

# Clin/Comm/Unications

volume 34 ◦ issue 1 ◦ 2014

In recent weeks, we lost two of our program graduates. Benjamin Hidalgo and Margaret (Maggie) Reed passed away within weeks of each other. They will be missed by our community and we are looking for ways to honor their memories. Included here are their obituaries reprinted from local news sources. Professor Nicole E. Allen

## IN MEMORY...

### A PROFESSOR WHO PUT OTHERS FIRST

BY HAYLEY LORGE // MARCH 2, 2014 //Currier Times

Dr. Benjamin Hidalgo brought a distinct style of teaching to Curry College when he joined the psychology department in the fall of 2012. Hidalgo created a casual environment within his classrooms, allowing conversations to flourish and encouraging debates to ensue.

The goal, according to Hidalgo, was always to help students better understand themselves and those around them.

"I think the process of a student discovering the idea that 'I can be an actor in creating change in the world' is a pretty exciting one for me," he said, in a promotional article that featured him on the college's website.

Hidalgo passed away in late February in his home in Quincy; he was 38. His body was discovered on Saturday, Feb. 22. The state medical examiner's office is conducting an autopsy to identify the cause of death.

Dr. Eric Weiser, chairman of the psychology department, said Hidalgo was the perfect candidate for the position and a wonderful addition to the college's faculty. Weiser described him as charming and optimistic.

"He was the epitome of the ideal coworker, colleague and friend," said Weiser. "He left a favorable impression on everyone he met." (continued on page 2)



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## *IN MEMORY...*

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Born in Los Angeles to Dr. Yvonne Captain-Hidalgo and Benjamin Hidalgo on May 20, 1975, Hidalgo moved around often throughout his life. Growing up, he spent time in California, Maryland and Venezuela. Later, he would venture to Illinois and Wisconsin. His cousin Cherrie Van Hook described Hidalgo as an inspiration to his friends and family.

“His life was rich and filled with joy and passion, and he affected many people in positive ways,” said Van Hook, who referred to herself as his “sister-cousin.”

Hidalgo’s personality also shined through in the classroom. Jordan Reed, a junior at Curry with a double major in psychology and communication, remembers that Hidalgo always had a smile on his face.

“Even if you were having a bad day, you went to his class and he completely turned your day around,” said Reed, who took two classes with Hidalgo.

Hidalgo earned his bachelor’s degree in psychology from Pomona College in Claremont, Calif., and his master’s degree in psychology from California State University, Los Angeles. In 2010, he earned a Ph.D. in clinical psychology, with a focus in community psychology, from the University of Illinois at Urbana-Champaign. Prior to joining Curry, he held a post-doctoral appointment at the Medical College of Wisconsin in Milwaukee, where his research centered on homeless people living with HIV/AIDS.

Hidalgo’s former professor and dissertation advisor at the University of Illinois, Dr. Mark Aber, described him as having very broad interests within the field. Aber said Hidalgo was extremely bright, hard working, and creative. Ultimately, his scholarship revolved around the humanization of homeless populations.

Said Van Hook, “His focus, as he studied and practiced clinical psychology, was to help people and communities discover ways to view themselves and the world in a holistic and spiritual way—the way that he had come to appreciate it.”

Hidalgo had many other interests. “He was really just interested in anything that moved. He was very intellectually curious,” said Aber.

Two of those interests were the arts and music. During his time at the University of Illinois, he would often go to Chicago to see performances and enjoy the city. According to his mother, Hidalgo was also a passionate “computer geek.” The family often relied on him for their computer needs. He was an avid fan of science fiction, including shows and movies such as “Dr. Who,” “Star Wars” and “Star Trek.”

Ultimately, though, Hidalgo will be remembered for his big, bright smile and his work in educating and helping others.

Hidalgo is survived by his mother, Dr. Yvonne Captain-Hidalgo, his cousin Cherrie Van Hook, as well as a host of aunts, uncles and friends. He also leaves his father, Benjamin Hidalgo, brother, Carlos Hidalgo, sister, Maria Hidalgo, and other friends and family in Venezuela.

A memorial service will be held for Hidalgo on Saturday, March 8, at 11 a.m. at the Greater Bethel MBC in Richmond, Calif. His burial will also take place in California.

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## *IN MEMORY...*

continued...

