

PSYCHO? LOGICAL? BULLETIN

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WHO DID IT?

Marlene Behrmann hosted a Murder Mystery night for her laboratory last month. Lab mates worked together to decipher the clues and solve the mystery. There was no word on who proved to be the guilty party, but the photo proves there were a number of suspicious characters involved.



COLLOQUIUM ANNOUNCEMENT

NEURO-ETHICAL ISSUES: STEM CELLS AND FREE WILL

5:30 pm Thursday, 30 October 2003
Frick Fine Arts Auditorium (Room 125)
Free and open to the public

Dr. Michael Gazzaniga is well known for his research and writings in the field of cognitive neuroscience. His research has focused on "split-brain" patients and how the cerebral hemispheres communicate with one another. His studies have made major contributions to our understanding of functional lateralization in the brain. He has worked under Roger Sperry, where he had primary responsibility for initiating human split-brain research, research that won Sperry the Nobel Prize. His book, *Mind Matters*, 1988 (Houghton Mifflin) served as an introduction to problems in mental disorders.

In 1992 he published *Nature's Mind* (Basic Books), which the New York Times said "would do for brain research what Stephen Hawking had done for cosmology." He has been featured in the PBS series *The Brain*, and its sequel, *The Mind*; his research has been presented on NBC *Nightly News* and on *The Today Show*. He was also featured in WGBH's history of science, as well as in the *Scientific American* television series on the brain.

Michael Gazzaniga serves on the President's Council on Bioethics convened by President George W. Bush. He is Dean of the Faculty at Dartmouth College.

WHERE TO GET A FLU SHOT

FLU SHOTS ARE FREE TO FACULTY AND STAFF DURING BENEFITS FAIR

Free flu shots for faculty and staff will be available at the Benefits Fair from 9:30 a.m. - 4:30 p.m., Wednesday, Nov. 5, in Rangos Hall.

Student Health Services will be offering flu shots for \$15 at its clinics on the following dates: 9 a.m. - Noon, Wednesday, Oct. 29; 9 a.m.-1 p.m., Friday, Nov. 14.



John R. Anderson to Receive the David E. Rumelhart Prize for Contributions to the Formal Analysis of Human Cognition

The Glushko-Samuelson Foundation and the Cognitive Science Society are pleased to announce that John R. Anderson has been chosen as the fourth recipient of the \$100,000 David E. Rumelhart Prize, awarded annually for outstanding contributions to the formal analysis of human cognition. Anderson will receive this prize and give the Prize Lecture at the 26th Meeting of the Cognitive Science Society in Chicago, August 4-8, 2004.

The David E. Rumelhart Prize

The David E. Rumelhart Prize was created by the Glushko-Samuelson Foundation to honor David E. Rumelhart, a Cognitive Scientist who exploited a wide range of formal methods to address issues and topics in Cognitive Science. Perhaps best known for his contributions to connectionist or neural network models, Rumelhart also exploited symbolic models of human cognition, formal linguistic methods, and the formal tools of mathematics. Reflecting this diversity, the first three winners of the David E. Rumelhart Prize are individuals whose work lies within three of these four approaches. Past recipients are Geoffrey Hinton, a connectionist modeler, Richard M. Shiffrin, a mathematical psychologist, and Aravind Joshi, a formal and computational linguist. Anderson is the leading proponent of the symbolic modeling framework, thereby completing coverage of the four approaches.

POOR PROSE CONTEST

Her face was a perfect oval, like a circle that had its two sides gently compressed by a Thigh Master.

He spoke with the wisdom that can only come from experience, like a guy who went blind because he looked at a solar eclipse without one of those boxes with a pinhole in it and now goes around the country speaking at high schools about the dangers of looking at a solar eclipse without one of those boxes with a pinhole in it.

She grew on him like she was a colony of E. coli and he was room-temperature prime English beef.

She had a deep, throaty, genuine laugh, like that sound a dog makes just before it throws up.

Her vocabulary was as bad as, like, whatever.

He was as tall as a six-foot-three-inch tree.

