Anderson’s cause of death determined

Medical examiner rules death a result of accidental drug overdose

By John A. Hawkinskon and Ethan A. Solomon
STAFF REPORTERS


The medical examiner’s office could not release any additional information, citing Mass. privacy laws, according to Terrill Harris, an office spokesman.

Opiates include oxycodone, heroin, Vicodin, codeine, and morphine, among many others. There is no information about what drug in particular might have caused Anderson’s death.

Anderson, a management major and wrestling team member from Redwood Falls, Minn., was found dead in his Next House dormitory room on Feb. 26. He was 21 years old.

His enlarged heart was unlikely to be a result of short- or long-term drug abuse, according to Dr. Piotr Redwine, assistant chief medical examiner for the Rensselaer area. It would take several years of prolonged drug abuse to lead to his death.

Anderson, Page 12
Senate passes startups bill, with amendments

By Edward Wyatt

WASHINGTON — Depending on who is speaking, a bill approved by the Senate on Thursday to make it easier for small companies to raise money will either improve the economy by creating jobs or cause unwitting investors to get swindled.

The Senate voted 75-1 to approve the JOBS Act, whose acronym stands for Jump-Start Our Business Startups.

The legislation, approved over-whelmingly by the House two weeks ago, would designate a category of “emerging growth” companies that could conduct initial public offerings of stock while be-ing exempt from certain financial disclosure and governance re-quirements for up to five years.

In addition, the measure would provide a new form of financ-ing to small companies, through “crowd building,” or the sale of small amounts of stock to many indi-viduals, companies could solicit equity investments through the Internet or elsewhere, raising up to $1 million annually without being required to register the shares for public trading with the Securities and Exchange Commission.

“This will make it easier for smaller and growing companies to raise the capital they need to keep growing and to hire more workers,” Sen. Pat Toomey, R-Pa., said after the vote.

Until now, he added, “we’ve made it more expensive to go public in this country and done nothing that it easier to raise capital privately. This bill addresses both.”

Because the Senate made sev-eral amendments to the House bill, the package will be sent back to the House to work out differences.

House Republican leaders said Thursday that they expected to take up the amended bill next week and hoped to send it quickly to Pres-ident Barack Obama, who has said he will sign it.

Some Democrats, who made up all the opposing votes to the bill, said the consumer-advocacy organi-zations were less optimistic about the effect of a law that rolls back regulations on corporate financial disclosure. Pension funds, lobby-ing organizations like AARP and the S.E.C. chairman have also op-posed the bill.

“Hasty deregulation has repeat-edly been the source of financial crises — the savings and loan cri-sis, the Enron-era crisis and the Great Recession of 2008 — to name a few,” said Sen. Jack Reed, D-R.I., who voted against the measure af-ter his effort to substitute a rewrit-ten bill failed earlier this week. “I believe history will judge this mis-named bill quite harshly.”

Under the JOBS bill, compa-nies with up to $1 billion in annual revenue would be free to ignore — for their first five years as a public company — regulations that were put into place after the end of the dot-com bubble and the collapse of Enron. Among them are require-ments to hire an independent outside auditor to attest to a company’s internal financial controls, and restrictions on how financial analysts interact with investment bankers in promoting a company’s stock.

Chinese lawyers chafe at new oath to communist party

By Edward Wong

The Massachusetts economy last year grew at a significantly slower pace than originally thought, according to a revised estimate of the state’s economic growth in Mass.

New England has experienced warmer, tranquil weather in the past week as temperatures have been able to climb into the 70°F (21°C) for most days this week. Breaking records on Sunday and Monday. Yesterday afternoon at 83°F (28°C) which also broke a 72°F (22°C) for that day. These humidity rises are typical for the summer season. Boston area has yet another chance of seeing highs reach near 75°F (24°C). But the abnormal warmth will subside as a cold front continues to occur as a result of cold air moving out of the area.

The front will block the southerly flow from an Atlantic high pressure ridge that has provided the recent warm weather. In addi-tion, more clouds and show-ers should be visible during the weekend as a storm system moves across the region. After the storm departs by early next week, windy condi-tions will develop across the region. Extended Forecast


Tonight: Lightly cloudy. Low 49°F (7°C). North wind at 10 mph.


Monday: Mostly cloudy and windy. High near 59°F (13°C). Low near 38°F (3°C).

Mattapan jurors push for verdicts in slay case

The Suffolk jury charged with deciding the case against two men accused in the 2010 Mattapan killings twice told a Superior Court judge that it was deadlocked, but then voted unanimously to find both defendants guilty of first-degree murder, a formal plea of not guilty to second-degree murder and a lesser plea of guilty to a lesser charge of murder.

The jury of four men and eight women surprised a packed courtroom late Wednesday afternoon when they told Judge Christine McEvoy that they were not able to come to an agreement on the case, and to the surprise of everyone, declared a not guilty by reason of temporary insanity verdict for one defendant.

Two days earlier, after the jury was following the case, the said the decision appears to be unprece-dented.

“I have never seen that happen,” said Michael Doolin, a Dorchester defense attorney who has worked criminal cases for 27 years, two of them as a Suffolk prosecutor. “I think that’s it’s possible that they spent enough about the case and they care enough to come to a verdict.”

Hip device phaseout followed FDA request

Johnson & Johnson executives decided in 2009 to phase out a hip implant and sell its inventories for use in patients just weeks after the Food and Drug Administration asked the com-pany in a letter for safety data about the implant, administration documents and records report.

At the same time, the agency told the company that blood tests of some patients who got the all-metal hip showed a “high concern” for a material that was found “concerning,” accordin-g to the FDA letter, obtained by The New York Times under the Freedom of Information Act.

Among the documents were reports from counties where the implant was then being used showed it was performing “somewhat more poorly” than data submitted by the company’s DePuy Or-thopaedics company.

The Food and Drug Administration’s statements were conten-tioned in a nonappealable letter in which the agency confiden-tially informed DePuy in 2009 that it was turning down the com-pany’s application to sell the device in the United States. The bulk of the letter focused on problems that agency reviewers found in study data submitted by DePuy to support its claim that the artificial hip was safe and effective.

