



Ukrainian students organize the MIT community Rally for Ukraine protesting Russia's attack, Monday.
RILA SHISHIDO

Ukrainian students speak out about Russian invasion effects, degree of response from MIT

Horokh: 'I want the world to see the power of a united people, willing to do anything' to protect loved ones

By Kylee Carden
STAFF REPORTER

The Tech spoke with Ukrainian students Sasha Horokh '25, Ether Bezugla '22, Artem Laptiev '25, Mariia Smyk '23, Anita Dey Barsukova '22, and supporter Nikita Romanov '23 about the Russian invasion of Ukraine, its effects, and their lives since. The following are

excerpts from the interview, edited for length and clarity.

Since the interviews were conducted, the MIT administration has sent an email to Ukrainian students. The email stated that all Ukrainian students should have been contacted by a dean from Student Support Services (S3). Ukrainian undergraduate students will have their spring term work contributions

waived, and graduate students will be provided similar financial support. Ukrainian students can request more meal swipes and work with S3 or GradSupport to lighten their academic loads. The MIT International Students Office will also assist with legal questions, and a candlelight rally is being planned in collabora-

Ukraine , Page 2

MIT Divest sit-in protests against MIT's investments in fossil fuels

Institute yet to give a formal statement addressing sit-in

By Caroline Powers

A group of MIT community members participated in a three-day sit-in starting Feb. 16 outside of President L. Rafael Reif's office to protest MIT's continued financial investments in the fossil fuels industry.

The demonstration was organized by MIT Divest, a student group seeking to achieve complete divestment from the fossil fuels industry at MIT.

MIT Divest's publications coordinator Mitali Chowdhury '24 said in an interview with The Tech that they "had people there continuously throughout the day, some people even sleeping there over-

night. A lot of students stopped by to sit with us and show support for the cause."

Chowdhury was especially pleased with the strong staff and faculty turnout. "We had faculty members stay with us, provide food.... A lot of the staff who actually worked in Reif's office came out to say that they supported us."

The sit-in began on the same day that MIT Divest filed a legal complaint with the Massachusetts state attorney general.

Elizabeth Rabenold '23, an outreach lead of MIT Divest, also spoke with The Tech. "We think it's irresponsible and hypocritical for MIT to continue holding these

endowments. We also believe it's illegal."

When asked about the content of the legal complaint, Rabenold said that it "states that MIT's investment holdings in fossil fuel companies are in violation of the Institute's obligation as a nonprofit under Massachusetts law. The legal complaint itself is basically a request for the attorney general's office to open an investigation into these violations." Rabenold added that "it's a new approach to fighting for divestment at schools."

The complaint was filed simultaneously with four other student

Divest Sit-In, Page 3



ALEXA-RAE SIMAO—THE TECH

A member of MIT Divest paints a sign during a sit-in outside President Reif's office on Wednesday.



CADY BORONKAY—THE TECH

Students present personal projects they worked on during the fall semester at ProjXpo, Feb. 21.

IN SHORT

Add date is March 4.

Last day for February 2023 degree candidates to apply for a double major is March 4.

March 14 marks the beginning of half-term subjects final exam period (H3).

Interested in joining The Tech? Email join@tech.mit.edu.

Send news and tips to news@tech.mit.edu.

MIT relaxes COVID-19 testing and dining policies due to reduced cases

Visitors will continue to be welcomed on campus when either being escorted by a COVID Pass holder or using a Tim Ticket

By Maria Aguiar

In response to a decrease in the number of positive COVID-19 cases, MIT announced a series of changes to its COVID-19 policy in an email to the MIT community Feb. 9. The email included changes in testing requirements, indoor eating, and masking policies.

The changes come as MIT Medical reported a consistent decrease in positive cases per week since the beginning of IAP, Jan. 3. The rate decreased from a 5.07% positivity rate to a 0.66% rate by the first week of the spring semester.

Massachusetts has also seen a decrease in weekly positivity rates, from 20.44% at the beginning of January to 4.08% at the beginning of February.

Students, residents, and unvaccinated COVID Pass users are now required to test only once per week starting Feb. 21 in lieu of the previous twice-a-week testing policy. For all other community members, testing will become optional. COVID-19 testing operations on campus remain open.

Since Feb. 10, food and drinks have been permitted at MIT-sponsored gatherings and meetings, and a face-covering exemption from last year has returned. Fully vaccinated instructors and presenters are now permitted to remove their masks when speaking at events or classes.

On Feb. 14, seating at MIT residential dining halls returned to full capacity, and both Bosworth's Cafe and Steam Cafe in Lobby 7 reopened.

