Bike From Work
(to Happy Hour) Day

On Friday, May 2\textsuperscript{nd} 2003, thousands of earth-friendly bike commuters joined a celebration of clean transportation by participating in \textbf{Bike To Work Day 2003}. In a strange misunderstanding, many of these earth-friendly commuters were stranded at the office for the last several months. “The organization was very poor”, said one environment-conscious Bike-To-Work participant, “I mean, once we bike \textit{to} work, how are we supposed to get home? Luckily, I was able to call my spouse who came to pick me up one of the family Hummers.”

In response to this national tragedy, the Top Secret Social Committee has proposed \textbf{Bike From Work (to Happy Hour) Day}. Celebrate clean transportation and a commitment to soaking up the remaining rays of summertime in the Psychology Department’s \textbf{Bike From Work (to Happy Hour) Day}.

Join the TSSC in an easy bike ride (almost entirely on trails) from Baker Hall to Station Square (and back again – we really know how to plan things) for happy hour(s) on Wednesday, August 6\textsuperscript{th}.

If you’re biking meet us at the Baker Hall entrance between Baker and Hunt Library at 4:30pm. Or...if you prefer, park your Hummer at Station Square and wander around until you find a group of bike-riding psychologists enjoying food and drinks at an outdoor cafe.
Sheldon Cohen, a trailblazer in health psychology research, has been named the Robert E. Doherty Professor of Psychology. Cohen is one of the architects of Carnegie Mellon's highly respected health psychology program, and has helped turn Pittsburgh into the world's leading center of health psychology research. He is internationally recognized for his groundbreaking scientific contributions toward understanding the effects of social and environmental stress on human behavior and health. He has been at Carnegie Mellon since 1982.

Robert E. Doherty was the third president of the Carnegie Institute of Technology, the predecessor to Carnegie Mellon University. He led the institution from 1936 to 1950, and is best known for creating the Carnegie Plan of Professional Education, a curriculum reform that continues to influence Carnegie Mellon. Doherty believed the university should prepare students to be able to solve real-world problems and teach them to fulfill their role as citizens.

The 2003 Colloquium Series has been announced.

Dr. David Buss Sept. 15
Dr. Brenda Major Sept. 22
Dr. John Wixted Oct. 13
Dr. Liz Spelke Oct. 20
Dr. Harry Reis April 19
Dr. Josh Tenenbaum April 26
Dr. Janice Keicolt-Glaser May 10

As part of the Psycho? Logical? Bulletin’s continued effort to keep you informed, two important news bulletins are published in this month’s issue.

See PAGE 3 for a graduate student expose.... “Inside Sheldon Cohen’s Cold Study”

And on PAGE 4... Find out which CMU Psychology faculty member is working to take the “Squirrel” out of “Squirrel Hill”.
When I was a junior in college, my health psychology professor started to explain a series of studies by asking, “If someone offered you hundreds of dollars to spend a week in a hotel, would you do it? You couldn’t see your family and friends or leave the hotel, but you could bring stuff to keep yourself entertained.” Almost the entire class said we’d volunteer, but we knew there had to be a catch. “Well, what if you were going to be exposed to a cold virus that week. You might get sick, or you might not. Would you still do it?” Even knowing the whole story, most of my class still said they’d participate in such a study. Of course, we also wondered about this cruel, heartless scientist who would intentionally make people sick to benefit his research.

Three years later, I’m a grad student studying health psychology, and I know all about Sheldon Cohen’s studies of psychosocial factors and infectious diseases. Some of the main findings are that the size and makeup of your social network, as well as your perception of stress can help predict whether you’ll get sick or not. If I had the chance to participate during my first year, I wouldn’t – my social network was way too small. After becoming more comfortable in the grad program (and even deeper in debt), I saw the ad this spring and I thought it was worth a try.

Little did I know, it’s actually pretty hard to get into the study. Participants can’t have antibodies to the particular virus strain, and this disqualifies about 60% of the hopefuls. After the blood tests were done, I received a cheery email from Ellen Conser, one of Sheldon’s research assistants. The gist of the message was “Congratulations, you get to be infected with the cold virus!” I also soon learned that the money wouldn’t come as easily as I had hoped. There were blood tests, saliva samples, surveys, two weeks of nightly interviews, and most embarrassing of all, the 24-hour urine collection. All of this led up to a week at the Holiday Inn.