The Massachusetts economy last year grew at a significantly slower pace than originally thought, according to a revised estimate of the state’s economic growth in Mass.

BEIJING — China’s Justice Min-istry has issued a requirement that new lawyers and those reapplying for licenses swear an oath of loyalty to the Communist Party, another step in a campaign to rein in lawyers who continue to challenge the political and legal system by which the party maintains power.

The Ministry of Justice posted the oath on its website Wednesday. The core of it says: “I swear to faithfully fulfill the sacred mission of legal workers in socialism with Chinese characteristics. I swear my loyalty to the motherland, to the people, to uphold the leadership of the Communist Party of China and the so-ciety system, and to protect the dignity of the constitution and laws.”

Several lawyers said the oath was the first they knew of to force them to pledge fealty to the Communist Party. China has been tightening controls over liberal voices for sev-eral years, prompted by fears of unrest during the 2008 Olympics, concerns that the Arab revolutions might inspire domestic dissent, heightened tensions with ethnic mi-norities like the Tibetans and the Uighurs, and the need for stability dur-ing this year’s leadership transition.

And some lawyers say that controls have contributed to a severe roll-back of illegal reforms and are under-mi-ning efforts to strengthen the rule of law.

The Chinese officials, and those overseeing the security apparatus in particular, have shown a deep appre-ciation of lawyers’ efforts to ensure the rule of law.

Among them is Jiang Tianyong, who said he was locked up for a four-year, three-month period following a forced confession. He was in prison in Xinjiang; Chen Guangcheng, who was subsequently allowed to return to his home in Shandong province with his wife and daughter since com-pleting a four-year, three-month prison term in 2010; and Jiang Tianyong, who said he was tor-tured during an illegal two-month detention last year.

On Wednesday, the Justice Min-istry posted an explanation with the oath that said its goal was to, among other things, ensure that lawyers follow the core values of “loyalty, devotion to the people, justice and probity.”

Revised data show slower economic growth in Mass.

The Massachusetts economy last year grew at a significantly slower pace, according to revised figures, with the state ranking among the slowest of the country during 2012.

BEIJING — China’s Justice Min-istry has issued a requirement that new lawyers and those reapplying for licenses swear an oath of loyalty to the Communist Party, another step in a campaign to rein in lawyers who continue to challenge the political and legal system by which the party maintains power.

The Ministry of Justice posted the oath on its website Wednesday. The core of it says: “I swear to faithfully fulfill the sacred mission of legal workers in socialism with Chinese characteristics. I swear my loyalty to the motherland, to the people, to uphold the leadership of the Communist Party of China and the so-ciety system, and to protect the dignity of the constitution and laws.”

Several lawyers said the oath was the first they knew of to force them to pledge fealty to the Communist Party. China has been tightening controls over liberal voices for sev-eral years, prompted by fears of unrest during the 2008 Olympics, concerns that the Arab revolutions might inspire domestic dissent, heightened tensions with ethnic mi-norities like the Tibetans and the Uighurs, and the need for stability dur-ing this year’s leadership transition.

And some lawyers say that controls have contributed to a severe roll-back of illegal reforms and are under-mi-ning efforts to strengthen the rule of law.

The Chinese officials, and those overseeing the security apparatus in particular, have shown a deep appre-ciation of lawyers’ efforts to ensure the rule of law.

Among them is Jiang Tianyong, who said he was locked up for a four-year, three-month period following a forced confession. He was in prison in Xinjiang; Chen Guangcheng, who was subsequently allowed to return to his home in Shandong province with his wife and daughter since com-pleting a four-year, three-month prison term in 2010; and Jiang Tianyong, who said he was tor-tured during an illegal two-month detention last year.

On Wednesday, the Justice Min-istry posted an explanation with the oath that said its goal was to, among other things, ensure that lawyers follow the core values of “loyalty, devotion to the people, justice and probity.”

Revised data show slower economic growth in Mass.

The Massachusetts economy last year grew at a significantly slower pace, according to revised figures, with the state ranking among the slowest of the country during 2012.

The Massachusetts economy last year grew at a significantly slower pace, according to revised figures, with the state ranking among the slowest of the country during 2012.
The Affordable Care Act doesn’t poll particularly well. On the campaign trail, “I’m going to end Obamacare” is an easy applause line and a favorite among Republican candidates. It ignites social conserva-
tives gathered by government agen-
cies that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.

Intelligence officials Thursday
disclosed plans for a new guide-
lines that they are tied to terrorism, in-
telligence officials said. The guide-
lines are also expected to result in the
center’s making more copies of entire
data sets and making them available
to more — and searching for patterns that
could indicate a threat — than it currently
does.
The Atco C-Mod fusion reactor is one of the largest experiments at MIT. It plays a vital role in the scientific community and, in the broader nuclear science community. But its future is in jeopardy — the White House’s 2013 federal budget proposes cutting all of the $18 million devoted to Alcator, shuttering the project. The Tech believes that C-Mod’s funding should not be cut and urges Congress to rethink the Department of Energy’s recommendation.

Why should the U.S. fund fusion research at MIT? As Derek Sutherland argued in a March 2 column, C-Mod is a critical component of a bigger research effort to harness fusion energy. For a mere $18 million, our government can continue to develop progress towards what might be, someday, an abundant, safe, and clean energy source. And the C-Mod experiment itself yields data useful to ITER — an international effort to build a more advanced fusion reactor in France. Indeed, the funding for C-Mod will be redirected to ITER under the DoE’s proposal — if the U.S. believes participation in ITER is important, it should still continue to fund domestic fusion research (especially when the two efforts are mutually beneficial).

Some may feel that fusion research is a waste of time and money. After all, we face enormous engineering challenges in actually making fusion a viable energy source — is it a futile effort? We assert that research projects with big challenges should be funded, because history shows that that kind of risk-taking drives progress. The government plays a valuable role in funding long-shot projects. Some are successful and independent of considerations as to whether fusion research will ultimately yield a viable energy source — and many at MIT believe it will — fusion deserves funding. You cannot anticipate huge breakthroughs in engineering and science that might make the seemingly-impossible possible.

