



## Alan Weinstein discusses teaching and Honor Code

**KAYANÉ K. DINGILIAN**  
ARC Representative

Professor Alan Weinstein, professor of physics at the California Institute of Technology, is well-known for his work on the LIGO project and also for his dedication to teaching undergraduate physics students. I was privileged with the opportunity to interview and ask him several questions on teaching and the Honor Code.

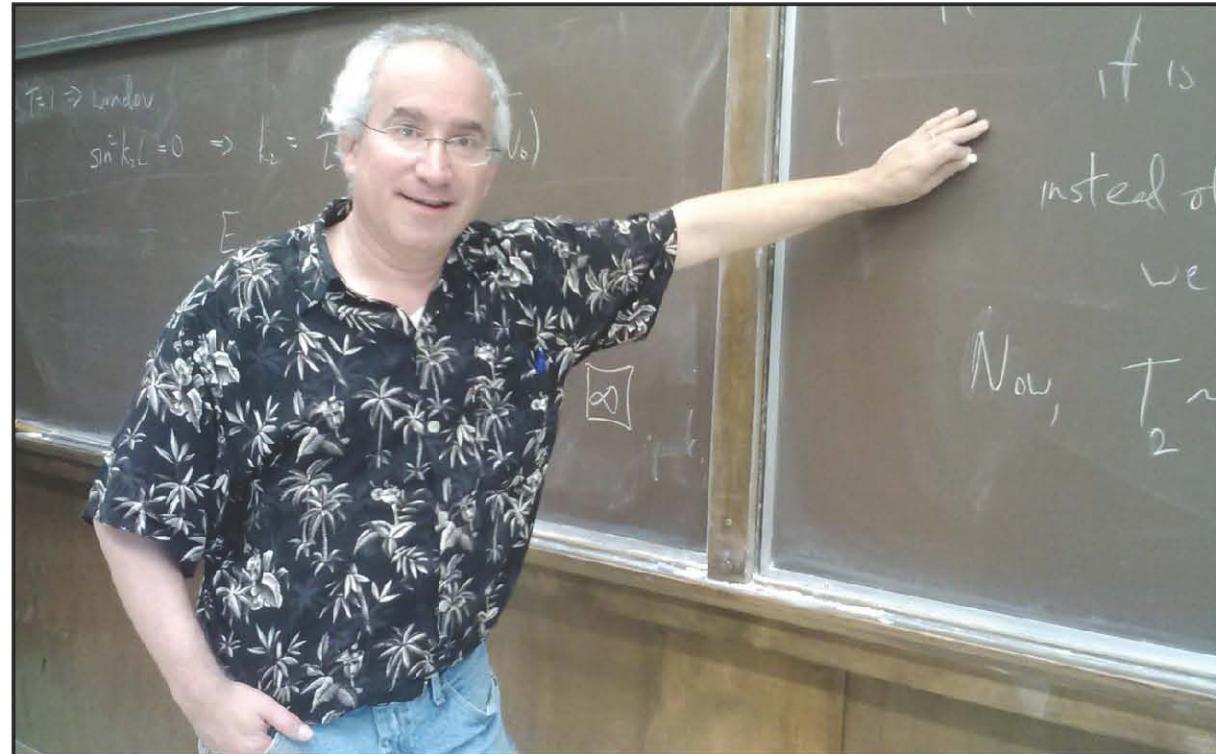
**KKD:** Prof. Weinstein, what inspired you to teach physics?

**AJW:** It's always been clear to me that physics, especially fundamental physics, is the crowning achievement of the human intellect. We're trapped by senses and human experience, but physics is a great deal about trying to get beyond. In fundamental physics, the study beyond human experience, such as of the very small and the very large, takes us far from our comfort zone. I find that kind of challenging discovery to be inspiring.

**KKD:** How do you make physics inspiring for your students?

**AJW:** Teaching physics is hard; there's no easy way through it. It's not just full of mathematical equations, but it also has complex ideas with which we're not very familiar. It's best to prepare people for that complexity, so I try to prepare students at the beginning of a class on the mathematical extent of physics and how it can expand our mind.

**KKD:** And for Ph12 specifically?



-Kayané K. Dingilian

**AJW:** When teaching courses like the first two years of physics, I try to keep everyone as engaged as possible, and one key way of doing that over the years is not to throw too much work at the "poor Caltech undergraduate." In Ph12b, I'm using problems out of the book for assignments – people know what to expect. It's really important that assignments and grades be fair to everyone, within students' expectations. In the end, you want to share your enthusiasm on the beauty of physics as a subject. My enthusiasm for the subject as the lecturer in front of the room, exhibiting a genuine love for the subject, should hopefully help students handle the challenge of learning the complicated material as the course progresses and becomes even more challenging.

**KKD:** Was there an event that had an impact on you as a student in physics?

**AJW:** There were a few things, not any one particular incident. First, doing research in physics, you're surrounded by incredibly smart people, and I learned from working with them. This made a big impression on me. Second is the appreciation of difficult turns and dead ends, and the wasted hours one might spend on a challenge before making progress. More than anything else what impressed me about physics was how deeply one can understand the properties of physical systems, perhaps even more than the human structure. I like to tell people that "we know more about the structure of the stars than about the structure of our little brother."