The revelation that his marriage of 30 years had disintegrated because of his wife's infidelity came as a rude shock, like a surcharge at a formerly surcharge-free ATM.

McBride fell 12 stories, hitting the pavement like a Hefty bag filled with vegetable soup.

From the attic came an unearthly howl. The whole scene had an eerie, surreal quality, like when you're on vacation in another city and "Sex in the City" comes on at 7:00 p.m. instead of 7:30.

Her hair glistened in the rain like a nose hair after a sneeze.

The hailstones leaped from the pavement, just like maggots when you fry them in hot oil.

John and Mary had never met. They were like two hummingbirds who had also never met.

Even in his last years, Grandad had a mind like a steel trap, only one that had been left out so long, it had rusted shut.

It hurt the way your tongue hurts after you accidentally staple it to the wall.

There are many good writers in the department... but is your command of the language so good that you can be really bad?

The prose to the left and below should provide you with inspiration.

Submit your psychologically-oriented poor prose to the PLB (lholt@andrew.cmu.edu)

Reinterpret your data (or those of a colleague or advisor), describe the department, rewrite your research statement. Tell us what you really think!

The plan was simple, like my brother-in-law Phil. But unlike Phil, this plan just might work.

He was as lame as a duck. Not the metaphorical lame duck, either, but a real duck that was actually lame. Maybe from stepping on a land mine or something.

The ballerina rose gracefully en pointe and extended one slender leg behind her, like a dog at a fire hydrant.

He was deeply in love. When she spoke, he thought he heard bells, as if she were a garbage truck backing up.

She walked into my office like a centipede with 98 missing legs.

New Kid Makes Good: The Rise of Australian Wine

Everyone knows that the best wines in the world come from France. Unlike many pieces of received wisdom, there's actually a fair amount of truth to this one; some of the best wine in the world does come from France. What happens, though, when the prices of a product from one country, however outstanding, increases beyond all reason? The answer is found at the beginning of every Econ 100 textbook: Other suppliers are drawn in to compete. This is exactly what has happened in recent years in winemaking, and the world is a better place for it.

In the 1990s, for a variety of reasons including widespread prosperity, increased interest in consuming and collecting outstanding wine, and some collusion among wineries, the price of wine soared. This was especially true in France, where many first rate wines tripled or quadrupled in price between 1990 and 2000. My reaction, and I think that of many other people interested in wine, was to stop buying French wine except in truly exceptional years. There has been only one exceptional year in France since 1990 (2000), so that left a lot of years in which to learn about other wines. U. S. wineries took up a lot of the slack, in part because California had a succession of excellent years from 1990-1997, and again in 2001, but prices of U. S. wines have risen a lot too. Fortunately, the high prices, together with increasing scientific understanding of how to make outstanding wines, have led winemakers in a number of other countries that traditionally haven't been major sources of outstanding wine to increase the quality of their production. One country that has done especially well, and that today offers many of the best wine values in the world, is Australia. It has produced a lot of wine for a long time, but until recently the quality didn't match the quantity. In the past few years, however, this has changed.

The improvement in Australian wines is truly remarkable. Until the mid 1990's, Robert Parker, who's generally recognized as the top U. S. wine critic, relegated Australia to a brief entry in the "Best of the Rest" section of his "Wine Buyer's Guide." Only about 1% of the book was devoted to Australian wines. The 1993 edition of the *Wine Buyer's Guide* rated only three Australian wineries as producing outstanding wines, and the 1996 edition increased that number only to four. To put these numbers in perspective, the Bordeaux region of France alone included 28 wineries that Parker rated as outstanding in the 1993 edition. In contrast, in the most recent issue of Parker's newsletter, which featured Australian wines, he rated no fewer than 30 wineries as producing outstanding wines in the vintages being evaluated (mainly 2001 and 2002). Both 2001 and 2002 were exceptional years in Australia, but so was 1998; the weather in Australia seems to be sufficiently good to produce outstanding wine in lots of years.



