Temple University’s Service Immersion Program: Yallahs, Jamaica

By: Katelyn Simoncic

Known for their crystal blue waters, hot sands, and beaming sun, Jamaica has far more to offer than its television commercials can ever present. Last May, twelve Temple University students, including myself, had the opportunity to become fully immersed in the Jamaican culture, experiencing both the beauty of the land and the ill-starred hardships felt by its vibrant people. Only having a week on the beautiful island, we worked long days to ensure that our service project would be completed before we headed back to the states.

Working directly alongside the Yallahs community, we set out to complete several projects at White Horses Primary School. Seeing as though the land is extremely dry due to the beaming heat rays and several blazing fires, we set out to provide White Horses with a complete shade house and an efficient irrigation system leading directly to their crop field. Working together, shelves within the shade house were built from bamboo, fencing, and several 2x4’s; in addition, a 1,000 foot-long trench was dug, creating an efficient amount of space for the piping of the irrigation system to lie.

Understanding the scarcity of water in the Jamaican community, it was essential that we installed and began running the irrigation system. After working on the irrigation project for several days, the pipeline was finally flowing to the crop field. Combining the seedlings that were sprouting in the shade house and the efficiency of the newly placed irrigation system, White Horses Primary was heading in the right direction, having an abundance of healthy vegetables for the children’s lunches in no time. Fully immersing myself within the Jamaican culture truly broadened my horizons internationally, allowing me to develop a higher level of appreciation for all that we take for granted here in the United States of America.
Ski Resorts Turned Water Resorts

By: Mitchel Dean

One thing that always hindered ski resorts located in areas with warm weather summers is the lack of cash influx during those warm months. Ski resorts would shut down for three, four, or even five months! There has to be some way to still attract tourists and locals to use their facilities while gaining revenues in the warmer seasons.

There has become a more and more popular trend with ski resorts – and that is to add indoor water park rides and adventure sports complexes, both of which are open all year. Some examples of what an adventure sports complex includes are a zip line, ropes challenge course, climbing wall, tubing center and a mountain coaster. Those are just a few of the possibilities with adventure sports complexes.

Examples of ski resorts doing this are: The Greek Peak Ski Resort in Cortland, New York which recently added a $20 million outdoor adventure course, and Budget Host Inn & Suites in Lancaster, Pennsylvania which recently opened a Caribbean Indoor Water Park. These moves by ski resorts and other types of resorts around the world have gained access to earn higher revenues and ultimately maximize profits if executed efficiently.

Expansion should only be done if there is a demand for it. Ski resort owners should not just start building indoor water parks and adventure sports complexes just because it’s the hot trend at the moment. Feasibility studies should be performed by each resort individually to see what is right for them and their location, consumers, and pocket book.

Low Flow Toilets for Hotels

By: Hui Zhang

The water bill is one of a hotel’s biggest expenses. Imagine all the water that has to power the showers, the faucets, and even the toilets multiplied by hundreds of rooms. The average water bill for a house is pretty inexpensive, but when you have hundreds or even thousands of rooms, it is easy to see how expensive the water bill can potentially become.

Out of all of the fixtures in a hotel that use substantial amounts of water, the toilet is the number one culprit. The main use of water from a toilet comes from when it is flushed. Considering how many times a toilet can be flushed in a day and then again multiply that by all the guests staying in the hotel, it’s clear to see how this will quickly add up. Older toilets and urinals use three or more gallons of water per flush. New, more efficient toilets use 1.6 gallons of water or less per flush. So not only does that add up in terms of the water bill, but that is also a lot of unnecessary water that is being used.

Low flow toilets are toilets designed to use less water. In fact, because people want to save as much water as possible, there are toilets that will use half as much water per flush. So now it would take two residents to equal the normal 1.6 gallon per flush rate. That is a huge savings because essentially you could cut down the biggest water hog by 50%.

One of the coolest things is that these toilets aren't anything super scientific. They’re just regular toilets designed with saving water in mind. They look like regular toilets and are just as affordable. So it is a good choice for property owners and managers to look into purchasing a low flow toilet if they want to start saving money on their water bill.
If you’ve been around sports recently, evidently you have seen the impact of sports drinks. Rehydrating is important to athletes in all levels of sport from little league to the pros. Before sports drinks came around there was only one option, water. The history of sports drinks started at the University of Florida in 1965. The coaches of Florida’s football team noticed that a lot of their players were suffering from dehydration and other heat related illnesses. A couple of researchers from the university found that players need a drink that would replenish electrolytes and carbohydrates. Soon after that doctors came back to the coaches of the football team with the first sports drink, Gatorade.