**KKD:** How do you see the teaching of physics change over the years?

**AJW:** The teaching of physics is definitely undergoing major changes. The paradigm that we've seen is the lecturer getting up and speaking to the students. Many

places have tried other things such as small groups, hands on, computer oriented activities, etc. Those are probably necessary for big schools that have large classes, but here at Caltech, we're still hanging on to the lecturing approach. I don't know how long it will last, but I hope people find it rewarding, especially when the lecturer can answer students' questions. Otherwise, you might as well watch a video.

**KKD:** Where do you believe the teaching of physics is headed in the future?

**AJW:** It is certainly true that we all have different learning styles and getting prepared, of interest and motivation. I'm sure there's no "one size fits all" method to optimally educate students. It's clear from attendance in classes such as Ph12 that many students choose to learn from the book or video, and that's okay if they learn better that way. In the future, I imagine we'll go towards more learning in the dorm

room and spending class time on questions, class work, group work, or a combination of these.

**KKD:** As a professor who is dedicated to teaching, what do you think of the Honor Code?

**AJW:** The Honor Code means that everyone gets to treat each other fairly and as responsible adults. I'm hoping that students feel that sense of responsibility and treat each other with the respect that it implies and demands. For me, the Honor Code simply means that I don't have to worry (and I don't) about cheating. I also know that because physics is such a difficult subject, it's encouraged for everyone to collaborate. Of course, your grades have to reflect your own understanding and work,

and the Honor Code ensures us that we can combine collaboration with an honest assessment of each student's understanding. I think the Honor Code is a wonderful thing and I hope it continues to thrive at Caltech.

**KKD:** Thank you, Professor Weinstein, for the interview. In closing, is there something interesting about yourself you would like to share with us?

**AJW:** All my life I have managed to be within biking distance of work; it's 3 miles from my home in South Pasadena. The morning commute is, for me, a wonderful opportunity to think about the things that make me happy: my adorable family, all my personal good fortune and joys, and of course, how physics makes all the phenomena around me more organized and comprehensible. If I have to drive to work for some reason, I often arrive cranky and in a less charitable mood; you'll probably be able to tell!

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## News briefs from around the globe

### Helping readers burst out of the Caltech bubble

#### Need to know

< **100** words about the world this week – topics sorted from good to bad

by *The Tech* Eds

**Spanish journalists freed** **2** journalists held for 6+ months in Syria arrived back home in Spain [CNN]

**Couple wins lottery again** **3**-time lottery winners have claimed more than \$1 million in prizes [FOX]

**Smoking ban effective** **10%** reduction in premature births and severe asthma reported [CNN]

**More found safe in WA** **30** people missing, down from 90 when WA mudslide first occurred [TIME]

**Sudanese seek refuge** **1** million South Sudanese have fled from violence in area since Dec. [BBC]

**N. Korea tests missiles** **2** medium-range ballistic missiles confirmed to have been test-fired [BBC]

**Deadly blast in Pakistan** **5**-yr. old killed, 16 injured from IED blast in Balochistan province [CNN]

## Food with Mannion!

*Do you like eating food?  
How about free food at nice restaurants?  
Ever want to tell the world exactly what you think of said food?  
The Tech will be beginning a new column to chronicle the foodie experiences of new writers every other week... The Catch: They'll be going head-to-head with Tom Mannion who will be reviewing the same restaurant. If you have ever thought you were more of a gourmand than our resident master chef, now's your chance to prove it!  
Email us for a spot on the list at [tech@caltech.edu](mailto:tech@caltech.edu)*

### The California Tech

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Letters and submissions are welcome; email submissions to [tech@caltech.edu](mailto:tech@caltech.edu) as plain-text attachments, including the author's name, by Friday of the week before publication. The Tech does accept anonymous contributions under special circumstances. The editors reserve the right to edit and abridge all submissions for any reason. All written work remains property of its author.

The advertising deadline is 5 PM Friday; all advertising should be submitted electronically or as camera-ready art, but The Tech can also do simple typesetting and arrangement. All advertising inquiries should be directed to the business manager at [tech@caltech.edu](mailto:tech@caltech.edu). For subscription information, please send mail to "Subscriptions."

