

# What is the 'Anthropocene'?

The 'Anthropocene' is a term widely used since its coining by Paul Crutzen and Eugene Stoermer in 2000 to denote the present time interval, in which many geologically significant conditions and processes are profoundly altered by human activities. These include changes in: erosion and sediment transport associated with a variety of anthropogenic processes, including colonization, agriculture, urbanization and global warming; the chemical composition of the atmosphere, oceans and soils, with significant anthropogenic perturbations of the cycles of elements such as carbon, nitrogen, phosphorus and various metals; environmental conditions generated by these perturbations; these include global warming, ocean acidification and spreading oceanic 'dead zones'; the biosphere both on land and in the sea, as a result of habitat loss, predation, species invasions and the physical and chemical changes noted above. The Anthropocene is currently being con-

sidered as a potential geological epoch, i.e. at the same hierarchical level as the Pleistocene and Holocene epochs, with the implication that it is within the Quaternary Period, but that the Holocene has terminated. It might, alternatively, also be considered at a lower (Age) hierarchical level; that would imply it is a subdivision of the ongoing Holocene Epoch. Broadly, to be accepted as a formal term the Anthropocene needs to be (a) scientifically justified (i.e. the 'geological signal' currently being produced in strata now forming must be sufficiently large, clear and distinctive) and (b) useful as a formal term to the scientific community. In terms of (b), the currently informal term Anthropocene has already proven to be very useful to the global change research community and thus will continue to be used, but it remains to be determined whether formalization within the Geological Time Scale would make it more useful or broaden its

usefulness to other scientific communities, such as the geological community. The beginning of the Anthropocene is most generally considered to be at c. 1800 AD, around the beginning of the Industrial Revolution in Europe (Crutzen's original suggestion). A formal Anthropocene might be defined either with reference to a particular point within a stratal section, that is, a Global Stratigraphic Section and Point (GSSP), colloquially known as a 'golden spike; or, by a designated time boundary (a Global Standard Stratigraphic Age). The Anthropocene has emerged as a popular scientific term used by scientists, the scientifically engaged public and the media to designate the period of Earth's history during which humans have a decisive influence on the state, dynamics and future of the Earth system. It is widely agreed that the Earth is currently in this state.

—<https://quaternary.stratigraphy.org>

## Galazia Akti

What better way to welcome the sea and sun season than a drive down the coast and a seaside dinner? Galazia Akti, at Lagonissi Resort, serves Cretan cuisine a few meters from the water, in a setting that is nicer than nice. Start with sautéed snails with rosemary and vinegar, calamari stuffed with trahanas with spinach, or Cretan pies with myzithra and wild greens. Salads include village, beetroot, and legume and vegetables with caramelized onions. A shellfish broth with grouper chunks is for the soup lover. Cretan macaroni is paired with seafood, chicken or aged cheese. Then, have a grouper grilled or cooked slowly in a clay pot or, for meat, Coq a Vin, stuffed rabbit, grilled local chops, or pan-fried lamb with oven roasted potatoes. Halva, Cretan pie with honey, ice cream, fruits or a cheese platter close out the repast.

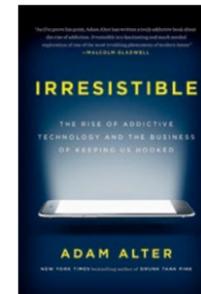


Galazia Akti  
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## THE BUSINESS BOOK SHELF

### Irresistible THE RISE OF ADDICTIVE TECHNOLOGY AND THE BUSINESS OF KEEPING US HOOKED

BY ADAM ALTER



Welcome to the age of behavioral addiction—an age in which half of the American population is addicted to at least one behavior. We obsess over our emails, Instagram likes, and Facebook feeds; we binge on TV episodes and YouTube videos; we work longer hours each year; and we spend an average of three hours each day using our smartphones. Half of us would rather suffer a broken bone than a broken phone, and Millennial kids spend so much time in front of screens that they struggle to interact with real, live humans.

In this book, Adam Alter, a professor of psychology and marketing at NYU, tracks the rise of behavioral addiction, and explains why so many of today's products are irresistible. Though these miraculous products melt the miles that separate people across the globe, their extraordinary and sometimes damaging magnetism is no accident. The companies that design these products tweak them over time until they become almost impossible to resist.

By reverse engineering behavioral addiction, Alter explains how we can harness addictive products for the good—to improve how we communicate with each other, spend and save our money, and set boundaries between work and play—and how we can mitigate their most damaging effects on our well-being, and the health and happiness of our children.

## TRAVELOGUE

### THE ORLOFF RESORT—A SPETSES GETAWAY



Small, cozy, relaxed, the Orloff Resort on Spetses, with just 22 rooms, albeit from a standard to a full maisonette for 10, welcomes travelers who want a minimal atmosphere during a respite from the Athenian buzz. The Orloff is in town; it has a soothing pool area for down time. The rooms are "cozy"—a tad small—but are fitted with well thought out amenities and lighting, providing a soothing ambience.

Dine in the restaurant, with a wonderful sea view, and enjoy classy, classic Greek cuisine. Grilled meat and seafood are complemented by innovative starters and salads, as well as risotto and pasta dishes that focus on the sea. The hotel offers free wifi, TV, massage, yoga and pilates to soothe tired bones and cooking classes to investigate culinary meanderings. Sometimes just what you need for two or three days—an island break.

BY ANDREAS STYLIANOPOULOS  
PRESIDENT, NAVIGATOR TRAVEL & TOURIST SERVICES LTD

# Jargonaut

## MOBILE MOMENT

A mobile moment is a point in time and space when someone pulls out a mobile device to get what he or she wants immediately, in context.



## F/U

Follow Up



## SUNSET

To "sunset" something means you are phasing it out or discontinuing it.



## SMART

Self-Monitoring, Analysis and Reporting Technology



## MARCHING ANTS

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## SITUBI

Say It Til You Believe It



## DRCOWOTO

Don't Really Care One Way Or The Other



## GUMINT

Slang for government.



## JUNK SLEEP

Dozing off while still connected to your electronic devices



## MOUSE POTATO

The online version of a couch potato—one who sits for an extended period of time in front of the computer screen.

<http://www.netlingo.com>