Matthew Elgart gives strong six-string performance

Dabney Hall burned to the ground during an intentionally fiery performance by classical guitarist Matthew Elgart last Saturday evening, one of four planned in the Los Angeles area. Elgart showcased his command of the instrument to benefit the Caltech performing and visual arts department. The concert featured pieces by Villa Lobos, Krenek, Satie, Scarlatti, Ponce, and Bach, as well as two original compositions.

The program pitted elegant, classical pieces against jagged, modern ones. To a less flexible player, the conflict of styles would have spelled disaster, but Elgart used the clash to keep the audience's attention. Percussive twangs and atonal phrases would transform into beautifully sweet progressions, and would do so extremely smoothly, thanks to Elgart's enlightened sense of dynamics. This contributed to a strong sense of premeditation in the performance, a sense that there was a specific idea the audience was supposed to take away from each passage.

The whole effect was compounded by the intimate setup of the venue. The audience surrounded Elgart’s chair in concentric half-circles, with a single spotlight illuminating him and his guitar, the two of which fought for attention throughout the performance. Elgart would set up pieces with a short anecdote or humorous comment, then have to adjust his seat and footrest to accommodate the apparently-too-stubborn-to-move instrument. The guitar, though, loved attention, and so would quickly be coaxed into playing. From the audience's point of view, Elgart may as well have been talking out loud to his guitar during the performance. This "conversational" style that Elgart conveyed really elevated his concert from musical exposition to a kind of grand performance. And who wouldn’t want to watch that? An unconventional concert by an unconventional man, I would highly recommend any of Dr. Elgart’s future performances, especially if you never considered yourself a concert-goer.

In addition to performing, Elgart also teaches beginner, intermediate, and advanced level classical guitar classes at Caltech each term. If you have any interest in either learning how to play guitar or how to be cooler than you currently are, you should consider enrolling. No previous experience or guitar ownership is required. The classes are a mix of technique instruction, solo and ensemble practice, copious amounts of life advice, and explanations of what it means to have a conversation with the guitar.

Techers come out for fun at the SAAC carnival

The SAAC carnival was just a clever recruiting tactic on behalf of the athletes. Students were lured in with sushi and then given the opportunity to play carnival games, which all conveniently resembled intercollegiate sports teams at Caltech. Coincidence? I think not.
Philaede makes history

HANNAKOLE GERLING-DUNSMORE
Contributing Writer

On Nov. 12, the European Space Agency (ESA) made history with the first controlled landing on a comet, as the Philae lander touched down onto Comet 67P/Churyumov-Gerasimenko (67P), a 4.1 km x 4.5 km comet 500 million km from Earth. To give a sense of scale for the distance to 67P, consider that data from Philae took a full 28 minutes to travel back to Earth while being transmitted at the speed of light.

Philae was launched with the Rosetta spacecraft on March 2, 2004, and traveled a total distance of 6.4 billion km to get to 67P. On Nov. 11 and 12, a series of Go/NoGo checks were performed on Philae, revealing that the lander’s downward thruster was not working. However, due to hopes of being able to repair the thruster, Philae was given the Go. At 08:35 UTC (Coordinated Universal Time; approximately equivalent to Greenwich Mean Time) on Nov. 12, Philae detached from Rosetta and landed on 67P seven hours later. Philae had a total of three landings, as the first two attempts to land resulted in the 98-kilogram Philae bouncing off the comet’s surface. The first bounce was the largest bounce of a lander in history, at approximately one km in height, and lasted about three hours. The second bounce lasted about seven minutes.

Once settled onto 67P, Philae’s harpoon (designed to anchor the lander to the comet) failed to fire. However, Philae remained on the comet, though with a new challenge. Due to the landing difficulties, Philae ended up approximately one km from its intended landing site, which put it in the shadow of a cliff. Subsequently, Philae received only 1.5 hours of sunlight per day, instead of the intended six to seven hours. As Philae’s battery only had approximately 60 hours of charge remaining limited means to recharge by its solar panel, the ESA had to prioritize the data Philae was to collect. Amongst the most vital data was a soil sample taken from a 25-centimeter hole Philae drilled in the comet, which Philae then analyzed before transmitting its results. Philae also used radio waves to image the internal structure of the comet and took stunning photographs of the comet’s surface.