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### DR. MARGARET E. "MAGGIE" REED [CUMBERLAND]

March 2, 2014// As published in Cumber Times– News

CUMBERLAND — Dr. Margaret "Maggie" Esther Reed, 42, of Cumberland, passed away Feb. 28, 2014.

Born July 14, 1971, in Cumberland, she was the daughter of Nancy Ann (Stitcher) Reed, Cumberland, and the late John Lovell Reed. She was also preceded in death by her maternal grandparents, Paul and Margaret Stitcher; and her paternal grandparents, Keron and Harold Reed Sr.

A graduate of Fort Hill High School class of 1989, Maggie graduated from the University of Kentucky with a bachelor of arts degree in psychology and then graduated from the University of Illinois, receiving her master's degree and then her PhD. Maggie was raised Lutheran.

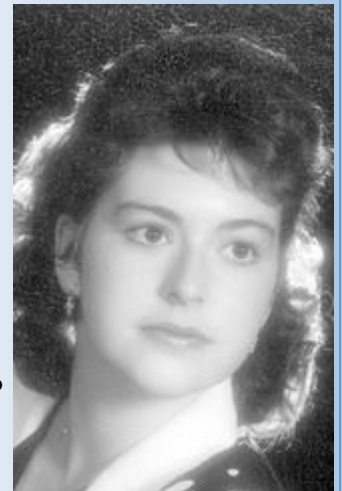
Besides her mother, Maggie is survived by a sister, Shelby Hoetzell and a niece, Keron Hoetzell, both of Palmer Lake, Colo.

Friends will be received at the Adams Family Funeral Home, P.A., 404 Decatur St., Cumberland, ([www.AdamsFamilyFuneralHome.com](http://www.AdamsFamilyFuneralHome.com)) on Wednesday, March 5, 2014, from 3 to 6 p.m.

A memorial service will be conducted at St. John's Lutheran Church on Thursday, March 6, 2014, at 11 a.m. with the Rev. Stephen Yelovich officiating. The family will also receive friends at the church one hour prior to the service.

Interment will be in Spring Hill Cemetery, Shippensburg, Pa., at a later date.

In lieu of flowers, the family requests memorial contributions be made in Maggie's name to St. John's Lutheran Church, 406 Arch Street, Cumberland, MD 21502, or to the Children's Literature Center at Frostburg State University, 101 Braddock Road, Frostburg, MD 21532.



# DIMENSIONS AS A DOORWAY: THE POTENTIAL OF NON-CATEGORICAL APPROACHES FOR NON-CATEGORIZED DIAGNOSES.

## EDITORIAL



*Whenever I teach 538, I find myself very impressed with the interesting and thoughtful papers that the students write on various topics we discuss in the class. This will be the second time that I have selected one of these to present to you in this newsletter. While there are many excellent papers to choose from, this one presents a point of view and an angle that struck me as quite unusual. Specifically, the insights that Christian provides here into the experience of a soldier with PTSD were new to me, and I thought the rest of you might find them thought-provoking as well. This is of course also a very timely topic and embedding it into a wider discussion around the DSM is also of great current interest. I hope you enjoy the essay.*

*Professor Wendy Heller*

**Christian Williams, Psyc 538, 11/22/2013**

The DSM IV (TR) defines personality disorder (PD) as “sets of traits...that are inflexible and maladaptive,” “deviate markedly from culture expectations,” and cause “significant subjective distress or functional impairment”. Based on clinical experience and empirical research, many researchers have questioned the validity of the DSM’s conceptualization of PD as “discrete categories with well-defined boundaries”. Correspondingly, our readings this week propose a dimensional approach to PD that “better characterizes” the complexity and interconnection of personality traits within and among the current PD diagnoses. This paper will briefly highlight a couple of the specific features of the dimensional model that exhibit potential promise for the field of psychodiagnosis. It will then attempt to analyze how a shift in the theoretical basis of PD might instigate fundamental paradigm shift in the aims of research and intervention of psychopathology.

Contrary to the categorical approach espoused by the DSM IV, a dimensional approach to PD diagnosis emphasizes multiple personality traits that differentially determine distress and functional impairment. Although a wide-ranging variety of “possible traits” are inevitable when considering the “person-as-a-whole,” researchers have argued that the number must be small enough to elicit “clinical feasibility” for analyzing and diagnosing PD but large enough to illustrate the “multi dimensionality” of human personality. Hence, both the five-factor model (FFM) and pathological five model (PFM) suggest five traits that concisely represent personality features known to constitute a range of PD diagnoses. Rather than attempting to “fit” each individual within a diagnostic “clumping” of symptoms (e.g.



