Unlocking the mysteries of the COT

The Center of Ocean Technology opened its doors to the community for an educational Octoberfest.

Marjorie Stephens
Nest Staff

Many important projects created at the Center for Ocean Technology (COT) were showcased at a recent open house. The COT tour provided an overview of the innovative technical work being done by the marine scientists and technologists there, Hal Piper, a columnist for Signals, the COT's newsletter, reports a great deal happening.

COT's new ocean engineering facility is amid a host of state and federal marine science agencies, adjacent to the USF St. Petersburg campus. Located on Bayboro Harbor, it has immediate access to the Gulf of Mexico and two on-site, ocean-going research vessels.

When scientists need a special ocean research instrument, they can have COT help design and build it. The new facilities and resources provide "proven capability in the full range of production, from design to fabrication," Piper said.

Focusing on practical implementation, COT creates entirely new technologies to meet identified needs "across the spectrum of commercial, military and environmental research applications," Piper said. Examples of some of their work include the development of the "Autonomous Underwater Vehicle" (AVU) which is used to explore the ocean; the "Dual-Collimated Light Sheet," which detects zooplankton in the ocean; the bottom contour system, which is used to scan the ocean floor and transmit data back to computers; and the "Test Plume," which is used to test sensors.

The staff allowed visitors the opportunity to view some of the rooms where new instruments are built. Several of the projects, Piper describes in Signals, were demonstrated.

One of the conference rooms was used to display part of the "Nutrient Sensing" instrumentation. Developed by Dr. Charles Vanderford and his team, the sensor quantifies nitrates and ammonia in sea water. Piper said.

The sensor itself will eventually be mounted on an AVU and be capable of detecting extremely small concentrations of these nutrients. The AVU is shaped like a torpedo and has been nicknamed "The Yellow Submarine" by some workers at COT. Piper said it will produce maps and create a computerized model of the water and use it to display part of the ocean floor.

In the dark room, scientists set up a demonstration of the "Dual-Collimated Light Sheet," which looks like a red laser beam penetrating a clear, square container of water. The device detects zooplankton in the ocean and measures their quantity, size and where they are clumped.

On a nearly computer screen was a simulated picture of what might be detected by the light sheet. In this case, a common crustacea approximated 4 mm long was shown. On screen it looked like a 2-inch flea, which gives some idea of the detail the machine can detect.

Another demonstration was of the bottom contour system, which scans the ocean floor. The device is mounted on an AVU, a laser system is attached to a camera, which sends data to a laptop computer. During the demonstration, the machine moved over rocks, stair steps and metal containers. Computer printouts showed different colored patterns.
SPCA's Paws on Parade is a success

Stephanie Shreve
Next Editor

Animals and pet owners who walked for Paws on Parade, the Society for Prevention of Cruelty to Animals annual special event, raised $120,000 for the shelter Oct. 25. USF students had their own "tiger team."

Humidity was thick as pups and kittens led their owners in a trek around North Shore Park. The route began at 11th Avenue N. and continued to Coffee Pot Boulevard. "There were 2,000 walkers," Nina Berkheiser, "CA development director said. The dogs especially seemed to enjoy the event. After making the trek, they had the opportunity to have a drink and lie down in the ice lounge, an area near the beach with ice cubes spread over the grass.

Berkheiser said the money raised at this event "will only support the shelter for one month." The SPCA took in 15,500 animals last year. "We keep healthy adoptable animals until they are adopted — with no time limit," she said. "But sheltering homeless animals is not the answer to the pet overpopulation problem. We are urging people to adopt animals from the SPCA and spay and neuter them."

For information on adopting a pet from the SPCA call 586-3591.

Walking, aerobics and — boxing?

Fitness Center Director Sheri Beaudreau is now planning for spring.

Stephanie Shreve
Next Editor

If the image you see in the mirror is a skinny doormat, ba-ah-ah-hing like a (scape)goat — get ready to put up your dukes. If enough people are interested, boxing will come to USF St. Petersburg's Fitness Center.