On Nov. 14, Philae was lifted 4 centimeters and rotated 35 degrees in an attempt to get more sunlight to the lander’s solar panel. Despite the repositioning, Philae lost power later at 09:36 UTC on Nov. 15. As 67P and its new passenger traveled closer to the sun, Philae may find itself in an orientation with more sunlight, and thus may regain power at a later point. The ESA will continue to search for a signal from Philae, in case it does power back on. However, even if Philae never again re-establishes communication with Earth, the mission has been considered a massive success. The data collected from 67P will help answer questions about the formation and evolution of the solar system as well as potential roles comets may have had in Earth’s early history.

News briefs from around the globe

Need to know ~ 100 words about the world this week

New treatment for Ebola targets virus in blood

FDA trial in filtering virus out of patient’s blood proves successful [TIME]

Refurbished federal exchange website back online

100K new applications on first enrollment day proves far better than 2013’s six [NYT]

Australia, China agree to free trade deal

95% Australian exports to China hoped to be tariff free in coming years [BBC]

Tsuniama alert lifted after Indonesia quake

7.4 quake caused brief tsunami alert; no casualties reported yet [BBC]

Future of Okinawa US base uncertain

26k troops’ future uncertain as base opposition candidate set to win gov. elections [BBC]

Corruption discovered in Brazilian oil firm Petrobras

18 arrested so far as police raids uncover corruption and money-laundering scheme [BBC]

Obama confirms another ISIS attack

26-year-old US aid worker Peter Kassig becomes latest victim to ISIS beheadings [TIME]

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Tsuniama alert lifted after Indonesia quake

7.4 quake caused brief tsunami alert; no casualties reported yet [BBC]

Future of Okinawa US base uncertain

26k troops’ future uncertain as base opposition candidate set to win gov. elections [BBC]

Corruption discovered in Brazilian oil firm Petrobras

18 arrested so far as police raids uncover corruption and money-laundering scheme [BBC]

Obama confirms another ISIS attack

26-year-old US aid worker Peter Kassig becomes latest victim to ISIS beheadings [TIME]
Bloodstone & Diamonds contributes little to metal

机甲，作为一款具有技术优势的机械类人，它的设计和功能在现代机器人技术中扮演着重要角色。这款机甲具备了高度的灵活性和自主性，能够在各种复杂的环境中执行任务。它的设计基于最新的机器人技术和人工智能，能够在面对未知情况时做出快速决策。这种能力使得机甲在工业制造、科学研究和军事应用等领域具有广泛的应用前景。
“Kshit”: the name in front of the man

CRYSTAL LIANG
Contributing Writer

The world of electronic music has been abuzz with activity this autumn. Established names like Aphex Twin and Flying Lotus, as well as Radiohead’s Thoma Yorke, dropped new tracks early for the start of late September. Christmas seemed to have come two months early for intelligent dance music (IDM) fans. And now the Venezeulan electronic producer Arca has joined the ranks, evoking the image of the deep sea on some tracks. With his debut Xen, officially released on Nov. 4, Arca incorporates samples of machines and machines-like and electronic as they are, there is something oddly biological about them. Arca’s soundscape, the cavernously echoing soundscape create a wondrous. “Held Apart” features a familiar which is simultaneously frightening and unsettling, dissonant—the percussion, which stamps and hicups, combined with warbling synths, is reminiscent of classic IDM. Next is “Failed,” which seems to drag itself forward, downward. Weak synths doggedly play the same musical phrase over and over, while lower synths play chords that shake it with emotional depth. “Family Violence” would not sound out of place on a film soundtrack composed by Jonny Greenwood. Artificial, sounding strings play atonally in a way that goes nowhere, which steeps the track in tension. Two voices, perhaps those of the family, dominate: erratic, high-pitched synths, perhaps the titular sisters, capering in the family, dominate: erratic, high-pitched synths, perhaps the titular sisters, capering. “Slit Thru” is somewhat similar to the previous tracks, setting a darker mood for the rest of the album. The disintegration culminates in the last track “Promise,” which seems to depict a cinematic; grief seeps out of the music conveyed by an orchestra of staticky, watery sounds juxtaposed with crackling, ripping noises which could trigger a frisson in some listeners. “Wound” stands out on Xen in its purity and rawness of feeling, conveyed by an orchestra of staticky strings. The track is shadilly cinematic; grief seeps out of the music like blood, and the sense of something perishing is compounded by the voodooded voice that drones listlessly over the instruments, as if wasting away. The next two tracks, “Bullet Chained” and “Tongue” are the nihilism that remains. They are largely devoid of melody, stripped of sentiment, featuring brutal noises like whips, clanging metal, and harsh scraping. The disintegration culminates in the last track “Promiss,” which seems to depict a slow-motion apocalypse. Synths and strings drop like rain or falling meteors, followed by explosions and, at the very end, bright, eternal sounds that signal hope and rebirth. Xen is a work of striking contrasts: it is atavistic, yet futuristic; human, yet robotic; brutal and dark, yet beautiful. Impressively, Arca uses almost entirely electronic sounds to tap into something primal and visceral. There is a dreamlike, perhaps nightmarish quality to the album in its fragmentation, vividness, and rare, fleeting vocal samples, which resemble hypnogogic hallucinations. With this solid debut, Arca takes his place among current pioneering electronic artists like Oneohtrix Point Never, Tim Hecker, and Ben Frost, adding his own uniquely sensual and feverish style to the mix.

