he continues to experiment with new sounds and find impressive lists of collaborators, but the result is just as hit-or-miss as before.

In some respects, I think a rehash of Trap Lord with a higher production value and improved lyricism would have been a more satisfying album than what Always Strive and Prosper turned out to be. While there are certainly some enjoyable tracks, the bad ones are like current beats that no one would ever think to touch up Big Sean’s voice, and even Ferg does a better job of singing, but Big Sean’s performance is just the cherry on top of a disaster.

Still, I don’t know if it’s as viscerally revolting as “I Love You (feat. Chris Brown & Ty Dolla $ign)” two tracks later, which has short, simple verses as nothing but a ferry between comically dated Chris Brown choruses, so aesthetically disconnected from the rest of the song that it feels like a feature for the name recognition only. Clearly some of the ideas that made it on to this album should have been reconsidered.

To make matters worse, only a handful of the redeemable songs on Forever, such as “Prosper” and “I’m On” do much to compensate for the creative black holes in the track listing. It was very easy to tell which were produced by all-stars like Skrillex, Lido and Cashmere Cat, Lex Luger, and Clams Casino, whose tracks I generally liked, since the other beats were so bland and devoid of character. “New Level (feat. Future)” comes to mind if the worst offender in this regard, with the same short bass pattern repeated for four minutes straight as the only melody, sounding like an inauditory hint to copy a typical Future beat, which does anything but make his featured vocals more interesting. "Uzi Gang (feat. Lil Uzi Vert & Martell Ballard)" is another offender, with a bass-heavy, plodding skeleton of a beat that serves no real purpose except as a backdrop for the repeated “Who they want? Uzi Gang, A$AP” hook with some very disjointed transitions.

Some of the other tracks with features are a bit more tolerable, though “Swope Life (feat. Rick Ross)” is still a bit tedious and Rick Ross buying things with credit cards, and ScHoolboy Q brings a much stronger verse than his host on “I Love You.”

Even with 18 tracks, the album doesn’t leave itself much space for deeper material, and the quality mostly boils down to whether the song was produced by a big name and whether its concept meshes with Ferg’s abilities; the rest are filler at best, borderline unlistenable at worst. Perhaps the simplest way to describe A$AP Ferg’s Always Strive and Prosper is to say that it has a lot of problems. To start with, one-third of tracks are entertaining and memorable, but it’s the rest that really drag the album down. Many of the vocal artists feel like they’ve been overshadowed or precarious on Ferg venturing so far out of his comfort zone that the results are messy and hard to take seriously. In the worst case this manifests itself in pitiful attempts to copy ‘90s R&B or contemporary pop artists, but in general the album does little to showcase Ferg’s talent or creative vision. I would recommend that people interested in checking out this album also look up its credits on Wikipedia and only listen to the songs by their favorite producers. Just about every other aspect of Always Strive and Prosper is disappointing, and the album is not something I ever intend to revisit.

http://consequenceofsound.net/
Editors’ Column: Thoughts on random household appliances

Katherine: Drying Laundry

I love the entire process of drying laundry. With our newfangled drying machines, we can cram wet clothes into a metal box’s gaping mouth-hole and, in about an hour, out comes happy, toasty laundry. But my romantic side longs to daintily string up my wet fabrics and meticulously attach clothespins to each. I think that the vision of a quaint cottage in the hills with beautiful, white bed sheets drying on clotheslines is the most romantic thing. One of my fantasy lives is being a young prairie girl, dutifully hang up my laundry basket to close my eyes and I wipe the sweat from my brow with a pink, checkered handkerchief. I take a good, hard look at the snow-white sheets fluttering in the playful breeze, the sun shining hard on my back. A small, fluffy fox terrier chases its tail next to me. I look serenely in the distance, idly watching two young children play in golden meadows. Then I look back at my laundry lines and I realize literally every piece of flying outdoor detritus is getting stuck in my freshly cleaned clothes. #thatsthefinish.

Chloe: Microwave Phobia

I have a family history of microwave phobia. Symptoms include the compulsion to run away from a microwave after hitting the start button and the vision of brain cells turning into cancer cells whenever watching a microwave in action. OK. I believe in science. I know it’s all in my head, and I rationally think microwaves are safe. Yes, but I still have this instinctive fear of microwaves even though I learned in Chem 1A that a microwave produces thermal energy by inducing polar molecules in the food to rotate, and even though I have faith that the protective chamber is closer than visible light wavelength but finer than microwave wavelength. *Disclaimer:* Despite all that being said, I still use microwaves almost every week because Caltech is sometimes too darn busy.