Director Sheri Beaudreau has begun talks with Rich Horsley of Boxing for Fun, Inc. Beaudreau would like Horsley to teach a class, which would include shadowboxing, heavy and speed bag workouts and jump rope exercises.

Beaudreau is planning to hold the class in the aerobics room, but would like to coordinate the time of the class with interested students. She needs to know if enough people will sign up for the class to make the equipment investment worthwhile.

"It's a fun, interesting kind of new craze," Beaudreau said of boxing. The classes will be open to men and women.

The center will also continue to offer aerobics and the Great Strides program.

Great Strides is a wellness incentive program where participants formalize their goals and New Year's resolutions in writing. The goals can pertain to any aspect of life, but usually fall into one of the dimensions of wellness: physical, social, spiritual, occupational, intellectual and emotional.

Once a contract is made, a wellness guide from the Fitness Center will "provide motivation and support," as well as "recognition, health tips, surprise incentives, and awards."

As part of Great Strides program, the Fitness Center coordinates a walking program, which is a three-mile jaunt down to the Vinoy Hotel and back on Tuesdays and Thursdays.

Beaudreau is interested in hearing what kinds of fitness activities students would support on campus. The following survey is your chance to tell her not only what activities you are interested in, but also what days-of-the-week and times you can attend classes.

"My goal is to provide a variety of opportunities for students and fitness," Beaudreau said. "If I can offer something new and different, why not?"
indicating the shapes of the objects scanned. This device gives researchers the ability to see what is on the ocean floor without actually having to go there.

In the instrumentation lab, technicians showed how COT designs its own PC boards. They create a computer simulation of what they need and send it to a computer center where chips are made. The chips are then returned to COT where the boards are built. This ability allows COT to customize computer boards to their own specific needs.

"The "Test Flume," another important project, "will be used primarily to test sensors developed in conjunction with the Department of Marine Science faculty," Piper said. The new 30-by-10-foot flume was designed and assembled under the direction of Dr. Stan Krane and Glen Besterfield of USF's College of Engineering.

The massive polypropylene tank is fitted in COT's two-story "wet lab" facility and can be filled with tap water or sea water because of its proximity to the harbor. Piper said "tests will be run by mounting the sensors in AUV nose sections and testing them in the flume's stream. This on-site capability will speed up the sensor design and deployment process and save ship time, which is costly."

The open house gave the community the chance to see the new facility and become acquainted with the instrument construction and research being done by COT. In addition to the technical education visitors received, the hospitable staff provided Oktoberfest fare including homemade beer, bratwurst and German potato salad. The gathering gave staffers and the community an opportunity to interact with each other while showcasing the new facility.

MATURE

continued from page 1

30s, and director of the USF St. Petersburg Fitness Center, is working on a bachelor's degree in interdisciplinary social science. Beauregard said the St. Petersburg campus makes it easier to coordinate classes around a job. While the campus offers numerous courses in the evening, Beauregard said she also appreciates the more individualized attention offered to St. Petersburg students.

"The classes are smaller and the professors get to take more time with the students," she said.

Serving a large number of returning students also contributes to St. Petersburg's mature student population. There are individuals, many already holding degrees, who are returning to college with experience. Amy Hopkins, assistant director of the Counseling and Career Center on the St. Petersburg campus, said, "Once people have been out in the work force for a few years, they figure out what it is they want to do and come back to college for training."

Hopkins said the regional campuses were put in place to serve the specific community in which they are located. While New College in Sarasota offers some on-campus student housing, two of USF's regional campuses, St. Petersburg and Lakeland, are strictly commuter, meaning there are no residence halls. Students attending classes at these campuses are mostly self-supporting.

They live and work in the surrounding community and often are pursuing degrees that will enhance their skills and existing careers, or give them new or related options.

Regional campuses were designed to help USF meet the needs of the entire Tampa Bay area. Each campus is located no more than an hour's drive from the next.

The smaller size of regional campuses is seen as a benefit to many students. Marjorie Stephens, a graduate student in mass communications said, "There is a more casual and friendly atmosphere on the smaller campus. You are not just a number here."