Cutting the program also hurts the Institute more directly. Students who have not completed their degrees will be forced to finish on a rushed schedule, and those who are only partway done with their projects will have to seek funding elsewhere. And because MIT is one of the top producers of PhDs in nuclear fusion in the United States, terminating C-Mod is a blow not only to MIT but to the United States’ domestic nuclear program as a whole. While other facilities in the U.S. grant fusion research, MIT allows its graduate students more access to the actual operation of the reactor than other schools. C-Mod, many young scientists interested in nuclear energy research will leave the country to pursue their ideas elsewhere. The U.S. will lose its ability to train leaders in the field, and will be unable to contribute skilled scientists to the ITER program. When ITER starts producing results in 2020, the U.S. will be unable to effectively analyze any of its data because it will lack the experts.

If you agree that C-Mod deserves funding, how can you help? Massachusett’s politicians have already gotten on-board with an effort to save ITER, but crises to save C-Mod from MIT and the Commonwealth may not be enough. Make an argument to your house representative and Senator as to why C-Mod helps not just MIT, but the U.S. as a whole — by funding domestic fusion research, we position ourselves to take advantage of a promising and clean energy solution. And the government knows well that it can trust MIT to put it’s money to good use.

Chairman
Aslyn Schakel ’13
Editor in Chief
Jessica J. Pourian ’13
Business Manager
Joseph Maurer ’12
Managing Editors
Connor Kirschbaum ’13
Executive Editor
Ethan A. Solomon ’12

News Editors
Anne Cai ’14, Derek Chung ’14, Deborah Chun ’14, Andrew Chernyakhovsky ’14

Managing Editor
Margaret Curley ’13, Rebecca Han ’14, Leo Liu ’14, Jordan Shamoon ’14, Jordan Wolter ’14

Features Editors
Donghao Chen ’14, Jonathan Zhang ’14, Patrick Xu ’14, Issa Benhamadouche ’14

Opinions Editors

Contributing Editors

Copy Staff
Ethan A. Solomon ’12

Production Staff
Elijah Mena ’13, Jessica L. Wass ’14, Philipp Diesinger ’11, Jeff Z. Chen ’12, Maggie Bogdan Fedeles G.

Sports Staff
Shelley Ackerman ’13, Sarah Weir ’13, Anthony D. B. Craven ’13, Kadon Harris ’13.

Advertising
Executive Editor
Ethan A. Solomon ’12

E-mail: tech@mit.edu
The Tech’s Web site and/or printed or published materials may not be reproduced in any form without the permission of the publisher.

Letters, columns, and cartoons must bear the authors’ names, addresses, and phone numbers. Unsigned letters will not be accepted. The Tech reserves the right to edit or condense letters; shorter letters will be given higher priority. Once submitted, all letters become property of The Tech, and will not be returned. Letters, columns, and cartoons may also be used in all of The Tech’s media in any other format or medium now known or later that becomes known. The Tech makes no commitment to publish all the letters received.

Guest columns are opinion articles submitted by members of the MIT student community.

TO REACH US
The Tech’s telephone number is (617) 253-1941. E-mail is tech@mit.edu. Please send all press releases, requests for coverage, and information about errors that call for correction to news@mit.edu. Letters to the editor should be sent to letters@tech.mit.edu. The Tech can be found on the World Wide Web at http://tech.mit.edu.

OPINION POLICY
Editorials are the official opinion of The Tech. They are written by the Editorial Board, which consists of the editor in chief, the associate editor, and several other members of the MIT student community.

Dissents are signed opinions of editorial board members choosing to publish their disagreement with the editorial.

Letters to the editor, columns, and editorial cartoons are written by individuals and represent the opinion of the author, not necessarily that of the newspaper. Electronic submissions are encouraged and should be sent to tech@mit.edu. Hard copy submissions should be addressed to The Tech, P.O. Box 397929, Cambridge, Mass. 02397-7929, or sent by interdepartmental mail to Room W20-483. All submissions are due by 4:30 p.m. two days before the date of publication.

Letters, columns, and editorial cartoons must bear the authors’ signatures, addresses, and phone numbers. Unsigned letters will not be accepted. The Tech reserves the right to edit or condense letters; shorter letters will be given higher priority. Once submitted, all letters become property of The Tech, and will not be returned. Letters, columns, and cartoons may also be used in all of The Tech’s media in any other format or medium now known or later that becomes known. The Tech makes no commitment to publish all the letters received.

Guest columns are opinion articles submitted by members of the MIT student community.
The myths about plyometrics
Understanding the entire picture

By Wuqiong Fan

Allison Hamilos posted an article about plyometrics on March 20, 2012. Although she gave the right reasons for doing plyometrics, what she considered plyometrics is quite inaccurate and would not improve your goals of explosive strength. What she described can be usable in its own right as a fat-loss and general conditioning workout, but it is not true that it would help you jump higher or run faster (assuming that you are already a decent athlete). Her safety advice is sound, other than the use of athletic shoes. When doing plyometrics, you should be barefoot or wear shoes with very thin soles (Vibram FiveFingers, Converse Chuck Taylor, Saucony Kinvara, Nike Free, etc.). A main muscle group you train in plyometrics is your foot, so if you cover it up too much with modern "athletic" footwear, you are not going to get the results you want. Also, since you want to really focus on landing on your mid-foot and getting off the floor as far as possible, the cushions in most shoes would only slow you down and reinforce improper motion patterns. Basically, plyometrics work primarily through stiffening your feet and ankles, allowing you to pop up off the floor in less time, decreasing the amount of kinetic energy you transfer into the floor rather than propelling you up. In general, just be careful when you land and don't act a fool. Using "athletic shoes" breeds improper form, carelessness, and they really don't absorb enough energy to save your joints from a full-fledged workout. Although what you do before beginning plyometrics or if you run into painful issues.

Myth #1: Speed is not dependent on strength

Although this may seem like a strange introduction to plyometrics, it is fundamental to understand the relationship between speed and strength to understand what exactly you are doing when you do plyometrics. The amount of work you can do can be done without constraint: Power = speed x force. You can apply your strength.

