

Lean on Me to offer anonymous venue for student support

HackMIT project launches at MIT, is expected to reduce ‘activation energy’ for those seeking support

By Divya Gopinath
STAFF WRITER

Andy Trattner '17 and a team of students launched a mental health platform, Lean On Me, Tuesday. Students will be able to use the platform by texting a hotline to receive support from peers. The team includes Trattner as CEO, COO Linda Jing '17, CTO Amin Manna '17, and Board Member and MIT alumnus Nikhil Buduma '15.

The Lean On Me algorithm matches users with volunteer peer supporters who can relate to students' challenges, according to the service's website. Once matched, the student volunteers chat privately with students who text the service at 646-798-4121.

There are currently 16 active peer supporters with 30 more students currently going through the application process. Peer supporters are vetted by a three-part application, which includes an online survey, a supporter development workshop that teaches supporters how to act in various situations, and a supporter oath. The onboarding process was created by Lean On Me in collaboration with many MIT offices, such as Violence Prevention and Response, Community Development and Substance Abuse, Conflict Management, the Student Citizenship office, the Undergraduate Association Wellness Chairs, Peer to Peer, and Peer Ears.

Because Peer Supporters are students, they are not mandatory reporters, and all conversations are completely anonymous. Peer supporters don't even see a user's phone number, so they cannot report incidents to authorities or provide emergency assistance. Lean On Me asks users, if emergency help is needed, to "find it elsewhere."

Lean On Me began as a HackMIT project in 2015. Buduma, who grew

up in the Bay Area, had competed in previous hackathons, and wanted to create something with more personal meaning for the last hackathon before he graduated from MIT. He had experience with close friends struggling from depression, and partnered with Jing. Trattner, also interested in starting a mental health initiative at MIT that encouraged conversation, soon reached out to Buduma and Jing.

Trattner sent out a survey to the MIT community about mental health, and of the 170 respondents, 88 said that if faced with stress, they would "just deal with it" themselves.

"The major misleading piece of the puzzle is, more often than not, people aren't going label themselves as 'needing help,'" Buduma said. "If someone's feeling stressed, the activation energy for getting help should be zero. And what's more convenient than texting a friend?"

After winning a top-10 prize at HackMIT last fall, the Lean On Me team met Josh Weaver '00, an MIT alumnus and former GRT who now works at Google. Weaver was a HackMIT judge and wanted to support Lean On Me after seeing it at the hackathon. He agreed to advise them as they moved from their prototype to a more finalized platform. Over IAP, the team brought in Manna to take over the software Buduma had developed, and they together added new functionality that enabled users to flag inappropriate conversations and switch Peer Supporters if necessary.

Lean On Me is among other student-led mental health initiative on campus. Another is sophomore Isabel Lloyd's "Tell Me About Your Day" (TMAYD) campaign.

"[Lean On Me is] another way to easily find counsel and support. TMAYD serves to show everyone

Lean On Me, Page 3



NINA LUTZ—THE TECH

Students attending xFair this Monday checked out many companies, as well as projects made by their peers. Check out the rest of the photos on page 7.

Housemasters discuss renaming position due to ‘feelings of offense’

Survey of students found ‘Head of House’ to be a popular option, while ‘House Dean’ title received less enthusiasm

By Sanjana Srivastava
CONTRIBUTING EDITOR

A proposal to change the housemaster title is currently under discussion by housemasters and students alike.

Simmons Housemaster John Essigmann first introduced the idea last month. "We were all aware of the confusion and feelings of offense that the title has caused outside our community," Essigmann said in an email to all housemasters.

Essigmann led a discussion with the housemasters and surveyed students, finally presenting "House Dean" and "Head of House" as alternatives. Many housemasters wanted the title to be gender-neutral, unlike the current term, and avoid the word "faculty" in order to include spouse or partner housemasters. Essigmann noted that the title change was only a proposal, and the final deci-

sion would be made by Chancellor Barnhart.

After speaking with students, Essigmann found that "Head of House" was a popular choice, often due to "affection for Harry Potter and Hogwarts."

"House Dean" seems to be less palatable," he said.

Essigmann said that a significant number of students did prefer to keep "housemaster." In an MIT Discussion post, students gave etymological reasons as to why the name shouldn't be considered offensive and, in some cases, criticized attempts to be "pc" (politically correct).

East Campus Housemaster Rob Miller '95 sent a survey to residents polling them on possible alternatives. The survey included "House Parent" (which some students considered infantilizing) and "House Maven" (which some students considered silly and subtly feminine). "Dumbledore" stood out as

a popular write-in among responses that ranged from serious to absurd, and included "Dorm Pope," "Big Cheese," and "Mufasa."

Senior House Housemaster Jay Scheib considers "housemaster" a "funny title in that it's kind of outdated." He said that while he never thought about it seriously, since it is "something that people are obviously sensitive to," he considers a change important and plans to advocate for whatever Senior House's residents want.

The new title should represent "what we actually do in our work at the interface between MIT academics and student life" Essigmann said. Scheib agreed, saying that a change has the potential to make the title "more accurate or maybe more welcoming."

Essigmann, along with Miller and The Warehouse Housemaster John Ochsendorf, recommended the change to housemasters on Jan. 20 after a discussion on Jan. 19.

Museum of Math aims to show off ‘magic of math’ with ‘Beaver Run’

The exhibit grew out of thinking on rotationally asymmetric tiles

By Kenneth Chang
NEW YORK TIMES

NEW YORK — The latest exhibit at the National Museum of Mathematics in Manhattan was supposed to have been put on display last fall, except it was not quite working.

It's called "Beaver Run," but the

way things were going, "Beaver Derailment" would have been more accurate.

"We could have opened it, and it would have been unsatisfactory," said Cindy Lawrence, the executive director of the museum, popularly known as MoMath.

So the museum decided to gnaw

at the problem a while longer.

The concept is straightforward. Two mechanical beavers move along winding tracks, which visitors can reconfigure using a panel of 24 knobs. Each twist of a knob causes a corresponding turntable to

Museum, Page 3

PORTRAITS OF RESILIENCE

A student's story of overcoming depression.
CAMPUS LIFE, p. 8

"THE STRINGS STOLE THE SHOW"

A review of the IAP Orchestra concert.
ARTS, p. 7

DIRECTIONALLY CHALLENGED?

Honestly, our cardinal puzzles will probably just confuse you more. **FUN, p. 5**



XFAIR 2016

Student projects, companies and Soy lent.
PHOTOS, p. 7

IS THE WEST TOO SOFT ON IRAN?

Our columnist assesses relations post-nuclear deal.
OPINION, p. 4

SECTIONS

Opinion4
Fun Pages5
Arts7
Campus Life8
Sports12

Letter from the Editor

From ongoing research and new publications, to awards, events, and initiatives, there is no shortage of news on MIT's campus. Between start-ups, student life, classes, and competitions, how should we judge what to report on, and what to leave aside?