## Write articles for the Tech

get paid up to \$30

## ASCIT Minutes

### ASCIT Board of Directors Meeting

Minutes for March 4, 2014. Taken by Catherine Jamshidi

**Officers Present:** Connor Coley, Catherine Jamshidi, Connie Hsueh, Michelle Tang, Malvika Verma, Monica Enlow

**Guests:** Connor Rosen, Patrick Nikong, Ellora Sarkar, Elliot Simon, Chris Dosen, Mateo Martinez, Nima Badizadegan, Margaret Lee, Nick Zolman, Aditya Karan, Esther Du, Annie Chen, Parul Pubbi, Jake Larson, Sandia Akhtar, Bianca Lepe, David Flicker, Bianca Avalani

**Call to Order:** 10:35 pm

### Discussion Topics (brought up by guests + BoD):

- Budget Presentation from Monica
- Caltech Cares program: facilitating discussion about Title IX

### Officer's Reports:

- **V.P. of Academic Affairs (ARC Chair: Malvika):**
  - The ARC + UASH Reps have been having discussions with Dean Kiewiet regarding his petition for academic eligibility requirements. Discussion has been very productive and we have come to agreements on most things. It was seen by the CUE and APC and will likely go to a Faculty Board Meeting in the coming month or so.
  - There will be a Student Faculty Lunch this Tuesday, March 11<sup>th</sup>. Check your email for details.
  - There is also a GPS Option Tea next Wednesday, March 12<sup>th</sup>.
  - Planning for the Option Fair early next term is going well.
- **V.P. of Non-Academic Affairs (IHC Chair: Connor):**
  - The IHC has written a proposal to receive funding for "FCC reunions" third term.
  - Check out the new Hameetman Center Lounge! It's a work in progress, so be patient.
  - Many houses have received new RAs, so you should go meet yours.
  - WiFi improvement Phase 2 is completed in the North Houses.
  - Meetings with the Ad Hoc Committee on Self-Governance have been going quite well. We're seeking to increase both the rights and responsibilities of student leaders; we should be holding a town hall discussion sometime third term.
  - April 6<sup>th</sup> (first Sunday of next term) will be an ExComm training for House leadership. Try to reserve 10-3 for now, we don't know the exact schedule.
- **Director of Operations (Connie):**
  - The little t, even if ASCIT helps with the content, will need a business manager to help with advertising and funding. We'll decide what to do shortly.
  - If you didn't get a little t this past year (especially frosh), ask your House President! There are extras in Ricketts lounge.
  - There will be a club fair during PFW as usual; if you're not an officially registered club, make sure you do that soon.
- **Treasurer (Monica):**
  - Reminder: Every house can receive \$500 for their Interhouse party if they request reimbursements before their party date.
  - Take advantage of the Multiohouse Event Budget! You can receive up to \$400 for an event between two houses! Talk to your social director(s)!
  - Come to ASCIT to fund your club's event; we do special event funding throughout the year in addition to the annual club funding.
- **Social Director (Michelle):**
  - Be a Kid Again was very successful: we went through nearly all of the Girl Scout Cookies and watched Frozen!
  - Trivia Night was last Thursday at Chouse. It will likely continue next term as well.
  - There was an Open Mic Night in Ricketts on Thursday.
  - Ruddock OPU was this past Saturday. The theme was Ancient China.
  - On Sunday, the A Cappella groups performed their "Love Sucks" Concert in Ramo Auditorium. There were also groups from several other schools.
- **Secretary (Cat):**
  - I sent out a survey to all of the Committee Representatives to get feedback on how everything is going. There are lots of responses so far.
  - Made the Google calendar for "ASCIT Events." I'll go through and add all third term events over spring break so we can release it to undergrads early next term.
  - Over spring break I'm also going to go through the By-Laws and Resolutions because I've identified lots of need for improvement.
  - Most house positions have been added to Donut. I'm waiting on contact information for all club presidents to include club information.

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:** 11:46 pm

# Caltech Y Column: Look out for new events

**PHOEBE ANN  
LAURA SANTOSO**  
Contributing Writers

Hi everyone! This is the Caltech Y Column, designed to inform you about the Y and the opportunities we provide for you to inspire your passions, whether by participating in our programs or leading your own!

Founded by students in 1916, the Y was organized to provide extracurricular activities planned and implemented by students as an opportunity to gain leadership skills and discover their passions and 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, and raise social, ethical, and cultural awareness through teamwork, community engagement, activism, and leadership.

The Caltech Y's mission and core values stand on five key pillars: leadership, civic engagement, service, adventure, and perspective. Regardless of which pillars capture your interest, feel free to attend any of the below programs, or contact us to organize your own!

Upcoming events:

1. Book of Mormon – Caltech Y Explore LA Series

Sunday | April 13 | 1:00 – 4:00pm | Hollywood Pantages Theater | Transportation is NOT provided | Sales begin 12:00 Noon, Wednesday, March 5 at the Caltech Y | Cost is \$45 each (tickets are limited)

"THE BEST MUSICAL OF THIS CENTURY"

-Ben Brantley, THE NEW YORK TIMES

THE BOOK OF MORMON is the winner of nine Tony Awards, including Best Musical. THE BOOK OF MORMON features book, music and lyrics by Trey Parker, Robert Lopez and Matt Stone. Parker and Stone are the four-time Emmy Award-winning creators of the landmark animated series, "South Park." Tony Award-winner Lopez is co-creator of the long-running hit musical comedy, Avenue Q. The musical is choreographed by Tony Award-winner Casey Nicholaw (Monty Python's Spamalot, The Drowsy Chaperone) and is directed by Nicholaw and Parker.

This offer is for students only; however students purchasing tickets are permitted to purchase tickets for up to one guest each – and that guest can be a non-student. Explore LA is coordinated by the Caltech Y with generous support from the Master of Student Houses. The Caltech Y is located in the Tyson House 505 South Wilson (Bldg. 128).