Let's assume that all three athletes are the same age, weight, and height. Athlete B is a part of a weight regimen focusing on explosive movement (such as one for volleyball or lacrosse players), and they are already following a circuit that will bring them to an optimal routine for the athlete.

<table>
<thead>
<tr>
<th>Athlete</th>
<th>Max force applied out of a vertical jump (in 1/2 seconds)</th>
<th>Reactivity ratio</th>
<th>Strength</th>
<th>Speed ranking</th>
<th>Reacitivity ranking</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>250 lbs</td>
<td>80%</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>B</td>
<td>500 lbs</td>
<td>18%</td>
<td>1</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>C</td>
<td>500 lbs</td>
<td>10%</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

In this case, athletes A and C are equally reactive, but athlete B is much stronger. Athlete B is very reactive, but because he is so strong, he is barely slower than athlete A and athlete C. Therefore, what athlete B can improve the reactivity ratio, but it cannot increase strength. Since athletes A and C are already quite reactive, improving their skills in plyometrics would be ineffective for them. In short, the typical "acceleration drills" if they want to get any faster. Athlete B, on the other hand, should get on a plyometrics program to improve his reactivity ratio.

If your strength level is low, you should care about speed because the ratio and just focus on getting stronger. The average inactiv response actually has a higher type II-b fast-twitch muscle fiber ratio than the average athlete in a sport that involves endurance activity. Reactivity is also much more difficult to improve than strength. Also, without developed muscles, chance of joint injury is high if you do not have enough months of a pure strength training program with no jumping. I was able to get from a standing vertical of 23 inches to 27 inches, even though I probably lost reactivity. After a month of reactive training returning to take advantage of my run form strength, I was able to get to 36+ inches. For reference, the average NBA player's vert is only 28 inches.

Myth #2: Plyometrics workouts should be exhausting

The purpose of plyometrics is to improve pure speed and explosiveness, so any program with an endurance component does not develop plyometric ability. Immediately available ATP can only last two to three seconds. After that, you are switched to the phosphagen system, which might last you another 15 seconds if you are lucky and take creative. After that, anaerobic exercise cannot continue and you will end up using mostly type 1 slow-twitch fibers. A set in plyometrics with an only minute of rest would not give you any real benefits to speed.

Instead, you should do plyometrics sparingly, but highly focused. A program for increasing your jump would look something like this:

1. Dynamic warmup with focus on shoulder and hip mobility
2. Depth jumps: three sets of four reps. Take your time between each rep and rest at least two minutes between each set. You should explode up immediately after each rep and explode as fast off the ground as you can. The sets might be mentally exhausting, but should not feel physically tiring at all.
3. Jump squats: three sets of six reps. Use 25% of your squat max. You should explode up immediately after each rep. Rest at least two minutes in between.
4. Squats Warm-up from box, add-

In terms of volume, Wuqiong points out that the plyometrics circuit presented in Tuesday's issue will not endow you with an NBA-worthy vertical leap. He is absolutely right about this; the circuit presented has been designed to be a general, widely applicable program that is more or less equal parts cards, technique, and strength. Such a program is ideal for the newbie plyometrics enthusiast because risk of injury is low, it teaches technique, it includes both cardio and strength elements, and it can be a high intensity workout in its own right. While our cardio emphasis may deviate from "pure" plyometrics (which by definition are explosiveness-based only), the drills themselves are still plyometrics, about that there can be about 7 percent of people who will do. In between sets will determine whether you're training explosiveness, endurance, or both.

For a program further tailored to explosive movement (such as one for volleyball or lacrosse players), you could incorporate sport-specific plyometrics in shorter, more intense drills with much longer rest periods, as Wuqiong suggests. In addition to these drills, you should have a strong coach-directed weight regimen focusing on explosive lifts like the clean, snatch, deadlifts, squats, split-squats, hamstring curls, calf raises, etc. Because this level of customization would be risky or at least suboptimal for someone to attempt without coaching, Fresh Start leaves these programs to strength trainers to teach you one-on-one.
Sudoku

Solution, page 10

1
2
3
4
5
6
7
8
9

8

2

5

9

1

4

6

3

5

1

7

8

2

6

7

9

3

4

8

5

1

6

3

5

4

6

7

9

Across
1 Construction-site machine
6 Yale athletes
10 Places for pampering
14 Omega alternative
15 Globetrotter’s purchase
16 “One-L llama” poet
17 In between, quaintly
18 Solemn assent
19 __ way to go!
20 Book intended for bookstores
23 Put another way
26 Chaperon
27 Stake a stand against
28 “Like, that’s obvious!”
30 Wet tar, for instance
31 Architect Pei’s first name
33 They mean nothing
37 Pupil from abroad
41 Little shavers
42 Be visibly elated
43 Baton Rouge sch.
44 Take __ (decline to participate)

46 Noticed
49 Lively wit
52 Opt for
53 Versatile batter
56 Author Morrison
57 Take the train
58 Old Testament patriarch
62 Art Deco artist
63 Pilot’s “Back to you”
64 Impolite request
65 Bring up
66 Gradually remove
67 Is compelled

Down
1 Flatscreen ancestor
2 Word on a theater ticket
3 Common Arab given name
4 Right beside
5 Optional equipment
6 Duck and dodge
7 Bar garnish
8 “Aha!”

9 Prepared for painting, perhaps
10 Seized suddenly
11 Outdoor dining spot
12 New York Public Library benefactor
13 Definitely will not
14 Ordered out
15 Japanese automaker
16 Physicistsronym
17 Strong adhesive
18 Star Trek character
19 Extremely
20 Metaphorical basket contents
21 Ancient artifact
22 First stage
23 Wall supports
24 Stronger
25 Savory jelly
26 Twitter message
27 Each
28 Santa’s transport
29 Athletes
30 Extremely
31 Corporation bicentennial
32 Mit

Techdoku

Solution, page 10

Instructions: Fill in the grid so that each column, row, and 3 by 3 grid contains exactly one of each of the digits 1 through 9.