Before going to the hotel, I asked those who knew a lot about the study for advice. Ellen Conser reminded me to bring a cooler, and that while I couldn’t bring vitamins, I could bring all the oranges I wanted. Sarah Pressman advised me to borrow a DVD-playing laptop so that I could watch movies. Sheldon, in contrast, told me that the study was based on lifestyle factors, and there was really nothing I could do to help myself at this point. To make matters worse, my friends all knew about Sheldon’s social support findings, so I endured teasing like, “So, if you get sick, that means that we don’t like you as much as you think we do.”

Then it was time for the real test – would I get sick in the hotel? Once all of the participants checked into the hotel, we had an orientation meeting to explain what would be happening. There were more saliva samples, another urine collection, more surveys, and daily physicals and ear, nose, and throat measures. We were also issued plastic bags to collect our used tissues. My favorite quote came from Jim, the guy in charge of most of the lab tests. He explained that we would be exposed to the cold virus with nasal drops that we would get on the second day. To clarify the situation, he said, “We’re only going to put the cold virus into your nose at one time on Tuesday. Anything else we put in your nose is not the cold virus.” And they did put a lot of stuff in my nose. They took stuff out, too, but I’ll spare you those details.

All in all, the week wasn’t too bad. I read, watched lots of movies, and got plenty of schoolwork done. Of course, I was subjected to bad food, early mornings, and conversations about topics like becoming a grandmother at 38, the wonders of menopause, how sick people felt (this was due to hangovers as much as the virus), and how inhumane it is for researchers to make people sick and then refuse to treat them. I am also happy to report that I never got more than a sore throat.

When I get the money, it will be easy to say that it was all worth it. Until then, I’ll keep thinking about what Ellen Conser said when she was explaining all of the surveys and interviews we’d go through. “A lot of people actually find that they like being in the study because they learn so much about themselves.” I, too, learned some valuable things about myself, but they’re not exactly what Ellen predicted. I learned that it takes dye six minutes to clear my nasal tract, that my bladder holds 22 ounces, max, that the inside of my ear is not very attractive, and that even when four drops of a cold virus are put directly into my nose, I still come out okay.
CMU Professor Helps Squirrels Move Across the River

In an act of compassion, CMU psychology professor Kenneth Kotovsky has formed car pools to help the squirrels move out of Squirrel Hill. Each morning (and some evenings) Professor Kotovsky captures a squirrel or two, puts them in the back seat of his car, and drives them to the South Side. Kotovsky has been organizing the squirrel population for months. The squirrels have been unhappy with the housing accommodations in Squirrel Hill. For example, Kotovsky himself has plastered up the holes that allowed them to live in his attic. “They will be happier on the South Side with the new shopping areas, restaurants, and condos,” Kotovsky said. “We try to move entire families within a few days so they do not get lonely.”

“Professor Kotovsky is a lovely man,” a small red squirrel said. “We really appreciate the rides and him buckling are cages in.” At the current rate, Kotovsky figures that he will have moved all the squirrels out of Squirrel Hill by 2005. This is good news for a variety of other rodents looking for homes in Pittsburgh.

UPDATE!
Squirrels Organize in Squirrel Hill

Over 100 squirrels met behind the Jewish Community Center to protest the massive deportation of squirrels to the South Side. The leader of the pack, Nutty, told this reporter that contrary to earlier reports that they were cooperating with this move, they had been forced into cages and moved without their consent. “Dr. Kotovsky has been misleading the public about the nature of this move and the motives behind it.” Nutty was referring to Kenneth Kotovsky, Psychology Professor at Carnegie Mellon University who has taken personal responsibility for the exodus. “We lived in Squirrel Hill hundreds of years before people arrived” Nutty said. “They have no right to push us out like this”. Other speakers at the protest said that the promises about the South Side being the “land of milk and honey” where misleading at best. A “peaceful” march on Dr. Kotovsky’s house is scheduled for Saturday morning at 5 AM. Over 1,000 squirrels and other rodents are expected.

