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OK a) Since  $\kappa$  is regular, there exists some  $n < \kappa$  such that  $\kappa$  many of the  $F_\alpha$  have cardinality  $n$ , so we may assume all  $F_\alpha$  have the same size. We now proceed by induction on  $n$ . If  $n=1$ , then either there exists  $\beta < \kappa$  such that  $F_\alpha = \{\beta\}$  for  $\kappa$  many  $\beta$ , or there is no such  $\beta$ . If  $\beta$  exists, let  $\Sigma = \{\alpha : F_\alpha = \{\beta\}\}$ . If no such  $\beta$  exists, then we can choose  $\Sigma$  so that every pair of its members are disjoint. Let  $\Phi_\beta = \{F_\alpha : F_\alpha = \{\beta\}\}$  and form  $\Sigma$  by choosing for every nonempty  $\Phi_\beta$ , one  $\alpha$  s.t.  $F_\alpha \in \Phi_\beta$ . If fewer than  $\kappa$  many  $\Phi_\beta$  are nonempty, then  $\kappa$  would be the union of fewer than  $\kappa$  many sets of cardinality less than  $\kappa$ , contradicting that  $\kappa$  is regular, thus  $|\Sigma| = \kappa$ .

Now assume the result is true for  $n$ . We will show it is true for  $n+1$ . If  $\kappa$  many of the  $F_\alpha$  contain some  $\beta < \kappa$ , then we can use the inductive hypothesis on those sets to form  $\Sigma$ . If there is no such  $\beta$ , we can form  $\Sigma$  with empty root by transfinite induction. Let  $\alpha \in \Sigma$ , so  $\alpha_1 = \emptyset$  and at the  $i$ th stage choose  $F_{\alpha_i}$  s.t.  $\alpha_i > \alpha_{i-1}$  and  $F_{\alpha_i} \cap F_{\alpha_s} = \emptyset$  for all  $s < i$ . Since  $\kappa$  is regular,  $F_{\alpha_i}$  is guaranteed to exist and so  $|\Sigma| = \kappa$ .

b) Let  $\kappa = \aleph_\omega$  and for all  $\omega_n \leq \alpha < \omega_{n+1}$ , let  $F_\alpha = \{n\}$ . (If  $\alpha = \omega_n$ , let  $F_\alpha = \{0\}$ ). Then any  $\Delta$  system has root  $\{n\}$  or empty root. If  $\Sigma$  is a  $\Delta$  system w/ empty root  $|\Sigma| \leq \aleph_0$  and if  $\Sigma$  has root  $n$ , then  $|\Sigma| \leq \aleph_n < \aleph_\omega = \kappa$ .