Additionally, visitors with Tim Tickets and COVID Pass users can now attend indoor athletic events.

Several important MIT COVID-19 policies will still remain in place.

MIT will continue to comply with Cambridge's indoor mask policies, and daily health attestations will still be a requirement for COVID Pass users. Those who have tested positive for COVID-19 will have a three-month long testing exemption.

Visitors remain welcome on campus when either being escorted by a COVID Pass holder or using a Tim Ticket. They are not required to have a negative COVID-19 test before visiting campus.

MIT continues to recommend the use of higher-quality masks, which will still be provided at testing drop-off sites and residence halls.

UKRAINE

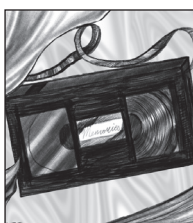
A heinous crime by Russian leadership.
OPINION, p. 5

LEVAIN BAKERY

The perfect cookies. **ARTS, p. 6**

VAN GOGH

An immersive and otherworldly experience. **ARTS, p. 6**



NORMALITY

Not so normal after all.
CAMPUS LIFE, p. 8

DISTRACTIONS

What do they have to do with love? **CAMPUS LIFE, p. 9**

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WEATHER

March on through
midterms and
precipitation

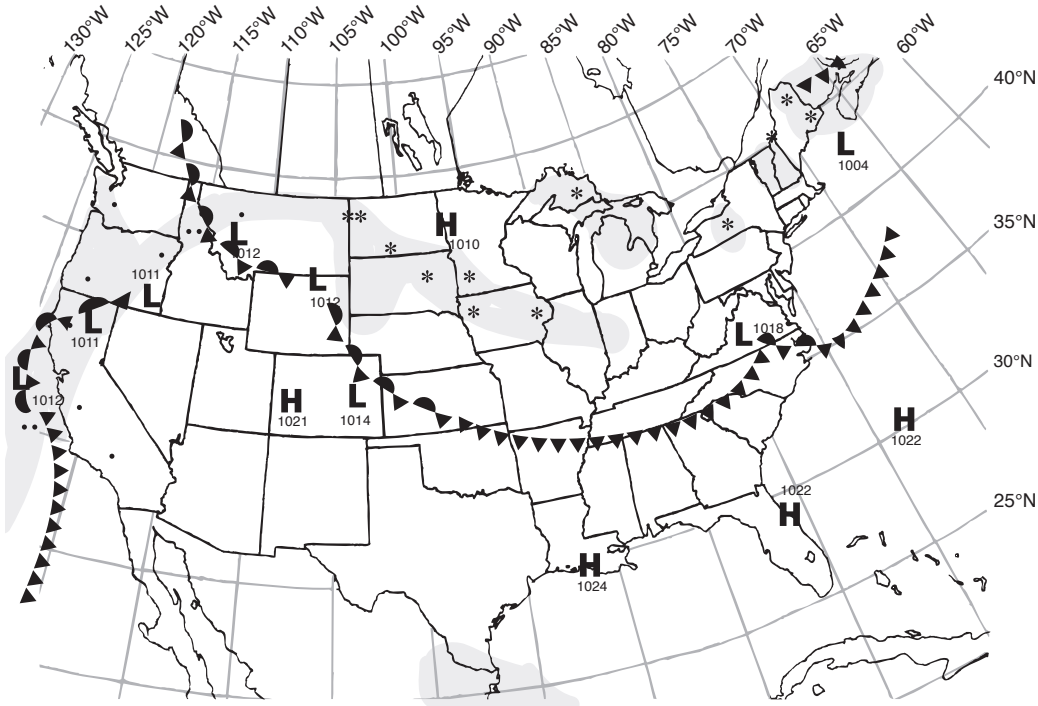
By Adrienne Lai

Though March has started, a season which you might associate with spring if your hometown gave you a reasonable framework of winter, we will continue to be in the grips of the cold. Snow is still on the ground and more might come this morning, so be sure to wear appropriate footwear and wake up with sufficient time to get to class. Please don't slip (speaking from experience, it's not fun)!

After Thursday, there will be sunny skies to brighten your day as you take or prep for midterms; you got this!!! You might view Sunday's rain as a real damper to the weekend, setting up a gloomy week of midterms for your weary soul. However, note that with the precipitation comes warmer weather, a high of 58°F and a low of 45°F. Take this as a note that rain (and other water projectiles like say tears) are not bad — dance in the rain!