Many St. Petersburg students are single mothers — women who work, care for their children and attend evening classes.

"With an older student population you have to deal more with the realities of life," Hopkins said about counseling St. Petersburg students. "She helps them balance a full schedule of personal and academic pursuits.

A choice to make time for learning, despite many personal commitments and responsibilities, is something most non-traditional students on the St. Petersburg campus share. Something else is the great value they place on education.

Editor's note: Time Management seminars and individual support are available through USF St. Petersburg's Counseling and Career Center. Contact Amy Hopkins at 553-1126 for more information.

For more on USF's demographics, visit IRP's web site at http://usfweb.usf.edu/IRP.

Covering Race:
A community workshop involving citizens and media representatives

Join us to discuss the local media coverage of racial issues one year after the disturbances in St. Petersburg.

Is it better? Worse? Unchanged? Media representatives will discuss what changed, what didn't, and obstacles to changing the way journalists cover race.

November 13, 7 to 9 p.m. Campus Activities Center

Call 553-3113.
The last part of the semester upon us, thoughts turn to final papers, exams and the imminent holiday season. Not only do we now worry about squeezing in more library time but squeezing in shopping, cooking, visiting, — all the usual expectations of the holidays. If there is one lesson we all should learn and know by heart, it is how to relax. It really is an art. Your body needs it; your mind needs it. After a hectic week of classes, studying, family, hobbies and anything else you can throw in, you need "down" time.

Have you ever known someone who doesn't take down time, who doesn't make relaxation a priority? I have, and the burn-out phase is not pretty.

Some people need down time in large, every-now-and-then doses. I've found that I'm the kind of person that needs down time in small doses almost daily. Sometimes it seems to my friends that I go and go without stopping. I certainly don't; if I did, I'd drop dead within a week.

For me, a hour in the morning to enjoy coffee, check and respond to e-mail, and catch the news is a great way to start a day; in the evening, some "pleasure" (not assigned) reading saves the day. This sort of time laid aside for me helps me to relax and stay focused.

Of course, you may not be the kind of person who enjoys waking early enough to have an extra hour. You may have children that monopolize your mornings and evenings. Your personal time will vary (perhaps taking an hour during the day). Maybe you'll take an entire weekend afternoon to yourself.

To some people, taking this kind of time for oneself may seem indulgent and wasteful. I fully disagree. In order to do our best each day, no matter what it is we do, we need to take care of ourselves first. I've known many people, both friends and family, who don't put themselves first. The result is misery, for them and those around them. We've all heard the saying, "you can't love someone else until you love yourself." and it's true. Until we begin to value ourselves, and manifest it by taking special care of our selves (body, mind and spirit) we won't be able to accept that someone else could love us. If you don't love yourself, how can you believe that someone else can?

There are many ways to relax, even if you think you don't have the time. These are some of my favorites:

• Read. This is one of the all-time great stress reducers (provided you are reading something you choose, not homework).
• Take a long bubble bath. Another tried-and-true relaxer.
• Take a walk. Experts agree that walking is not only wonderful exercise, but it is a great way to relax. Throw on some comfortable clothes, good walking shoes and get going. The only requirement is to walk slowly; think of meandering. Notice beauty around you. Let your thoughts wander.
• Re-watch a favorite movie. Curling up on your couch with some popcorn and a movie you know and love is a great way to get your mind off of day-to-day problems and concerns. Lose yourself in the story and just enjoy.
• Clean. Yes, believe it or not, many people find cleaning their house or car relaxing. If you're one of these people, you're lucky; you'll be relaxed and have a clean house!
• Putter. This is a suggestion I read in a woman's magazine once. It means to simply "putter" around the house, doing this and that, whatever comes to mind. A sort of aimless wandering about that may result in cleaning, or sorting, or writing, or reading, or whatever your putter brings you to.
• Nap. What better way to relax, and indeed feel decadent, than to lie down during the day, close your eyes and drift of for an hour or so? This is a wonderful way to recharge, although as adults we think we don't need that kind of recharging. Consider everything you are responsible for in life and the amount of time and energy it takes. We all deserve a nap!

