



Out of Danger: Southern California Tends To Over 30 Casualties and 40,000 Burnt Acres



Smoke from the Yorba Linda and Brea fires as seen from Mount Baldy on Nov. 15. Photo courtesy of Yasha B.-K.

Tech In Desperate Need of Writers

By Michael Comstock

WEB MASTER

For many Sundays now The California Tech has been flirting with disaster. As deadlines approach the editors are forced to face the cold reality that there are simply not enough students at Caltech willing to write for the student newspaper.

When forced to think about this fact, webmaster Michael Comstock came up with this ridiculous quote; "The Giant Stalking Lab Rat that is lack of content has finally caught up with The Tech."

Currently the editors of the Tech

are not responding to numerous questions about the situation.

Why Tech students are not interested in writing for The Tech remains a mystery but many experts in the field believe that it may be due to the fact that The California Institute of Technology is not a journalism school.

When questioned as to whether or not he would like to join The Tech one Caltech student responded "No."

Editors and staff members alike are currently scrambling to find a solution to this ever more press-

ing problem but prospects look dim.

to discover a means by which to reduce the Caltech work load

the problem shows little hope of improvement.

In a last ditch effort to draw attention to its dire situation The California Tech has resorted to large pictures and full, front page house ads to promote The Tech. Even profanity is being used.

If you or anyone you know is even slightly interested in provid-

ing news for The Tech please attend our lunch meetings on Mondays and Fridays at Broad Cafe, or let us know by email at tech@caltech.edu.

"The Giant Stalking Lab Rat that is lack of content has finally caught up with *The Tech*"

The editors of The California Tech are not responsible for lack of content.

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Caltech Students Care About Their Health

By: Wendy Lopata, Health Educator

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

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

Alcohol and Drugs: Some students at Caltech drink and use drugs. Not news to you? What might be news to you is that students don't drink or use drugs at the rate that you might think they do. Almost 60% of undergraduates regularly abstain from alcohol and 35% of graduates regularly abstain from alcohol. And the students that choose to abstain do so because of health concerns and concerns that their academics might suffer. (Caltech Alcohol and Drug

Survey, 2007). Students talk to me about their struggles to manage their drinking, about feeling comfortable in their choice not to drink, or to find ways to approach a friend for whom alcohol or drugs have become a problem.

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

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

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

protein in to their diet.

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

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

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

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

Wendy Lopata

Health Education

Center for Student Services,
Room 248

wlopata@caltech.edu

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Jump on the bandwagon.

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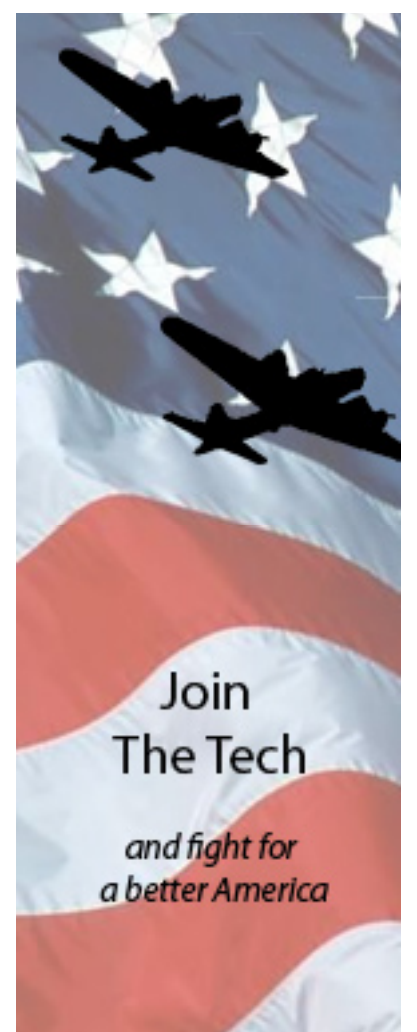
Letters and submissions are welcome; e-mail submissions to tech@caltech.edu as plain-text attachments, including the author's name, by Friday of the week before publication. *The Tech* does accept anonymous contributions. The editors reserve the right to edit and abridge all submissions for any reason. 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 business@caltech.edu. For subscription information, please send mail to "Subscriptions."



oh god how did this get here
I am not good with computer

Are you good with computer?
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Women's Bball searching for new identity

By Yang Yang

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

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

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

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

After going on a 11-2 run to cut the lead to 42-38 with 1:44 left in the game, Caltech failed score any more points despite two turnovers and missed field goals by the Golden Eagles.