It's one thing to pledge to deliver the news impartially, "without fear or favor." It's an altogether different effort to figure out what stories are worth telling at all. How do you distinguish between the melody and the noise, and have we been successful at navigating this?

On occasion, *The Tech* is accused of not telling the right stories — missing the important ones, highlighting the trivial ones, reporting on impactful ones only after the window of opportunity for students to influence outcomes has passed.

I think that Tech writers have done incred-

ible, original, reporting. I think they look for challenging stories and pose questions that are hard to answer. I also think that, on many occasions, we have lapsed in our coverage of stories which are meaningful, timely, and impactful to the student body.

We count as "newsworthy" that which is timely, meaningful, and of general interest. Yet making this judgment is fraught with several challenges.

First, judging what is meaningful or relevant is a subjective task. If we have a group of people who tend to think in similar ways, we will systematically underreport on some topics, and give excessive coverage to others, based on our collective interests and experiences. These errors are also likely to be self-perpetuating and to grow larger over time rather than lessening.

The solution, of course, is to bring to-

gether a group of people with different perspectives, passions, and pursuits. Going forward, we will make every effort to reach out to people who we think have interesting perspectives to share, but we are limited by what we don't know, and more perniciously, by what we don't know we don't know — the unknown unknowns.

The other challenge is a consistent tension between that which is urgent and that which is important. Often, this tradeoff means that focusing in depth on one important story leads us to miss out on three urgent stories which crop up and demand attention, or the other way around.

In that vein, here's a selection of this week's unreported stories — the unanswered questions, the stories that go untold because of a lack of capacity, of manpower, or of time.

— What has been the effect of the recent

spate of mental health initiatives? When do they help or not help? Who does and does not find them useful?

— What does it look like at the interfaces between MIT's research, the government, and industry? What are the trends and how are they changing?

— Do students feel more, or less, in control of their environment — be that classes, living arrangements, or anything else — than they have in the past?

These are some of the questions we'll be working on answering. The challenges of shifting between the immediate and minute to the broad and long-term exhilarate us. If you are interested in answering these questions, or posing your own, join us.

Katherine Nazemi
Editor in Chief

Following a math theorem, beavers in exhibit never meet

Exhibit was delayed to fine-tune speed-controls for the busy beavers

Museum, from Page 1

pivot 90 degrees, and that switches the connections between segments of track.

One of the mathematical truisms underlying Beaver Run is that never shall the two beavers meet.

"That is a fact," said Glen Whitney, MoMath's founder and president. "No matter how I turn this sequence of knobs — and it seems as though I have complete power to reconfigure these tracks, make the beavers go wherever I want them to — nevertheless, I will never be able to make the beavers meet each other."

That truism is subject to a few conditions. For one, the two beavers cannot be placed on the tracks so they just run into each other. Another restriction is that one cannot turn a turntable while a beaver is on it, thus depriving visitors the glee of sending the animals careening off the tracks across the miniature swamp and forest landscape. Finally, the two beavers have to trundle at the same speed, in synchrony from turntable to turntable.

"The important thing that you need to know is that when Beaver 1 is passing a junction, Beaver 2 is passing some other junction somewhere else on the board, simultaneously," Whitney said.

That was the tricky part. The internal locomotion of the beavers comes from identical electric motors from model railroad trains, but they did not run at exactly the same speed.

First, the exhibit makers attempted a crude fix. Sensors next to the tracks note the positions of the beavers, and when one got too far ahead, the software cut off power to that beaver, bringing it to a jolting stop for a moment until the other caught up.

That, said Geva Patz, a museum volunteer who was finally able to make Beaver Run run, "doesn't fit very well with the notion of busy beaver — knocking off for a tea break every 20 seconds."

It was also not a very good solution. The jerky stops and starts also sometimes partly derailed the beavers, severing the electrical connection.

The museum staff knew the programming and tinkering expertise of Patz, a founder of Android Alpha, an options trading financial firm, and asked him to take a look.

"It became clear, after lots of testing, we needed something more sophisticated," Patz said.

Patz's fix was to add brains to the beavers — small computer chips with Wi-Fi modules. Now, the exhibit sends instructions to the beavers to speed up and slow down, almost imperceptibly, to stay synchronized, and they derail less often.

On Saturday, the exhibit was unveiled for all museum visitors to play with.

The exhibit grew out of brainstorming about Truchet tiles, named after Sébastien Truchet, a French Dominican priest who described them in 1704. The tiles are decorated with simple patterns that are not rotationally symmetric.

The Beaver Run exhibit is based on Truchet tiles popularized in 1987 by Cyril Stanley Smith, a scientist at Massachusetts Institute of Technology. On each tile, two quarter-circles connect midpoints of adjacent sides.

Timothy Nissen, the museum's chief designer, thought of turning the quarter-circles into train tracks. "I thought, 'Well, what if we had trains moving on a Truchet tile?'" he said. "Wouldn't kids love that? And you could rearrange them remotely. And so I thought that would be sort of a cool idea."

In the exhibit, the tiles can be rotated to produce 18 small circles. It is also possible to form one large loop.

Whitney, also a model train enthusiast, liked the idea, and he remembered the mathematical proof that would allow two trains to run on the tracks and never crash.

With some effort, Lawrence persuaded Nissen and Whitney to use beavers. "I had a very strong sense that trains might appeal more to boys than girls," she said. "We thought little beavers, little animals, are more universally appealing."

That is all part of the museum's mission to convey the magic of math to everyone. Since the museum opened in 2012, 465,000 visitors have passed through its doors on East 26th Street. "We want to get people curious about why the beavers are not meeting and hopefully get a glimpse into the reason why mathematicians are interested in doing proofs and the power those proofs provide," Whitney said.

Those intrigued by Truchet tiles can find more at the museum.

"If you venture into one of our bathrooms and look at one of the tile walls, you will see another Truchet tiling," Lawrence said. "If you look really carefully, you will see a hidden message."

Lean on Me support system may expand to other schools

Founders tout service as 'personalized, convenient'

Lean On Me, from Page 1

that there are people all around that care. Lean On Me gives people an actual platform for support when they reach out," Lloyd said.

Buduma explained that Lean On Me hopes to become an official nonprofit and expand to the entire

MIT community over the next semester. Then, it will spread to other schools.

"We've already gotten interest from many schools, including Berkeley, Stanford, UC Irvine, Cornell, and even the ROTC military program," Jing said.

"What we offer is something

that is a little different from Student Support Services or Mental Health in that it's run by other students and it's completely anonymous. It's personalized, convenient, safe, and secure. We bridge the gap between people who don't want to talk to MIT and people who just want to talk to their friends."

