

Near-inertial waves *extract energy* from barotropic quasi-geostrophic flow

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Main points

Motivation: The flow of energy and information in the ocean

The flow of energy and information in the ocean.

Simplified solutions of the Xie & Vanneste (2015) equations

The standard block environment looks like this. It has justified text and a green title with an underline. You can create one like so:

```
\begin{block}{Title}
.....
\end{block}
```

Power integrals: The physics of stimulated imbalance

The “alert” block environment looks like this. It also has justified text, but it has a border and a light background to make it stand out. You can create one like so:

```
\begin{alertblock}{Title}
.....
\end{alertblock}
```

Altering Column Spans

You can make columns that span multiple other columns relatively easily. Lengths are defined in the template that make columns look normal-ish if you want to use a four-column layout like this poster. If you want to use a different number of columns, you will have to modify those lengths accordingly at the top of the poster.tex file. In particular, near the top of the TeX file you will see lines that look like:

```
\setlength{\sepwid}{0.024\paperwidth}
\setlength{\onecolwid}{0.22\paperwidth}
\setlength{\twocolwid}{0.464\paperwidth}
\setlength{\threecolwid}{0.708\paperwidth}
```

Set “sepwid” to be some small length somewhere near 0.025 (this is the space between columns). Then if n is the number of columns you want, you should set

$$\begin{aligned} \text{onecolwid} &= \frac{1}{n}(1 - (n + 1) \times \text{sepwid}), \\ \text{twocolwid} &= 2 \times \text{onecolwid} + \text{sepwid}, \\ \text{threecolwid} &= 3 \times \text{onecolwid} + 2 \times \text{sepwid}. \end{aligned}$$

Block Colours

For the standard blocks there are two colours; one for the title and one for the block body:

```
\setbeamercolor{block title}
{fg=red,bg=white}
\setbeamercolor{block body}
{fg=black,bg=white}
```

The *fg* colour sets the text colour and *bg* sets the background colour. For the normal blocks it makes no sense to use a background colour other than white. You *can* change it, but it will look weird!

Alert Block Colours

You can similarly modify the colours for alert blocks (but try not to overdo it):

```
\setbeamercolor{block title}
{fg=black,bg=norange}
\setbeamercolor{block body}
{fg=black,bg=white}
```