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Arca’s debut: a dizzying, visceral exploration of beauty and brutality

THE CALIFORNIA TECH

FeynmanTeachingPrize. Further information can also be obtained from Karen Kerbs (626-395-6039; kkerbs@caltech. edu) in the Provost’s Office.

Contributing Writer

Hey Tushars! Thanks for picking up a copy of the paper this week—I’m a sophomore and I’ll be writing some thoughts in this very feature in the next couple of weeks. This was my first time writing for The California Tech, so I’m a bit new to the process of writing for a publication. I hope you enjoy reading this feature and that it provides some insight into my experience as a sophomore.

The name’s “Kshit.” I would tell you not to forget, but trust me, it ain’t easy.

At first, it used to bother me. It stopped me from going up to people at events—I would have to explain to them how to pronounce my name all over again. The “K” is actually silent, and there’s not a hard “t” in there.

Kshitij Grover

Contributing Writer

At Starbucks, I was Swann.

That was all easier for me. My name, Kshitij, is rather hard “t” in there.

And now the Venezuelan electronic producer Arca would have drawn attention through his collaborations with Kanye West and FKA Twigs, has burst onto the scene with this solid debut. Arca takes his place among current pioneering electronic artists like Oneohtrix Point Never, Tim Hecker, and Ben Frost, adding his own uniquely sensual and feverish style to the mix.

Here’s your chance to nominate your favorite professor for the 2014-15 Richard P. Feynman Prize for Excellence in Teaching. You have from now until January 5, 2015 to submit your nomination package to the Provost’s Office in honor of a professor who demonstrates, in the broadest sense, unusual ability, creativity, and innovation in undergraduate and graduate classroom or laboratory teaching.

The Feynman Prize is made possible through the generosity of John and Robert E. Paradise, with additional contributions from an anonymous local couple. Nominations for the Feynman Teaching Prize are welcome from faculty, students, postdoctoral scholars, staff, and alumni.

All professorial faculty of the Institute are eligible. The prize consists of a cash award of $3,500, matched by an additional $3,500 in the form of travel expenses to the recipient to present a lecture on the principles of teaching that contributed to the recipient’s success in the classroom.


Additional information including guidelines for the prize and FAQ may be found at http://provost.caltech.edu/ FeynmanTeachingPrize. Further information can also be obtained from Karen Kerbs (626-395-6039; kkerbs@caltech. edu) in the Provost’s Office.
Much basketball. Very school spirit. Wow.

**GOCALTECH.COM**
Actual Sports Content Editor

**PASADENA, Calif. (Nov. 15, 2014) –** Senior Andrew Hogue (Arroyo Grande, Calif. / Arroyo Grande) and junior Ke Emzie (Washaw, N.C. / Marvin Ridge) delivered monstrous performances in the first annual “110 Freeway Rivalry” as the Caltech men’s basketball team went toe-to-toe with Occidental College in front of a raucous capacity crowd to open the season in the Braun Gymnasium on Saturday night.

“That’s the kind of atmosphere that is exhilarating to coach, play and be a fan in,” Head Coach Dr. Oliver Eslinger said. “We’re all very excited to start the season in the Braun Gymnasium for every game.”

The Tigers pulled away late in the second half to claim a 96-81 victory and begin the season 1-0, while the Beavers start out 0-1. Emzie drained a career-high 25 points on 9-of-15 shooting while adding seven rebounds and four assists. Hogue also set a new career mark with 16 rebounds and completed the double-double with 17 points while chipping in a team-high five assists and two steals.

“This was a great college basketball game,” Eslinger said. “Both teams played throughout, and I was proud of our preparation and team effort to the end.”

