Congratulations!

Congratulations to Brian Bendis for his successful thesis defense entitled “Water Quality Trends in Tampa Bay.”

Congratulations to Jen Patch and Pat Cannizzaro for FINALLY tying the knot!

Congratulations and a big thanks to C.O.T. for another successful Oktoberfest celebration. The tour was very informative. Any organization willing to give away free food and beer rates high in our books!

Congratulations to Dr. Pamela Hallock Muller. She recently received the 1999 Association for Women Geoscientists Outstanding Educator Award. The AWG recognized her as an “enthusiastic teacher” and an “innovative researcher in the laboratory and the field.” She will be continuing her busy lecture schedule with two lectures in the near future: 11/3- Coral Reefs and Global Change Seminar, Dept. of Geology, U. of Montana, Missoula; 11/5: Tortugas Bank, South Florida Shelf: Exploring Biogeological Resources Using a Deepworker Submersible, presented at the meeting of the American Assoc. for Underwater Sciences, Santa Cruz, California in conjunction with D. Mallinson, W. Jaap, and J. Wheaton.

Eminent Scholar Series

Dr. Wallace S. Broecker of the Lamont-Doherty Earth Observatory at Columbia University will give a series of lectures November 17-19. All talks will be held in the USF/FMRI Joint Use Auditorium.

Nov. 17, 7-8:30 pm: SURPRISES IN THE GREENHOUSE

Nov. 18, 2-3:30 pm: RECONSTRUCTING PAST CARBONATE ION CONCENTRATIONS

Nov. 19, 11 am -12:30 pm: A RECENT SLOW DOWN OF DEEP WATER PRODUCTION IN THE SOUTHERN OCEAN?

DMS Fashions

By Tracy Christner

Get a jump on your holiday shopping! Two different shirts will be available and three different hats this year. Samples should be at the reception desk by November 1st. The shirts will probably be the cotton jersey type with three buttons, and the caps will have an adjustable leather strap on the back. Both will be available in various colors and have both the marine science and USF logos on them. Please give your order to Tracy by November 12th.

Don’t forget about the Florida Conference on Ocean History, which will run from Nov. 19-21. This is the first conference of its kind, and it will be held at different universities in Florida in the future.

Eminent Scholar Series

Kudos go to Dr. Ben Flower for organizing it and for putting our campus on the map. For more information, go to the website: www.usf.edu/fl_paleo.html

Harvest Festival

Many of you probably don’t know that Nichole Lam is the President of the Tampa Bay Chapter of the Vietnamese American Association. She volunteers her time, and was elected to this post in July 1999. The VAA works closely with FACE (Family Asian Center) and the SPIFFS (international folk fair) group. The main goals of the VAA are to promote education and cross-cultural exchange. In this spirit, Nichole would like to announce the International Harvest Festival at 5000 81st Ave N. It will run from 9-5 on Nov. 6th and 11-5 on Nov. 7th. So, if you want a taste of other cultures, check this event out. Also, Nichole would like to invite you to an event on Nov. 13th. This is an opportunity to meet the members of the VAA. There will be a buffet dinner, music, and dancing. See Nichole if you are interested in attending.
We’ve Come So Far?

By Molly McLaughlin

I realize that I am primarily preaching to the converted, but I feel the need to express my dismay at an advertisement I received in the mail for a “computer designed just for boys” and “computer designed just for girls.” The boy’s system is brightly decorated in blue and yellow, and there is an obnoxious pink floral theme for the girls. While I have a deep-seated aversion to anything pink and floral, I am willing to overlook this. The thing that truly disturbed me, however, was the software packages that came with the two computers. On the girls side were 6 educational programs and 14 other programs such as fashion programs, sticker and tattoo design programs, and various “Barbie” game programs. The boys selection had a total of 11 educational programs and only 9 game and toy programs.

As a female and a science student, I would like to think that we have made some progress in equally exploring the potential of both men and women. This kind of advertising shows how far we still need to go. It also shows the immense value of programs such as our own Oceanography Camp for Girls. All children, regardless of gender, should be encouraged to reach for their goals and not accept the preconceived limits of society.