WEATHER

A taste of winter

By Colin Thackray
METEOROLOGIST

After an extended period of spring-like conditions, winter is returning to the Cambridge area. Today between three and eight inches of snow is expected to fall as a low pressure system moves northward along the eastern seaboard. As Massachusetts will be on the northwest-ern flank of the system as it moves by, there will be snow — with the possibility of large quantities depending on the path of the system. The National Weather Service has

announced a winter storm warning for today. After the storm passes, temperatures should be cool, especially overnight, and the skies should be relatively clear.

At the beginning of next week, more snow is possibly headed our way, with a low pressure system developing over the midwest. It is unclear at this time if the precipitation it brings will fall as rain or snow, or if it will bring precipitation to campus at all. We can be sure that the balmy weather of early February is done for the near future, at least.

Extended Forecast

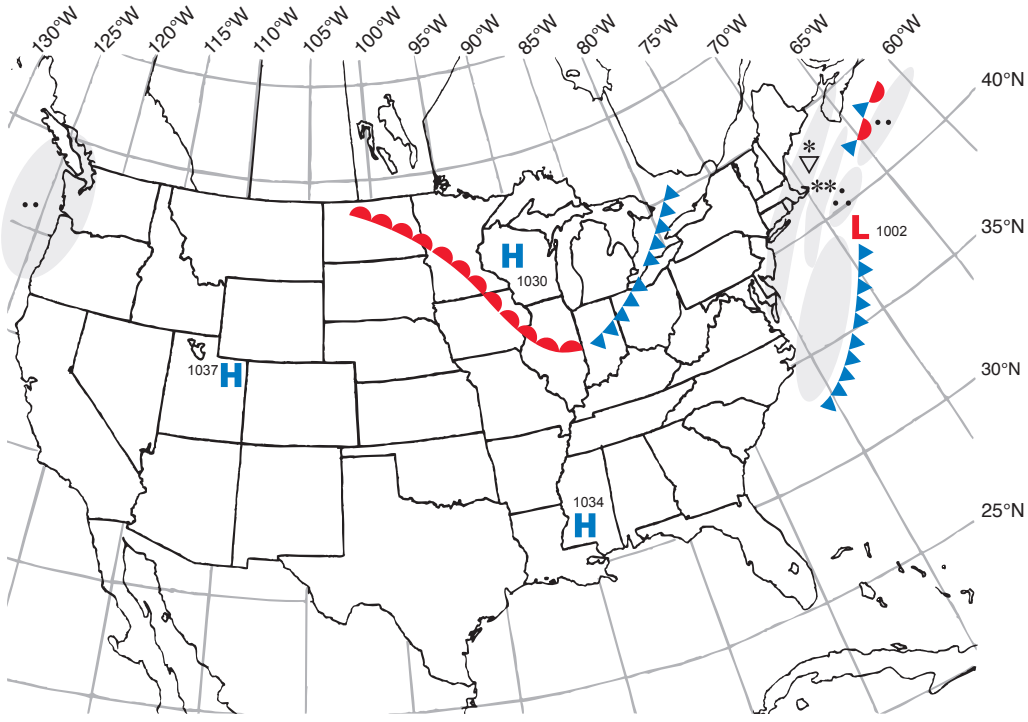
Today: Snow ending in the afternoon. High 35°F (2°C). Winds NW 10-15 mph.

Tonight: Partly cloudy. Low 20°F (-7°C). Winds NW 10 mph.

Tomorrow: Few clouds. High 40°F (4°C). Winds SW 10 mph.

Sunday: Clear. High 45°F (7°C). Winds SW 10 mph.

Monday: Chance of snow. High 30°F (-1°C). Winds N 10-15 mph.



Situation for Noon Eastern Time, Friday, February 5, 2016

Weather Systems	Weather Fronts	Precipitation Symbols	Other Symbols
H High Pressure	Warm Front	Snow	Fog
L Low Pressure	Cold Front	Rain	Thunderstorm
Hurricane	Stationary Front	Light	Haze
		Moderate	
		Heavy	

Compiled by MIT Meteorology Staff and The Tech

It's Dangerous to Go Alone!



Take This.

photo@tech.mit.edu

A sampling of people you'll meet during a typical dinner at *The Tech*:

Lenny, Course 2	Samir, Course 16
Michelle, Course 3	Katherine, Course 17
Jiahao, Course 6	Claire, Course 18
Patricia, Course 8	Jack, Course 19
Vivian, Course 9	Tara, Course 20
Amy, Course 10	Mirny, Course 21
Vince, Course 12	Karleigh, CMS
Fiona, Course 14	Alex, Course 22

We're everywhere!



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Problematic Western attitudes toward a dangerous regime

In a recent visit to Italy, Iranian President Hassan Rouhani told a group of Italian business leaders that Iran is the “safest and most stable country of the entire region.” Why, then, are leading global players tiptoeing around the regime? In the past month, four major world players — Italy, the U.S., France, and the U.K. — displayed conciliatory attitudes to Iran in different events.

Italy — On January 26, Rouhani visited Rome, a key capital of the western world, and signed business deals with Italian firms worth a total of 17 billion euros. Afterward, he and Italian Prime Minister Matteo Renzi spoke at one of Rome's most prominent museums, the Capitoline. In order to avoid offending Mr. Rouhani, several nude statues were hidden with plywood boxes.

United States — In that same meeting with Italian business leaders, Rouhani emphasized that economic growth is the most important countermeasure against extremism, declaring that “unemployment creates soldiers for terrorists.” This statement entirely ignores the well-known fact that the Iranian state sponsors terrorism. In fact, in a CNBC interview released on January 21, Secretary of State John Kerry said that it is *expected* that some of the money freed up by the Iran deal will end up in the hands of terrorist groups.

Even now, Iran continues to grow its ballistic missile program, entirely disregarding U.S. threats of financial sanctions that are legal under the guidelines of the nuclear deal. In fact, last December Rouhani expressed on Twitter that *because of*

the threatened sanctions, and not in spite of them, he instructed Iran's Ministry of Defense to accelerate the development of ballistic missiles.

The day after Rouhani visited the Capitoline was January 27, International Holocaust Memorial Day. Iran's Supreme Leader Ayatollah Ali Khamenei marked the day by releasing a video in which he spoke about the Holocaust and stated that "[i]t is not clear whether the core of this matter is a reality or not. Even if it is a reality, it is not clear how it happened ... This is the ignorance that exists in today's world." The Iranian leader denied the genocide that killed over 11 million Jews, homosexuals, Romani, and mentally disabled people on previous occasions as well, and the banner used to promote the video on the Ayatollah's website went so far as to include a photo of Adolf Hitler. Also in recent news, the Ayatollah awarded victory medals to the commanders in charge of seizing the U.S. navy boats last month, saying that Iran should remain wary of its "arch-enemy," the U.S., even after the nuclear deal.