Swap Shop

by David W. Cromer

Solution, page 10

Across
1 Construction-site machine
6 Yale athletes
10 Places for pampering
14 Omega alternative
15 Globetrotter’s purchase
16 “One-L llama” poet
17 In between, quaintly
18 Solemn assent
19 __ way to go!
20 Book intended for bookstores
23 Put another way
26 Chaperon
27 Stake a stand against
28 “Like, that’s obvious!”
30 Wet tar, for instance
31 Architect Pei’s first name
33 They mean nothing
37 Pupil from abroad
41 Little shavers
42 Be visibly elated
43 Baton Rouge sch.
44 Take __ (decline to participate)

46 Noticed
49 Lively wit
52 Opt for
53 Versatile batter
56 Author Morrison
57 Take the train
58 Old Testament patriarch
62 Art Deco artist
63 Pilot’s “Back to you”
64 Impolite request
65 Bring up
66 Gradually remove
67 Is compelled

Down
1 Flatscreen ancestor
2 Word on a theater ticket
3 Common Arab given name
4 Right beside
5 Optional equipment
6 Duck and dodge
7 Bar garnish
8 “Aha!”

9 Prepared for painting, perhaps
10 Seized suddenly
11 Outdoor dining spot
12 New York Public Library benefactor
13 Definitely will not
14 Ordered out
15 Japanese automaker
16 Physicistsronym
17 Strong adhesive
18 Star Trek character
19 Extremely
20 Metaphorical basket contents
21 Ancient artifact
22 First stage
23 Wall supports
24 Stronger
25 Savory jelly
26 Twitter message
27 Each
28 Santa’s transport
29 Athletes
30 Extremely
31 Corporation bicentennial
32 Mit

Techdoku

Solution, page 10

Instructions: Fill in the grid so that each column, row, and 3 by 3 grid contains exactly one of each of the digits 1 through 9.

Swap Shop

by David W. Cromer

Solution, page 10

Across
1 Construction-site machine
6 Yale athletes
10 Places for pampering
14 Omega alternative
15 Globetrotter’s purchase
16 “One-L llama” poet
17 In between, quaintly
18 Solemn assent
19 __ way to go!
20 Book intended for bookstores
23 Put another way
26 Chaperon
27 Stake a stand against
28 “Like, that’s obvious!”
30 Wet tar, for instance
31 Architect Pei’s first name
33 They mean nothing
37 Pupil from abroad
41 Little shavers
42 Be visibly elated
43 Baton Rouge sch.
44 Take __ (decline to participate)

46 Noticed
49 Lively wit
52 Opt for
53 Versatile batter
56 Author Morrison
57 Take the train
58 Old Testament patriarch
62 Art Deco artist
63 Pilot’s “Back to you”
64 Impolite request
65 Bring up
66 Gradually remove
67 Is compelled

Down
1 Flatscreen ancestor
2 Word on a theater ticket
3 Common Arab given name
4 Right beside
5 Optional equipment
6 Duck and dodge
7 Bar garnish
8 “Aha!”

9 Prepared for painting, perhaps
10 Seized suddenly
11 Outdoor dining spot
12 New York Public Library benefactor
13 Definitely will not
14 Ordered out
15 Japanese automaker
16 Physicistsronym
17 Strong adhesive
18 Star Trek character
19 Extremely
20 Metaphorical basket contents
21 Ancient artifact
22 First stage
23 Wall supports
24 Stronger
25 Savory jelly
26 Twitter message
27 Each
28 Santa’s transport
29 Athletes
30 Extremely
31 Corporation bicentennial
32 Mit

Techdoku

Solution, page 10

Instructions: Fill in the grid so that each column, row, and 3 by 3 grid contains exactly one of each of the digits 1 through 9.
who likes doing math in their head? NOT ME, LADIES. So to help us ALL out, I’ve decided to

SIMPLIFY IDIOMATIC EXCHANGE RATES

YES. For example, instead of saying you work a 9 to 5 job, normalize that puppy! you’re working 1.8 to 1 (Hey presto!

But that’s not-

Dromiceiomimus, I’ve been working on this 24/7; I’m PRETTY SURE I know what I’m talking about! Or should I say... I’ve been working on this 3.42857??

Instead of hindsight being 20/20, now hindsight is always 1?

Exactly! You summed to a total of 4!

I - oh. I put two and two together.

Yes! I knew you’d figure this out! You know what’s going on with probability 0.9.

Nine times out of ten, yep. You’re second to none, T-Rex!

ERROR!!

UNDEFINED RESULT

PILED HIGHER AND DEEPER

by Jorge Cham

Sudoku II
Solution, page 13

1 2 3 4 5 6 7 8 9

3 1 9 7 8 2 5 4 6

4 9 6 3 2 7 2 8 1

5 3 7 4 6 1 8 9 2

6 2 8 9 1 3 1 7 5

7 9 1 6 2 4 5 8 3

8 7 6 5 3 8 9 2 1

9 5 2 7 4 1 3 6 5

Techdoku II
Solution, page 13

2 4 16 24x

3 24x 2 3

12x 2 4

2 24x 2 3

2 4 8

2 3 8

2 4 8

2 4 8

12x 2 4

2 4 8

12x 2 4

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8

2 4 8
Brains and brawn team up to form an unlikely (and hilarious) duo

Jonah Hill and Channing Tatum return to high school in 21 Jump Street

By Jared Katz

In this loose adaptation of the 1980s TV show 21 Jump Street, high school enemies turned best buds, Morton Schmidt (Jonah Hill) and Greg Jenko (Channing Tatum) are a motley pair of rookie cops who find themselves transferred to the Jump Street unit, a revived undercover police program from the '80s. In an attempt to find a drug supplier at Sagan High, Jenko and Schmidt pose as students and find themselves awkwardly navigating the social waters of high school once again. Fortified by his glory days as ruthless bully and super-star jock, Jenko confidently approaches the high-school scene while Schmidt anxiously anticipates a repeat of his teenage misery. This time around, however, Schmidt fits in with the new-age popular crowd, while Jenko's antiquated notion of “cool” quickly undercuts his chances of moving up Sagan High’s social ladder.

While Hill delivers all the laughs we’ve come to expect from the Oscar nominee (albeit in a slimmer package), Tatum steals the show in his break-out comedic performance. Jenko’s rapid transformation from ruthless bully to lovable loser leaves him ironically gravitating towards the nerds of Sagan High. I’ll spare the details of Jenko’s exploits with his new group of friends, but suffice it to say that some of the movie’s finest moments involve Tatum acting like a total dork.