Weather has a lot to do with year-to-year variation in wine quality, but in this case the main source of change seems to be in wine making techniques. An interesting indicator of this was Parker's comment in the recent newsletter that he didn't rate the huge Australian wineries, which in the past produced almost all of the wine from the country and still produce most of it, because none of their offerings was good enough to bother evaluating. That means that the weather wasn't good enough for everyone to produce good wine, just those wineries that used superior techniques.

Recent Australian wines that I've tasted, all of them red wines, have several distinctive qualities. They all have lots of fruit in them, the taste is big and flavorful, yet they're also very smooth and blended. Another desirable quality about them, one that's especially rare in wines this good, are that they're often ready to drink as soon as you buy them. Almost all high end red wines require time in storage before they lose the harsh edge that many young wines have, but these wines for some reason don't have that edge. The tradeoff is that they don't tend to last as long as comparably high quality wines from France and the U. S. To me at least, that's an entirely acceptable tradeoff.

The really great thing about many Australian wines is that they're incredibly cheap for how good they are. It's possible at present to get wines rated by Parker as high as 93 or 94 for \$15. To provide a perspective on what this means, I looked up online the highest ratings that Parker has ever given to wines in the \$11-20 range. Fewer than 50 wines in that price range from all the countries and all the vintages that he has rated have received ratings that high. I bought 3 of these, all Australian 2002 wines for around \$15, in the last couple of months. One was the Marquis-Philips Shiraz, one was the Thorn-Clarke Shotfire Ridge, and one was the Thorn-Clarke Shotfire Ridge Barossa. The two Thorn-Clark wines are blends of the same types of grapes that are used to make Bordeaux. I've tried two bottles of the Marquis-Philips Shiraz, and both were every bit as terrific as Parker indicated. Other people have had the same reaction, ranging from one friend who's serious about wine and sent email urging me to get some of the Marquis Philips, to another friend who knows nothing about wine except what she likes. I don't know what Australian 2001 and 2002 wines the Pennsylvania State Store system will carry, but it would be worthwhile to go to the section of a specialty store where they have Australian wines to see if they advertise any wines with ratings of 90 points or more for a reasonable price. In any state other than Pennsylvania, these wines would be easy to acquire, since the 2001 and 2002 vintages were plentiful as well as superb, but there are so many highly rated Australian wines from these years that some may even find their way here.

-- Bob Siegler

Squirrels and Kotovsky Agree on Road Map to Peace

Nutty the squirrel and Kenneth Kotovsky Professor of Psychology at Carnegie Mellon University have come to an agreement on a "road map to peace." Kotovsky has agreed to stop shipping squirrels out of Squirrel Hill in exchange for a commitment from Nutty to end the terrorist attacks on the Kotovsky house. Kotovsky has been disturbed by a sudden infestation of rats. The rats, cousins on the squirrels, are known for their more violent response to rodentism (anti-rodent attitudes and behaviors). Kotovsky has also promised to stop building an anti-rodent fence around his house. "We want Kotovsky to leave to live in peace in our homeland (Squirrel Hill)" Nutty said. Kotovsky himself said that the agreement was contingent of the "damn rode keeping out of his pear tree."



DEPARTMENT T-SHIRT LOGO ANNOUNCED



Orders will be taken soon.
Contact Rachel Diana for more
information.



Squirrel Conflict Update

Nutty the squirrel has submitted his resignation as head squirrel today. His resignation is considered a serious threat to the success of the Kotovsky-Squirrel peace accord. Nutty cited a report that Kotovsky caught and killed a cousin (i.e., rat) who was visiting Squirrel Hill. Kotovsky claimed that the rat was the leader of a terrorist group and that such killings are necessary to protect his home and family. Other rats in the neighborhood have gone underground, scared that the same thing might happen to them. When questioned about the breakdown of the Kotovsky-Squirrel talks, Mayor Murphy said that he was "saddened that these parties cannot reach an amicable solution" and "hopes that the violence ends soon." Apparently, many of Dr. Kotovsky's neighbors, who early on supported his anti-squirrel campaign, are less enthusiastic now that the rats have moved in. Mayor Murphy is planning to send a member of the city council to try to rekindle the talks.