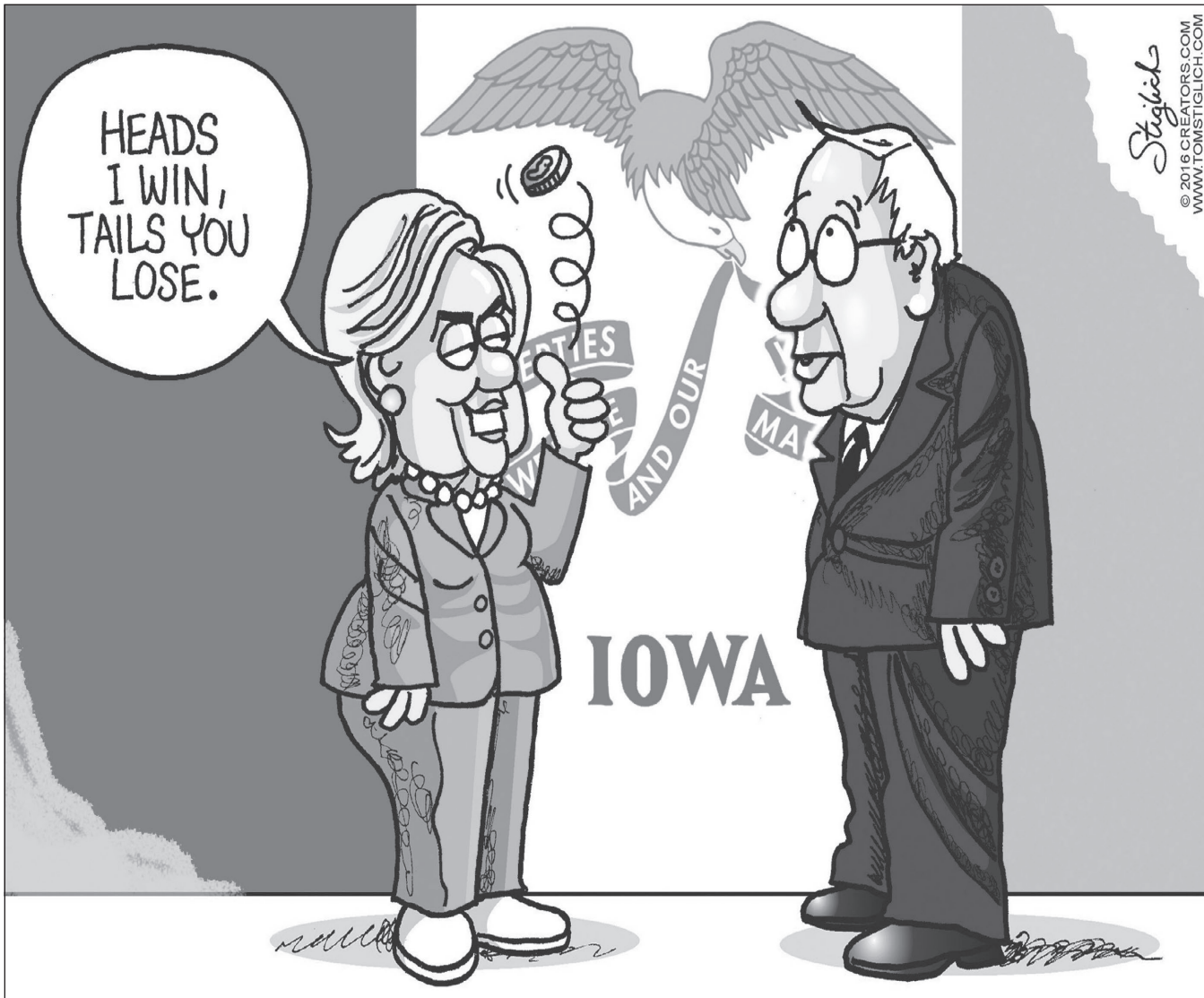
France — Also on January 27, France hosted Rouhani in the hope of securing a deal to sell military equipment to Iran. During a Holocaust memorial service in France, the former Israeli ambassador to the U.S. and current Israeli politician Michael Oren criticized the negotiations with Rouhani on International Holocaust Memorial Day, stating, “How can Europe honor the memory of the Holocaust, and on the exact same day host the leader of the Iranian regime, which denies that the Holocaust actually happened?”

United Kingdom — Rather than criticize denial of the Holocaust, the U.K.'s rep-

representative to the European Council, Alex Salmond, ironically criticized Israel, stating that there is a "time and place for international politics" and that Oren should not have criticized Rouhani "during a solemn commemoration service."

Meanwhile, many citizens across Italy and France protested Rouhani's visit to their countries. In Italy, protesters objecting to Rouhani's visit gathered in Rome's Pantheon Square. Many Italian citizens took to Twitter using the hashtag *#statu-enude*, meaning naked statues, and they included photos of Roman nudes and unclothed figures in Iranian artifacts to protest the decision to cover their historic art. In France, in order to protest Iran's appalling human rights record, a woman from the feminist group Femen France pretended to hang herself from a bridge, topless, with the Iranian flag painted on her chest. A banner above declared, "Welcome Rouhani, executioner of freedom." The group later revealed that they organized the display to bring attention to Iran's numerous death sentences.

The question remains: why are major world powers treading so carefully around a regime that denies the Holocaust, has a appalling human rights record, continues to grow its offensive capabilities despite legal consequences, and ignores its own role in global terrorism? Could it be purely economic reasons? Naiveté? Fear of the deal collapsing? Perhaps it is fear of the reality: Iran is currently a dangerous force. Many of the world's citizens already know that, and it's time for their leaders to behave accordingly. Historically, appeasement hasn't worked, and we shouldn't expect it to now.



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Northdoku

Solution, page 10

	8			6	4			
		1			3			
	3	7	2	1				
8		3			1		2	
9			6		7			8
	4		8			9		1
				7	5	1	8	
			1			5		
			3	9			7	

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.

Westdoku

Solution, page 10

7	5	1	8					
		8						5
	2		3			1	8	
6					4		5	
8			6		1			4
	7		5					1
	9	7			2		4	
2						9		
					8	5	2	3

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.

Southdoku

Solution, page 10

48x				20+		
	15x					6x
7+			120x			
	3x			4		5
17+					72x	
1-				2		

Instructions: Fill in the grid so that each column and row contains exactly one of each of the numbers 1–6. Follow the mathematical operations for each box.

Eastdoku

Solution, page 10

360x				8x		
5			12x			18x
1-			300x			
12x	12+				30x	2x
				2÷		
	10+				15x	

Instructions: Fill in the grid so that each column and row contains exactly one of each of the numbers 1–6. Follow the mathematical operations for each box.