As for the company responsible for this lack of enlightenment, I wonder what the female executives at Mattel have to say about this. Hmm, maybe there aren’t any female executives at Mattel…

For more information, or to voice your opinion, call 1-888-850-5437 or see the following websites: www.barbiepc.com and www.hotwheelspc.com.

Camp Out/Teach In

By Hope Botterbusch

On November 20 & 21 the 1st Annual Beachbuddies Bash will be held at Ft. DeSoto Park. This event is hosted by USF Marine Science and Pinellas County Schools. The event is designed to provide opportunities for children and their families to experience the marine environment in hands-on activities that are fun for all ages.

Environmental educators will host activities such as nature walks through the woods by day and night, native plant identification, and a host of other activities. Other volunteers will provide activities in shell identification, exploring marine habitats, snorkeling, guided canoe trail rides, and historic tours of the fort. An authentic American Indian storyteller is also scheduled to appear.

Volunteers are still needed. You can host one session or several sessions. You can work one day or both days. Whatever time and energy you can give to this event will be greatly appreciated. You can contact Hope at ext.3934.

ULS Day

Submitted by Sudsy Tschiderer

November 18 is Use Less Stuff Day. To prepare you for this, I would like to offer this information from the latest edition of the ULS Report. How can you use less stuff and make effective environmental choices?

* Make your next car more fuel-efficient.
* Eat less meat, especially red meat.
* Buy organic produce whenever possible.
* Improve the efficiency of home appliances and heating and cooling systems.

Here are some items that we typically worry about:

* Cloth vs disposable diapers: the environmental impacts are not that different. The real issue should be fewer babies to put in the diapers!
* Paper vs plastic bags: no big difference. Take fewer of each, bring your own bags, and reuse bags.
Library News

Part 1: By Boris Galperin

The journal subscriptions that were cancelled this year have been re-instated and paid for by the Marine Science Department. Starting next year the library funding for Marine Science journals has been increased by 41%, so there should be no problems with future subscriptions.

Part 2: By Merrie Beth Neely

Now a proud member of your DMS library committee, I recently attended a meeting about what's new with USF's libraries. Wow, those library people really speak a different language! There are big remodeling plans for the Virtual Library. Suggestions from users about how to improve the website and access menus would be appreciated (contact me or the e-mail addresses listed on the website). Also, under "What's New" on the VL home page there is a list of database services under consideration by the library for purchase. Again they strongly recommend commenting upon these items, especially one highlighted this month entitled ScienceDIRECT. It is a big one for the sciences and may alleviate problems experienced with Elsevier (it is direct to Elsevier without some sort of software link that was supposed to save us money but caused frequent loss of service). Be sure to let them know what you think!

Cocktail Corner

By Dave Palandro

(Ed. & A. Ed. Note: Dave had submitted this for last month's issue. However, we tried his drink recipe and apparently were too drunk to remember to include it. Our apologies to Dave!)

Last month the editors of the Squid's Ink sent out a general e-mail soliciting new articles. Not being much of a writer or having much free time, I thought that I had better write about something I truly love and understand — liquor! So each month I will come up with the best relaxing cocktail for that month.

A little background may be in order, so you don't assume the worst. I have bartended for more than a decade to pay the bills. I've been lucky enough to work in three states, two coasts, and with some guys who are the best at what they do. Ever see the movie "Cocktail"? I was a trainer with the guy who trained Bryan Brown and Tom Cruise. His name is Mike Cavanaugh, but everyone just calls him “Magic.” Flipping bottles is easy; making the tastiest cocktails possible is the hard part.

This month, appropriately enough, I've chosen the Hurricane. If you've ever been to New Orleans (if you haven't I highly suggest that you do) you've seen Pat O'Briens. Pat O'Briens is a true New Orleans tradition; it first opened in 1933. They have a variety of special drinks but are best known for the Hurricane. The Hurricane was invented during World War II when whiskey was scarce, but rum wasn't. So, to sell the rum they needed to make tasty, not to mention strong, drinks to appease the locals. I have found this to be the tastiest version:

In a 16oz glass filled with ice, mix:

- 2 oz dark rum (i.e. Meyers), 2 oz orange juice, 2 oz sour mix, 1 tsp sugar, 1 oz grenadine. Shake well, add a floater of 151 rum (i.e. Bacardi). If you don't have any sour mix lying around the house, use an ounce of lime juice instead.