Extended Forecast

Today: Chance of 0.5 in. of snow and cloudy skies in the morning but becoming sunny by afternoon. The high is near 37°F (2.7°C). 8 to 15 mph Northwest winds with max wind speeds of 25 kph.
Tonight: Mostly clear skies with a low of 12°F (-11°C). Northwest winds 8 to 13 mph.
Tomorrow: Sunny with clear skies and west winds from 3 to 7 mph. High of 33°F (0.5°C) and a low of 19°F (-7.2°C)
Saturday: Partly sunny with a chance of snow at night. High temperature near 41°F (5°C) with west winds 3 to 6 mph.
Sunday: Rain with a high near 58°F (14 °C). South to southwest winds of 8 to 13 mph.



Situation for Noon Eastern Time, Thursday, March 3, 2022

Weather Systems	Weather Fronts	Precipitation Symbols		Other Symbols
		Snow	Rain	
H High Pressure	--- Trough	* (asterisk)	▽ (inverted triangle)	☁ Fog
L Low Pressure	— Warm Front	* (asterisk)	• (dot)	⚡ Thunderstorm
§ Hurricane	▲▲ Cold Front	* (asterisk)	• (dot)	∞ Haze
	▲ Stationary Front	** (double asterisk)	•• (double dot)	
		*** (triple asterisk)	••• (triple dot)	

Smyk: ‘I love MIT students; they’ve shown us great support and have been very nice’; community is ‘good at coming together and helping each other’

Ukraine, from Page 1

tion with MIT’s Chaplain to the Institute, Thea Keith-Lucas.

The Tech: How has the invasion of Ukraine affected you and those you care about?

Sasha Horokh: The invasion has stopped all of our lives. Nothing before this matters anymore. Seeing Ukraine free and safe again is all that matters. When I heard about the Russian invasion, I contacted my parents in Ukraine but could not reach them. My older sister who studies in Germany was able to get to my parents. Our parents got up, could hear bombs. My mom grabbed my younger sister, and they started driving West. They tried to enter Poland, then Slovakia, and then finally got into Hungary. My dad is staying in Kyiv and preparing for when Russians try to enter the city. My grandparents live in Sumy, in eastern Ukraine where there are lots of Russian troops and fighting. My granddad is a surgeon in a hospital and has had to shelter in a basement because Russians are shooting kindergartens, orphanages, hospitals, and shelters. I wait everyday for messages from friends and family to know they’re still alive.

Ether Bezugla: Ukrainian students at MIT have come together in one place. We sleep together, constantly check the news, make sure everyone is eating, and ensure everyone and their families are doing okay. It’s eerie to see people walking around MIT talking about clubs and psets. That does not exist for us. Our world is shaken. My extended family is in Ukraine. Half of my grandparents are in Kharkiv, where there is heavy shelling. My other grandparents are in Oleksandrivka, where it’s more rural.

Artem Laptiev: The kindergarten my sister goes to was bombed. I lived in Kharkiv, very close to the border. In the news, I see my streets being bombed and bombarded. I’m always checking in with my family and doing what I can. My parents and sister were outside Ukraine

when the invasion started. My grandparents live in a village that’s been occupied since the start. It feels like anything can happen at any moment. My friends are hiding in subways, fleeing to the West, and fighting back.

Mariia Smyk: My mom and grandma had to relocate, and it was very hard to convince them to. My grandma was scared of leaving, but an explosion right next to her house changed her mind. My mom and grandma moved from Kyiv to Lviv, in Western Ukraine, which is now packed with refugees. They are now trying to cross the border out of Ukraine into Poland.

Anita Dey Barsukova: The father’s side of my family is Ukrainian and living in Kyiv. My family lived in apartments in the city but fled to their summer home on the outskirts of the city once the bombing started. My grandpa was flown out a week before the invasion from an airport that has now been bombed.

Nikita Romanov: Most of my family is in Russia, and many Russians have friends and family in Ukraine. It’s heartbreaking to hear stories of what’s going on. My girlfriend is from Kharkiv, one of the main cities under siege. It’s hard to focus. I’m always opening and following the news, but it’s no comparison to what my Ukrainian friends feel.

TT: Have you been involved in any activism or taken action since the invasion?

Horokh: We will have rallies everyday until Ukraine is free. I’ve been interviewed several times to talk about Russian crimes and how to support Ukraine. I’ve been part of reaching out to MIT to demand a letter of support, public statement, and further actions.