A LITTLE SOMETHING

Solution, page 10

ACROSS

- 1 Performs like Kanye
- 5 Keglers’ org.
- 8 Lengthy tale
- 12 Word-of-mouth
- 13 Carbonated drink flavor
- 14 Source of ancient fables
- 15 Harp on an issue
- 18 Former
- 19 Married couples
- 20 Paving material
- 21 Capone’s nemesis
- 23 Under the weather
- 24 Beast of burden
- 25 Mexican folded food
- 27 Group of seats
- 30 Begin a hand
- 33 Old pros
- 35 Tour leader
- 37 Secluded setting
- 40 Compose, as prose
- 41 Unlocked
- 42 Supports for eyeglasses
- 43 “I should say ___!”
- 44 Moccasin or sandal
- 46 Brought about

- 48 From ___ Z
- 49 “Darn it!”
- 51 Cup border
- 54 Emergency phone link
- 58 Isolated region
- 60 Was punctual
- 62 Exit the premises
- 63 Garden entrance
- 64 Camper’s heater
- 65 Run leisurely
- 66 Many mos.
- 67 Tinkers (with)

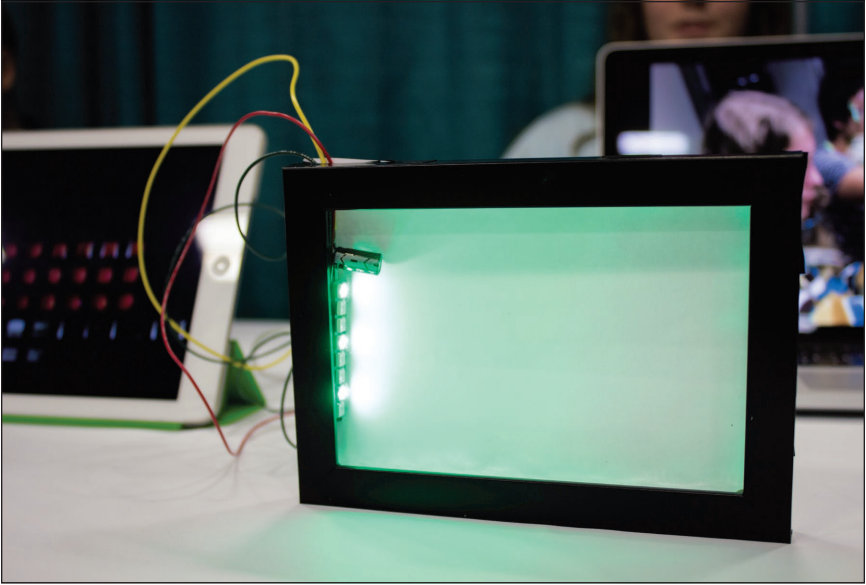
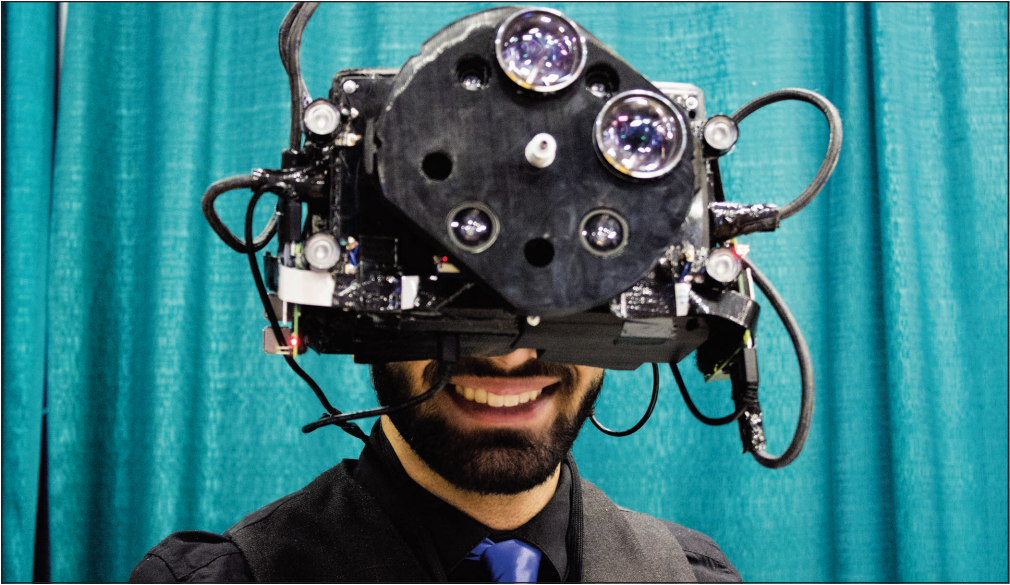
DOWN

- 1 Metallic factory worker
- 2 Sports venue
- 3 Less tanned
- 4 Wood strip
- 5 Sponge holes
- 6 Crunchy sandwich, for short
- 7 Sounds relieved
- 8 South Korean capital
- 9 With no warranty
- 10 Part of GWTW
- 11 Tenants’ dwellings: Abbr.

- 13 Charges towards
- 14 Comment of regret
- 16 Containers for recyclables
- 17 Lengthy tale
- 22 Immersed, as a tea bag
- 24 Zillions
- 26 “. . . even ___ speak”
- 27 Morning TV talk host
- 28 Aroma
- 29 Makes moist
- 30 Elevator button
- 31 100 German cents
- 32 Keep ___ (persist)
- 34 Tail end of a sneeze
- 36 Previously owned
- 38 Celebratory
- 39 Slow tempo
- 45 Sharpen, as skills
- 47 Scratcher’s target
- 48 Still in the game
- 50 Tenants’ payments
- 51 Dashboard device
- 52 Tusk material
- 53 Doles (out)