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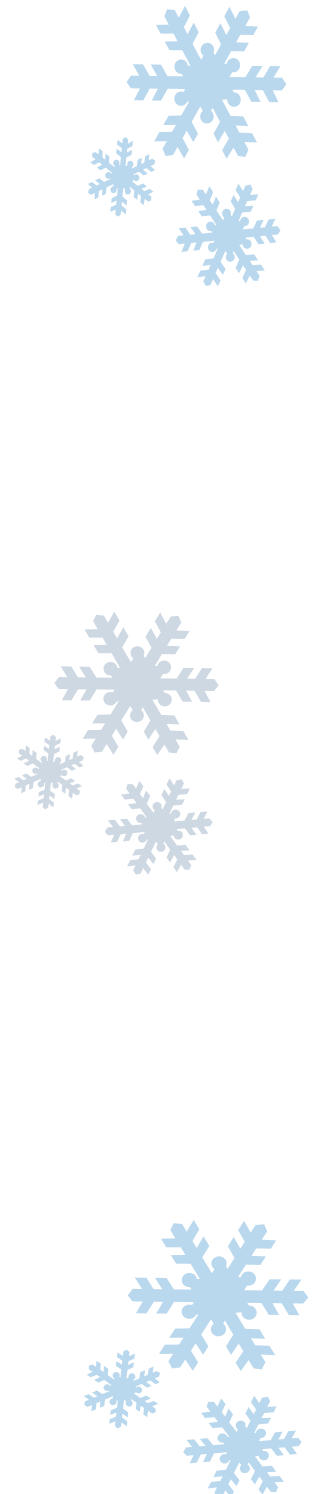
## EDITORIAL

DSM), an assessment of each trait (as measured dimensionally, separately, and congruently) allows for an analysis of specific features of distress. As a result, Krueger and Eaton argue for an altered definition of PD based on a “threshold on an ordinal dimension of overall deficits”. Following Meehl’s endorsement for “carving nature at its joints,” such a numeral taxonomy would offer a “structurally valid” model of descriptive pathology and more effectively “parse” people as they actually occur in nature.

A dimensional approach to PD does promote multiple benefits for researchers, clinicians, and clients. Krueger and Eaton succinctly demonstrate how a dimensional approach adds clarity to the prevalence of comorbidity between PD and a range of Axis I diagnoses. In one effective illustration, they demonstrate widely differentiated trait levels among a sample of individuals all diagnosed with the same disorder (BPD). These disparities not only clarify the inefficiency of current PD diagnoses to evaluate intrapersonal influences, but they can also allow the clinician to measure interpersonal trait levels to predict the client’s behavior. This dimensional/spectral awareness of micro-differentiations within the diagnostic category also allows for a more intentional determination of effective intervention strategies. Echoing Berenbaum et al.’s advocacy for a dimensional consideration of emotional factors of psychopathology, Krueger and Eaton argue that an analysis of personality would allow therapists to “focus” on particular traits permitting more creative and resourceful therapy.

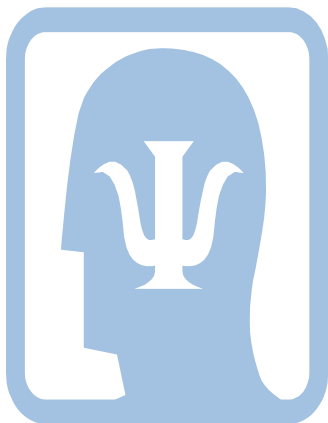
Another benefit of this dimensional approach is its recognition of the complexity of personality both within and among individuals. Clark notes, therefore, that although the bulk of psychological research has focused on subjective distress, personality traits require an awareness of the functional impairments that PDs elicit. Similar to Luchin’s case for a conceptual link between medical and mental “abnormalities” in terms of structural, biochemical, and functional complications, dimensional personality traits can potentially expose emotional, functional, and biological foundations of PD. As a result, Clark, Krueger and Eaton have suggested that FFM and PFM might more fully explain Axis I diagnoses (as well as Axis II disorders).