Although the jokes sustain rapid-fire delivery from beginning to end, the narrative takes some time to reach a comfortable pace. The first half of the film felt like an extended version of the trailer; the unusually brief scenes don’t allow for any serious character development, and if you blink, you might find yourself wondering how Jenko and Schmidt transition from enemies to allies. Thankfully, the director pumps the brakes about halfway through the movie where the narrative reaches a slower and sustainable tempo.

If you’re looking for some low-brow laughs topped off with an uncomfortable reminder that sometimes life can be just like high school, check out 21 Jump Street.
At Professional Staffing Group you’ll find exciting contract, temporary, and temp-to-hire positions in:

- Office support
- Creative
- Technical
- Financial

To find the career opportunity that’s right for you, email your resume to jobs@psgstaffing.com or call us at 617-250-1000.

Joan M. Blake will conduct a book reading on

Standing on His Promises:
Finding Comfort, Hope, and Purpose in the Midst of Your Storm

Price Church Cambridge
Zero Garden St.
Cambridge, MA 02138

Tuesday, March 27, 6:30 p.m.

Professional Staffing Group values the vitality and strength of a diverse workforce. People from diverse backgrounds are encouraged to apply.
Mild winter raises threat of forest fire

Next few months will be the most risky forest fire season in memory

By David Abel

Extraordinarily dry conditions from the lack of snowfall — combined with all the fallen tree limbs from last year’s triple whammy of tornadoes, Tropical Storm Irene, and the Halloween-eve snowstorm — will make the next few months the most dangerous forest fire season in memory in Massachusetts, state officials warn.

The 3 million acres of forests are the equivalent of a tinderbox, and there have already been more than 70 brush fires, significantly more than David Celino, the state fire warden, can remember at this time of year.

When the first fires of the year began sweeping through woodlands near Worcester in January, he thought it was odd, because brush fires are rare in the depths of winter.

But blazes kept cropping up in copses, enough that Celino did something he had not done in 26 years of fighting fires for the state: He had to dewinterize trucks and other equipment that had been stowed away for the season.

“This has been really unusual,” said Celino, who oversees fire-fighting for the state Department of Conservation and Recreation.

“Last year, at this time, we had all but zero fires until April. The reason for this is simple: We just didn’t have winter.”

Fire officials’ concerns have peaked this week, as temperatures rise into the 80s throughout the state, far surpassing records. This winter ranked as the second warmest ever recorded in Massachusetts, with the temperature between December and February averaging 33.6 degrees, more than five degrees above normal, according to the Northeast Regional Climate Center in Ithaca, N.Y. The warmest winter on record in the past 117 years was in 2002.

“What we’re seeing now has the potential to make the perfect storm,” said state Fire Marshal Stephen D. Coan, who also could not recall a fire season starting so early.

“There are all the elements: the lack of a solid snowpack, all the debris from the natural disasters, and the historic high temperatures.”

He now worries about strong winds and people flocking to the forests to enjoy the weather, setting campfires, rather than cross-country skiing or snowshoeing.

“All it takes is a spark from a dirt bike or a campfire,” Coan said, adding that the risk will remain particularly high until trees blossom and leaves add moisture. “We need to remind people, especially this time of year, that they be very careful in the woodlands, that they have to properly extinguish fires, and that they have a permit for a campfire.”

He and others have also raised concerns about the hundreds of thousands of dead trees and limbs that have dried out on forest floors.

IDEAS + INVESTMENT

Apply Now for a Legatum Seed Grant

Application Deadline: April 10, 2012

Legatum Seed Grants provide funding to develop and nurture promising for-profit ventures in low-income countries across the globe.

What we fund:
- Market research
- Prototype development
- Pilot testing
- International travel

Who we fund:
- MIT undergraduates
- MIT graduates
- Student teams*

* At least one member of the team must be a MIT student. Please see website for details.

More information at http://legatum.mit.edu/grant

THE COUNCIL FOR THE ARTS AT MIT

SCHNITZER PRIZE IN THE VISUAL ARTS

All currently registered MIT students are eligible to apply for this annual juried art competition.

DEADLINE APRIL 2 2012

arts.mit.edu/awards-prizes/schnitzer/

For more info, contact cohen@media.mit.edu

Photo: “Eight Steps”, project by 2011 Third Prize Winner, Hannah Perner-Wilson MIT Media Lab Grad Student
The following student Coop members have been nominated by the Stockholders as candidates for the Board of Directors for the 2012-2013 academic year.

MIT Undergraduate Students:
Joshua Dunaway, 2014
Paige Finklestein, 2014
Emma Kane, 2015

MIT Graduate Students:
Elisa Berram, MBA, Sloan/MPA, HKS, 2013
Samuel Shaner, PhD, 2015

Harvard Undergraduate Students:
Cody Dean, 2014
Hilary Higgins, 2015
Joshua Zhang, 2014

Harvard Graduate Students:
Christina Adams, MBA, 2013
Oliver Hauser, PhD, 2015
Matthew Morgan, MPP, 2011
May Lam, MBS, 2013
Allison Trzop, JD, 2013

Any student Coop member may petition to be a candidate on the election ballot. A Petition application is available online at www.thecoop.com.

The Petition period is March 14 to April 1, 2012. For complete Petition rules consult the information posted in the election section on the Coop website at: www.thecoop.com.
**Alzheimer’s drug approved**

**Drug dosage was increased despite the side effects**

The single clinical trial of 1,400 patients also found that the larger dosage led to substantially more nausea and vomiting, potentially dangerous side effects for elderly patients. The drug was developed by the Japanese company Eisai but is marketed in the United States with Pfizer.

**Applying for a new dosage is a relatively new tactic and — in the case of Aricept 23 — a dangerous one.**

Four months before a best-selling Alzheimer’s drug was set to lose its patent protection, its makers received approval for a higher dosage that extended its exclusive right to sell the drug. But the higher dosage caused potentially dangerous side effects and worked only slightly better than the existing drug, according to an article published Thursday in the British Medical Journal.