Bezugla: All of the Ukrainian students have banded together to organize rallies around Boston, organize students, talk to administration, and pressure MIT to sever connections to Russian oligarchs and industry. We want actions from MIT such as paid leave for Ukrainian graduate students and financial

support for Ukrainian undergraduates. We created a template for contacting government representatives, dorms, and clubs. We’ve all been doing so much all the time.

Laptiev: I was finishing a pset when I heard the news. Ukrainian students immediately gathered, got no sleep, and strategized about what we can do. We started connecting with organizations and rallying everyday. We are trying to get universities around the U.S. and the world to coordinate their actions.

Smyk: I’ve been going to a lot of protests, organizing, and coordinating different efforts. I’ve been connecting with and trying to support people back home. I’m very worried about my financial situation because I might have to buy tickets for my relatives out of Ukraine on a whim.

Barsukova: I’m part of MIT Ukrainian Folk Dance, a recognized student group. We are working on setting up a giving page through MIT and working with Student Organizations, Leadership, and Engagement to do MIT-vetted fundraising. I’ve been helping with setting up rallies and working on setting up a fundraising event involving MIT dance groups.

Romanov: I try to spread information about this war in Russia and show support for my Ukrainian friends. A lot of Russians did not choose Putin or the war and are trying to help. During a protest, I had a message saying, “Russians, listen to your Ukrainian family and friends, not Putin.”

TT: How do you feel about stances or actions taken by MIT administration, MIT departments, and/or MIT students?

Horokh: MIT has not done enough. MIT must break collaborations with and stop funding Russian projects. MIT needs to support Ukrainian students, no questions asked. MIT students have and should continue to sign petitions, join rallies, speak up, and contact professors, advisors, and anyone else in positions of power.

Bezugla: I’m extremely grateful for all the emails and messages of support. There is still so much MIT can do to support its students. We need to pressure MIT to talk more publicly. I’m also very grateful to MIT students who have attended rallies and supported us in other ways.

Laptiev: The MIT administration did more than other universities but not nearly enough. This is not a war between Russia and Ukraine; it’s a war between Russia and basic human rights, freedom, and world peace. MIT’s response has not adequately understood the scope. We have a list of demands; we want a public stance, divestment from Russia, and support for Ukrainian students.

Smyk: I love MIT students; they’ve shown us great support and have been very nice. The MIT community is very good at coming together and helping each other. Several departments, including Physics, Mathematics, Mechanical Engineering, Electrical Engineering and Computer Science, and Urban Studies and Planning have sent out messages of support.

Barsukova: I appreciate MIT being as supportive as they have been and canceling the MIT Skoltech Program. I understand that non-international Ukrainian students are hard to identify, but I don’t think there’s been any attempt to reach out or identify us.

Romanov: I know that some Ukrainian students following MIT administration’s actions closely aren’t satisfied. My Ukrainian friends at MIT are having sleepless nights and trying to do as much as possible to aid their country. MIT could definitely take steps to alleviate academic stress, possibly with PE/NE grading.

TT: What do you hope the MIT community does or takes away from this situation?

Horokh: What’s happening in Ukraine is everybody’s responsibility. There is a nuclear threat due to fighting near nuclear reactors and spent fuel, and radiation levels are already elevated. Putin’s cruelty

cannot go unpunished; the world has known about this for eight years. Russian aggression is not just a Ukrainian problem. I want the world to see the power of a united people, willing to do anything to protect our home and loved ones.

Bezugla: I have a lot of hope that everyone bands together and realizes that these issues are impacting their friends and people they know.

Laptiev: The MIT administration must realize how unprecedented this situation is and treat it accordingly. It touches all of us and will only become a greater presence in our lives. Ukraine is an incredible example of bravery and commitment to ideals, and I hope the world and the MIT community realize this.

Smyk: We want MIT administration to take a public stance on the invasion in MIT News and newspapers and to collaborate with other universities on taking action. We want the MIT Institution and Corporation to share their connections to and investments in Russian projects and companies. We want MIT to divest from its connections to Russian oligarchs and military. We also want MIT to support students financially.

Barsukova: I’ve been really encouraged by the support and seeing how many people come out. It’s easy to feel like Ukraine is a small country that people don’t care about. I hope people keep fundraising, raising awareness, and mobilizing to provide real and immediate help to people in Ukraine.

Romanov: War is terrifying and horrible, but I think most people here should know that already. It’s been great to see the support and magnitude of the rallies both at MIT and in Boston.

The following is a series of links to support Ukraine: <https://linktr.ee/ukrainiansboston>

The following document contains resources the MIT community can use to support Ukraine: <https://docs.google.com/document/d/1ZKlQ6nz7ZZXu6c6VYkXjpqukXAoM5pDgys9tFZIKJxA/edit#>

DID YOUR MIT ESSAYS GET YOU IN?