Neera: Vacuums

First, as a somewhat tangential observation, I’d like to point out that the durability of many current appliances pales in comparison to that of their older counterparts. For example, I have a washer and dryer at home that are still fully functional, and both are more than 24 years old. I don’t know how many of you have new washers and dryers, but most other people know who have bought them in the last 10 years have encountered more problems than I ever have with my old set. I also don’t like having to get new things if I don’t have to — so, as you can guess, I was rather disappointed having to cycle through several vacuums after the first one I remember having at home broke. I still remember: it was a Eureka black vacuum with a bag. (How many of you even remember having a bag in your vacuum?)

Currently, I’m ratherpartial to Dyson vacuums. The Eureka vacuum lasted for a good eight years or so. After that, we were cycling through vacuums every one or two years — sometimes even as short as six months. I learned that any vacuum made by Dirt Devil is more a smelly devil made of dirt, rather than a clean adversary of the dirt itself. Maybe the technology of bagless vacuums just took a while to get perfected, but getting seven years without a reliable vacuum was frustrating. Then, in 2009, I discovered the glory that is the Dyson DC33. Powerful suction, easy to clean filter, several attachments, not too heavy, no smell, very durable — the DC33 has it all.

Now, I recently became aware that apparently Shark is a worthy competitor. When considering budget-friendly options, the Shark models definitely beat out Dyson. A brief search of online pricing shows that Shark vacuums that are less than $400 can easily be found, while Dysons tend to go for $400-$600. If you’re looking for variety, though, Dyson has a larger selection of models — the company even launched a special line for pet owners.

If anyone has had a good Sharkvacuum for at least seven years, let me know and maybe I’ll try one out sometime. Otherwise, my Dyson and I are perfectly happy.
Hill Shatters 81-Year-Old Record, Men Top Whittier at SCIAC #3

**GOCALTECH.COM**

Actual Sports Content Editor

**REDLANDS, Calif.** (Apr. 16, 2016) – Junior Morgan Hill shattered an 81-year-old record and sophomore Alex Bourzutschky recorded an incredible performance of personal bests as Caltech men’s track & field dominated Whittier College, 73-68, while junior Larry Chen cracked another two women’s top-10 list on Saturday.

Having also beaten Chapman University for the second straight time, the Beavers have recorded a pair of dual victories for the first time since 2007. Six Beavers and both relays earned first-place points in the dual scoring vs. Whittier, led by a pair of maximum earners in senior Edward Garza and freshman Ben Calvin.

“The day before the meet, we discussed trying to feed off of each other’s performances,” Head Coach Ben Raphelson said. “We felt that could carry us to a strong team effort.”

Continuing his stunning development throughout his senior year, Hill launched the hammer yet another two meters past his career-best mark from just last week, blowing past the record set by Robert Parker back in 1935. Hill’s mark of 158 feet, two-and-a-half inches was less than four inches mark of 158 feet, two-and-a-half inches was less than four inches behind their two best pitching performances of the season. Kirk behind their two best pitching performances of the season. Kirk

The Saturday doubleheader began with five scoreless half-innings before Whittier tacked on the first run after loading the bases with two outs in the third. Three consecutive leadoff singles loaded the bases with none out in the bottom of the third, but Kirk did well to limit the damage to a sacrifice fly scored when Levine moved another step toward his pre-injury form with a another foot improvement in the triple jump (58 feet, two inches), Haack crossed the line in 58.5k in 19.26.77 and Doshi shaved almost a second in the 800m (2:03.51). Both the 4x100 (47.80) and 4x400 (3:39.62) relays pushed second-time performances of the season and brought in top points as well.

Bourzutschky clocked a major career-best time in the 200m this past weekend, dropping three-quarters of a second from this season’s top time and sneaking under his previous PR by .11, along with a new top mark in the pole vault at 15 feet, six inches while running legs on both relays. Sophomore Gene Vaughan earned second-place points in the 5k (19:32.47) along with freshman Rohan Choudhury in the 800m (2:05.27), while junior Tallya H. edged out Whittier’s lone runner in the 400m in a half second (50.93). Choudhury also posted a PR in the 1500m (4:31.93), with freshman Joey Hong recording a 2:09.51 in the 800m and Kishore improving another two-and-a-half feet in the discus (65 feet, five and three-quarters inches). Freshman Musman Goyal and junior Lilly Luu completed the near perfect record of personal bests on the day. Luu trimmed a second and a half in the 5000m (15:26.56) and timed in at 3:36.33 in the 800m, while Goyal edged out Whittier’s only sprinter in the 100m and registered a massive improvement in the discus by nearly four meters (64 feet, 10 inches). After such a successful day, we’re excited for what’s in store for the entire program,” Raphelson said.