In a game that featured plenty of defense, Caltech started off the game by missing six straight field goals and a couple of free

throws before Dahl converted a lay-up for the team's first points with 15:13 left in the half.

The stifling defense kept the Beavers even at 18-18 going into half time, the team forced La Sierra into committing 14 turnovers in the first half and shooting 6-of-29 from the field. But the Golden Eagles went on a 10-0 run during the first five minutes of the second half to quiet the home crowd.

Dahl had her first double-double this season by scoring 12 points and grabbing 12 rebounds. Yee chipped in 9 points while guard Jessica Roberts added seven. La Sierra's Ashton Marez and Audrey Ramos both scored game-highs of 14.

Still, the game was a marked improvement from Caltech's 50-26 loss to UC Santa Cruz, when the Beavers barely broke 20% by shooting 9-of-43. The Beavers scored the last five points of the first half to cut the lead down to 22-8.

Playing for the first time this season, Caltech committed 23 turnovers for the game. Yee's double-double with 10 points and 13 rebounds was one of the team's few bright spots.

"This team is very young," Yee said. "A big part of the season is to try to learn how to play with each other."

Soccer forward named All-SCIAC



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

Slow start to men's bball season

by Evans Boney

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

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

As a team, the Beavers were an impressive 78% from the line.

"I was very pleased with our ability to get to the free throw line and knock them down," head coach Oliver Eslinger said. "That will be an important ingredient for our success all season."

The game opened up as a low-scoring matchup, with neither team making its mark for the first three minutes. After that, a relative flurry of shots hit their mark for both teams, and the game was tied 20-20 with 10 minutes remaining in the opening half. The Golden Eagles then

went on a 21-8 run on the wings of their strong defensive play. This run, spurred by 18 points off turnovers from the Eagles in the first half, would prove to be too much for the men to overcome. The Beavers did not relent, but the Golden Eagles took advantage of lackluster shooting from the home side. The Beavers were 12.5% from behind the arc, and 21.4% from the field in the 2nd half, and watched the lead balloon to as large as 25 with just under nine minutes to go. However, the Beavers used aggressive defense and strong free throw shooting to close the gap, hitting ten straight free throws down the stretch to close the game down only 15.

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

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

The Beavers were out rebounded by 19.

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

Central Center Loren Liming led all scorers with 21 points on 10-of-11 shooting.

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

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

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

Upcoming Games

Nov. 26

Men's Basketball vs. Oberlin College
6:00 P.M.

Nov. 28

Women's Basketball vs. Whitworth
12:00 P.M.

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

Nov. 29

Men's Basketball vs. UC Santa Cruz
4:00 P.M.

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



The Weekly Scoreboard

Nov. 21

Men's Basketball vs Central (IA) L 96-45
Women's Basketball vs. UC Santa Cruz L 50-26

