

Lecturer shares family legacy, research



KAYLA HODGIN/O'COLLEGIAN

Alexandra Cousteau discusses exploration during her lecture.



Alex Strohm
@OCollyresearch

After flying in Tuesday from Berlin, Alexandra Cousteau spoke Wednesday night about her efforts to conserve water and her desire to create a generation of explorers.

Cousteau is an environmentalist, explorer and filmmaker who works to highlight the importance of taking action in regard to the growing water crisis.

Jacques Cousteau, Alexandra's grandfather, began as a captain in the French navy before his career as

a filmmaker and conservationist, which most recognize him for.

The wide, open sea, undiscovered at the time, was a great mystery. In an attempt to unearth the unknown, Jacques Cousteau grabbed rolls of film, a camera and bell jar to create the first underwater camera. These strips of film went on to change how people saw the world.

"My grandfather was one of the first explorers to democratize tools of exploration, making the exploration of the ocean available to everybody, and I think that was one of the ways in which he was ahead of his time," Cousteau said in an interview.

Although innovation is prevalent in the 21st century, Cousteau said there

isn't the same opportunity to explore as there has been in the past.

"Explorers of today aren't like the explorers of my grandfather's time. He and his contemporaries were going places and exploring things for the first time," Cousteau said. "For the most part, everything's been seen by somebody for the first time."

During her time at National Geographic in 2008, Cousteau said discussions developed about what the word "exploration" means today.

"Exploration is no longer about seeing something for the first time, but it's about going somewhere and bringing back a perspective that you share with the people in your life and the people in

your community and helping to see those places in a new way and helping to find ways to protect them," Cousteau said. "A lot of the places that are really unique or exceptional on our planet are starting to disappear."

Cousteau used film to illustrate the scale of water issues in America. The Colorado River project was used to show the drastic change from an abundance of water to a cracking bed of earth.

"We are at, really, the knife's edge of whether we're going to continue enjoying the quality of life my generation grew up with," Cousteau said in an interview.

For the full story, visit ocolly.com/news

Campus programs aim to 'redefine beauty'



David Tarantino
@OCollyfeatures

'We want them to be able to see beauty as more than a number on a scale.'

TAMARA RICHARDSON, clinical counselor at University Counseling Services

In a society where idolizing Barbie and the idea of the freshman 15 are prominent, it is no surprise eating disorders are becoming more common among students.

Monday is the start of National Eating Disorders Awareness Week, and a few Oklahoma State University faculty members are taking on the challenge of informing the student population on the issues associated with the disorders.

There will be many events and campaigns to help raise awareness about not only eating disorders, but also the larger social

issues, such as body image and fat shaming.

Tamara Richardson, a clinical counselor at University Counseling Services, said she and others plan to get the students involved.

"One of the things we're doing this year on campus is fat talk-free week," Richardson said. "We're going to have a board at the Colvin, where students can post fat talk they've heard in the past."

Another board will allow students to post messages to help redefine beauty with positive messages, she said.

"We want to shed light

on the negative messages we're all exposed to so we can begin to carve out a culture that will change the dialogue," Richardson said.

Along with the fat talk-free week, Richardson will join a panel to discuss other ways students can redefine

"beautiful." Thomas Green and an eating-disorder survivor will join Richardson to help people learn more about body shame and eating disorders.

Richardson said the panel plans to discuss more than eating disorders because the problem has become bigger than that.

"Even if eating disorders never existed, this toxic culture still impacts self-esteem, relationships and more," Richardson said, "I want to cover all that ground so people can gain accurate information."

Richardson said she and the other panelists hope to educate the OSU community on self-esteem and eating disorders. Even more, they aim to actually redefine beauty.

"We can help people challenge their ideas of beauty and redefine it based on reality and not fiction," Richardson said.

"We want them to be able

to see beauty as more than a number on a scale."

news@ocolly.com

Panel Meeting

When:
5:30 p.m. Tuesday
Where:
Serefean Center

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KVRO-FM (101.1)

9:00am - **The Weekly Bible Lesson** - Shines the light on the Scriptures so we can see and know how God cares for us today, as he cared for those in Bible times.

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This week's topic is
"Beyond physics to metaphysics"

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SOLUTION TO WEDNESDAY'S PUZZLE 2/20/14

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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

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Daily Horoscope

By Nancy Black
Tribune Content Agency

Today's Birthday (02/20/14). Put in the work and reap rewards this year. Your creative powers crackle through August, so play full out for incredible fun. Streamline routines and pare down the unnecessary to save energy. Reorganize. Balance career and home responsibilities with dedication to your schedule, including time for yourself. Romance heats up over summer and autumn. Fill your home with love.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) -- Today is a 7 -- You're in the midst of a financial breakthrough, with increasing value. Stretch yourself mentally, and follow your passion. Your mind and heart agree. Don't let this windfall slip through your fingers, and remember to say, "Thanks".

Taurus (April 20-May 20) -- Today is an 8 -- Rely on your partners today and tomorrow. Start a new phase in your relationship. Compromise and come to an agreement. Support your friends. Invest for success. Everything seems possible. Affinity grows with kind words.

Gemini (May 21-June 20) -- Today is a 9 -- Concentrate on your work today and tomorrow. There's plenty coming in! Get creative with it. Provide great service. Others appreciate the material you're sending. Get something you want for your home. Relax afterwards.

Cancer (June 21-July 22) -- Today is a 7 -- For the next two days, you score big with creative output. Practice. It's getting fun! There's more money coming in. You have lots of emotional support. Provide love. Your credit rating's going up. Invest in your business.

Leo (July 23-Aug. 22) -- Today is a 6 -- Enforce household rules today and tomorrow. It gets easier, with practice. Accept compliments graciously. Get into practical and domestic tasks. Clean your workspace, and de-clutter. Learn from an engineering type. Play with long-range plans.

Virgo (Aug. 23-Sept. 22) -- Today is a 7 -- You can learn what you need today and tomorrow. Allow your dreams to run wild. You're sharp as a tack. Articulate your vision. Step up communications, and get the word out. It travels farther than expected.

Libra (Sept. 23-Oct. 22) -- Today is a 9 -- Focus on finances for a few days. It can be quite lucrative. Use your cleverness. Expand your idea base and find ways to monetize them. You're an inspiration to others. Make long-term plans, and share.

Scorpio (Oct. 23-Nov. 21) -- Today is a 9 -- You're becoming more confident. Reject a far-fetched scheme in favor of a practical solution. Use what you have to achieve a dream. Travel intrigues. Inspire, rather than demanding or issuing orders. Soon the whole neighborhood is involved.

Sagittarius (Nov. 22-Dec. 21) -- Today is a 6 -- Slow down and consider options. Complete projects now. Your sensitivity richly flavors artistic pursuits, writing and music. Contemplation, meditation and quiet time reap rewards. Re-juice and your creativity grows. Capture it by recording.

Capricorn (Dec. 22-Jan. 19) -- Today is a 7 -- It could get emotional over the next two days. Travel's favored, too, despite strong feelings. Continue with your planning. Accept more assignments. Extra paperwork leads to extra profits. The action is behind the scenes.

Aquarius (Jan. 20-Feb. 18) -- Today is a 7 -- Career matters claim your attention today and tomorrow. Committing and assuming more responsibility brings peace of mind. Your actions carry you farther than imagined. Keep the pedal to the metal. Stock up on provisions for the future.

Pisces (Feb. 19-March 20) -- Today is an 8 -- Rebellions flare up. Advance your own agenda with perfect timing. You're in the groove. By now you should know how much you can spend. Keep cash stashed away. Save through private connections. Trust love.