Emotion Contest Winner - *kid, you’re a star*

Photo Courtesy of Sandra Ning and Caltech Totem
Caltech Y Column

The Caltech Y Column serves to inform students of upcoming events and volunteer opportunities. The list is compiled by Katherine Guo from information given by 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. 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’ worldviews, 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 505 S. Wilson Avenue.

Upcoming Events


  Wednesday | February 8th | 12:00 to 1:30 pm | Location to be announced | Lunch is provided (spaces are limited), RSVP Required.

  RSVP: https://goo.gl/forms/UYtMxsVvKAMazxCox

  Michael Nacht served as Assistant Secretary of Defense for Global Strategic Affairs (2009–2010), for which he received the Distinguished Public Service Award, the Department’s highest civilian honor. He also served as Assistant Director for Strategic and Eurasian Affairs of the US Arms Control and Disarmament Agency (94–97), during which time he participated in five Presidential summits—four with Russian President Yeltsin and one with Chinese President Jiang Zemin. Nacht currently holds the Thomas and Alison Schneider Chair in Public Policy at U.C. Berkeley and is Chair of the Policy Focus Area for the Nuclear Science and Security Consortium led by the Berkeley Department of Nuclear Engineering. He is the author or co-author of six books and more than eighty articles and book chapters on nuclear weapons policy; regional security issues affecting Russia and China, the Middle East and East Asia; cyber and space policy; counter-terrorism and homeland security; international education; and public management.

The Caltech Y Social Activism Speaker Series Committee is hosting the lunch seminar with Professor Michael Nacht to discuss recent international developments in nuclear weapons policy as a part of a Nuclear Winter Series. As tempers flare and tensions rise across the globe, open dialog on nuclear arms is more important now than ever. Watch for more programs within the series this winter term. Programs coordinated by the Social Activism Speaker Series were made possible with generous support from the Vice Provost’s Office, the Vice Provost’s Office for Undergraduate Education, and the Vice Provost’s Office for Faculty Affairs.

2. Hathaway Sycamores

Every Wednesday | 5:30-8:00 PM | Highland Park

Volunteer at Hathaway Sycamores, a group that supports local underprivileged but motivated high school students. There are a variety of ages and subjects being tutored. The service trip includes about an hour of travel time and 1.5 hours of tutoring. Transportation is included.

For more info and to RSVP email Sherwood Richers at srichers@tapir.caltech.edu. Eligible for Federal Work Study.

3. Pasadena LEARNS

Every Friday | 3:00-5:00 PM | Pasadena

Come volunteer at Madison and Jackson Elementary Schools! 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 azhai@caltech.edu. Eligible for Federal Work Study.

Beyond the Y

1. Rev. William Barber, President of the North Carolina NAACP

Wednesday | February 1 | 7:00 pm | Thorne Hall – Occidental College in Eagle Rock

On Facebook event page: https://www.facebook.com/events/64332075319104

Rev. Barber is the president of the North Carolina NAACP and leader of the Moral Monday movement, a multi-racial, multi-generational interfaith movement that has led protests at the NC General Assembly around issues of injustice, including voting rights, gun violence, immigration reform, school funding, LGBT rights, the minimum wage and workers’ rights, and others. Hundreds of activists, including Dr. Barber himself, have also engaged in non-violent civil disobedience to expose what the politicians in North Carolina are trying to do in the dark.

The event is sponsored by Occidental College and several student groups and cosponsored by the Southern Christian Leadership Conference, Clergy and Laity United for Economic Justice, the Coalition for Humane Immigrant Rights in LA, the LA Alliance for a New Economy, the LA County Federation of Labor, the Black Worker Center, and LA Voice. Martin Luther King spoke in Thorne Hall in April 1967, 50 years before Rev. Barber’s talk.