Nov. 22

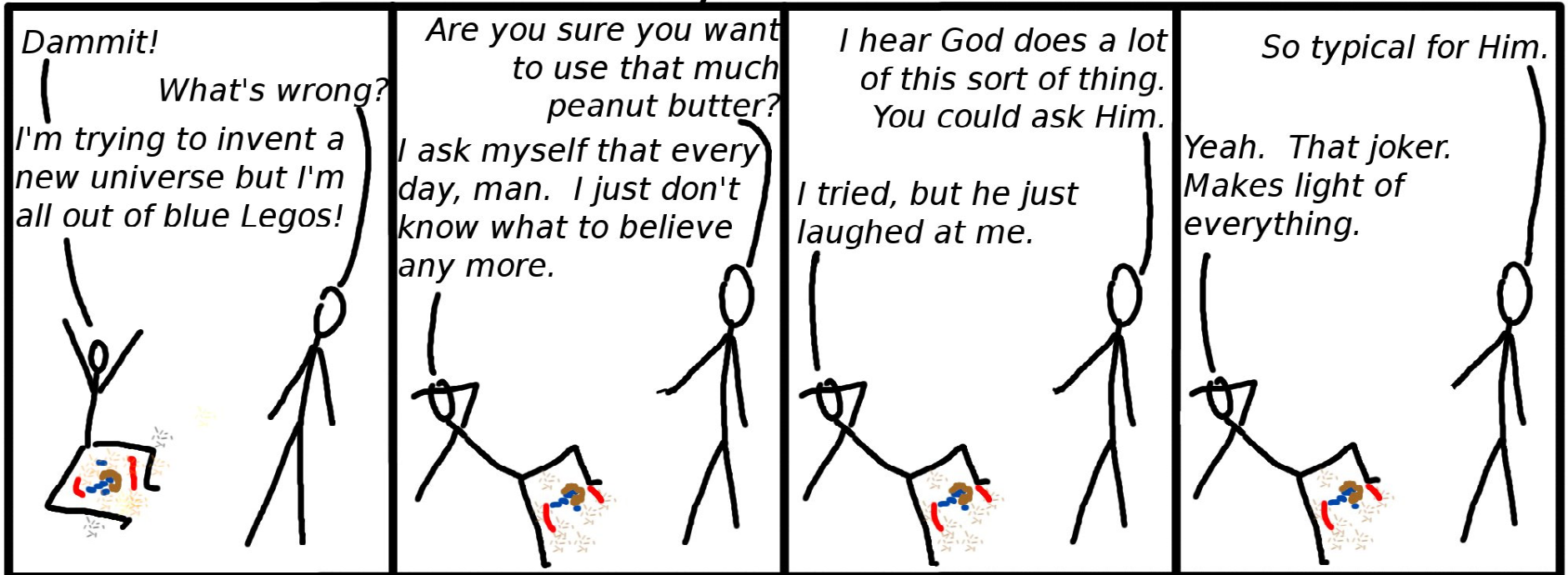
Women's Basketball vs. La Sierra L 44-38

HUMOR

Sine Error

"Deity's Block"