The Tech is collecting successful application essays (hint: yours!).
Email your pieces to cl@tech.mit.edu!

Rabenold stated that MIT is ‘obviously continuing to invest in fossil fuels, so we’re just going to keep doing what we’ve been doing, ... pushing ahead’

Divest Sit-In, from Page 1

groups at Vanderbilt, Princeton, Yale, and Stanford universities as part of a coordinated effort.

“We’re calling ourselves the fossil-free five,” Rabenold said.

MIT Divest hopes that these legal complaints could have implications nationwide. Chowdhury stated that it could set a “very important precedent for nonprofit investment.”

Rabenold admitted that filing the legal complaint was a “daunting task” for MIT Divest, but the organization was lucky to have a strong support network.

“We partnered with climate lawyers at a nonprofit organization called Climate Defense Project, and they guided us through the legal complaint from start to finish. We also had a lot of support from organizers at Fossil Fuel Divest Harvard because they had a very similar complaint in March of 2021.”

About the sit-in, Chowdhury said “being able to do this action in conjunction with seeing all the publications starting to roll out about the complaint and hearing about it in the news and on social media, it was just empowering to sit there and say, ‘Hey, we care about this.’”

When asked about MIT Divest’s next steps, Rabenold said that MIT Divest will be “meeting with the state attorney general at some point. If the attorney general does decide to launch an investigation,

I think that would be a huge moment” because MIT would then “be legally required to divest.”

Chowdhury added that, in the immediate future, MIT Divest will be following up on contacts from other universities, hoping that the group can file their own legal complaints and attend the upcoming sustainability midway.

MIT has not yet published a formal statement addressing either the sit-in or the legal complaint. When asked about the Institute’s

response, Rabenold said that “anything we have heard is recycled rhetoric, the same talking points over and over again.”

Despite this, MIT Divest is not discouraged. Rabenold stated that MIT is “obviously continuing to invest in fossil fuels, so we’re just going to keep doing what we’ve been doing, which means pushing ahead with different actions, different publications, and trying to make them see that divestment is the right course of action.”

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Solution to 1978
from page 10

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

Solution to February
from page 10

RECU	T	HATE	OV
AFT	R	IDOL	MANE
MISSIONARY			MICE
	VPS		OMELET
SHIVER		LINEN	
TORO	ACID	ITEMS	
EPIC	HOMES	AREA	
MESAS	VISA	RIGS	
	BERET	UMYEAH	
ASTUTE		ADO	
GIRL	DICTIONARY		
IDEA	ETAL	LEVEE	
LEAR	ETNA	ARENA	
EDDY	MOSS	HOSTS	

Solution to MetaFunFun
from page 11

Each is the year of creation of Women’s History Day, Week, and Month, in order

Solution to 1980
from page 10

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

Solution to 1987
from page 11

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

Diversity
Cancelling
Fear
Indoctrination
Hurtful
Twitter mob
Incorrect
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An hour feels like a few minutes in this immersive experience

This immersive exhibition aims to create a dialogue between the paintings of Van Gogh and the audience. This is made possible through *Image Totale*® which, unlike television screens, does not let the

Van Gogh painted for ten years; however, the creators of the exhibition, Annabelle Mauger and Julien Baron, curated a collection consisting of works from only the last

The background music sets the tone of the exhibit as soon as the audience enters. Featuring the works of some of the greatest composers, including Prokofiev, Saint-Saëns, Schubert, Mozart, Bach, and Satie, the music amplifies the emotions of the paintings and acts as a language used by the paintings to speak to the audience.

In SoWa Power Station where the exhibits are displayed, the very ideas of a center or a periphery; a beginning or an end cease to exist, enabling visitors to imagine their own Vincent Van Gogh. Visitors are allowed to walk around and look at moving images on multiple walls simultaneously. Some of the works that stand out in the immersive experience are *Starry Night*, *Van Gogh Self-Portrait*, *Bedroom in Arles*, *Seascape at Saintes-Maries*, *Café Terrace at Night*, *Japaneseisrie: Flowering Plum Tree*, and *Sunflowers*.