You can look up Pat O'Briens on the web at http://www.patobriens.com, but it's much better in person. I hope to bring you an equally tasty cocktail next month. If you have any questions, comments, or something you might want to see or know the history of, drop me a line at palandro@seas. Until then, gan bei (Chinese for bottoms up) and cheers.

Computing Clues

By Doug Myhre

Finding Files in UNIX: The primary command for viewing the contents of a directory in UNIX is the "ls" command. Type "ls" and you will see a list of just the filenames. If you type "ls -l", you get the long version complete with the size of the file, the owner, the file permissions, and the last modified date.

On mono, "ls" is aliased to "ls -CF". The "-C" option displays the files in multi-column format. The "-F" option appends characters onto the end of the filenames.
filenames to help you identify them. A "*" means that file has executable permissions. A "/" means this is a directory. A "@" indicates that this name is a link to another file or directory.

If you only want to list the files starting with a certain string you can list that after the "ls" command. For example "ls -l test*" will create a long listing of all the files in the current directory which begin with the string "test." If you leave out the asterisk then only the file called "test" will be displayed.

How do you find where a specific file is located? Just use the "find" command. Type "find . -name filename -print" where filename is the name of the file you're looking for. If the program finds any occurrence of this file in the current directory or any of the subdirectories then it will print the filename, including the directory it was found in. If you only know part of the name, then you can put wildcards in the filename to search for. For example if you wanted to find all the files with "test" in their names, then you'd type "find . -name \*test\* -print". The slashes \\ are required before the asterisk's "*" when using this command. The period after "find" tells the program to start searching in the current directory. You could substitute a subdirectory name if you just wanted to start in a specific subdirectory. "find" can do a lot of other things. To learn more about find, type "man find".

Healthy Hints

Submitted by Tressa Whalen

(Adapted from an article by Nancy Markle that appeared in the Oregon Coast News Signal. For full text see: www.ocnsignal.com/nancymarkle.htm)

At the World Environmental Conference, in the keynote address by the EPA, they announced that there was an epidemic of Multiple Sclerosis (MS) and systemic lupus, and they did not understand what toxin was causing this to be rampant across the United States. The answer to this is Aspartame (e.g., NutraSweet, Equal, and Spoonful).

When the temperature of Aspartame exceeds 86° F, the wood alcohol in aspartame converts to formaldehyde and then to formic acid, which in turn causes metabolic acidosis. (Formic acid is the poison found in the sting of fire ants.) The methanol toxicity mimics MS; thus people were being diagnosed with having MS in error. The MS is not a death sentence, but methanol toxicity is.

In the case of systemic lupus, we are finding it has become almost as rampant as MS, especially in Diet Coke and Diet Pepsi drinkers. When we get people off the aspartame, those with systemic lupus usually become asymptomatic. Unfortunately, we can not reverse this disease.

On the other hand, in the case of those diagnosed with MS (when in reality, the disease is methanol toxicity), most of the symptoms disappear. We have seen cases where their vision has returned and even their hearing has returned. This also applies to cases of tinnitus.

People can go blind. The methanol in aspartame converts to formaldehyde in the retina of the eye. Aspartame changes the brain's chemistry. It is the reason for severe seizures. This drug changes the dopamine level in the brain. This drug also causes birth defects. Aspartame is also deadly for diabetics, keeping the blood sugar level out of control, causing many patients to go into a coma. Memory loss can occur from the fact that aspartic acid and phenylalanine are neurotoxic without the other amino acids found in protein. Thus it goes past the blood brain barrier and deteriorates the neurons. According to the Conference of the American College of Physicians, "We are talking about a plague of neurological diseases caused by this deadly poison."

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Inquiring Minds Want to Know...the Sequel

by Mark Hafen

Wow! So many of you weighed in with your best and worst movies of all time for this issue of SI. I was chastised, once again, for making some of you actually choose amongst your favorites and least favorites. “Get over it,” is all I have to say! If you can’t stand behind your opinions, don’t have any. Anyway, there is still time, for those of you who abstained, to get your picks in for the next issue. E-mail me, or have your people call my people and we’ll do lunch. Don’t forget to give me your picks for the favorite recording of the year as well.