Rev. Barber’s speech to the Democratic convention last summer made headlines around the world. If you weren’t able to see it then, here’s a link to that speech: https://www.youtube.com/watch?v=awqPQghqA4A

2. Science Fair Judges Needed

February 6th - 9th | 9:00 AM - 2:30 PM (Flexible Hours) | Glendale, Ca

Volunteer judges are needed for Franklin Magnet School Science Fair in Glendale. Transportation available and we will feed you too! Graduate students preferred but all welcome to apply.

The times are flexible and you don’t have to be present for the whole time slot. We are in need of 12 volunteers to judge our students’ projects/submissions. Ideally these volunteers will have a solid background in science and/or currently work in a science-related field. Another preference is that the volunteers not be related to any children at our school to ensure impartiality when awarding prizes.

Please let me know as soon as possible if you or any of your colleagues would be willing to commit to this awesome event that fosters a love of science in our youth.

Please email Mary at mbehar@gmail.com immediately if interested! “Time is running short. Compensation will be in the form of a free lunch on the day(s) of service, networking with other scientists and the joy of having volunteered.”

We are also open to any donated prizes you think elementary school-age children might want for first, second, third prize and honorable mentions.

Caltechlive!

SATURDAY, FEBRUARY 11, 2017 • 8 PM

TURTLE ISLAND QUARTET
WITH CYRUS CHESTNUT

JAZZ & CLASSICAL MUSIC

This GRAMMY® award-winning group brings new life to chamber music. Joined by Cyrus Chestnut, a virtuoso pianist.

Free Parking

Caltech’s Beckman Auditorium

www.events.caltech.edu • 626.395.4652
But how could he fall in love with the trees? In his fantasies, he managed to avoid specifying where it would happen: on earth, or up in the element where he lived now: a place without a place, he would imagine; a world reached by going up, not down. Yes, that was it. Perhaps there was a tree so high that by climbing it, he would touch another world—the moon.

-The Baron in the Trees

His bike carried him through the neighborhood, a familiar sight to the feral cats dozing on the front porches. And like them, he chose to spend the evening alone.

On her bike she flew by the trees: the moon simply is. But perception is a solitary gift, so like the child of a divorce his attention was split between human company and the ineffable. He ended up on the hill as the sun waved its flamboyant goodbye. How could he ever describe the clouds' soaring filigree to another soul? His first thought was “heavenly”, but he realized he would have to define God to be sure you understood: every word necessitated an infinity more. The sunset cast his eyes in gold, but when it was over those eyes did not know where to turn.

On her bike she flew by the river. But then was flight the right analogy? It comes with dynamism but its expansiveness rings false. On bicycle one coasts down slopes and tilts on banked curves: it's movement exists solely as reaction to path. Perhaps like the minnows beside her she was rather swimming through rapids and currents—a passenger, yet in command of her destination all the same. No, better still, it was as a reader's eye flows through a sentence to splash abruptly at its punctuation end. She thought of this on her flight as her eyes studied not the cormorants drying their outstretched wings but instead a lifetime of pages. She decided you can know someone better when their words stand still. For her, the deliberation involved in writing afforded a presence for which speech’s organic fluency did not compensate. A book does not rush you. Each sentence shakes the tree of memory and as your mind picks up that one shining apple, winks. A book, though changed by time, feels it not, nor does it possess self-regard. It simply gives itself to you through definitions, etymologies, allusions. In turn, you give its soul a body in the warm flesh of your memories and associations. For her, unknowable Borges was an Axtec vase and Calvino a telescope trained on the heart. This she could never really share, though to her it was as real as the stars on a desert night. Likewise, she could never really share foot against pedal yet still flew along the curves of the river.