While *Starry Night* is undoubtedly the most iconic painting and Van Gogh's *magnum opus*, *Image Totale*® elevates the experience of the painting by making visitors feel as if they are traveling in the vast skies, surrounded by, gazing at, and looking down upon the stars. In a sharp contrast to the blue hues of *Starry Night* and *Seascape at Saintes-Maries*, the red flowers of the plum trees painted on a red background in *Japonaiserie: Flowering Plum Tree* express how Japanese art has influenced Van Gogh's works, bringing him joy. His euphoric emotions are indeed evident in *Japonaiserie: Flowering Plum Tree*, where he made the colors more intense and introduced borders to produce a decorative and exotic effect, all the while reproducing Utagawa Hiroshige's *Plum Garden in Kameido*.

Van Gogh wrote about nature in one of his letters to his brother, stating, “It’s too beauti-



Production still of *Starry Night*.



Production still of *Flowering Plum Orchard*.

RESTAURANT REVIEW

Levain brings its classic lineup of cookies as well as a selection of breads, cakes, and scones to Boston's Newbury Street.

Levain, a New York-based bakery established in 1995 by Pam Weekes and Connie McDonald, opened its first Boston location on Newbury Street on Feb. 19. Levain's first cookie and most popular item, the walnut chocolate chip, has enamored millions around the globe. Levain currently fields eight locations, with five in New York and two in the Washington D.C. metropolitan area.

We had a chance to speak with Victor de Paz Calvo, Vice President of Operations at Levain Bakery, on opening weekend. When asked about their choice of location on Newbury Street, he chuckled. "Look around," he said. "[There's an] insane amount of people." Sure enough, right behind us was a line stretched around the block. We overheard quite a few customers justifying their decision to stand for nearly two hours in the Boston cold to try the world-famous cookies.

Beyond having great-tasting cookies, Calvo stressed the importance of incorporating parts of their local community into each of their bakeries. Their classic New York oatmeal raisin scones, for example, are oatmeal *cranberry* scones here, with raisins sourced directly from Boston-area farms.

"We look for more local ingredients and local charities," Calvo shared. In fact, Levain donated all of its opening day proceeds to Women's Lunch Place just down the street.

"As busy as we are, it's a fun place to be," he notes at the end of our interview. "It's a place that [welcomes you]. You have fun, [and] you get that fresh-baked cookie."

We did, in fact, get that fresh-baked cookie. After our interview, we sampled a number of Levain's signature cookies and bakery items, delivered to us straight from the oven. Of the cookies, we tasted the chocolate chip walnut, oatmeal raisin, and dark chocolate peanut butter chip. According to my co-writer Mindy, the perfect chocolate chip cookie melts in your mouth, and Levain's chocolate chip walnut did just that. The dough and walnuts were not very sugary, and they offset the subtle sweetness of the chocolate. Levain's cookies are also notorious for being quite thick and dense, which became evident as soon as we opened our box of goodies. As we sank our teeth into our first bite, we found five or six layers of melting chocolate on our tongues. Despite its size, the cookie was not overdone and, in my (Jamie's) words, "perfectly moist"

The dark chocolate peanut butter chip and oatmeal raisin were on par with the classic as well, although Mindy seemed to prefer the peanut butter cookie. “The first thing that hits me is the smoothness, the creaminess of



Levain's classic chocolate chip walnut cookie at their new Boston storefront.

the peanut butter. I've never had peanut butter chips that melt like this," she marveled. I, however, must stick with the original.

Next, we tried the banana chocolate chip loaf cake. The banana *overwhelmed* our taste buds. I don't know how they did it, but it was as if Levain managed to squeeze at least five bananas into a normal-sized loaf of bread. By then, we were absolutely stuffed but still managed to share a loaf of pumpkin ginger spice cake and an oatmeal cranberry scone with some friends. This may go without saying, but we recommend eating Levain's bakery items while they are warm. Although still

ful for me to dare paint it or form an idea about it." Despite this, he brought nature to life in his artwork in the form of starry night skies, blue oceans, bright yellow sunflowers, and exotic plum trees. Meanwhile, his paintings *Bedroom in Arles* and *Café Terrace at Night* portray everyday events in the lives of common people.

Overall, I would highly recommend visiting *Imagine Van Gogh* at SoWa Power Station. The 45-minute exhibition offers a completely unique perspective into art, successfully transporting visitor into painting and enabling a dialogue between the two. While the regular tickets are \$39.99, you can visit in groups of four and get discounted tickets at \$34.99 per person. Trust me when I say it is worth every penny!

SPORTS BLITZ

Thursday, February 24

- Men's Basketball lost against Worcester Polytechnic Institute 52-68.