A squirrel caught in one of the harmless activities that outraged Dr. Kotovsky, bringing him to begin the exportation project.

More on this important issue on PAGE 5.
Squirrel Return to Squirrel Hill

With a donation from a wealthy squirrel family in Fox Chapel, over 30 squirrels were able to afford to take the PAT bus from the South Side to Squirrel Hill; returning to their homeland. These squirrels, who were captured and moved to the South Side by CMU Psychology Professor Kenneth Kotovsky, had been complaining about the “yuppiness” of their new home. “The restaurants were too expensive, the traffic outrageous, and the other rodents upedy” said the squirrel’s leader Nutty. There was also said to be an insufficient supply of the large quality acorns that are abundant in Squirrel Hill. Relatives in Squirrel Hill have been preparing a new home for returning squirrels in Dr. Kotovsky’s attic. “A little chewing and digging and we were in” said Nutty. “If he hadn’t stuffed all that insulation in there, we could have had it done days earlier.” A party is planned this Saturday on the Kotovsky’s back porch. Rodents of all types and sizes are invited to join in the celebration. This is said to be an especially good venue for the party because of the availability of fresh pears. “If it becomes necessary, we will take over the entire Kotovsky residence” said Nutty. “We can no longer tolerate being denied a place in our homeland”. The successful migration was heralded by rodent leaders all across the United States. It is said that the wealthy Fox Chapel squirrel family is offering a large reward for the capture of Dr. Kotovsky and the friends he plays cards with.

One squirrel’s triumphant return to the homeland.

Squirrel Hill Property Owners “Very Concerned” about Deportation

A group of concerned Squirrel Hill property owners conducted a town hall meeting at the Squirrel Hill Café this week to discuss the recent mass deportation of squirrels to the South Side by Dr. Kenneth Kotovsky. Whereas some members of the group supported Dr. Kotovsky’s efforts, others expressed apprehension about the effects squirrel deportation may have upon property values. On Aylesboro Avenue resident was quoted as saying “Look, you take the squirrels out of Squirrel Hill and what you have left is ‘The Hill’ Do you really want to own property in ‘The Hill’? Dr. Kotovsky is contributing to the urban decline of this community.”
EDITOR’S NOTE: Only the “FROM” address of the email below was altered. Text and color choices are as the author intended them. It is unclear whether only Dr. Cohen is at grave risk, or whether the rest of us should be suspicious as well.

-----Original Message-----
From: XXXX [mailto:XXXX@msn.com]
Sent: Tuesday, June 10, 2003 5:23 PM
To: scohen@cmu.edu
Subject: Danger To Your Current Psychology Work.

DEAR SHELDON COHEN, DIVISION 34:

Your work in psychology and behavior is based on notions that cognitive processes and the mind are created within each individual. The attached information, also available from your colleagues in the Washington, D.C., area, show cognitive processes like memories can be experienced simultaneously and instantly by a group of individuals. It makes you an unwitting victim. It can be artificially induced to physically influence each other's behavior. A group of private companies and the federal government use it as a man-made technology. They influence individuals dissenting from official policies. Government officials have effectively lost control. It is similar to The California Electricity Crisis, where officials failed to intervene until entire cities were dark from rolling blackouts. As a professional psychologist, the technology is being used to influence your actions. Email your colleagues and contacts in the Washington, D.C., area where the technology is evident. It is being used to spy on you.

Thanks,

Jen
DEPARTMENT T-SHIRT COMPETITION
CHOOSE YOUR FAVORITE!

DESIGN #1

ψψψ
Carnegie Mellon Psychology

DESIGN #2

ABSOLUT CMU PSYCHOLOGY.
DESIGN #3

WHAT ARE WE GOING TO DO TODAY?

THE SAME THING WE DO EVERY DAY....TRY TO TAKE OVER THE WORLD.