Caltech rode the deafening cheers of the crowd to a quick 11-4 start less than three minutes into the game as Hogue scored all 11 of the Beavers’ points via a trio of three-pointers and a coast-to-coast layup. Occidental scored 10 unanswered points to take a 14-11 lead, but an Emzie trey and layup on consecutive possessions handed Caltech another one-point margin.

Four consecutive threes saw Occidental climb to an 11-point lead, but a huge dunk on the fast break by sophomore Nasser Al-Rayas (Doha, Qatar / American School of Doha) silenced the Tigers fans on the far side of the stands. Occidental would extend the margin to as much as 14 at 47-33 with 2:23 to play in the half, but Caltech reclaimed the momentum heading into halftime, locking down on defense to keep the Tigers scoreless while notching five more points before the break.

Oxy scored the first six points of the second half to take a game-high 15-point lead, but Caltech responded quickly behind a three-point play by sophomore Lake Largo (San Diego, Calif. / Pacific Ridge School) to make it 53-43 at the 16:52 mark. The Beavers soon cut the deficit back to single digits at 58-52 with just under 13 minutes left in the game and made their move five points over the final seven minutes.

Largo also poured in five more points to pull Caltech within five points at 63-58, but an Emzie trey and layup on the 16:52 mark. The Beavers soon responded quickly behind a three-point play by sophomore Lake Largo (San Diego, Calif. / Pacific Ridge School) to make it 53-43 at the 16:52 mark. The Beavers soon cut the deficit back to single digits at 58-52 with just under 13 minutes left in the game and made their move five points over the final seven minutes.

The Tigers briefly regained some breathing room, but Emzie had an answer as he brought the Beavers within four at 69-65 with just a tick under six minutes left to play. The junior swingman stepped up his game to score an incredible 14 points over the final seven minutes of the contest, but Oxy rained down a barrage of threes to outdistance Caltech in the final minutes and claim the first of three matchups between the rivals this season.

Caltech rode the deafening cheers of the crowd to a quick 11-4 start less than three minutes into the game as Hogue scored all 11 of the Beavers’ points via a trio of three-pointers and a coast-to-coast layup. Occidental scored 10 unanswered points to take a 14-11 lead, but an Emzie trey and layup on consecutive possessions handed Caltech another one-point margin.

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ASCIT Minutes

ASCIT Board of Directors Meeting
Minutes for 13 November 2014. Taken by Sean McKenna

Officers Present: Nima Badizadegan, Connor Rosen, Connie Hsueh, Patrick Nikong, Annie Chen, Sean McKenna

Guests: Margaret Lee, Chris Dosen

Call to Order: 11:02 pm

President’s Report (Cat):

● There will be interviews soon for the new DevTeam members. We are coordinating an event for this weekend to support student athletes and the Men’s Basketball Team in their home-opener against Occidental. There will be a prize given to the house with the highest attendance.

Officer’s Reports:

● V.P. of Academic Affairs (ARC Chair: Nima):
  ○ Cindy Weinstein, the Vice-Provost, is soliciting student feedback on TOFR reports. Any comments can be directed to Nima.
  ○ CS Option has found a chair for the Student-Faculty Conference Committee.

● V.P. of Non-Academic Affairs (HIC Chair: Connor):
  ○ Kristin Antelman, new head librarian, is working on a “maker space” in SFL which could have 3D printers, 3D scanners, and other such equipment. Anyone willing to work on a proposal for this or seeking further information should ask Connor
  ○ Meeting with the President to discuss the future of housing at Caltech (i.e. Bechtel Housing). Anyone with an opinion should talk to their House President.
  ○ IHC is investigating the disappearance of parking formerly used by undergrads near the North Houses

● Director of Operations (Connie):
  ○ The Tech will be holding internal training.

● Treasurer (Patrick):
  ○ Tom Mannion, the Alumni Association, and GSC have contributed money for Big I.
  ○ Patrick will send out an instruction email for reimbursements

● Social Director (Annie):
  ○ Annie needs volunteers for Big I on Saturday 22 November.
  ○ Big I wristbands for 21-plus will be distributed on Thursday.
  ○ Be a Kid Again and ASCIT Formal are being planned.
  ○ Caltech/Harvey Mudd party may happen again this year

● Secretary (Sean):
  ○ Nothing to report


REMINDER FROM THE COUNSELING CENTER:
Meditation Mob
(drop-in mindfulness meditation group) meets every Tuesday
Bottom floor of Winnett from 12:00-12:50 pm

CALTECH THEATER offers several chances to branch out and take chances, have fun and expand your social network this fall!