By far, most of you had a much easier time naming the movie duds you’ve seen. "Ishstar" (a film I’m certain neither Warren Beatty nor Dustin Hoffman includes on his resume) was mentioned more than once. Favorites were all over the board. Here are some of this issue’s entries for the least favorite films. More to come (and also your picks for favorite films) in the next issue.

Jim Patten: "Leonard Part 6"- nothing could top (bottom?) that. Of course "Waterworld" deserves low praise. Believe it or not, Costner himself starred in "Leonard Part 6." I don’t know who else was in the flick, since I have tried to rid my mind of the details. "Joe vs. the Volcano" is truly awful. "Speed 2" and "Men at Work" deserve mention. Any of the old movies directed by Ed Wood are almost beyond description. Wood’s "Plan 9 From Outer Space" generally is considered the worst movie of all time.

Rachel Merkt: "Frankenstein," the Kenneth Branagh adaptation -HATED IT!

Sherry Gilbert: "The English Patient" [Author’s & A. Ed. note: this is sacrilege!!]

Heidi Crevison: Worst movie ever-"Trainspotting." Pull yourself up by the bootstraps and get on with it already!
The Best of ’99 (So Far)

By Mark Hafen

In this column I have summarized all of the responses I have received so far about your favorite recording of 1999. However, since I didn’t hear from anyone else, all of the responses are mine! I have several favorite CDs, depending on the genre:

Blues: Li’l Ed and the Blues Imperials "Get Wild!"

Folk: Alison Krauss "Forget About It"

Rock: Anders Osborne "Living Room"

Progressive Country: Hal Ketchum "Awaiting Redemption"

Health the Herbal Way

In man’s eternal struggle against diseases and his endless quest for health and prolonged life through the ages, a wide spectrum of medicinal plants, their buds, flowers, dried seeds, barks, roots and tubers, have been identified as useful home remedies for many ailments. Many of these are known as ‘spices’ for daily use in the kitchen. Traditional herbal therapies under the Ayurvedic, Unani, and Siddha systems of medicine have wonderful cures for most illnesses that distress the modern man. These illnesses can effectively be treated by the systematic and judicious use of common herbs growing in gardens and woods.

Herbal therapy has been practiced in India for centuries. In recent years, the efficacy of herbs has been studied seriously in Western countries, with sensational and convincing results. Modern medical science is in favor of the herbal treatment of diseases as applied traditionally in India since many herbs do not have toxic side effects.

As home-remedies, herbs and spices are used to purify blood, facilitate digestion, prevent coughs and colds, and ensure nourishment. They heal, soothe, immunize, and rejuvenate the human body in many ways. Spices are more than just another ingredient in a recipe. The right kind of herb or spice being judiciously used not merely adds aroma, flavor, or taste to the cuisine - it also has medicinal value that makes their presence in foods and beverages so important and indispensable.

Known as the ‘spice country’, India has 60% of all medicines manufactured and consumed today. Of the nearly 7500 medicinal plants identified so far, about 2000 species of useful herbs grow in India. The Himalayas are a major source of medicinal herbs and the Western Ghats and Vindhya Hills are the other major repositories.

(This has been adapted from an article in ‘India Perspectives’, July 1999.)

Christina Holland: The worst movie ever? But there are just so many! Okay, here are my picks: (1)"Horror Express", with Christopher Lee and Peter Cushing. This is a very strange amalgam of a movie - it starts as pretty decent suspense film, then segues into a slasher flick, and then finishes off as a zombie movie. On the plus side, it did have the following amusing exchange: "The two of you together. That's fine. But what if one of you is the monster?" "The monster? We're British, you know!"

(2)"The Lonely Lady". Bad beyond words. "Showgirls" was actually a remake of this movie, and the original was worse. If you haven't seen "Showgirls" and don't know what I'm talking about, well, then I envy you.

(3)"Cutting Class". This is Brad Pitt's big screen debut. I'd say acting debut, only he didn't act.