The stones jumped beneath his tires as he slid under the forest's canopy dripping with Spanish moss: it recalled for him the inviting placidity of kelp forests rather than ghost-shadowed mansions. This was all the more peculiar, for it was night-time, and the mesh of tree branches crossed over a moon whose face was yellow like old ivory. The humid night wrapped him in a tight blanket, but he found the anonymity of the dark more comforting still. He counted raccoons and strays, even skunks, as closer kin than most humans: the gaze of a raccoon is wiser for its stoicism. A bird, an oak, a flower—no doubt perturb it. A raccoon diving in a dumpster could not possibly wish it were in a woodland valley; one which found a plum tree could not fathom wanting cherries. Demanding nothing, a raccoon’s eyes gave him no cause to withdraw. Instead, they took him in, shifted to a fern, and forgot him. One cannot converse with a raccoon. It reacts to the world but harbors no desire to change it, and without this desire what could there be to say? He knew this, and knew the night was so rare to hear her own music. For her, the gaze of a raccoon is wiser for its own brain. Her feet dangling in the river or the synapses of her own brain were taking place in the froth of the water. She dissolved. Without another mark on a map seemed antithetical to what it meant to her. There, she dissolved. Without another human presence to define herself against, her identity fused with her surroundings such that she couldn’t tell whether her thoughts were taking place in the froth of the river or the synapses of her own brain. Her feet dangling in the water strummed the currents like banjo strings. This music was her, and she often wept for there it was so rare to hear her own music. Division between her and river was pointless, for her turbulent melodies carried an imprint of her being so complete that measuring every water molecule would tell you her cherished memories, burning hopes, and favorite ice cream flavor. So, solitude's comforts were what she expected as she brushed aside the branches overlooking the stream. Instead, there he sat in a concert with the swaying leaves, splashing a song she recognized as inviting all who wished to share joy and pain. In the river's flow, they harmonized.

Emotion Contest Winner - By Bicycle

DREW SHAFFER
Contributing Writer

Open Kitchen Cheesecake Froyo Recipe

Ingredients: 1 plastic 12 oz. cup, cream cheese, honey, plain yogurt, vanilla extract* or vanilla yogurt, optional sprinkles/Oreos/whatever else you like to put in your ice cream

It’s 3 pm. You’re sick of the ice cream in open kitchen, the C-store is out of all the good flavors, and you’re too lazy to get off campus.

Looking for something easy to satisfy your sweet tooth?

Fill a clear plastic Open Kitchen cup a third of the way with cream cheese, and add yogurt until the cup is halfway full. Cover the top with a half inch layer of honey, then add a spoonful of vanilla. Drop in your favorite mix-ins. Blend (or hand mix) until smooth. Freeze for 4 hours. Thaw to the desired consistency, and enjoy!

*Alternatively, use vanilla yogurt and less honey

Photo Courtesy of Rona Yu and Noelle Davis

Contributing Writer

Emotion Contest Winner - By Bicycle

DREW SHAFFER
Contributing Writer

Open Kitchen Cheesecake Froyo Recipe

Ingredients: 1 plastic 12 oz. cup, cream cheese, honey, plain yogurt, vanilla extract* or vanilla yogurt, optional sprinkles/Oreos/whatever else you like to put in your ice cream

It’s 3 pm. You’re sick of the ice cream in open kitchen, the C-store is out of all the good flavors, and you’re too lazy to get off campus.

Looking for something easy to satisfy your sweet tooth?

Fill a clear plastic Open Kitchen cup a third of the way with cream cheese, and add yogurt until the cup is halfway full. Cover the top with a half inch layer of honey, then add a spoonful of vanilla. Drop in your favorite mix-ins. Blend (or hand mix) until smooth. Freeze for 4 hours. Thaw to the desired consistency, and enjoy!

*Alternatively, use vanilla yogurt and less honey

Photo Courtesy of Rona Yu and Noelle Davis
Join the Meditation Mob!

Tuesdays, 12:00 - 12:50

Want to learn more about mindfulness meditation? It’s a great way to improve your attention and to become more grounded in the present moment.

There’s no religious component. We use secular, evidence-based meditation techniques.

We meet in the small room just off the lounge in Winnett. All students are welcome, from total beginners to more experienced meditators.

Mailing list and MP3 archive: counseling.caltech.edu/students/meditation

---

You chose one of the most trusted institutions in SCIENCE.

Now choose one of the most trusted institutions in FINANCE.