The drug, Aricept 23, was approved in July 2011 against the advice of reviewers at the Food and Drug Administration. They noted that the clinical trial had failed to show that the higher dosage — 23 milligrams versus the previous dosages of five and 10 milligrams — met its goals of improving both cognitive and overall functioning in people with moderate to severe Alzheimer’s disease.

**Passover @ MIT**

Passover First Seder to Friday night, April 6
Passover Second Seder to Saturday night, April 7

**First Seder options through MIT Hillel:**

- Kosher Seder at Hillel
- Living Group Organized Seders
- Home Hospitality (hosted by local alumni and faculty)

**Second Seder options around campus:**

- Undergraduate Seder at AEPF (Please RSVP by March 21)
- Grad Hillel Seder

Kosher for Passover Meals through MIT Dining/Bon Appetit

- Offered for MIT community members all eight days

To register for seders and/or meals, go to hillel.mit.edu, “Sign Up for Passover Seder and Meals” on the top right, or use the QR-code above. Pre-registration required.

**ALL SIGN-UPS MUST BE COMPLETED BY FRIDAY, MARCH 30!**

Questions? Email passover@mit.edu

Hag Sameach /
Happy Passover!

Next year may we all be free!

**Solution to Techdoku II**

```
- 8 1 6 2 9 3 4 5
- 6 4 3 1 8 5 7 2
- 9 2 5 3 4 1 8 6
- 3 7 2 5 8 9 4 6
- 2 6 9 4 7 3 2 5
- 4 5 9 8 6 1 2 3
- 5 1 2 8 4 7 3 9
- 9 7 4 3 1 6 5 2
- 8 0 6 5 9 2 4 7 1
```

**Solution to Sudo II**

```
- 8 7 1 6 2 9 3 4 5
- 6 4 3 1 8 5 7 2 9
- 9 2 5 3 4 1 8 6 7
- 3 7 2 5 8 9 4 6 2
- 2 6 9 4 7 3 2 5 1
- 4 5 9 8 6 1 2 4 3
- 5 1 2 8 4 7 3 9 6
- 9 7 4 3 1 6 5 2 8
- 8 0 6 5 9 2 4 7 1
```

**SPERM DONORS**

Earn up to $13 per month

Make a real difference in the lives of families

Receive free health and genetic screenings

APPLY ONLINE: SPERMBANK.com - convenient Cambridge location

**By Katie Thomas**

**THE NEW YORK TIMES**

The service has been getting positive feedback from MIT affiliates, said Melissa Feiden, annex services and user experience librarian, adding that some people were excited about it before it was even live. “People were aware that we joined the service before it was up and running, and people would come to the service desk asking about the program,” according to MIT Libraries.

Borrow Direct expands upon existing collaborations that MIT Libraries participates in, such as the Boston Library Consortium (BLC) that gives MIT on-site access to over a dozen libraries in the Boston area, including the Harvard library system. Additionally, the Interlibrary Borrowing program is similar to Borrow Direct, but shipping is not expedited and materials cannot be borrowed that are “unrelated to your department, lab, or center,” according to MIT Libraries.

More information can be found at http://libraries.mit.edu/ordering/non-mit-access/borrowdirect.html.

—Bruno R. F. Faviero

**Bose is pleased to offer special savings for all students, employees and retirees of M.I.T.**

Receive savings on most Bose® products, including the acclaimed Wave® music system, home entertainment systems, headphones and solutions for today’s most popular portable music devices.

**Bose Wave® music system**

Enjoy lifelike CD and radio music in your home, office or dorm room. Awake to award-winning sound.

**Bose I2E audio headphones**

Enjoy music and calls with high-quality audio. Stay Hear® Tips for greater stability during exercise and other activities.

**Bose SoundLink® Wireless Mobile speaker**

Music. Whenever. Wherever. From your mobile phone or any Bluetooth® device.

Please direct all inquiries to the "M.I.T. Purchase Program."

1-800-298-BOSE (2673)

©2011 Bose Corporation. Delivery is subject to product availability.
Fewer CoD hearings, changes in policy likely

COD, from Page 1

view was due for the student discipline process, in part because of changes to federal regulations. While most changes would likely be small wording changes, Redwine brought up the potential for “more significant changes” that would require faculty approval to go through. Redwine also noted that the dean of Harvard College had asked for his opinion on having students on the committee, something that MIT does and Harvard does not. Redwine said that the student membership on the committee was incredibly valuable. “Apparently Harvard worries about confidentiality,” he said. “In my experience we have never ever had an issue with that. We had worried more about some of the faculty.”

<table>
<thead>
<tr>
<th>2009-2010 → 2010-2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total hearings: 12 → 5</td>
</tr>
<tr>
<td>Academic misconduct: 22 → 26</td>
</tr>
<tr>
<td>Personal misconduct: 48 → 67</td>
</tr>
<tr>
<td>Students sanctioned: 27 → 27</td>
</tr>
</tbody>
</table>

2010-2011 61 reported incidents

<table>
<thead>
<tr>
<th>2010-2011 61 reported incidents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic misconduct: 22 → 26</td>
</tr>
<tr>
<td>Personal misconduct: 48 → 67</td>
</tr>
<tr>
<td>Students sanctioned: 27 → 27</td>
</tr>
</tbody>
</table>

If you like writing, graphic design, photography, business, technology, (or pretty much anything else)

there’s a place for you here!

So if you think you might be interested, or even if you just want to see what we do, join us for dinner in our office on the fourth floor of the Student Center (W20-483) on Sundays at 6 pm, or email us at join@tech.mit.edu
**Startups, from Page 1**

"I, a Course 6-3 alum who now works at Dropbox, founded Lingti, a language learning software startup his senior year. Lingti was backed by Y Combinator (YC), a seed-stage startup funding firm, in 2009 and sold to Dictionary.com a year later. A light version of the product, Lingti Classroom, which allows students to easily record themselves speaking and send the files to their teachers, still exists and is used in the Chinese department at MIT.

First semester senior year, we were like, "Let's do a startup!" We decide to focus on foreign language education, since it was that would help him study for a French test. He has been working on Queiet ever since.