For questions, email Phoebe Ann at pann@caltech.edu or Peter Hung at peterh@caltech.edu

2. Los Angeles Lakers Game – Caltech Y Explore LA Series - Tickets on sale Thursday, March 13th at the Caltech Y

Friday, April 11th | 7:30pm Game Time | Staples Center (downtown LA) | Cost is \$45 each (tickets are limited)

Despite a challenging year coming back from injuries, the Lakers are perhaps the most storied franchise in league history. And who knows when we'll see the return of Kobe Bryant and Steve Nash to full strength...possibly finishing with a fury. Join us as the Lakers take on the Golden State Warriors. Transportation is not provided.

Tickets are available on a first-come first-served basis (with a few tickets held specifically for grads and undergrads) at the Caltech Y starting Thursday, March 13th at Noon.

This offer is for students only; however students purchasing tickets are permitted to purchase tickets for up to one guest each – and that guest can be a non-student.

Explore LA is coordinated by the Caltech Y with generous support from the Master of Student Houses. The Caltech Y is located in the Tyson House 505 South Wilson (Bldg. 128).

3. Save The Date! Make-A-Difference Day – Saturday April 5th

The annual Caltech Y Make-A-Difference Day will take place on Saturday, April 5th. Watch for opportunities to sign up on line, or at Decompression, coming soon. Make-A-Difference Day is organized by students to introduce student body to service opportunities and experiences in the local community. There will be more than 15 service projects to choose from (including working with children, working in the environment, fixing and building things, etc.), each of which will make a difference in the lives of community members. Past Make-A-Difference Days have had over 200 volunteers! Keep your eyes open for additional sign up information, and don't miss your chance to participate this year.

4a. Pasadena LEARNS Tutoring

Wednesday and Friday Weekly | 3:00 - 5:00pm | Madison Elementary School | Pasadena

Come volunteer at Madison Elementary School! We are partnered with the Pasadena LEARNS program at Madison and work with their Science Olympiad teams on Wednesdays and do regular tutoring on Fridays along with occasional hands-on science experiments. We volunteer from 3 to 5 PM on Wednesdays and

Fridays. Volunteers should be willing to commit to one visit per week. Transportation is provided. For more information and to RSVP, contact vkkumar@caltech.edu.

4b. Hathaway Sycamores Tutoring

Saturday Weekly| 1:30-4:30pm | Highland Park

Volunteer at Hathaway-Sycamores, a group that supports local underprivileged but motivated high school students. Some of the subjects being tutored are AP Chemistry, AP Physics, and AP Calculus. The service trip includes about an hour of travel time and 2 hours of tutoring. Transportation is included. For more info and to RSVP Email Josie Kishi at jkishi@caltech.edu or Ted Xiao at gxiao89@caltech.edu. Please note that work study is no longer be offered for this service trip.

If you have any questions, feel free to contact the Caltech Y at (626) 395-6163 or caltechy@caltech.edu. Feel free to drop by at one of our weekly meetings at the Caltech Y (505 S. Wilson).

Go to <http://caltechy.org/lists/> to self-subscribe to announcement lists for upcoming events and sign-up information. For a student's perspective, feel free to contact Phoebe Ann at phoebe.ann2@gmail.com or Laura Santoso at santoso.laura@gmail.com.

The Caltech Big T is collecting any photographs that you have of events (such as interhouse parties, club events, open mic nights, intercollegiate sports, etc.). Please send any pictures that you have to [caltechyearbookbigt@gmail.com](mailto:caltechyearbookbigt@gmail.com) with the event name in the subject line. We appreciate your help!

# FEATURE

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MARCH 31, 2014

THE CALIFORNIA TECH

## Gobble Up Stories cast prepares for upcoming shows

**CASEY HANDMER**

Contributing Writer

Hot on the heels of a highly successful run of *Rent*, Caltech Theater Arts gears up to present *Gobble Up Stories*, an original play by Caltech Emeritus Professor Oscar Mandel.

*Gobble Up Stories* is not your traditional play. Episodic, experimental, and evocative, the play features a series of pithy and often profound vignettes commenting on the social condition. Each nearly atomic story employs a different yet well-chosen setting to explore perception and projection, questions that dive to the heart of theatrical art itself.

More broadly, it is a commentary on the difficulty of drawing conclusions despite flawed assumptions and faulty logic, with more than a few nods at practice and malpractice in the scientific tradition.

Despite its ambitious scope and challenging subject matter, the play is witty and lighthearted, and never above a laugh at its own expense. *Gobble Up Stories* is directed by Kathryn Bikle, whose solid grasp of the theatrical challenge also delivered recent productions of Shakespeare's *The Tempest* and *A Midsummer Night's Dream*. Rounding out the production team are clever costumes by Ann K Lindsey, set design by Elena Scire,

and incidental choreography by Peggy Burt.