When you want unsurpassed stability, integrity and value for your money, Caltech Employees Federal Credit Union offers an honest alternative. There are no gimmicks. No annual fees. No harsh penalties.

Just some of the lowest lending rates and highest savings rates in the nation... and a state-of-the-art eBranch for easy, convenient online and/or mobile access to your account. We’re the overwhelming choice for financial services among the entire Caltech family. If you haven’t yet joined, call or visit us online or in person today. You belong here.

---

Must qualify for CEFCU membership to join. Minimum $5 deposit and one-time $5 membership fee due upon opening any CEFCU account. Federally insured by NCUA.
Al-Rayes’ 20 point effort to stun CMS

Levine plates three, gets save in opener

Women’s tennis claims first win

Game Two: Caltech 0, La Sierra 14

The Golden Eagles got out to an early lead in the second game and never looked back, scoring in every inning while suffocating the Beavers off the mere three hits. La Sierra plated one in the first inning, two in the second and another in the third before exploding for five in the fourth frame. Meanwhile, Two of Caltech’s hits came in the first inning, but one was erased on a pickoff and the other came with two outs, leaving him stranded. Perry recorded his second single of the game in the bottom of the third, but that would be the last spurt of offense Caltech mustered other than a walk and stolen base in the bottom of the seventh. Perry finished his collegiate debut with three hits in six at-bats while sophomores Connor Moffatt and Mark Burleson went 3-for-7 and 2-for-4, with the latter also drawing a walk to lead the squad with a .600 on-base percentage. Levine racked up a .600 slugging percentage driven by a 2-for-2 performance with two runs, three RBI and a double in the opener.

Levine rose to the occasion with back-to-back-to-back home runs in the final minute. Sophomore Andrew Wang laced in an acrobatic one-handed catch at the plate to keep the Beavers in a two-possession game, but Poets catcher Nick Krop found his balance load with runners reaching second and third. Meanwhile, Two of Caltech’s hits came in the first inning, but one was erased on a pickoff and the other came with two outs, leaving him stranded. Perry recorded his second single of the game in the bottom of the third, but that would be the last spurt of offense Caltech mustered other than a walk and stolen base in the bottom of the seventh. Perry finished his collegiate debut with three hits in six at-bats while sophomores Connor Moffatt and Mark Burleson went 3-for-7 and 2-for-4, with the latter also drawing a walk to lead the squad with a .600 on-base percentage. Levine racked up a .600 slugging percentage driven by a 2-for-2 performance with two runs, three RBI and a double in the opener.

Levine stepped up to the plate in a one-out situation with men on the corners and smashed a double that practically landed on the left field line to plate both. Junior David Kurihara nailed a deep three-pointer at the buzzer to cut the Beavers in the next at-bat, leaving him stranded. Perry recorded his second single of the game in the bottom of the third, but that would be the last spurt of offense Caltech mustered other than a walk and stolen base in the bottom of the seventh. Perry finished his collegiate debut with three hits in six at-bats while sophomores Connor Moffatt and Mark Burleson went 3-for-7 and 2-for-4, with the latter also drawing a walk to lead the squad with a .600 on-base percentage. Levine racked up a .600 slugging percentage driven by a 2-for-2 performance with two runs, three RBI and a double in the opener.

Levine stepped up to the plate in a one-out situation with men on the corners and smashed a double that practically landed on the left field line to plate both. Junior David Kurihara nailed a deep three-pointer at the buzzer to cut the Beavers in the next at-bat, leaving him stranded. Perry recorded his second single of the game in the bottom of the third, but that would be the last spurt of offense Caltech mustered other than a walk and stolen base in the bottom of the seventh. Perry finished his collegiate debut with three hits in six at-bats while sophomores Connor Moffatt and Mark Burleson went 3-for-7 and 2-for-4, with the latter also drawing a walk to lead the squad with a .600 on-base percentage. Levine racked up a .600 slugging percentage driven by a 2-for-2 performance with two runs, three RBI and a double in the opener.