CMU Psychology
DESIGN #4

Please submit your vote for Department T-Shirt to Rachel Diana (rdiana@andrew.cmu.edu) using the Ballot below:

Ballot (vote for 1 design and 1 color):

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Narrator:

The year is 1992. Things are very different. The Pirates are leading their division, house prices in Shadyside are reasonable, and the average age of the psychology faculty is almost under 45. Oh yes, and a Bush is President of the US, there has just been a war in Iraq, and the world economy is in the toilet.

After ten years of distinguished service, David Klahr is stepping down as head of the department of Psychology. And the search is on for a replacement. A huge national search ensues, much like American Idol but without the singing or the 0898 numbers, and Bobby is hired as the new department head. She is the first woman to take charge in the department’s history, and she soon rings in the changes. An annual beginning-of-year meeting is held at which faculty, staff, and graduate students watch in “shock and awwe” as Bobby presents a detailed look at the department.

Bobby standing at the podium:

Bobby: Let me start by talking about where the department has been, where it is now, where it’s going, and where it would like to go on vacation for Xmas.

I’m sure you are all interested in the fiscal state of the department. As you can see from this high-tech physical representation of our income [holds up large beachball]….we have some red bits, some blue bits, and some white bits. [puts beachball away].

I anticipate that next year, following some serious belt tightening due to the latest faculty pay raise, things will look quite different [pulls out the mini beachball].

*Cat runs on stage with rabbit in mouth. Stops near Bobby. Bobby says sharply “Bad Rosina!”.

As always, we have an award for the best quote from a faculty member. There was the usual incomprehensible statement from Ken Kotovsky with “Psychology is as Psychology does”. However, this year, the award goes to…me….for “we have some red bits, some blue bits, and some white bits.”

Narrator:

Departmental meetings also become a monthly ritual. The faculty discuss important and meaningful issues, endlessly, and all in attendance ponder one of the universe’s most enduring questions: Who selects the soda and why don’t they choose more Diet Coke?

Scene: Departmental meeting. A number of folks (unidentified) sit in chairs.

Bobby: Action Item Number 1. How can we improve the graduate program?

Silence

Bobby: Anyone?

F1: Raises hand. Speaks: Perhaps we should admit someone?

Bobby: Yes, well, other than actually having some graduate students here, what else could we do?

F2: Raises hand. Speaks: We could show them the inner us. Bond at a deeper level. Have them stay at our homes. Have group hugs. Tell them how much we love them.

Bobby: No. I don’t think that would work Sheldon. Any other thoughts?

CONTINUED...
F3: Raises Hand. Speaks: Do we have to have pizza for lunch at every meeting?

Bobby: Ok, moving on to Action Item Number 2. Over the next 4 years we have, let me see, only 16 faculty slots to fill. Any suggestions?

F3: What about this year’s candidate? Is she coming?

Bobby: We’re still trying to find a job for her spouse. [pause] And her uncle, her sister, her neighbor, and some guy that she met last week on the street. I’m staying positive about it! Back to our future hires. Any suggestions?

All hands raised. Everyone wants to speak.

F1: How about a bridging person?

Bobby: Nice idea. What kind of bridge?

F2: Cognitive Developmental Health Connectionist Neuroscience?

Bobby: That’s a lot of bridging. Any other ideas?

F3: Behavioral Proctology?

Bobby: That sounds like an area that’s worth looking into.

Finally, Action Item Number 3. [wait for all hands to raise in anticipation]

....who wants to be the next department head?

All hands quickly drop.

Narrator:
It doesn’t take long for the staff to adjust to a new department head, and Bobby has a powerful influence on the office culture. Here the staff are standing around the coffee pot in the head’s suite:

Queenie: Fill it up today. I didn’t sleep well at all this weekend.

Margaret: Sorry to hear that… [Kathy & Kim enter scene.] Hey, Kathy. How was your weekend?

Kathy: Great! I bought 8 new pairs of shoes! DSW had a buy one pair, get one pair free sale!

Kim: How many pairs of shoes do you HAVE, Kathy? [Theresa & Shellie wearing a wig, walk in.] Shellie!!! What did you do to your hair!!!!

Shellie: I finally got tired of the grey. I went to that place Bobby recommended in Shadyside. Theresa, I think you know the person who did my hair...