Featuring memorable performances by Caltech undergraduate students Bolton Bailey, Elizabeth Terlinden and Klavdia Zemlianova, Caltech graduate students Manan Arya, Kari Alison Hodge and Utkarsh Mital, Caltech staff members Regina Colombo and Douglas Smith, the show is surely stolen by sixth grader Phoebe Kellogg in a diverse variety of roles. Many of these people played production roles in *Rent* and other shows, and it's terrific to see them taking a turn before the footlights, highlighting the diversity of skills within the Caltech theater arts community.



The cast of *Gobble Up Stories* is in character.

-Eric Ancker

### 2014 CALTECH UNDER-GRADUATE WRITING PRIZES

Each year the division of Humanities and Social Sciences awards a number of prizes for undergraduate writing. Consider submitting your work to be recognized and rewarded for your work as a writer.

Submit your writing this year for these prizes:

**MARY A. EARL MCKINNEY PRIZE IN LITERATURE**  
AWARDED TO THE BEST ORIGINAL POETRY AND FICTION.  
SUBMIT UP TO 3 POEMS. FICTION SHOULD NOT EXCEED  
12,000 WORDS.

**Prize amount:** \$ 500.00/each category

#### HALLETT SMITH PRIZE

Awarded to an outstanding essay related to the work of Shakespeare.

**Prize amount:** \$500.00

#### SUBMISSION GUIDELINES

**Deadline:** April 4th, 2014

Only currently enrolled full-time students may submit. Entries should be double-spaced PDFs. Winners will be announced in June, and winners' names will be in the commencement program. Winning writing will be archived using CODA through the Caltech Library. Email entries to Sini Elvington at [elvington@hss.caltech.edu](mailto:elvington@hss.caltech.edu), noting the prize to which you are applying in the email subject and filename.

Contact Sini Elvington at [elvington@hss.caltech.edu](mailto:elvington@hss.caltech.edu) with any questions.

Coming soon: One Weekend Only!

TACIT and the Caltech Players present:



### Gobble Up Stories

by Caltech Professor Emeritus, Oscar Mandel  
in conjunction with his newest book release

Directed by Kathryn Bikle  
Costumes by Ann K Lindsey Set Design by Elena Scire

**April 4, 5 & 6**

**Ramo Auditorium**

Friday and Saturday at 8pm

Saturday and Sunday at 2pm

Cost: \$5.00 - \$18.00

In the tradition of Aesop, these entertaining fables will delight all ages!

Featuring Manan Arya, Bolton Bailey, Regina Colombo, Kari Hodge, Phoebe Kellogg, Utkarsh Mital, Douglas Smith, Elizabeth Terlinden, and Klavdia Zemlianova

For more information call (626) 395-3295 or check <http://www.tacit.caltech.edu>

# Cynic's new album moves away from death metal genre

**NAILEN MATSCHKE**

Staff Writer

With their first album alone, Cynic became not just a band to pay attention to but a well-known act within the progressive metal community, and arguably an influential one at that. Listening to 1993's *Focus* now immediately brings to mind a comparison to an act like Opeth, whose songs flow from calm, clean odysseys to brutal death metal. However, well-versed fans of death metal can easily tell that the album's punishing instrumentals and screamed vocals are a product of the Florida scene, and there's no mistaking that fellow bands such as Death and Atheist influenced Cynic's work. Cynic was one of the first groups to not just branch out from the style but to do it well, and as a debut album, *Focus* is downright impressive. Unfortunately, the band was put on hiatus due to interpersonal tensions and didn't produce any material after 1994 until 2008.

*Traced In Air* was released in 2008, and while it would be hard to call the album "influential," few bands that have come back after a break, especially such a long one, can claim to have produced an album as good as *Traced In Air*. Combining elements of *Focus* with improved recording technology, an impressive understanding of how American death metal evolved over the interim, and a new focus on clean, electronically-enhanced vocals along with the occasional death growl, Cynic not only managed to stay relevant but also managed to keep an audience that had almost forgotten about them excited for more.

Between 2008 and 2014 the group then proceeded to release two EPs, *Re-Traced* and then *Carbon-Based Anatomy*, both of which included a mix of experimental material, re-interpretations of old work from Cynic and side projects, and new songs. Finally, after several lineup changes executed by founders Paul Masvidal and Sean Reinert and a move to Los Angeles, the band released *Kindly Bent to Free Us* this year on February 14, and yet again

Cynic has proven that they really know what they're doing.

The album opens up with "True Hallucination Speak," a song which, once the intro ends, makes it clear that the group's sound has evolved yet again. In a somewhat unusual choice for a death or progressive metal band, the guitars

vocals fit perfectly with the band's overall more relaxed tone.

Next up is "The Lion's Roar," which is another track that initially I was a little unsure about, with a chorus and "theme" that alternate between major and minor keys and verses that start by killing all sound on the track except the lyrics

the song. Packed with material, the track seamlessly transitions between slow, beat-driven portions, complex strings of Dream Theater-esque muted sixteenth notes, and a jazzy interlude, eventually building up to a loud, strong outro.