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16				17				
18							19					
20				21			22	23				
			24			25	26			27	28	29
30	31	32			33	34			35	36		
37				38				39				
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43				44	45			46	47			
			48			49	50			51	52	53
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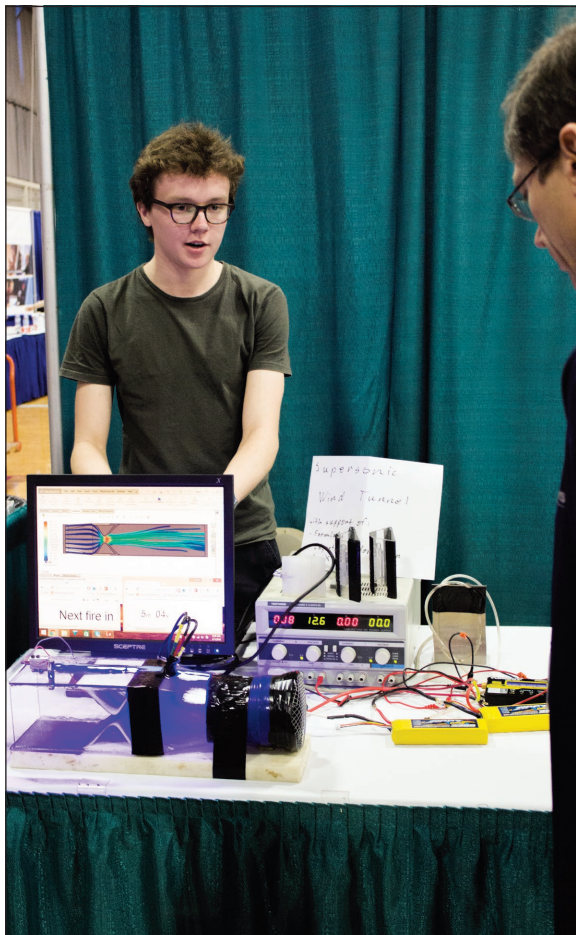
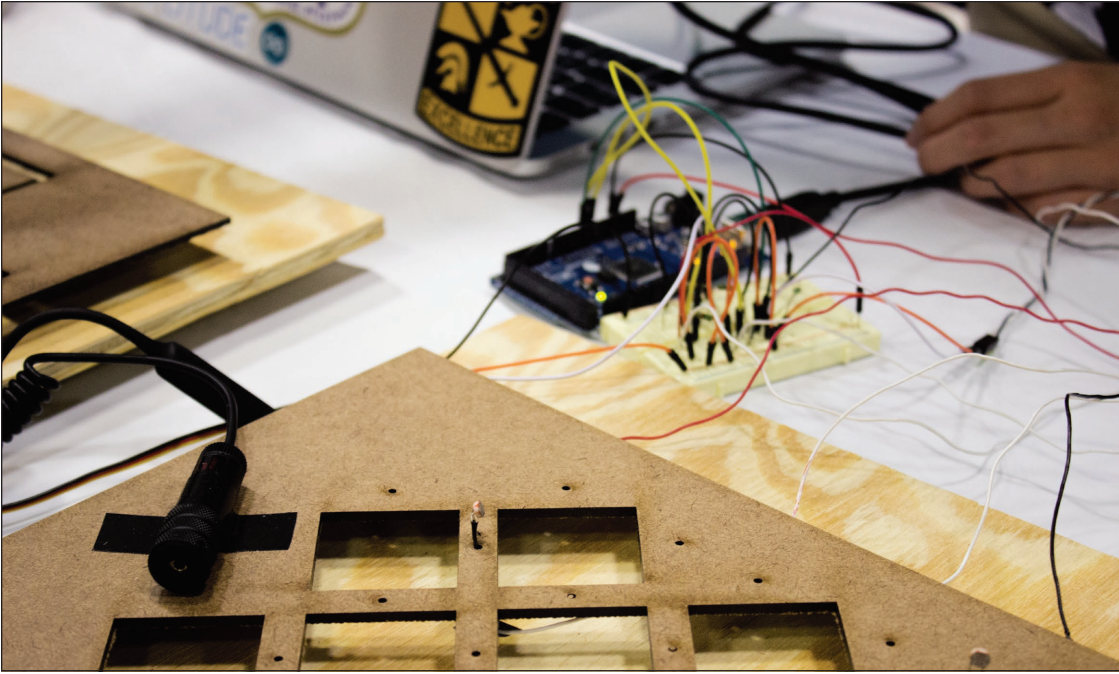
- 54 Office passageway
- 55 Best-selling cookie
- 56 Ensnare
- 57 Feeling tense
- 59 Exited
- 61 Rower’s blade



XFAIR

At xFair, students checked out the projects of their peers, as well as the many company booths.

Photos by Nina Lutz

A man in a plaid shirt is standing behind a table displaying several projects. On the table is a large white vacuum pump labeled 'EDWARDS 12', a custom-built metal device with a coiled tube, and a wooden box containing a mechanical component. A small digital display is also visible on the table.

IAP Orchestra performs Dvorak and Wagner

One month, two movements, and a passion for music

Kresge Auditorium

By Nina Lutz

The second piece was the five movements of Antonin Dvorak's *Serenade for Strings*, conducted by

Much like the dancing melodies in the songs the orchestra played, IAP gives us the freedom to move and soar and give time to the intricate melodies that seem so drowned out during the regular semester.



NINA LUTZ—THE TECH

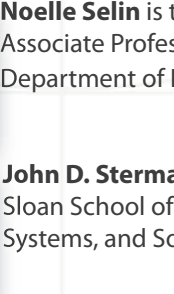
Dominique Hoskin directing Dvorak's Serenade for Strings.



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FEATURING



Moderator: Kenneth Oye holds a joint appointment at MIT in political science and engineering systems, with research and teaching on international relations, political economy and technology policy.



Valerie J. Karplus is the Class of 1943 Career Development Professor and an assistant professor of global economics and management at the MIT Sloan School of Management.



Noelle Selin is the Esther and Harold E. Edgerton Career Development Associate Professor in the MIT Institute for Data, Systems and Society and the Department of Earth, Atmospheric and Planetary Sciences.



John D. Sterman is the Jay W. Forrester Professor of Management at the MIT Sloan School of Management and a professor in the MIT Institute for Data, Systems, and Society.

Caterina Colón

I'm from San Juan, Puerto Rico. My life was pretty stable, and I had always lived in the same house. I'm an only child. I didn't have a dad. I was raised by my mom and we were very close. We would sing in the car and that was my favorite thing. We sang Italian songs and listened to Pavarotti. My high school experience was very much like other people's here. I was very involved in extra-curriculars and different clubs.

I stayed with my great uncle or sometimes with my great aunt. They're brother and sister, but they don't live in the same house. I went back and forth. They were my family.

The first semester here was okay. I'd cry and I was sad, but it wasn't completely horrible. I didn't join any clubs or anything. I joked around saying, "Oh, I'm too busy being sad." Then I went home for the holidays. When I came back that second semester, that's when I started having serious problems.

On top of everything, I started having flashbacks. I felt so guilty because I was such a rude child. I was sure my attitude had killed my mother. I was very depressed, but at that time I had no idea. I was just like: well, my mom died. What is the point? We're all going to die. I'm supposed to be sad. I just

I went to a therapist that summer and she told me I had major depressive disorder and generalized anxiety. They gave me some medication, and I hated it. It made me jittery all the time.