You may have many other ways you like to relax. The point is to use them! No matter how hectic your life gets this season, remember to take care of you!
They are "Wiccans," and they are not at an unusual age as you might think.

Donna (not her real name) is an advertising junior who has been a practicing Wiccan for five years now. She says her religion is misunderstood by the public.

"I have bad people call me a witch, and that's just not so. My mother cried when I told her. My family is Catholic, and they don't understand that I still am, too. I've just added something that works for them, it is a beautiful

Donna has combined her traditional religion with the Wiccan philosophy. "Some say that doing that is impossible," she says, "but in reality the two (beliefs) follow similar paths — once you get rid of the crap that has been added by 'the Church.' It's really important to remember that these teachings pre-date Christ."

The teachings she refers to are the rituals and lessons that have come to be known as "Wicca" or "Wiccans," according to Raymond Buckland, a Wiccan and author of several books on the subject. Buckland describes the concept as a combination of ancient fertility rites, meditation, increased awareness of your self and surroundings and observations of what occurs in the world on a seasonal perspective.

The word "wiccan" emerged in Anglo-Saxon culture in the tribes that observed similar rituals currently identified with the Druids (another closely related religious group that was killed out by Pope Gregory the Great and his theological descendants). It literally means "wise one" and refers to the elders of the tribe who were indeed wise for their time.

The wicca had to know how to hunt, heal, cure ills, ward off the elements, plus doctor and lawyer and impart wisdom from "God" himself/herself. Many tribes contained aged women who retained this knowledge through experience and kept it safe. In later centuries, priests were used as the keepers of "magical" wisdom. The observation of that wisdom often presents a thin line between the worlds of science and myth.

Dr. Jameson

Witch Way To Go!

The holidays are upon us again, already, and with all the joy and pleasure that accompanies this time of year comes goodly portions of stress and anxiety. I'd like to offer a few suggestions to lessen some of the holiday tensions and hopefully brighten (or at least lighten) your season.

1. Take care of yourself before concentrating on taking care of others.
2. Learn that the joy of giving lies in the giving itself, not in the recognition and "full appreciation" of the sacrifices you've made.
3. Understand that too much alcohol and sugar can lead to mood swings, depression and sluggishness.
4. Don't fast or feast. Remember, "moderation in all things."
5. Find a block of time to be alone everyday. Even if you have to get up early to do it.

SUGGESTIONS FOR SURVIVING THE HOLIDAYS

Sandy Blood
Student Activities Board Coordinator & Health Educator

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Higher Education Act helps schools more than students

Staff Report
The Arbiter (Boise State U.)

(U-WIRE) BOISE, Idaho — In 1965, lawmakers passed the Higher Education Act and since then have driven to make college more affordable to students. They have accomplished this through subsidized loans, grants and tax credits. In 1995, according to the College Board, student aid from the federal government totaled $37 billion.

However, despite a 65 percent increase in government funding over the past 10 years, college affordability is declining, according to a recent study released by the Joint Economic Committee (JEC) of Congress. It found that government efforts were subsidizing higher tuition rather than students.

The study also found that instead of helping students, the aid encourages colleges to raise tuition and absorb a good deal of the increased funding.

"That's your government in action," said William Dunkelberg, economics professor and former dean of the business school at Temple University. He called college aid "a college subsidy program."

As a result, lower-income families have to take out more loans to attend school. Many students from these families decide that school is unaffordable, and those who do graduate with unpaid loans.

Figures from the United States Department of Education indicate that the price of higher education has nearly doubled over the past 15 years and continues to rise.

Adjusted for inflation, figures provided by The Idaho Statesman show that average undergraduate tuition at private institutions rose from $6,200 a year in 1980 to $11,800 a year in 1995. Average tuition at public institutions has grown from $1,100 to $2,100.

However, when room and board were included in the annual cost of attending a private institution, fees ballooned to $17,000. For public schools, it was $5,000.

Over a period of five years, these figures would put a burden on even the wealthiest families.