Track four is "Infinite Shapes," which is where I feel the album starts to become a bit more "metal" overall. After a serene intro and verse, the loud, heavy chorus hits the listener, complete with blaring synths and an abrasive transition back into placidity. Later on in the song we get a bridge full of chugging chords that leads right into a minute-long quiet passage featuring a howl-like guitar solo that transitions back into the previous noise just as abruptly.

Finally, we are left with "Endlessly Bountiful," the first two-thirds of which is Masvidal singing "endless, endlessly bountiful," over some melodic electronic sounds and slow tremolo guitars, building up to a crashing, all-instrument chorus, whose end is followed by a brief, clean, and quiet guitar solo backed by bass and drum.

This album is immediately identifiable as Cynic, but is very much not a death metal record. That's not to say that the genre's influence isn't there—different parts of the record very much evoke modern acts like Between the Buried and Me and Cynic's older work—but as a whole, Cynic seems to have moved into the space of prog rock. While some fans may complain that Cynic is no longer, I certainly enjoyed this record, and hope that they don't take as many years to produce their next.

It's very hard to pick on anything in *Kindly Bent to Free Us* that could have been done better; no song feels unnecessary or out of place, all of the playing, recording, and mixing seems spot-on, and the lyrics are as evocative as ever. Perhaps the music lacks the emotional depth of other artists, but other than that I very much enjoyed the direction this album took. People who would be interested in this album have probably heard about it, but thanks to its lighter nature I suggest that anyone interested in prog rock or prog metal gives it a listen.



-<http://hasitleaked.com/>

have a tone that is the kind of fuzzy you only really hear in bands trying to emulate retro heavy metal—and it works. The two guitars never get buried in the mix, and they work even more cohesively with Cynic's incredibly loud (in this case, a good thing) bass parts. The guitar riffs on this song, full of palm-muted single notes and atypical chord progressions, sound a bit unusual at first, but their strong sense of rhythm accented by a restrained drum part make them surprisingly catchy. And while harsh vocals seemed to have been dropped from this album entirely, the soothing, almost chorus-like

and some shimmering electronic sounds. Once I got used to this, though, I came to enjoy it a lot, though it's not my favorite track on the album. Structurally, it's not too much of a typical prog rock song, and had it gone on much longer than 4:34 I feel like it might have outstayed its welcome. However, Cynic's history in metal clearly came in handy as they kept the track's momentum and energy up until the very end.

The title track, "Kindly Bent to Free Us," is next, starting off with quiet, mysterious guitar and bass lines supporting solo vocals, a recurring motif throughout

After this is "Moon Heart Sun Head," which, while I wouldn't show it to somebody trying to get into Cynic, is to me really enjoyable to listen to. The song constantly alternates between variations on a moody theme of sorts and eclectic, metal-based guitar cadenzas, creating an unpredictable interplay with fantastic musicianship that never goes where you expect it to.

The second-shortest song on the album, "Gitanjali," is next, putting the new guitar tone to use as it channels the aesthetic of a band like Ghost, recalling the slow, chugging beats of classic heavy metal. While an entire album of this would have

## Are you interested in feeling more successful 3rd term?

This weekly group sponsored by the Counseling Center will offer practical, actionable tips for developing new skills to manage emotions, improving focus, and integrate mindfulness into your everyday life. Students may join any time in the series, and new content will be provided each week. Attending each skill session (4 weeks) is recommended but not required.

**Tuesday evenings, 8-9:30pm in the common area of the Center for Diversity (CSS 2nd floor).**

April 1	Mindfulness - living fully in the present moment
April 8	Emotional Regulation - calming yourself down when you're feeling overwhelmed
April 15	Distress Tolerance - managing difficult situations
April 22	Interpersonal Effectiveness - setting boundaries and asking for what you want
April 29	Mindfulness
May 6	Emotional Regulation
May 13	Distress Tolerance
May 20	Interpersonal Effectiveness
May 27	Mindfulness
June 3	Emotional Regulation
June 10	Series Wrap Up/Review

More information is available at the Caltech Counseling Center website: [www.counseling.caltech.edu](http://www.counseling.caltech.edu).