Theresa: You must be talking about my brother’s daughter Nicole’s best friend’s roommate, Dee who works at that beauty shop and bartends at the Walnut Grille—yeah, I’ve been there.

[Enter Bobby with a stack of books.]

Bobby: Hi everybody. I read these books on the airplane from New York last week—I thought you might like to borrow them.

Queenie: How was your weekend, Bobby?

Bobby: Oh, the usual … Opera on Friday night—then Rosina, [enter cat with rat in mouth - goes to Bobby who pets her] went hunting again, so Saturday morning we were dealing with dead rodents and we took her back to the pet therapist …then I cooked a gourmet a dinner for 12, and then of course we had the Symphony, and then yesterday after I did my usual morning run, I swam 5 miles at the JCC and then Bob and I took a 22 mile bicycle ride through Ohiopyle.

Margaret: That reminds me. Time to get back to work ladies.

[Everyone except Bobby starts to disperse.]

Bobbie: Where’s Shellie??

CONTINUED...
Narrator:
People often don’t appreciate that Bobby has an active and highly productive research program on tactile, kinesthetic, and haptic perception. Most people don’t know what that means. Let’s just say that she is a touchy-feely person. But things are different when money is...

Ask any of them: Incoming faculty, Deans, the Provost, and the IRS. They all know that Bobby is a fierce negotiator. No one who has arrived in the last 10 years will have been immune to her iron-fist-like-thing. This is how things went when Bobby faced off against the most recent arrival in the department, a mean alley-cat of a woman known as Brooke Feeney.

Bobby: So Brooke, tell me your needs to be a success here.

Brooke: Well, most importantly….I need a puppy!!!! [cat starts to enter with dog in mouth - Bobby subtly waves her away]

Bobby: I don’t think so….I’ve no idea where we’d find one.

Brooke: How about a state of the art voice activated digital camcorder?

Bobby: Not necessary. Bob Siegler donated a perfectly fine betamax recorder, and there’s really nothing wrong with black and white technology.

Brooke: Well I definitely need a desktop computer.

Bobby: That’s more reasonable…but the only way you can have one is if you share an office with the 10 guys in computing support. Sorry.

Brooke: Well, how about a pad of paper then? That isn’t much to ask.

Bobby: Hmmmm. Let me see. Well, we at CMU are very ecologically minded - and the rain forest is being depleted. So, no again.

Brooke: A napkin then? Somewhere to write down one idea?

Bobby: What would the graduates use in the toilets if we gave away all the napkins?

Brooke: A pencil? I could write on my desk.

Bobby: A desk? I didn’t realize you were expecting a desk...maybe we’d better start again from the top.

Narrator:

Sometime in the Fall of 1999, life became complicated for department heads all over campus with the introduction of the new ORACLE financial system. Bobby seemed to take it all in stride with the aid of her trusty accounting staff....

[Bobby seated in chair as though at her desk, Margaret walks in carrying a crystal ball]

Margaret: Bobby, I think I finally have a handle on this ORACLE financial system, but I have to confess that the future is looking a little cloudy to me. I’ve been going and over and over my financial predictions, and no matter how deep my trance state, I still foresee a $6 million dollar, deficit.

[Enter Kathy carrying a bottle of windex, she sees a spot, wipes it off...Margaret takes a second look, smiles.]

Margaret: Never mind.

CONTINUED...
Narrator:
Of course, it wasn’t all fun and games during Bobby’s tenure as department head. She also married Bob. Unlike most weddings, theirs was reported in one of the most important publications around. No, not the Psycho?Logical?Bulletin. The Washington Post. How?


Bob: How?

Bobby: I have a friend at the Post. We invite her, and do something spectacular.

Bob: Not full frontal nudity again? How many times must I say “no”?

Bobby: Not that! How about a big kiss? One to rival the greatest ones in history?

Bob: Don’t you think that will put people off their food?

Bobby: Never! Let’s practice! [they embrace]

Narrator:
And so it came to pass. As the post reported [show picture and text] “A few poems are said. The vows are exchanged. And the most passionate kiss. It melts you, watching that kiss. It puts a hush over the crowd. We don’t even care about getting to our gazpacho anymore”.