Levine stepped up to the plate in a one-out situation with men on the corners and smashed a double that practically landed on the left field line to plate both. Junior David Kurihara nailed a deep three-pointer at the buzzer to cut the Beavers in the next at-bat, leaving him stranded. Perry recorded his second single of the game in the bottom of the third, but that would be the last spurt of offense Caltech mustered other than a walk and stolen base in the bottom of the seventh. Perry finished his collegiate debut with three hits in six at-bats while sophomores Connor Moffatt and Mark Burleson went 3-for-7 and 2-for-4, with the latter also drawing a walk to lead the squad with a .600 on-base percentage. Levine racked up a .600 slugging percentage driven by a 2-for-2 performance with two runs, three RBI and a double in the opener.
The counseling center is excited to announce our workshops for the Winter term:

**Workshops**

**Catalyst**: A 3-week workshop teaching general coping skills

**Refresh**: A 1-hour workshop teaching how to get better sleep

**Emotion Lab**: A 1-hour workshop to recognize your emotions better

**Spark**: A 1-hour workshop to cope with procrastination and work avoidance.

**Groups**

**Social Confidence**: A 7-week week group for anyone who’d like to be more comfortable and less anxious in social situations. Pre-screening required; see the webpage for more information. Begins 1/23.

**Mindfully Resilient**: An 8-week group focused on reducing the risk of relapse for depression and anxiety. Pre-screening required; see the webpage for more information. Begins 1/12.

For the full list of workshops, dates, and times, visit: counseling.caltech.edu and follow the link to the new classes and workshops.
ASCIT Minutes
Meetings are every week in SAC 13

ASCIT Board of Directors Meeting
Minutes for 2 February 2017. Taken by Alice Zhai.
Officers Present: Andrew Montequin, Tim Liu, Bobby Sanchez, Sakthi Vetrivel, Robin Brown, Alice Zhai
Call to Order: 12:18pm

President’s Report (Andrew):
- Planning next town hall meeting on February 13th - inviting RAs/RLCs

Officer’s Reports:
V.P. of Academic Affairs (ARC Chair: Tim):
- SFC happened yesterday - turnout (~150) was better than last year
- Meeting with option chairs to discuss about their SFC experiences
- Looking into change the Core Curriculum
- Option fair is happening later this term

V.P. of Non-Academic Affairs (IHC Chair: Bobby):
- More presidents introduced to the IHC
- Meeting with security on February 22nd

Director of Operations (Sakthi):
- 402 hard copies of the ‘16-’17 yearbook were requested - emailed publisher the numbers to get the price
- Considering to send petition of not having yearbooks

Treasurer (Kalyn):
- Houses need to use their multi-house funding to plan events
- treas@donut.caltech.edu does not work - use birchamp@caltech.edu to contact the treasurer

Social Director (Robin):
- Reserved parking lot next to Keck Institute for Winter Carnival on February 11th from 2PM to 10PM
- Be a Kid Again Day is on February 26th
- Huntington Garden Museum Day during last weekend before finals
- Found caterer for ASCIT formal

Secretary (Alice):
- Nothing to report

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: 12:40pm

WRITE FOR THE CALIFORNIA TECH!
WE ACCEPT REVIEWS, OPINION PIECES, RESEARCH, NEWS STORIES, COMICS, AND MORE!
WE PAY FOR SUBMISSIONS, SO JOIN THE STAFF TODAY!
EMAIL TECH@CALTECH.EDU WITH QUESTIONS.
Answers to current crossword (pg 7)

The California Tech
Editors-in-Chief
Jon Cotler
Katherine Guo

Page Editors
Noelle Davis
Ramya Deshpande
Chloe Hsu
Hye Joon Lee
Maitreyi Nair
Ciara Ordner
Helena Shield
Rona Yu

Contributing Writers
Drew Shaffer

Circulation Manager
Nobody because we’re independent and don’t need no manager

Advisor
Richard Kipling

http://puzzlechoice.com

Trash
10A.M.

1P.M.

i am a trash person.