A black and white portrait of a woman with long, dark, wavy hair and glasses. She is wearing a dark, textured sweater. The lighting is dramatic, with strong highlights on her face and hair, and deep shadows on the left side of her face and neck. The background is dark and out of focus.

ing, but that first year even singing in the shower made me sad. I did have friends. I would talk to my roommate and she would listen very intently. I felt really alone though. I thought, "You're sad for me right now, but you're about to go home to your house and Christmas with your family." I just felt so alone in the world with no one to help me. But there were many people that were trying to help me. That also made me feel bad, because I knew they were there trying to help and I just didn't feel it.

sophomore year, two weeks before the second anniversary of my mom's death. There was this huge funeral, and I had to go and sing. All I could think about was death and all the tragedy that had gone on at the Boston Marathon. I was sad because people were dying. Then I would feel guilty and selfish. "There are people dying everywhere. Why am I not sad for them? Why am I only sad for my mom?"

By the end of that year, I just felt so much better. I had learned so many other things.

Coming back to MIT was hard. I was assigned an amazing new advisor, and he helped me in so many ways. Also S^Λ3, I had a lot of help from the deans there. My first semester back, I retook 8.02. I remember it being hard again and I was sad and I stopped going to class. Then I realized: no, this is something that has happened before, but I know what I can do about it. I let my therapist know, and I contacted my professor, and he was amazing. He would meet with me every week and help me out. It was such a big shift from my first two years here. I think the biggest thing I learned from being away was that you can always ask for help and there will always be someone to help you here. That's something I just didn't know before.

I'm off medication now, but I still go to my therapist every month. I feel like a much better person than the person I was in high school. I feel I've learned so much, that I have developed so much patience. I've also learned how to be a lot more proactive, making sure everything is on time.

I'm proud of where I am. I am proud of what I've done, but the thing I'm most proud of is that I was able to get help. In that sense I don't feel that where I am today is my accomplishment alone. I feel it's an accomplishment of everyone around me.

When I talk to other people who are depressed, the thing that I most want them to know is that it will end. It's something that takes effort. I put in so much effort to get better. Even if you're 100 percent sure that there is no way for you to get better, there will be a way, and it doesn't matter how long it takes you to find it.

Caterina Colón is member of the Class of 2015.

This project is supported by the Undergraduate Association's Committee on Student Support and Wellness, chaired by Tamar Weseley '17 and Alice Zielinski '16. To participate in the project, or to learn more, contact ResilienceProject@mit.edu.

There are many ways to find help. Members of the MIT community can access support resources at together.mit.edu. To access support through MIT Medical's Mental Health & Counseling Service, please call (617) 253-2916 or visit medical.mit.edu.

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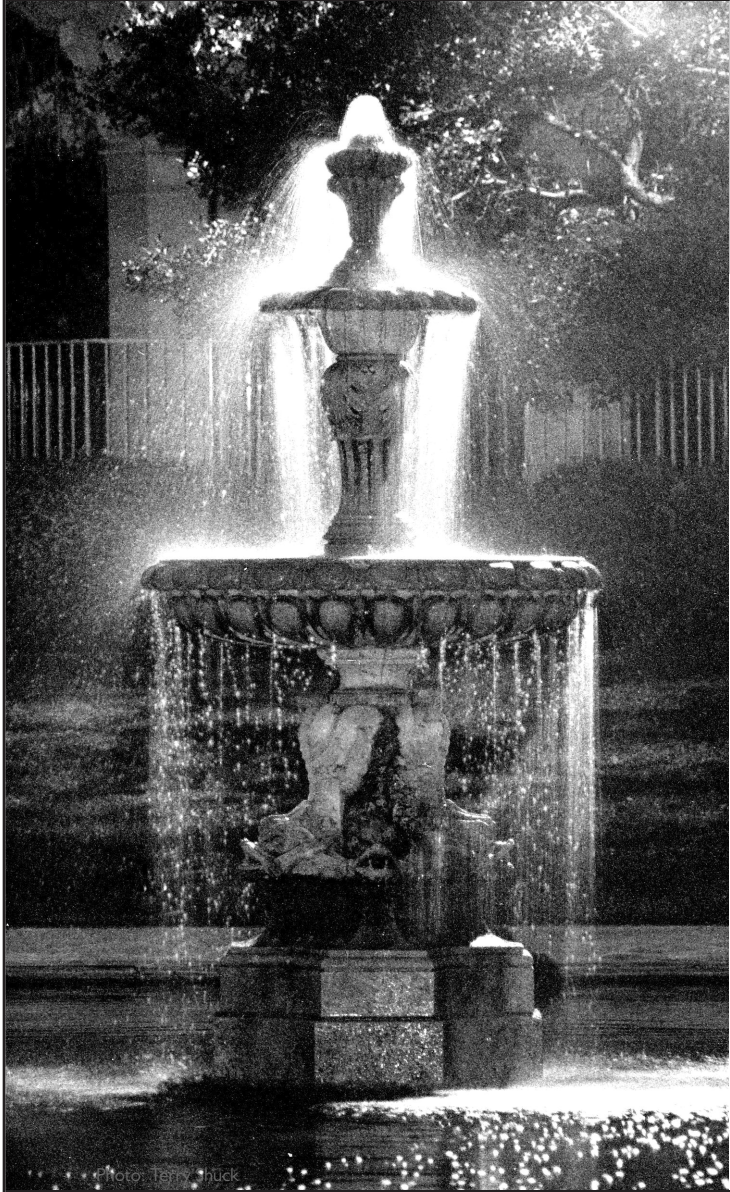
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| History of Architecture & Art | <i>Asian & Asian Diaspora</i> |
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| Languages | <i>Middle Eastern</i> |
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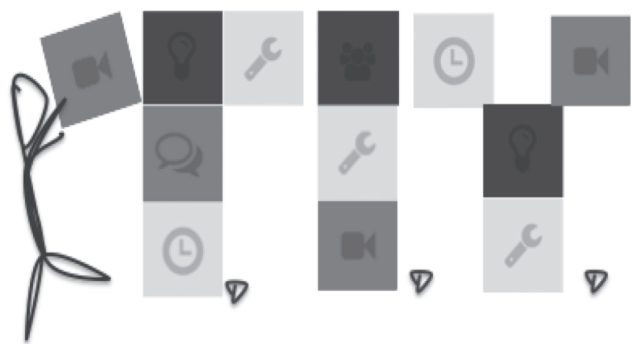
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**James R. Killian, Jr.,
Faculty Achievement Award Lecture**

Unlocking the SECRETS of CANCER



Tyler Jacks

David H. Koch Professor and
Director, David H. Koch Institute for Integrative Cancer Research

Thursday, February 11, 2016
4:00 pm
Room 10-250



Solution to Northdoku
from page 5

5	8	9	7	6	4	3	1	2
4	2	1	5	8	3	6	9	7
6	3	7	2	1	9	8	5	4
8	6	3	9	4	1	7	2	5
9	1	2	6	5	7	4	3	8
7	4	5	8	3	2	9	6	1
2	9	6	4	7	5	1	8	3
3	7	8	1	2	6	5	4	9
1	5	4	3	9	8	2	7	6