Honorable mention has to go to "For Keeps" (Molly Ringwald gets knocked up) and “The Pick-up Artist".

Jyotika Virmani: It's easier to pick bad movies, so here is a small selection of movies I wish I had never seen, and would rather be sea-sick than have to see again.

'Night Train to Venice'. Generally English movies are pretty good. This one movie alone, single-handedly, balances out the goodness. It was in the early days of Hugh Grant's career, and is just all over the place. The storyline? Oh, I suppose there was one somewhere. Ugh.

'Bang the Drum Slowly'. Filmed partly here in St. Pete and Tampa, starring Robert De Niro. I suspect at the time it was released it was probably OK, but unlike many other De Niro movies, it didn't age well. The Drum was banged very very slowly.

'The Wiz'. Now, I freely admit that 'The Wizard of Oz' would not make it into my top 10 list, but I wouldn't say that it was a bad movie. 'The Wiz' on the other
hand, is HORRIBLE. It is a 70s musical version of TWOO. I am so glad I watched it with a group of equally sarcastic-minded friends - it was definitely one of those 'we saw and survived' sort of evenings. Maybe I'll get t-shirts made up! If you do decide to watch it, I recommend fast-forwarding through the songs.

'Gamera vs. Guiron'. This was so bad that I only remember bits of it – a self-defense mechanism for my brain. Actually, the real reason I only remember bits of it was because we didn't see all of it. That's how bad it really was. The story is something like this: Aliens kidnap two children in an attempt to lure one monster (Gamera) into fighting another monster. I don't know if they both die, but good triumphs (I think). Oh, and there are scientists thrown into the mix too.

'I'll Kill You, I'll Bury You, and I'll Spit on Your Grave, Too!' O.K., this one I admit I haven't seen, and I know you shouldn't judge a book by its cover, but....

For more good reviews of bad movies, check out www.stomptokyo.com.

Joke of the Month

Submitted by Dave Brodosi and Gene Olsen

IDIOTS: PART 2:

IDIOT SIGHTINGS... Sighting #1:
I was at the airport, checking in at the gate, when the airport employee asked, "Has anyone put anything in your baggage without your knowledge?" I said, "If it was without my knowledge, how would I know?" He smiled and nodded knowingly, "That's why we ask."

Sighting #2: The stoplight on the corner buzzes when it is safe to cross the street. I was crossing with an intellectually challenged co-worker of mine, when she asked if I knew what the buzzer was for. I explained that it signals to blind people when the light is red. She responded, appalled, "What on earth are blind people doing driving?"

Sighting #3: At a good-bye lunch for an old and dear coworker who is leaving the company due to "downsizing," our manager spoke up and said, "this is fun. We should have lunch like this more often." Not another word was spoken. We just looked at each other like deer staring into the headlights of an approaching truck.

Sighting #4: I worked with an Individual who plugged her power strip back into itself and for the life of her could not understand why her system would not turn on.

Sighting #5: When my husband and I arrived at an automobile dealership to pick up our car, we were told that the keys had been accidentally locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver's side door. As I watched from the passenger's side, I instinctively tried the door handle and discovered it was open. "Hey," I announced to the technician, "It's open!" "I know," answered the young man. "I already got that side."

Christina Holland: Now for best movie - that's more difficult. These aren't classics, just the ones that have a special place in my heart.

(1)"Kiki's Delivery Service". Japanese animation at its finest and sweetest, and now dubbed into English by Disney.

(2)"Some Kind of Wonderful". Okay, I know how sappy and horrible it sounds - I don't care.

(3)"The Last Star-Fighter". Great effects (even if you watch it now), a cool story, and just good fun.
Jim Patten: On the good side I think that "The Shawshank Redemption" is one of my favorite movies. "Bull Durham" is a great baseball movie.

Nan Schmidt: It is *impossible* to pick the "best" movies. It's a fluid list that I can't quite seem to focus on. Actually it's the criteria I use to judge a film and rate it "best" that I can only see with my peripheral vision. With your book list, at least the list was narrowed down to those books that were most significant to us. But this movie thing, yikes! There's a reason they give out Oscars for different categories.