**GOVLACER.COM**

Actual Sports Content Editor

**PASADENA, Calif.** (Apr. 16, 2016) – Junior Ruthwick Pathireddy and freshman Derik Nguyen scored an historic regional upset over the West No. 15-ranked doubles team of national No. 15 University of Redlands on Saturday morning.

The regional victory marked the Beavers’ first at least in the last five years, likely extending as far as the last decade and possibly beyond. All three Beavers duos put up incredible fights against the deep and talented Bulldogs pairings. No court was separated by two games at any point until Redlands’ West No. 3-ranked team came up with a break on the final changeover at #1 for the 8-6 victory. Meanwhile, as the Bulldogs took control with a break at #3 to lead 6-5. Putnam and Nguyen did the same to go up 7-6 at #2. Redlands would take #3 doubles, 8-5, just moments before the Bulldogs clinched the match with wins at #1, #4 and #6. Li continued to fight, however, dropping the second set 6-3 but surging ahead in the superbreaker to post the 10-4 victory. (listen)

**Johnston Nabs Third Hat Trick Against DIII No. 4 Chapman**

**GOCALTECH.COM**

Actual Sports Content Editor

**PASADENA, Calif.** (Apr. 16, 2016) – Freshman Katie Johnston converted all three shot attempts for her third hat trick of the season and Chapman women’s water polo pole fell to Division III No. 4 Chapman University on Saturday morning in the final game before the SCIAC Championships. The Panthers surged ahead to a 12-0 lead at halftime but Johnston took things into her own hands, netting three straight Beavers goals midway...
ASCIT Minutes
Meetings are every Wednesday at 4 p.m. in SAC 13

ASCIT Board of Directors Meeting
Minutes for 21 April 2016. Taken by Phillip An.

Officers Present: Nima, Serena Delgadillo, Sean McKenna, Kalyn Chang, Annie Chen, Robin Brown

Call to Order: 12:05

President’s Report (Nima):
- Schedule for transition:
  - Still will attend Joe Shepard Meetings and committee meetings until June

Officer’s Reports:
- V.P. of Academic Affairs (ARC Chair: Jay):
  - Absent
- V.P. of Non-Academic Affairs (IHC Chair: Bobby):
  - Absent
- Director of Operations (Sean):
  - Will fix ASCIT screening room projector in Hawthorne soon
- Treasurer (Kalyn):
  - None
- Social Director (Annie):
  - Trivia night is tonight! (every other Thursday until Week 8)
- Secretary (Phillip):
  - None

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. The next meeting will take place on April 28th at 12 pm in Winnett Lounge.

Meeting Adjourned: 12:27 pm
In response to Meatless Mondays: On vegetarianism and veganism

NEERA SHAH
Page Editor

In response to an op-ed published in The California Tech last week about Meatless Mondays, I want to continue the conversation about vegetarianism. I think the idea of Meatless Mondays is a good one, especially when considered as a step to take as part of a larger plan. What this larger plan is can vary, but the two most common ones are probably directed toward self-improvement (in terms of health and/or morality) and helping the environment. These motivations lend themselves to a lengthy discussion best left for another time, though.

As Kristie Middleton said in last week’s article, there are environmental benefits of vegetarianism. Veganism, beyond giving a step beyond vegetarianism: it advocates against the consumption and use of any animal products. Some of the more obvious differences include not eating dairy and eggs, but lesser known substances that vegans refrain from eating/use include fermented molasses and distilled from a past age.

That said, it’s not impossible or even out of reach to make such a change. All it takes is some conscious effort and small steps. This brings me back to Meatless Mondays: this is a great opportunity to take a step toward becoming vegetarian. Similarly, cutting out products such as eggs from your diet can be a step towards becoming vegan if you are already a vegetarian. Drastic change will not happen overnight. Going all-or-nothing can be an appealing idea in our heads, but larger changes often involve taking a couple steps to get to the “ball.” Nobody wants to compromise, but it’s necessary for progress in some situations. Meatless Monday can help you get to “Meatless Everyday.”