Solution to Southdoku
from page 5

1	6	2	3	5	4
4	3	5	6	2	1
3	2	4	5	1	6
2	1	3	4	6	5
5	4	6	1	3	2
6	5	1	2	4	3

Solution to Westdoku
from page 5

7	5	1	8	4	6	2	3	9
3	6	8	2	1	9	4	7	5
9	2	4	3	5	7	1	8	6
6	1	9	7	8	4	3	5	2
8	3	5	6	2	1	7	9	4
4	7	2	5	9	3	8	6	1
5	9	7	1	3	2	6	4	8
2	8	3	4	6	5	9	1	7
1	4	6	9	7	8	5	2	3

Solution to Eastdoku
from page 5

6	5	3	1	2	4
5	4	2	6	1	3
2	1	5	3	4	6
4	3	1	5	6	2
3	2	6	4	5	1
1	6	4	2	3	5

Solution to Crossword
from page 5

RAPS	PBA	SAGA
ORAL	COLA	AESOP
BELABOR	THEPOINT	
ONETIME	SPOUSES	
TAR	NESS	ILL
ASS	TACO	ROW
DEAL	ACES	GUIDE
OUTOFTHEWAYS	SPOT	
WRITE	OPEN	EARS
NOT	SHOE	DID
ATO	DRAT	RIM
HOTLINE	ENCLAVE	
ARRIVED	ONTHEDOT	
LEAVE	GATE	FIRE
LOPE	YRS	TOYS

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TSSPORTS

SPORTS SHORT

Men's volleyball (7-2) defeated Newbury College in straight sets. Tom Leech '18 and Skyler Kaufman '19 each had 10 kills.
Men's track and field: Jarod Wilson '19 and Aidan Gilson '19 set rookie records for MIT athletes, running 800 meters in 1:52.74

and 3000 meters in 8:28.85 respectively.
Women's track and field: Maryann Gong '17 recorded the second fastest time ever in NCAA Division III history when she ran a 16:32.44 (16:40.09 converted due to track) in the 5,000-meter. Cimran Virdi '16 jumped a record height of 4.00 meters, 13-1 1/2" in pole vault.

Men's basketball defeated Springfield College 53-43 to improve to 15-5 on the season. Justin Pedley '16 led the Engineers with 27 points.
Women's basketball defeated Wellesley 52-38 to improve to 14-6 on the season. Kara Holinski '19 scored 17 points.
— Souparno Ghosh

Perfect season for MIT Swimming and diving team caps off season with victory over Amherst

By Max Berkowitz
DAPER STAFF

The MIT men's swimming and diving team defeated Amherst College by a 168-point margin. The victory ends the Engineers' dual meet season with a perfect 7-0 record, the first time the Engineers have gone undefeated since the 2012-13 season.

The morning session saw the Engineers take five of the six events they competed in. The tone was set from the beginning as the Engineers led off the meet in the 200 freestyle relay with a one-two finish. Jeremy Bogle '18, Joshua Tomazin '18, Dane Erickson '18, and Daryl Neubieser '16 won the meet's opening event in 1:24.73.

The next contested event, the 200 butterfly, saw the Engineers' lone loss of the morning with Amherst's Jeff Anderson placing first in 1:52.74. Gavin Brown '19 and John Matthews '17 finished second and third, respectively, for MIT, with times of 1:52.89 and 1:53.63, both of which met the NCAA "B" cut standard.

Over the next five events, MIT claimed the top two finishes in each race. With a time of 1:43.31, Daniel Smith '19 won the 200 freestyle for the fourth meet in a row. Aaron Huang '19 took home the 100 breaststroke in 57.85. Alex Lednev '16 earned the victory in the 100 backstroke with a 51.25, while Tomazin dashed to victory in the 50 free in 21.20.

MIT placed first and third in the final morning event, the 400 medley relay. The Engineers "A," "B," and "C" teams all finished within 0.30 seconds of one another. The "B" relay, comprising Mattix '16, Justin Chiu '18, Michael Hill '19, and Bogle, earned the touch-out at the end with a time of 3:26.60.

The afternoon session began very much the way the morning session ended, with MIT ending the second session with a perfect eight for eight on event wins. The "B" 200 medley relay of Mattix '16, Brandon McKenzie '19, Hill, and Tomazin started off the night with a 1:33.76 win for the Engineers. A pair of freshman took home the next two events with Josh Graves '19 earning a victory in the 500 freestyle (4:38.83) and Hill winning the 100 butterfly in 50.55.

MIT registered 1-2-3 finishes over the next three events. Douglas Kogut '18 led the way in the 200 backstroke, going 1:53.82, before Huang picked up his second victory of the day in the 200 breaststroke. Huang's time of 2:05.12 was fast enough for an NCAA "B" cut. Tomazin earned his second victory of the day in the 100 freestyle in 47.28, narrowly touching out Neubieser who finished in 47.32.

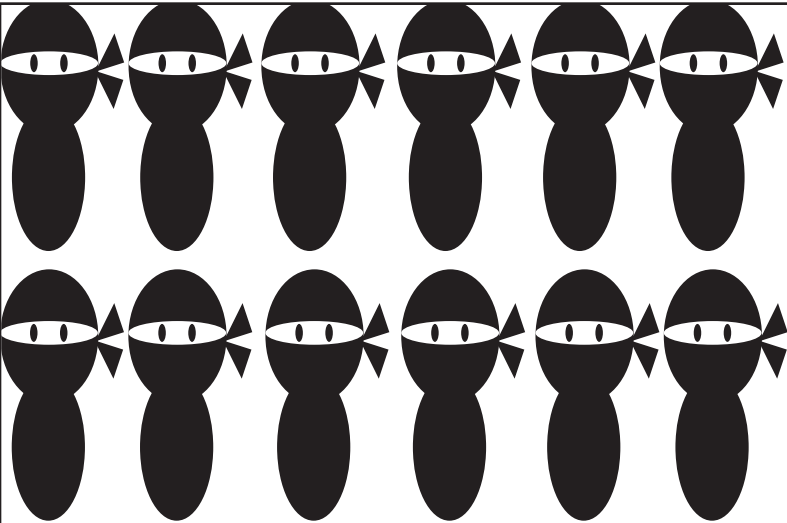
Brown then posted a first-place finish in the 200 IM, going 1:55.45, before the Engineers grabbed the top four positions in the men's 400 freestyle relay to close the meet. The quad of Smith, Tomazin, Erickson, and Neubieser took home the race with a time of 3:07.99.

MIT will return to action on February 18 to 21 when the Engineers host the New England Women's and Men's Athletic Conference (NEW-MAC) Championships inside the Zesiger Sports and Fitness Center. The first session will begin at 6 p.m. that Thursday evening.

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