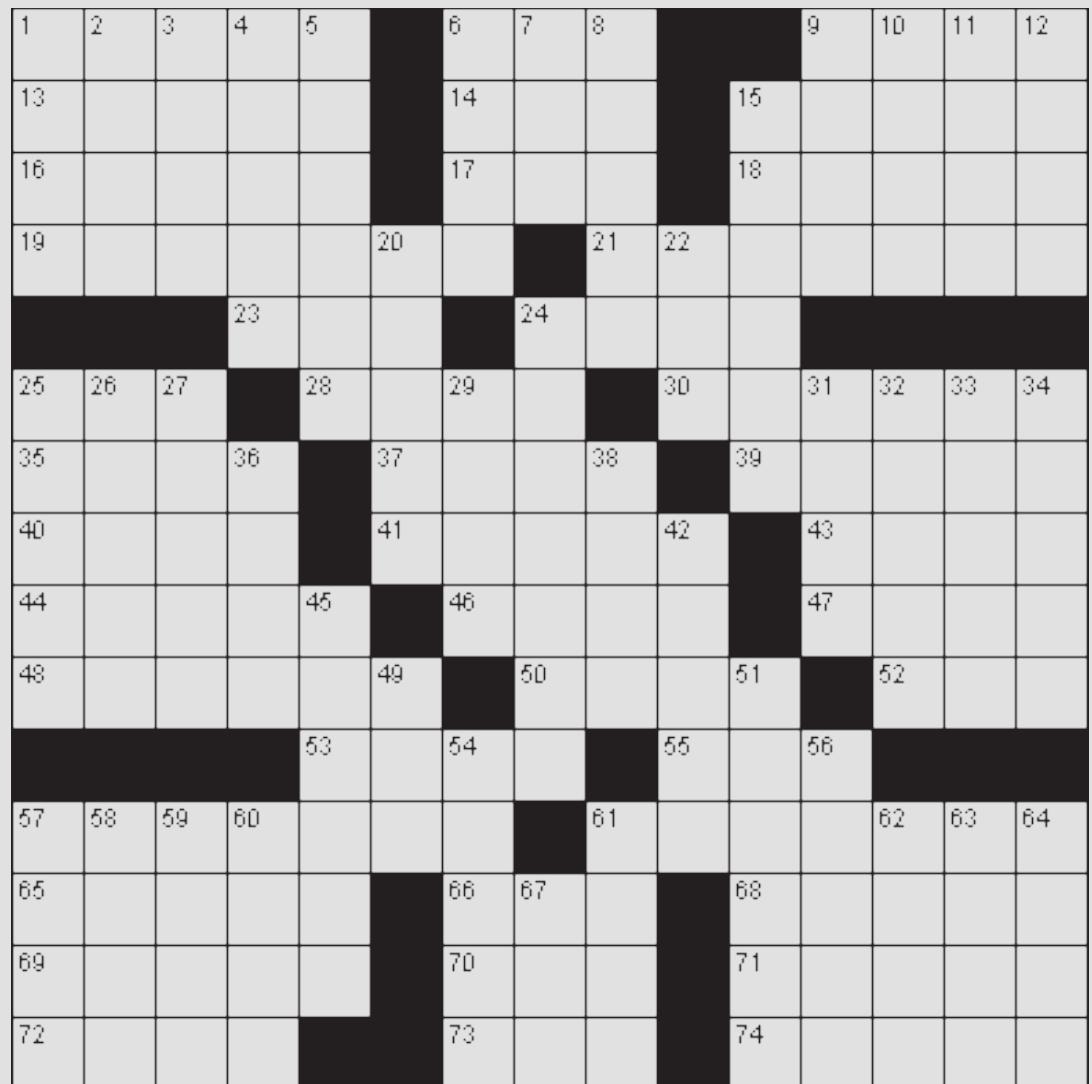
# FEATURE

6

MARCH 31, 2014

THE CALIFORNIA TECH

## Today's Puzzle: Crossword



[www.puzzlechoice.com]

*Answers to last week's crossword puzzle from puzzlechoice.com*

S	C	O	R	E		F	E	Z		S	P	A	M	
C	O	V	E	N		I	R	E		A	L	O	N	E
A	D	A	P	T		L	A	B		S	A	L	O	N
R	E	L	E	A	S	E		R	E	S	P	O	N	D
		L	I	T		S	A	M	E					
S	A	C		L	E	A	P		U	N	M	A	S	K
P	R	O	W		A	V	I	D		T	O	U	C	H
A	G	U	E		D	E	N	I	M		A	R	E	A
T	O	N	I	C		R	A	V	E		T	A	N	K
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P	R	O	G	E	N	Y		S	E	V	E	R	A	L
L	I	V	E	R		R	U	E		E	V	O	K	E
O	P	E	R	A		U	S	E		S	E	P	I	A
T	E	R	M			P	A	R		T	R	E	N	D

### Across

1. Long narrow range of hills
5. Treachery
6. Solomn pledge
9. Carry
13. Decorate
14. Make a mistake
15. Conspiracy
16. Deluge
17. Understand
18. Fragrance
19. Storm
21. Water flask
23. Consume
24. Similar
25. Fuss
28. Used to control a horse
30. Back fin
35. Troublesome child
37. Desiccated
39. Mother-of-pearl
40. Alleviate
41. Boundary
43. Heroic tale
44. Awry
46. Mentally healthy
47. Arithmetic operation
48. Maestro
50. Portable shelter
52. Domestic animal companion
53. Olfactory organ
55. Belonging to us
57. Long narrow range of hills
61. Shaped like a ring
65. Be of use to
66. Allow
68. Thrust
69. Tennis stroke
70. Argument in favor
71. Large black bird
72. Woody plant
73. Amateur radio operator
74. Awake
- length of a ship
26. Literary genre
27. Desert haven
29. Part of the eye
31. Type of file
32. Skin covering the top of the head
33. Debate
34. To the lowest degree
36. Trial
38. Eat dinner
42. Shaped to fit a mortise
45. Infirm with age
49. Pole
51. Vast treeless plain
54. Imaginary being
56. Relating to farming or country life
57. Yore
58. At any time
59. Uncommon
60. Basketball team
61. Particle
62. Exist
63. Affirm
64. Let for money
67. Epoch
- At right angles to the