Friday, February 25

- Women's Track and Field tied for third in the New England Division III Championship
- Men's Track and Field won first in the New England Division III Championship

Saturday, February 26

- Rifle won second out of five in the MAC Championship with 2137 points.
- Men's Fencing won second out of 12 in the New England Championship.
- Women's Fencing won sixth out of 15 in the New England Championship.
- Men's Track and Field won first with 152 points in the New England Division III Championship
- Women's Track and Field won fifth with 74.5 points in the New England Division III Championship.
- Baseball lost against North Carolina Wesleyan 0-7.
- Women's Tennis won against Franklin Pierce University 9-0.
- Baseball lost against John Hopkins University 2-12.

Sunday, February 27

- Rifle won second out of six in the MAC Championship with 4346 points.
- Baseball lost against SUNY Cortland 1-7.
- Women's Lacrosse against Emmanuel College got postponed.
- Men's Lacrosse won against Curry College 18-4.

Wednesday, March 2

- Men's Lacrosse won against Wentworth Institute of Technology 20-4.

Swimming and Diving results and recap can be found on [mitathletics.com](#)

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Upcoming Sports Events

FRIDAY 4

Squash

CSA Individual National Championship

Women's Tennis

University of Chicago 9:00 a.m.

Softball

vs. Transylvania University 3:30 p.m.

Men's Volleyball

vs. Elmira College 7:00 p.m.

SATURDAY 5

Women's Track and Field

Tufts Final Qualifier

Men's Track and Field

Tufts Final Qualifier

Women's Tennis

ITA Indoor Nationals

Squash

CSA Individual National Championship

Sailing

vs. Harvard University

Sailing

Sharp Trophy

Softball

vs. Emory University 10:00 a.m.

Softball

Belhaven University 12:00 p.m.

Men's Lacrosse

University of New England 12:00 p.m.

Women's Lacrosse

Johnson & Wales University 1:00 p.m.

Men's Tennis

vs. Bryant University 3:00 p.m.

SUNDAY 6

Sailing

Harvard University

Sailing

Sharp Trophy

Women's Tennis

ITA Indoor Nationals

Squash

CSA Individual National Championship

Softball

vs. Randolph-Macon College 1:30 p.m.

Softball

vs. Virginia Wesleyan University 3:30 p.m.

TUESDAY 8

Baseball

vs. Suffolk University 3:00 p.m.

Women's Lacrosse

vs. Endicott College 4:00 p.m.

WEDNESDAY 9

Men's Tennis


vs. Colby-Sawyer College 4:00 p.m.

Men's Lacrosse

vs. Roger Williams University 5:00 p.m.

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Wind, rewind

By Wenbo Wu
EDITOR IN CHIEF

I've been silent for a semester now. "How are you?" It's amazing how much you hear when you have nothing to say. "I'm well." "That's great!" "Maybe we should hang out?" I'm wound up, programmed to say these few phrases for an eternity. Maybe I'll actually hang out, but more likely than not I'm glued to my bed, unable to find the activation energy to even get up. *Why don't I have more to say?*

But you see, static is everywhere. Some days, I can't even look at people without the fog creeping in. There's shame in making eye contact. Everyone is disappointed in me. Once I'm far enough south, even FM 98.7 playing softly on the radio fades to silence. People laugh, crack a few jokes, open a cold

The words that stuck with me

By Vivian Hir
STAFF WRITER

They were all part of a self-help book collection called Mindfulness Essentials, written by the Buddhist monk Thich Nhat Hanh. The pocket-sized nature of the books made me think that I could carry them with me whenever I wanted some sort of guidance. I didn't plan to purchase them, but I still wanted to flip through the pages in the hopes of gaining wisdom and inspiration. I decided to randomly open *How to Love* and landed on a page titled "Distractions."

Often, we get crushes on others not because we truly love and understand them, but to distract ourselves from our suffering. When we learn to love and understand ourselves and have true compassion for ourselves, then we can truly love and understand another person.

The sun sinks below the rooftops, cloaking us in a fluorescent golden hour. I look at you. I feel the physical fabric of space between us, but I'm not really there. I'm a thousand feet in the air, piloting a pale reflection of myself, going through the motions during the week, and rewinding on the weekends.

A hundred reminders go off on my phone. Wow, the Stud food tastes incredible today. I tend to each notification in succession. "We should ride the commuter rail to Cohasset and just run around in the parking lot." "Has sparkling water ever tasted this good to anyone before? Okay, me neither."

A black and white illustration of a wooden box containing a CD labeled 'Memories', with a ribbon tied around it, set against a background of flowing fabric.