1. Wednesday Nights 730-930 in Ramo Auditorium. Director of Theater Arts Caltech, Brian Brophy (Star Trek TNG, Shawshank Redemption) helps guide you through the fundamentals of Directing/Acting/Writing for the stage (life), to a final production of several ten-minute plays by students December 3, 2014. We still have room for about six more students! Last chance 2014!

2. WANTED: Actors, singers, musicians, technical personnel, and designers for new, original Caltech musical Alice Through the Wormhole! This musical is currently in the development phase with a world premiere run February 20-March 1 2015! If you are interested in any facet of production, including script development, contact Brian directly!

CALTECH-OCCIDENTAL CONCERT BAND

Do you know what Caltech group has performed at the Great Wall, Carnegie Hall, and Disney Hall, all in the last ten years? Or what ensemble boasts among its members or alumni the Project Scientist of the Spitzer Telescope, the chief engineer of the Mars Pathfinder flight system, the Deputy Director, of the Interplanetary Network Directorate, and Niles Pierce. And, did you know that almost every concert features a guest conductor who is a esteemed Professor of Geology and Geochemistry.

If you guessed it’s the Caltech – Occidental Concert Band, you guessed right. Last June, this amazing ensemble, operating under the rather large and impressive umbrella that is part of Caltech’s Student Affairs, performed as the feature ensemble at an international music festival at Disney Hall.

You can hear this exciting group on Friday, November 21st, at 8:00 in Ramo Auditorium. This is a free concert!

Our guest conductor that evening will be Sharon Lavery. Sharon is the co-conductor of the USC Thornton School of Music Wind Ensemble. Also appearing that evening will be the Blair High School Band.

There will be music by Charles Ives, George Gershwin, Paul Hindemith, and Auturo Marquez.

Please come out and support your fellow students and faculty as they prove once again that life at Caltech is a fertile ground for many things, including the creative arts.

The Caltech-Occidental Concert Band will present their annual FREE fall concert in Ramo Auditorium on Friday, November 21, at 8 p.m.

CORRECTION: For the AACIT Fabulous Flying Fair article that appeared in Issue 6, the correct contact information is David G. Wernitz d_gwernitz@yahoo.com.

The California Tech

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Hey guys and girls. Welcome to week 8. Term’s almost over, whooo. Also, since I’m a senior now I can finally say that my weekend would definitely beat your weekend in a fight. This weekend I saw Big Hero 6 (excellent movie by the way), went go-karting with my ally in Page (about out to UCC and all-around awesome dude Chi Chi An!), spent some time checking out swords and samurai rubes at LACMA, played squash with my advisor, and had leg day at the gym! Awww yeah being a senior feels good. Enough about me; though this week’s article is going to talk about getting into weightlifting for beginners, aka Weightlifting 101.

To start with, here are some weightlifting basics. There are six general muscle group categories:

I. Chest
II. Back
III. Legs
IV. Shoulders
V. Biceps
VI. Triceps
VII. Abdominals
VIII. Lower Leg/Calf

The first four are the large muscle groups on the body and the latter four are comprised of much smaller muscles. There are two details to be mentioned from this information. The first is that exercises involving the larger muscle groups tend to be much more calorically intensive because the muscles doing work are much bigger and also can lift heavier loads. I’ll just go ahead and talk to myself when I say, for the non-science among us, Work Done = Force x Distance Moved, where force is a function of how heavy a load you’re moving. The second detail to mention is that these muscle group classifications allow us to talk about weightlifting “splits.” The weightlifting split refers to how you segment your workout sessions according to muscle groups. Examples of splits are: “full body,” “back & biceps,” “chest & back,” “legs,” etc.

The next bits of relevant terminology are “sets” and “reps.” First, “rep” is short for repetition, which is the act of performing one weightlifting motion. Some number of reps together makes a set. For example a set can be a group of to reps performed without rest. In most cases, one performs several sets in one session. An example of how this would be applied is “5 sets of 12 reps” or 5x12. Sets and reps can be varied in a workout such as doing one set of 12 reps followed by another set of eight with a heavier weight or some variation like this. Sets are usually distinguished from each other by some form of rest period between them. A “superset” refers to doing two exercises back to back without a rest period and supersets are usually distinguished from each other again by a rest period. An analogy of this is that at Caltech we exercise our brains period. An analogy of this is that at Caltech we exercise our brains period between them. A “superset” each other by some form of rest period. Sets are usually distinguished from each other by some form of rest period between them.