So, the most beautiful films that I remember seeing include "Wings of Desire", "The English Patient", and the 1910's French version of "Beauty and the Beast." The scariest films that I remember seeing and enjoying include "The Shining" and "A Touch of Evil." The funniest movies that I remember seeing include "The In-Laws," "Bringing up Baby," and "Fletch." And, finally, I will judge my favorite movies using the criteria of my viewing frequency: "Blade Runner," "Star Wars," "Star Trek" (insert any even number), "To Have and Have Not," "A Room With a View," and "Monty Python and the Holy Grail."

Like many things in life, picking the worst is an easy task: "Ishtar," "Dune," and "Star Trek" (insert any odd number).

Rachel Merkt: My favorites and least favorites are numerous so I just picked...

BEST- "Dangerous Beauty"  
Sherryly Gilbert:  
Favorite - "An Officer and a Gentleman"

Heidi Crevison: My vote for one of the best movies ever is "Field of Dreams." I figure this is appropriate since the World Series recently ended.

Scott Burghart: The single worst movie of all time: "Tango and Cash." Kurt Russell and Sylvester Stallone "star" as two rival cops who get set up and sent to the slammer where they must face several of the convicts they help put away, before escaping to catch the real bad guys. All the ingredients for a really bad movie are there: one lame one-liner after another; ridiculously predictable stunts; a woefully predictable "plot"; over-the-top evil villains; Stallone's and Russell's typical bland acting; and plenty of shouted dialogue for good measure. Yes, this movie was one grand testosterone-flooded romp. I paid full price to see this stinker with a friend of mine, and boy was I pissed! It was the worst $5 I've ever spent. This movie transformed my disdain for Sylvester Stallone to full-blown loathing.

Boris Galperin: Add "The Blair Witch Project" to the worst list, but I am not volunteering to write about it - actually, it's quite obvious by itself.

David English: No doubt selection of a 'good' movie have a lot to do with our mood and the expectations we bring to the viewing. If we are not expecting much, a jerky but quirky and charming film will seem wonderful. This is not the case for bad movies. A stinker is a stinker. I hope Jytika will appreciate the fact that a British film has become my standard for measuring how bad a movie is. How to describe this bad man, this mess of a show? It has some fine cast members and while some reviewers actually praise this film, I think the concession stand should have sold pain/nausea relievers or hallucinogenic drugs rather than candy or popcorn while this show was playing. When I saw it, at least half the audience had the wisdom to leave during the movie, perhaps to partake of more enjoyable activities such as knitting jumpsuits out of fiberglass while standing naked in a sandstorm. The title ("O' Lucky Man") becomes a bad joke if you find yourself watching this movie. Naive young salesman travels a decadent land while a band plays on (and on) to give false hope to patrons that the movie is ending. I picked up the following information about the movie from the web, since I have managed to block much of the movie from what remains of my mind. The movie seems to last a bit longer than most congressional careers, though it probably only ran a few hours.

Now my good movie. Let me recommend one that has been too frequently overlooked. "The Stunt Man". A delightful film in which Reality gets bent all akimbo as a powerful movie director substitutes a fugitive for a stuntman killed during the movie's filming. If you could combine this film with Tom Stoppard's "Rosencrantz and Guildenstern are Dead" you would really have a fun and enjoyable reality roller coaster.

Since Halloween is almost upon us, how about a recommendation for a twisted and spooky Man? "The Wicker Man" is a bit on the bizarre side of the mystery and suspense (horror?) genre. Definitely not for children (unless the child is the reincarnation of Charles Adams).

Perfect for Halloween or May Day. A puritanical policeman goes to an isolated island to investigate the possible disappearance (or transformation into a hare) of a young girl.

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Q: I would like to change some of the text box shading to improve the print quality. Can that be done?

A: Yes. To change the shading or color of a text box, select it and double click its borders to open the Format Text Box dialog box. Click the Colors and Lines tab and then choose the new color from the Color drop-down list in the Fill section.

Q: What’s the best way to print this newsletter?

A: Print page 2 on the back of page 1. Fold in half and mail with or without an envelope. For best results, use a medium to heavyweight paper. If you’re mailing without an envelope, seal with a label.

Q: I would like to use my own clip