Sports drinks have come a long way from those first days in the swamp. Today the main players in the sport drink market are Gatorade, Vitamin Water, Powerade, and SoBe. For sports drinks it’s not about hydration anymore, they are just as popular off the field as they are on the field. One of the terms that were coined in the mid 1980s in football was the Gatorade shower. After a win at a major football game, from little league to professional sports organization, you will see the players dump a sports drink on their coach to celebrate their victory.

Are sport drinks really the best choice? It’s been proven that sports drinks hydrate you more effectively when you are physically active for more than an hour. For physically activity lasting less than an hour it is actually better to drink water. Sports drinks have become used so greatly that people are willing to ignore nutrition for taste.

Tony Dungy got the “Gatorade shower” when he retired as head coach of the Indianapolis Colts.
By: Jeffrey Kassarjian

Guillaume Roché, a mechanical engineering grad from the University of Massachusetts with over 20 years of experience in yacht building, met with Herbert P. Baum, a successful German businessman who pioneered in real estate development and logistics, in Istanbul in 2005. That was when Sunrise Yachts was born. Located on the Mediterranean coast in Antalya, Turkey, in a 11,000 sq. meter shipyard, Sunrise was determined to build the most innovative and creative yachts to clients through Eastern Mediterranean facility.

One of its first projects was the creation of Africa. Launched in August 2009, the 45 meter long yacht was built to the standards of the UK Maritime & Coastguard Agency (MCA) and Lloyd’s Register of Shipping certification. Africa received rave reviews at the Monaco Yacht show because of its efficient and innovative design. That was only the beginning to the rise of Sunrise Yachts. A new 47 meter yacht, designed by the world renowned designer Espen Oino, is planned to launch in 2013.

Photo from Sunriseyachts.com

Shipyard in Antalya, Turkey
Ice Bath Myths Revealed

By: Marissa LaBrake

Taking an after exercise plunge in an ice water bath (a tub of 12 to 15 degrees Celsius ice water) is common practice among many elite athletes as a way to recover faster and reduce muscle pain and soreness after intense training sessions or competitions. From elite runners to nearly all professional football players, the ice bath is a standard routine. In addition to the ice bath, some athletes use contrast water therapy (alternating between cold water and warmer water) to get the same effect.

The theory behind ice baths is related to the fact that intense exercise actually causes tiny tears in muscle fibers. This muscle damage not only stimulates muscle cell activity to help repair the damage and strengthen the muscles, but it is also linked with delayed onset muscle pain and soreness. Which occurs between 24 and 72 hours after exercise.

The ice bath is thought to constrict blood vessels and flush waste products, like lactic acid, out of the affected tissues. Decreasing metabolic activity and slowing down physiological processes reduces swelling and tissue breakdown. Then, with rewarming, the increased blood flow speeds circulation, and in turn, improves the healing process.

It's clear that more research is needed regarding the effects of ice baths on exercise recovery and muscle soreness, before a real conclusion can be made. But so far, the information that is available indicates the following:

* Cold water immersion after a hard workout won't hurt and may, in fact, help recovery.
* Ice baths are not necessary; cold water baths (24 degrees Celsius) are as good and perhaps better, than ice baths.
* Hot baths after hard exercise may decrease recovery time.

Whether the science supports the ice bath theory or not, many athletes swear that an ice bath after intense training helps them recover faster, prevent injury and feel better after exercise.

### Israeli Company Turns Air into Water

By: Arielle Davis

Only 3% of water on Earth is drinkable. Of that 99% is stored in glaciers, ice caps, and deep inside water tables, leaving us with only 1%.

An Israeli company, WatAir, found a way to increase the amount of water we can consume, and decrease the amount of water we take out of natural environments. You are probably thinking to yourself, how is this possible? The answer is AIR.

It collects dew and air, turning it into fresh water, in almost any climate. It collects a minimum of 48 liters of water daily.

The technology, The Atmospheric Water Generator (AWG), has a 315 square foot inverted pyramid shape with panels all along side it. The bottom is the narrow tip of the pyramid and grows upward, taking up less space wherever it is placed. It can be folded to become more compact when it is not in use.

Hotels, sporting facilities, event venues, and attractions consume a lot of water daily. Installing a product like this to provide water can be cost efficient and environmentally friendly. It is a low-tech piece of equipment that does not cause harmful effects to the environment. It leaves the natural water resources there for animals to live in and feed off of.

There is no need to worry about running out of water anymore with the research and development done by WatAir.
Montague and Associate’s Notable Employees

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Mellana Cramer
Fundraising and Sponsorship Committee

Senior Seminar Section 2: Employee of the Week
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### Contact Info:
Montague & Associates  
1810 N. 13th St.  
Speakman Hall 111  
Website: sthmseniorsemincar.com/2012/spring

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