Narrator:
During Bobby’s headship the desire for the spotlight has become infectious. People are so happy they spontaneously burst into song - well it takes a karoke machine, a lot of alcohol, and the CMU Xmas spirit. Under Bobby’s reign we have started admitting only those students with classical training in the arts - and demanding as students are, they demanded to sing here!

Enter Julie to sing her piece.

Narrator:
And so, as quickly as you can say “tenure denied for the faculty member who wrote these skits”, ten years had passed and the staff meet again by the coffee pot in a hypothetical future department lead by Mike Scheier.

Scene: Margaret & Queenie are standing with beer bottles wearing Hawaiian shirts, puffing cigars.
Margaret: Queenie, how was your weekend?

Queenie: Oh the usual, bass fishing. Caught another large mouth -- this big! But man, you should have seen the one that got away.
[Enter the rest of the group.]

Margaret: Happy Monday, guys. How’s it hanging?

Kathy: Wow, I figured things would be different with a new department head, but ….

Kathy & Shellie: … who knew?
[Everyone pauses to consider this, and we puff on the cigars in unison.]
Theresa: Hey, Kathy, I like your shoes. Are those new?

Kim: Some things never change.

Margaret: Are Bob and Bobby still in Germany? I hear that Mike is watching their cat while there away.

Kathy: That’s funny….he never seemed like a cat person to me.

Margaret: In walks Rosina dragging the bear. I think that he’s been taking her on his weekend hunting trips....
A group of graduate students read the following list with musical accompaniment from Beau Stephens on the accordion.

10. Impress everyone by using words like "marginalized", "empowerment", and "patriarchy".
9. Hold a pre-meeting pep rally, complete with cheerleaders, pep band, and a bonfire.
8. Use a Super Soaker to point at, and at the same time threaten, people.
7. Flash "APPLAUSE" and "LAUGHTER" signs.
6. If anyone dissents, challenge him or her to a duel by slapping him or her with a glove.
5. Enforce a two-drink minimum.
4. Make the faculty put their heads down on the desk until they show you they can behave.
3. Hang a sign that says "Thank you for agreeing with me on everything."
2. Have bodyguards outside the room to "discourage" certain professors from attending.

And the #1 thing Bobby learned about making the faculty meeting run smoothly is...

1. A bullhorn is an appropriate tool for controlling the faculty meeting, a bullwhip is not.

A tribute to Bobby...

Her reign has been a tapestry, for a decade paid her dues
An ever-patient leader over ever-clashing views
Came highly recommended from California’s coast
Though others found it daunting, she bravely took the post

She brought her renowned research to share with CMU
Tactile perception and sometimes memory, too
Aiding navigation is the goal for which she strives
Research with a purpose – improving people’s lives

As head of our department, she’s helped the grads as well
She increased all our stipends, which we just think is swell
We’re no longer in poverty, yet not quite up to wealth
But don’t forget the benefits she gave us for our health

There’ve been some golden moments, some times we will remember
Like singing karaoke with Margaret each December
Season after season, our brown bags she’d review
With a mind full of ideas and an eye for confounds, too

Now she leaves for Germany, her absence makes us sad
Mike Scheier’s taking over, which shouldn’t be too bad
We’ll miss her expert leadership keeping us on track
But there is some consolation; at least she’s coming back
At least she’s coming back
The Annual Core Staff Retreat took place on July 9, 2003

At the Annual Core Staff Retreat, Margaret always gives everyone a small gift of appreciation. This year, the Core Staff received Beach Towels, because, as Margaret says, "Life's a beach and then you die." She also noted that the Core Staff was badly in need of summertime tans.

That morning, the Core Staff sat down for continental breakfast and talked about future goals for the department, ways in which they might help each other more, and how they can communicate better with each other and peers. They then departed to the first stop...The Gateway Clipper, where they enjoyed great food and entertainment. After the boat ride, they did some walking/exploring in the Station Square area, enjoying the dancing waters from the patio of the Hard Rock Café where Theresa Kurutz did her part for staff morale by teaching everyone how to properly smoke a cigar.