### Down

1. A flat float
2. Not working
3. Disastrous destiny
4. Fumble
5. Make attractive or lovable
6. Waistcoat
7. Mineral
8. Break forcefully
9. A pastry with fruit filling
10. Musical instrument
11. Domesticated
12. Panache
15. Large artillery gun
20. Move stealthily
22. Assistance
24. Enliven
25. At right angles to the
27. Desert haven
29. Part of the eye
31. Type of file
32. Skin covering the top of the head
33. Debate
34. To the lowest degree
36. Trial
38. Eat dinner
42. Shaped to fit a mortise
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**Caltech Public Events is now hiring student ushers.**

*\$15 per hour to work concerts, performances, lectures, films and parties.*

*No experience needed, no hard labor, flexible schedules.*

*\*Requirements: Caltech student, Positive attitude, Friendly personality*

*To apply email Adam Jacobo (ajacobo@caltech.edu) or call (626) 395-5907*

*For info on Caltech Public Events visit: www.caltech.edu/content/public-events*

# ADVERTISEMENT

## LOST: Many Memory Cards (for a video camera)

**They're about the size of a postage stamp and were stored in clear Ziploc bags.**

**They were lost at the Caltech recycling center in late February.**

**Many random videos and priceless family videos.  
(I'm in the doghouse, please help!)**

## REWARD: \$1000

**If you don't have them but can help me track them down, \$500.**

**If you erased them or trashed them, please let me know.**



**CONTACT: Steve  
858-442-4729**

**smcgibbons@  
gmail.com**

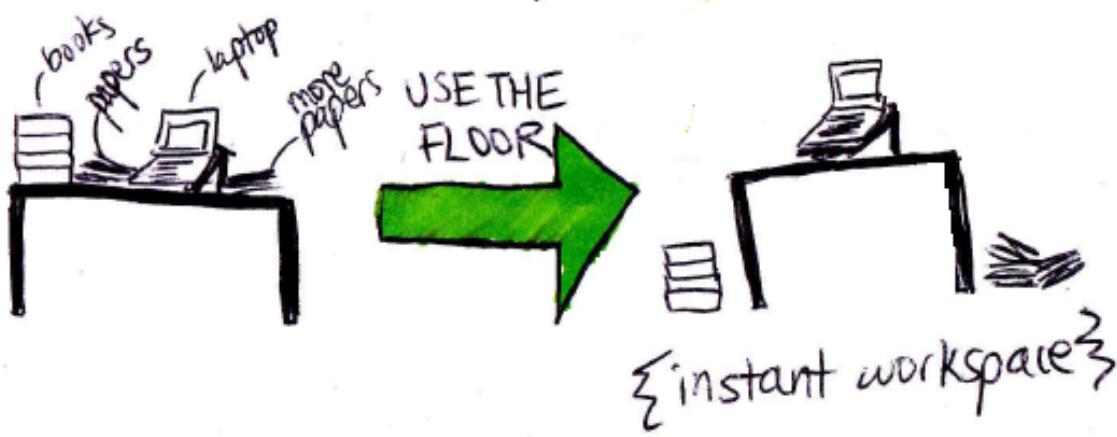
**Thanks!**

A Sense of Humor

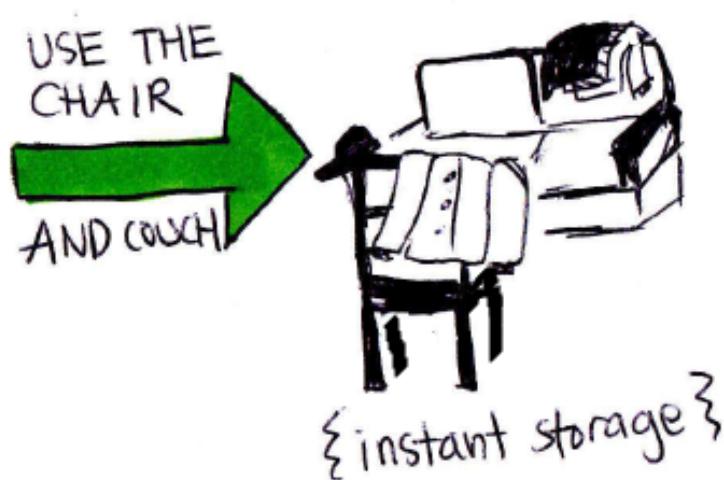
Audrey Liu

## Good Housekeeping: College Edition

Reenvision Your Space!



No Coat Hanger?  
Closet Full?



Audrey Liu 3/11/14

Achieve complex flavors in your cooking with one easy trick!

Our resident cooking expert Chef Don

suggests just rinsing the pot rather than using the traditional soap, water and scrubbing. "The flavors from past meals then meld together to form this delicious complexity," says Chef Don.

For more photos,  
videos, and archives  
of previous issues,  
check out the Tech  
website!

[tech.caltech.edu](http://tech.caltech.edu)

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