WENBO WU—THE TECH

Despite this appreciation, the voice I imagined reading these words to me was blunt. What I read felt like a slap to the cheek and a warm hug at the same time. My initial reactions also felt inconsistent and conflicting. The passage motivated me to prioritize loving myself first, yet I was also angry. If I couldn't even be kind and compassionate to myself, then how could I love anyone unconditionally? Wasn't this obvious?

The first sentence of the quote was nothing new, yet reading it made that fact even more explicit. I felt embarrassed. Of course I didn't truly love and understand him. I barely talked to him. I went for months without texting him. Yet I somehow still obsessed over him for more than a year.

Finding a lengthier passage from Thich Nhat Hanh about the constant feeling of emptiness as the cause of developing crushes not only provided greater clarity about my emotional state, but also about the universal struggle of wanting to be loved. I was amazed that Nhat Hanh had all the words to explain the fundamental causes of finding an object of love, which was something that I overlooked in the past and had trouble pinpointing. While I still believe that my initial idea as to why I developed a crush was not wrong, I think a more direct and better reason is that deep down, I feel empty. Having never really loved myself, I want someone else to love me as some form of approval. As proof that I am good enough and worthy of love. I have a family who loves me and friends who support me, but why isn't that enough? Each question only seems to raise more questions.

As I write and consider the assumption I just made, I develop a newfound sympathy for my classmates around me. If we look beyond the surface of everything, we will notice that most, if not all, of us, are fighting the same inner battle of trying to love and understand ourselves. It sounds easy to live by these principles of self love, but in reality it is hard. We may appear to have everything (amazing awards, coveted internship positions, stellar resumes), but deep down we



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THURSDAY 3

4-5 p.m. @ 32-124 (RSVP needed)

Wings and HOT Pitches
5-7 p.m. @ E38 7th Floor (RSVP needed)

5-7 p.m. @ 36-153

6 p.m. @ virtual

7 p.m. @ virtual

7-9 p.m. @ Fenway House

7:30 p.m. @ Student Center Plaza

8-9 p.m. @ Lobdell

9 p.m. @ Baker House TV Lounge

FRIDAY 4

10 a.m. – 4 p.m. @ virtual

11 a.m. - 4 p.m. @ W31-110

4 p.m. @ 3-370 (registration needed)

8 p.m. @ 26-100

9-11 p.m. @ Coffeehouse Lounge

SATURDAY 5

4:30–6 p.m. @ virtual

7-10 p.m. @ Lobdell (ticket needed)

8 p.m. @ 26-100

9–11 p.m. @ Coffeehouse Lounge

SUNDAY 6

2-3 p.m. @ 4-253 (free boba)

MONDAY 7

4-6 p.m. @ W20-400

6-7 p.m. @ 8-329

9-10 p.m. @ 5-134

TUESDAY 8

6–8 p.m. @ virtual (RSVP needed)

WEDNESDAY 9

5-7 p.m. @ W20-307



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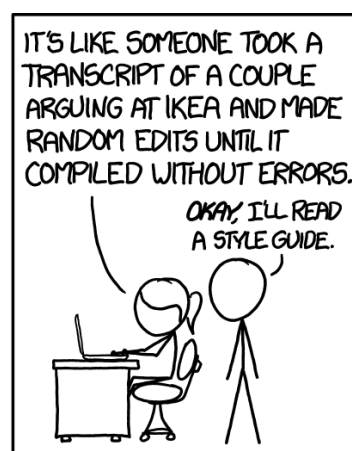
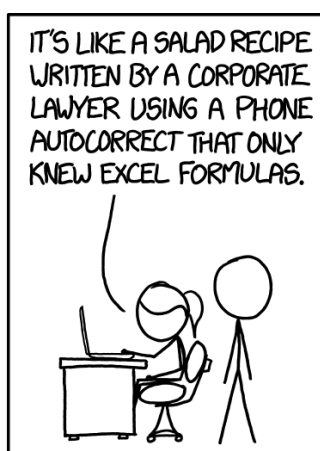
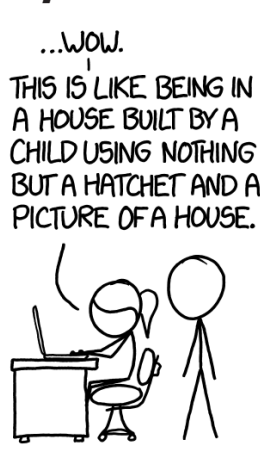
End of February by Billie Truitt

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[1513] Code Quality



by Randall Munroe



I honestly didn't think you could even use emoji in variable names. Or that there were so many different crying ones.



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