If anyone is interested in becoming a vegetarian or vegan, a good starting place is often information and nutrition and different reasons for following each lifestyle. However, it is important to keep in mind that not everyone is fully informed. There are plenty of resources for finding vegetarian- and vegan-friendly recipes as well as information on nutrition and different reasons for following each lifestyle, such as http://www.vrg.org/www.vrg.org (The Vegetarian Resource Group). And even if you’re not interested in changing your diet, have conversations about these ideas anyway. At the very least, you’ll be informed and better able to understand another person’s perspective.

Crossword

Across
1. Large and scholarly book
5. Personnel
10. Halt
14. At a later time
15. Mistake
16. Starchy tuberous root
17. Trudge
18. Comparative of bad
19. Panache
20. Sweet sticky liquid
21. A portion of medicine
23. Depend
24. Regret
26. Broaden
28. Changeable
30. Brine-cured smoked salmon
31. Block of writing paper
33. Student
35. Interior furnishings
37. Chart
38. Place
40. Sense organ
41. Capture
43. Distilled from fermented molasses
45. Theme
46. Regret
47. Advertising sign
48. Also
50. Examination by word of mouth
52. 2:00 a.m. signal
53. 2008 Olympic Games
56. Hotchpotch
57. Surface boundary
59. Surface boundary
60. Utter shrill sounds
61. Long-eared mammal
63. Symptom of hurt
65. A small nail
66. Alliance
67. Dark cloudy appearance
69. Part of a church
70. Fish eggs

Down
1. Military lights out signal
2. Merely
3. Dock at a wharf
4. Power to withstand hardship or stress
5. Darn
6. Trampled
7. Pointer
8. Remains from a past age
9. Liberty
10. Austerity
11. Story
12. Examination by word of mouth
13. Small horse
14. Tawny
22. Hard tough wood
25. Solid wood
27. Way out
28. Long-tailed parrot
29. Edict
30. Headling
31. Sense organ
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34. Stage whisperer
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42. Hard tough wood
44. A clever remark
45. Advertising sign
49. Sphere
50. Plan
51. Game for one
52. Warmth
54. Stage whisperer
55. Interior furnishings and design
56. Plan
57. Repeat an action or statement
58. Share of the pie
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Bolton proposes an alternative to the metric system

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61. Long-eared mammal
63. Symptom of hurt
65. A small nail
66. Alliance
67. Dark cloudy appearance
69. Part of a church
70. Fish eggs

Bolton proposes an alternative to the metric system

In response to Meatless Mondays: On vegetarianism and veganism

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Page Editor

In response to an op-ed published in The California Tech last week about Meatless Mondays, I want to continue the conversation about vegetarianism. I think the idea of Meatless Mondays is a good one, especially when considered as a step to take as part of a larger plan. What this larger plan can vary, but the two most common ones are probably directed toward self-improvement (in terms of health and/or morality) and helping the environment. These motivations lend themselves to a lengthy discussion best left for another time, though.

As Kristie Middleton said in last week’s article, there are environmental benefits of vegetarianism. Veganism, beyond giving a step beyond vegetarianism: it advocates against the consumption and use of any animal products. Some of the more obvious differences include not eating dairy and eggs, but lesser known substances that vegans refrain from eating/use include fermented molasses and distilled from a past age.

That said, it’s not impossible or even out of reach to make such a change. All it takes is some conscious effort and small steps. This brings me back to Meatless Mondays: this is a great opportunity to take a step toward becoming vegetarian. Similarly, cutting out products such as eggs from your diet can be a step towards becoming vegan if you are already a vegetarian. Drastic change will not happen overnight. Going all-or-nothing can be an appealing idea in our heads, but larger changes often involve taking a couple steps to get to the “ball.” Nobody wants to compromise, but it’s necessary for progress in some situations. Meatless Monday can help you get to “Meatless Everyday.”

If anyone is interested in becoming a vegetarian or vegan, a good starting place is often information and nutrition and different reasons for following each lifestyle. However, it is important to keep in mind that not everyone is fully informed. There are plenty of resources for finding vegetarian- and vegan-friendly recipes as well as information on nutrition and different reasons for following each lifestyle, such as http://www.vrg.org/www.vrg.org (The Vegetarian Resource Group). And even if you’re not interested in changing your diet, have conversations about these ideas anyway. At the very least, you’ll be informed and better able to understand another person’s perspective.
Contrary to popular belief, the old Big Interhouse parties were actually cancelled after, in an embarrassing show of laziness, each of the 7 houses built nothing but a big letter "I" in their courtyard.

Monday Punday

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

Think you know the answer? Take a guess at mondaypunday.com/250