The last bit of terminology is the classification of “free weights” vs. “machines.” Free weights are in general any type of exercise which uses equipment and sometimes tethered in place or offering limited motion. These include barbells, dumbbells, cables, resistance bands, etc. Machines aren’t free weights (or “=-” if you’re more familiar with MATLAB). Machines have their usefulness but I’m personally a big fan of free weights, especially since they can perform compound movements, which we’ll get into next week. They are also a more natural imitation of any weightlifting motion you might perform in real life.

Hopefully this helps you decipher the conversations that you hear on the Jersey Shore. Remember to get your drop cards signed earlier rather than later!

Brad/Chad

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**Crossword**

**Across**
1. Soft surface texture
2. Small viper
3. Stop
4. Small viper
5. Seep
6. Region
7. Stop
8. Beer
9. Supple
10. Tropical starchy tuberous root
11. Cuban currency
12. Singing voice
13. Assumed name
14. Namaste
15. Egg-laying
16. Paria transport system
17. Flax
18. Guided
19. Promptly
20. Tool used to cut gears
21. Metal-bearing mineral
22. Delicate
23. Promptly
24. Desperate
25. Frozen water
26. Rebellion
27. Elfin
28. Niche
29. Turn or place at an angle
30. One, some, every
31. Actual
32. Deliberate act of omission
33. Meedey
34. Menagerie
35. Menagerie
36. Falling
37. Conclude
38. Adjacent
39. Sign of assent
40. Portent
41. Luxury watercraft
42. Number in a brace
43. Weaving machine
44. Swallow
45. Weaving machine
46. Marked by care and persistence
47. Champion
48. Aster
49. Nutrition
50. Bow
51. Champion
52. Result
53. Currently in progress
54. Tie in tennis
55. Writing table
56. Colony insect
57. Open land for recreational use
58. Marked by care and persistence
59. Compass direction
60. Charge for professional services
61. Field sport
62. Simian
63. Condensation
64. Marked by care and persistence
65. Country, initially
66. Stupefy
67. Open land for recreational use
68. Item of footwear
69. Brush
70. Golf peg
71. Consumed

**Down**
1. Not at any time
2. Stage whisper
3. Fizzy soft drink
4. Distant in manner
5. Feat to attract attention
6. Assigned position
7. Amateur radio operator
8. Beer
9. Supple
10. Tropical starchy tuberous root
11. Field sport
12. Shore stream or brook
13. Part of a church
14. Weep
15. Frozen water
16. Result
17. Open land for recreational use
18. Metaphor
19. Assault
20. Professional
21. Singing voice
22. Male
23. Frozen water
24. Professional
25. Frozen water
26. Colony insect
27. Sire
28. Remake
29. Turn or place at an angle
30. Cube
31. Actual
32. Deliberate act of omission
33. Menagerie
34. Menagerie
35. Currently in progress
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**Sudoku**

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 9 3 2 4 6
 6 4 5 3 0
 0 1 4 7 0
 0 9 2 0 0
 0 7 4 8 0
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**Feature**

Get Fit with Brad/Chad: Weightlifting 101

**BRAD CHATTERGOON**
Contributing Writer

Hey guys and girls. Welcome to week 8. Term’s almost over, whooo. Also, since I’m a senior now I can finally say that my weekend would definitely beat your weekend in a fight. This weekend I saw Big Hero 6 (excellent movie by the way), went go-karting with my ally in Page (about out to UCC and all-around awesome dude Chi Chi An!), spent some time checking out swords and samurai rubes at LACMA, played squash with my advisor, and had leg day at the gym! Awww yeah being a senior feels good. Enough about me; though this week’s article is going to talk about getting into weightlifting for beginners, aka Weightlifting 101.

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**SMBC Imitation Week**

**Acquired Taste**

How much did you sleep last night?

- Only like 3 hours
- Lucky! I only slept 2!
- I only slept 10 minutes!
- Months!
- Years!
- I didn’t sleep at all!
- I haven’t slept in weeks!

Answers to previous crossword

Answers to previous Sudoku

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Want to earn $12-16/hour while networking with alumni, developing your speaking and interviewing skills, and helping advance Caltech?

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*Note that the utility gain from screwing over survey grows exponentially with number of emails they send (= perceived desperation).