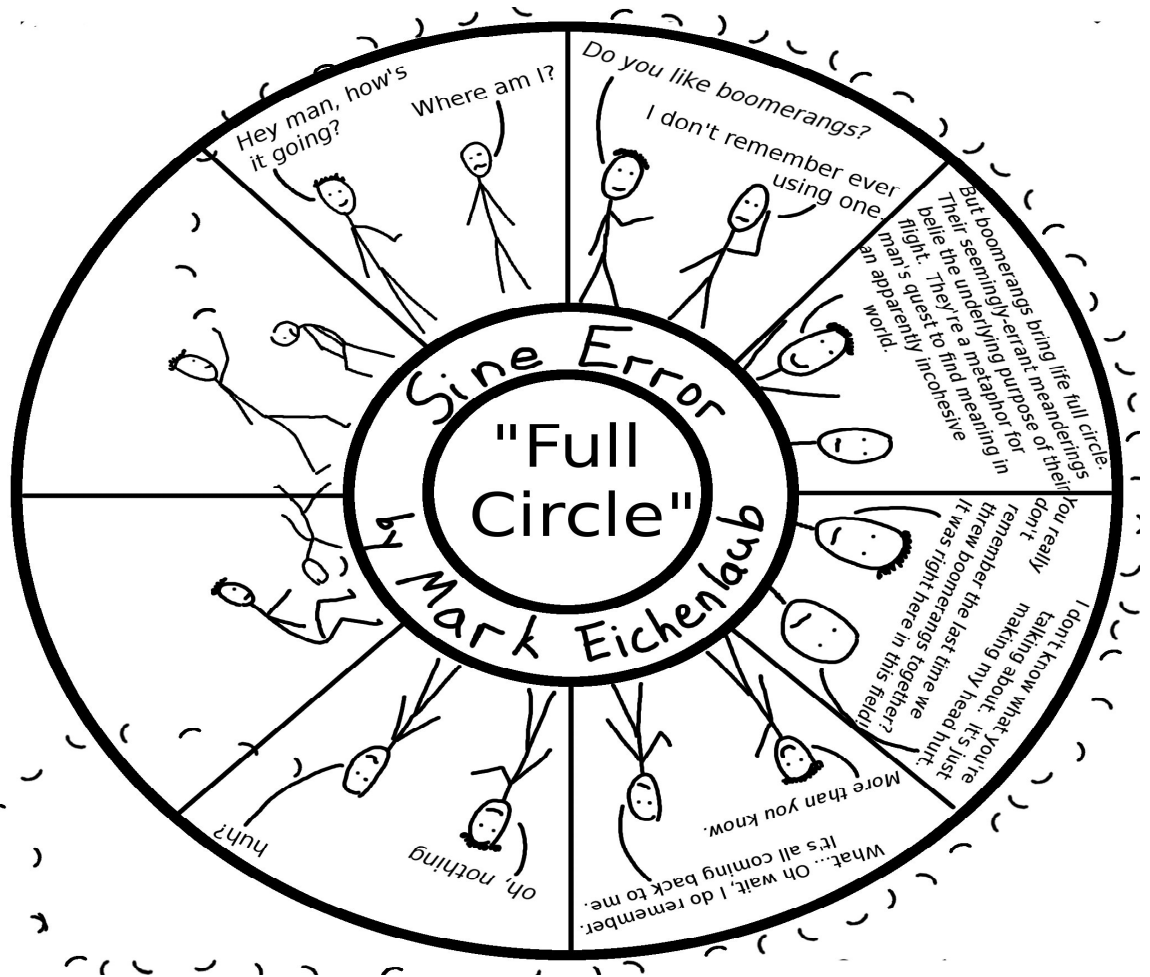
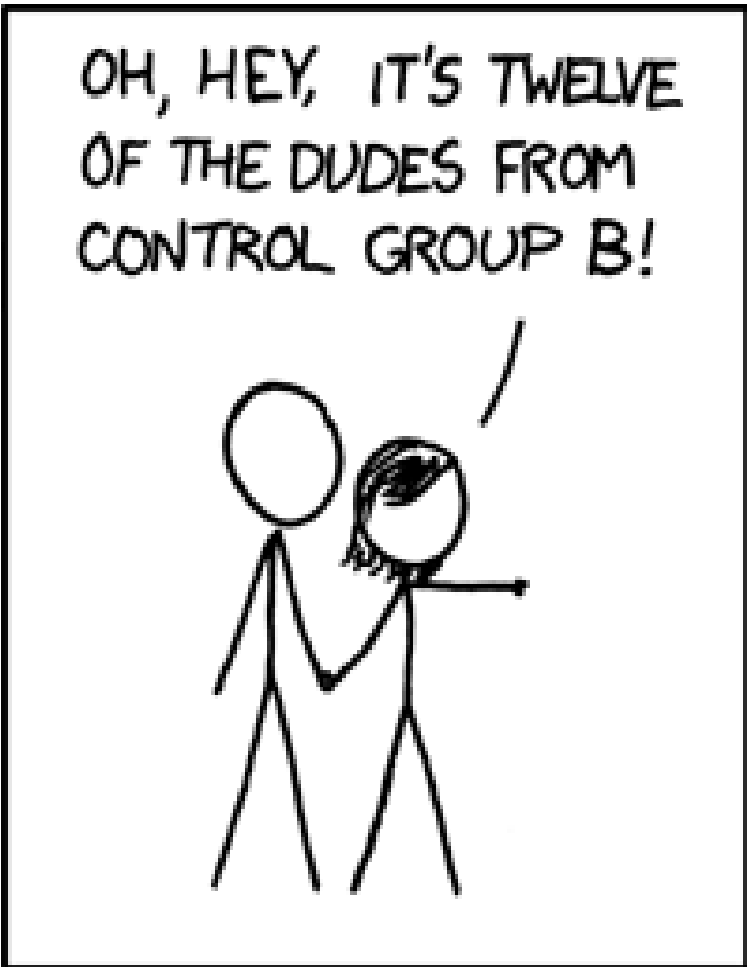
by Mark Eichenlaub



XKCD by Randall Munroe



XKCD by Randall Munroe



I'M COOL WITH HER PAST LESBIAN EXPERIMENTATION, BUT I WISH SHE HADN'T INSISTED THE EXPERIMENTS BE SCIENTIFICALLY RIGOROUS.

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