NEXT DEPARTMENT COLLOQUIUM

Dr. Jill Hooley, Harvard University
December 8, 4:30 pm

Professor Hooley received her D. Phil. from Oxford University (UK) in 1985. Her research interests are broad. She has a longstanding interest in psychosocial predictors of psychiatric relapse in patients with severe psychopathology such as schizophrenia, and depression. More recently she has begun to develop studies of (1) information processing in individuals with personality disorders (2) pain sensitivity in people who engage in self-harming behaviors (e.g., cutting, burning) or who are at increased risk of psychosis and (3) neuroimaging studies of emotion in schizophrenia and depression.

Hooley, J. M. (1998). Expressed emotion and psychiatric relapse: From empirical data to clinical practice. *Behavior Therapy, 29*, 631-646.

Hooley, J. M. (1998). Expressed emotion and locus of control. *Journal of Nervous and Mental Disease, 186*, 374-378.

O'Farrell, T. J., Hooley, J. M., Fals-Stewart, W., & Cutter, H. S. G. (1998). Expressed emotion and relapse in alcoholic patients. *Journal of Consulting and Clinical Psychology, 66*, 744-752.

Hoffman, P. D., & Hooley, J. M. (1998). Expressed emotion and the treatment of borderline personality disorder. In *Session, 4*, 39-54.

See for the full list of upcoming colloquia:

www.psy.cmu.edu/home/events/colloquium.html

DATING ADVICE FROM THE NIH?

An actual email recently received...

We received your name from the NIH and thought you would want to know about www.ASLingles.com, the online dating site for users of American Sign Language. We are interested in creating collaborative opportunities to build awareness of this service while generating non-dues revenue for organizations that support this community.

Please feel free to contact our CEO, Brad Armstrong at brad@aslsingles.com, to discuss the possibilities in more detail.

To unsubscribe from this list point your browser to

<http://www.ASLingles.com/optout.jsp?e=lholt@andrew.cmu.edu>

WORDS OF ADVICE FROM YOUR FRIENDLY HEALTH PSYCHOLOGISTS

IMPORTANT HEALTH INFORMATION

Q: I've heard that cardiovascular exercise can prolong life. Is this true?

A: Your heart is only good for so many beats, and that's it. Don't waste them on exercise. Everything wears out eventually. Speeding up your heart will not make you live longer. That's like saying you can extend the life of your car by driving it faster. Want to live longer? Take a nap.

Q: Should I cut down on meat and eat more fruits and vegetables?

A: You must grasp logistical efficiencies. What does a cow eat? Hay and corn. And what are these? Vegetables. So a steak is nothing more than an efficient mechanism of delivering vegetables to your system. Need grain? Eat chicken. Beef is also a good source of field grass (green leafy vegetable). And a pork chop can give you 100% of your recommended daily allowance of vegetable slop.

Q: Is beer or wine bad for me?

A: Look, it goes to the earlier point about fruits and vegetables. As we all know, scientists divide everything in the world in to three categories: animal, mineral, and vegetable. We all know that beer and wine are not animal, and they are not on the periodic table of elements, so that only leave one thing, right? My advice: Have a burger and a beer and enjoy your liquid vegetables.

Q: How can I calculate my body/fat ratio?

A: Well, if you have a body, and you have body fat, your ratio is one to one. If you have two bodies, your ratio is two to one, etc.

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't! think of a single one, sorry. My philosophy is: No PainGood!

Q: Aren't fried foods bad for you?

A: You're not listening. Foods are fried these days in vegetable oil. In fact, they're permeated in it. How could getting more vegetables be bad for you?

Q: What's the secret to healthy eating?

A: Thicker gravy.

Q: Will sit-ups prevent me from getting a little soft around the middle?

A: Definitely not !!! When you exercise a muscle, it gets bigger. You should only be doing sit-ups if you want a bigger stomach.

Q: Is chocolate bad for me?

A: Are you crazy? HELLO . . Cocoa beans ...another vegetable !!! "It's the best feel-good food around." Well, I hope this has cleared up any misconceptions you may have had about food and diets. Have a cookie. . . flour is a veggie !!!

One more thing "When life hands you lemons " , ask for tequila and salt.