"It almost wasn’t even a choice — Queiet was growing and succeeding, with six million users per month, and it needed a lot of attention. Last semester, [Spring 2011], I was trying to do two things — school and Queiet, and I wasn’t doing the best at school. I thought the whole thing was a bit much, but I was so focused on what I was doing, I didn’t get it done all well, so I decided to go for it."

During his time at the Institute, Sutherland found inspiration in his living group, as well as the general atmosphere at MIT. "Everyone is really interested and higher chance of success later on." he added.

"It’s much more likely to get into the startup mentality can be more psychological. Kevin Rustagi ‘12, a senior in Course 2A, who majored in Management, says "...any group project or startup project is going to be something that’s going to be more entrepreneurial in nature. People are really a lot more open to the idea of doing a startup, and I think that that is one of the most important things that I think is going to be really critical in the future."

"I think the important thing is to get that mindset to be successful. If you have an idea, just go and try it. Don’t be afraid of failure — if you’re going to fail, you have a better chance of moving on to something else."

"It’s like working on a big group project with people that you like and respect."

"Sometimes, the humblest thing goes the farthest. I’m not sure if MIT doesn’t realize that being at MIT mitigates the hell out of the risk you take. Let’s say you have an idea and you get it into this program, then I’ll do it! but less of projects that don’t win, say the 100K, go on to become extremely successful. The worst possible case is that you didn’t get into YC, so I’m not going to work on it. But you have to believe that great ideas — if you have an idea, just build a prototype and see if it works! If you care about making things happen, you have to do it.

"I think that startups are now seen as the best thing you can do on your time off and that startups are cooler than the big companies. The startup expert at MIT, says he believes that startups and college, "the expectations of the lifestyle are minimal!"

"There are tremendous benefits. We fly coach, we take the bus, that’s all fine. Have faith! If you try something and fail, you’ll be better for it.

**Resources at MIT**

In the past several years, MIT has seen many new initiatives aimed at supporting startup founders at the Institute. Some, like the expansion of the Martin Trust Center for MIT Entrepreneurship (E-Center) have been led and backed by the Sloan School, but many have been organized by students themselves.

"We don’t have significant obligations. We fly coach, we take the bus, that’s all fine. Have faith! If you try something and fail, you’ll be better for it."

Startups Bootcamp is one such example. The annual event, in its third year, is one a day marathon of short talks from well-known startup founders in the high-tech and biotech space, held in February. This year, the event drew hundreds of people from the MIT and Boston communities.

Michael Grinich ’11, who created Lingti and was an under- grad, said that during his time at MIT, he felt frustrated with the dialogue about startups, and wanted to generate more discussion.

"It’s like working on a big group project — you have to make decisions about how much should go in, how much should go out. You have to make decisions about how to move quickly, and you have to make decisions about how to make a business plan and really develop your idea. It’s important to know that you have to make quick decisions.

"We don’t have significant obligations. We fly coach, we take the bus, that’s all fine. Have faith! If you try something and fail, you’ll be better for it."
Men’s and women’s lacrosse teams take Tuesday

Women crush Rams 20-12, Men beat Leopards 9-6; Wacker breaks Institute records

Women’s Lacrosse Defeats Framingham State

On Tuesday afternoon, MIT’s Women’s Lacrosse scored a huge victory over Framingham State, beating the Rams 20-12 and bringing MIT’s record to 1-4. MIT’s confidence brought on an early 7-2 run, which the Rams fought to bring down to 7-6 just short of the end of the first half. The first half included remarkable scoring by Laura M. Wacker ’13 who amassed three goals, and Katie M. Kauffman ’12, who had two. With the help of Molly E. McShane ’13’s two free position goals, the Engineers ended the half at 9-7.

Although the Rams attempted to narrow the gap once more, the Engineers persevered after three straight goals from Wacker and two more from Nealon.

Early on in the second half, the Rams cut down MIT’s lead to just a point. However, the Engineers began to dominate following back-to-back goals from Kaitlyn L. Nealon ’14. Although the Rams attempted to narrow the gap once more, the Engineers persevered after three straight goals from Wacker and two more from Nealon.

Wacker’s eight goals and three assists for a total of 11 points broke Institute records for total points in a game, with the previous record being 10 points from Tracy Sadowski ’99.

The Engineers will next play at Smith College for its NEWMAC opening game on Saturday, March 24.

Men’s Lacrosse Dominates Wentworth

On Roberts Field this Tuesday afternoon, MIT’s Men’s Lacrosse battled through multiple ties and lead changes to achieve a 9-6 win against the Wentworth Leopards. In the first quarter, James C. Slonaker ’13 and Gabe V. Blanchet ’13 opened up the scoring, leading the Engineers on a 2-0 run. Wentworth quickly fired back with a massive offensive attack, outscoring MIT 3-0, and ending the first quarter at 4-3.

The second quarter was marked by intense defensive strategy, with only one allowed goal coming from Slonaker.

Sean E. Burke ’13 brought a renewed energy to the Engineers, scoring the first goal of the third, but the Leopards answered back with two more goals. In the last-four-and-half minutes of the quarter, however, Slonaker turned up the heat, scoring two consecutive goals with MIT entering its first man-down situation and ending the quarter at 7-6 for the Engineers.

In the fourth quarter, the Engineers managed to hold off Wentworth for good with strong defense led by Christopher B. Rullan ’13 who had four saves. An early goal from Slonaker and two more from Michael A. Gibson ’13 and Burke sealed the game for the Engineers at 9-6, bringing the team’s record to 2-1.

MIT will next play against the University of Tampa in Florida during spring break on March 25 at 7 p.m.

UPCOMING HOME EVENTS

Friday, March 23

Baseball vs. Babson College
3:30 p.m., Briggs Field

Saturday, March 24

Women’s Openweight Crew vs. Beanpot Regatta
8 a.m., Charles River
Sailing vs. Boston Dinghy Cup
9:30 a.m., Charles River

Sunday, March 25

Sailing vs. Boston Dinghy Cup
9:30 a.m., Charles River

James C. Slonaker ’13 strides past a defender in the second half of the game. Slonaker scored four goals against Wentworth in Tuesday’s game.