"Too bad we can't just give families a tax cut and let them decide what to do with the money," Dunkelberg said.

The JEC concluded just that. It suggested that IRAs, which already contain benefits for higher education, be expanded to allow parents to save more money for their children's education, making them less dependent on student loans.

Colleges would be forced to rely more on private contributions rather than federal subsidies. Such a plan might encourage them to slow their spending, contain costs and keep the rise in tuition to a minimum.

Most importantly, said Rep. Jim Saxton, a New Jersey Republican and the JEC chairman, reduced reliance on student loans can lower government costs, allowing the savings to be diverted to federal grants for the poor.

Writers & production assistants wanted. Apply today. 553-3113.

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Shore Acres area, female only. Pool home on canal, cable, kitchen price, washer/dryer, on bus line, $100/wk. for all. Call Rebeca at 537-8250.

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Eight tickets and one parking pass for the Friday Nov. 14th concert in MIAMI. Joe Robbie Stadium. $62 each, $15 parking pass. Email Ralph Dunne: dunne@sunrise.org.usf.edu.

for sale

NEED ROOMMATE
Clean, non-smoker wanted to share new home, all amenities. Call 527-3278.

announcements

OUTSIDE THEATER BY THE BAY
Bring a blanket and munches then snuggle up on the lawn, harborside, with one of SABO's Fall outside movies. Nov. 6, Apocalypse '79.

PLAN FOR A GOOD LAUGH
Join SABO for Tavern on the Green's Comedy Hour, 5 to 6 p.m. Nov. 20 (amateur night).

DISCOUNTED TICKETS
Busch Gardens, AMC Movie Theaters, Florida International Museum and Florida Aquarium tickets are available at the CAC at a discount to the USF community.

GReYHAund PROTeCTION LEAGUE
Approx. 30,000 young, healthy greyhounds are killed annually because they fail to turn a profit. Find out what you can do to put an end to this shameful sport. Call 784-5529.

GRE PREPARATION COURSES
USF's Lifelong Learning Division is accepting registration for GRE prep courses on the St. Pete campus. GRE math skills review 8 a.m.-noon, Saturdays Oct. 29 - Dec. 6. GRE verbal skills review 1 - 5 p.m., Saturdays Oct. 25 - Dec. 6. Each course $190. Call 974-2649 for more info.

USF RECREATION RENTALS
Sailboats, windsurfers and camping equipment are available. Fees are minimal. Reservations taken by phone or stop by the recreation office at COQ 107. Please call 533-1597 for more information.

HOLIDAY BARBIE!
Start your holiday shopping early with the SABO Holiday Barbie Raffle! Tickets on sale now through 11/11. at weekly meetings from noon-1 p.m. or 5:15-6 p.m. in DAY 130.

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Professor links gardening with literacy

Gardening is an effective entrée for introducing math and science concepts to students, and it boosts literacy, says Education Professor Rosanne Blass of USF St. Petersburg.

Blass and Mary Allen Jurenka have written two resource books for teachers that lead children to books down the garden path. Beyond the Bean Seed and Cultivating a Child’s Imagination through Gardening are full of creative learning activities for students in kindergarten through sixth grade that reveal the interconnectedness of the world.

“Gardening is a springboard into the worlds of botany, nature, ecology, art, color, design and even folklore,” she says. “The emphasis in schools and learning now is on authentic learning experiences. Making connections to the real world helps students see the relevancy of their lessons.”

Each lesson includes a book the students read, a gardening activity based on the book, a language arts activity such as drama, poetry, writing and journal keeping, and creative time for students to express themselves. Since the language of gardening is full of metaphors, puns and aphorisms, a wordplay section to introduce these ideas to students was added. For instance, one lesson points out that when a new idea or procedure catches on, we say it has taken root. Each lesson ends with a “Read more about it” section that lists titles of books relating to the topic.

In today’s society, children are often removed from nature. “It’s all about MTV and shopping malls,” Blass says. Gardening gets children back to the earth, and helps them with creating hypotheses, solving problems and thinking critically.

**Deborah Kurelik**  
Associate Director of Public Parks

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