Along these lines, I question if dimensional models (similar to the FFM and PFM) might allow a fuller conceptualization of emotional and functional disruptions that are currently “undiagnosable” due to the categorical, yes/no arrangement of the DSM. For example, often soldiers struggle with the rush of satisfaction and pleasure they felt when taking another’s life. Such feelings, perhaps more than any other, fly in the face of a person’s value system, which ordinarily inhibits such acts. Consequently, I have often observed a deep struggle in the veterans I work with as they acknowledge the enjoyment they felt in the act of killing. This confession will inevitably force a face-to-face encoun-





## EDITORIAL



ter with the “darker” elements which, for most of us, rest below our conscious awareness, often on an instinctual level. Many service members refer to this aspect of their character as “the shadow” because it involves those aspects of us judged unacceptable by society, religion, or ourselves.

Although there is no “diagnosis” in the DSM that would capture this dynamic (based on perpetration rather than victimization), in my experience, recognizing and acknowledging the shadow is often the most difficult step any human must undergo. I have noted that such an encounter often leads to a tarnished view of the human capacity for decency and justice and may result in serious misgivings towards any claim of moral certainty. When faced with the shadow, I have witnessed that veterans will often fall into an “either/or” mentality that can only allow for polarized language. Thus, many veterans will declare that all notions of goodness and rightness are naïve and unfounded. In this mental reality, only destruction and pain are real. Such a syndrome of symptoms, I believe, exemplifies the inability of the DSM to consider or take into account the wide range of human suffering that underlies psychological distress. However, when considered according to the FFM’s trait levels of neuroticism, extraversion, openness, agreeableness, and conscientiousness, this common post-war experience gains significant differentiation from other diagnoses (i.e. PTSD) and fuller clarity. Ultimately, I believe that this dimensional model allows for a wider, more profound appreciation for the pluralism of human experience. As such, it may represent a large step toward dismantling our need for the terminology of “disorders” overall.



# FIRST YEARS ENJOYING THE LAST OF THE WARM WEATHER...





LITTLE DID THEY KNOW THEY WERE IN  
FOR THE WORST WINTER IN DECADES...



Along Market Street in Champaign, Ill., on Jan. 5, 2014. Photographer: Holly Hart/The News-Gazette/AP Photo

TODAY'S TEMPERATURE : FOR THE HIGH MINUS 12 (-12)  
DEGREES WITH A WIND CHILL OF MINUS 38 (-38) DEGREES



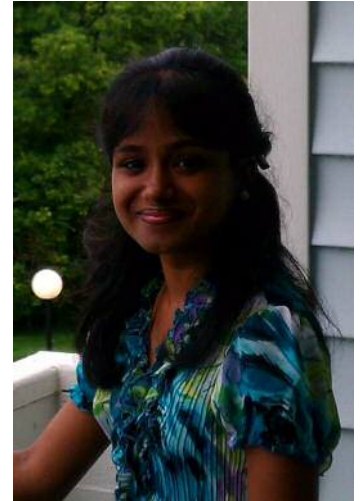


# WELCOME FIRST YEAR CLINICAL/ COMMUNICATION GRADUATE STUDENTS!

Hello everyone! My name is Aishwarya Balasubramanian, although I usually go by Ash Bala, since it's relatively easy to say! I have had the privilege of growing up in multiple academic and socio-cultural environments throughout my life, which have significantly shaped my long term goals both personally and professionally. In 2007, I graduated with a Bachelors in Engineering from India, and went on to obtain by Masters in Neuroscience in 2010, from the University of Texas at Dallas. Post graduation, I began working at The Ohio State University studying populations with neurocognitive deficits from a pharmacological, genetic, and neuroscience perspective.

By bringing together my diverse experience, I hope to provide an integrated multi-modal approach to examining the role and interplay of cognition and emotion in clinical populations. I will be working with Dr. Art Kramer and Wendy Heller.

In my spare time, I love to look up at the stars through my telescope, play the piano, and learn Indian classical music/dance.



Hey! My name is Paul Sharp and I am coming from Philadelphia where I recently graduated from Temple University with a double major in Political Science and Psychology. Entering a cognitive/ affective neuroscience lab under the mentorship of Dr. Wendy Heller, I am eager to learn and utilize an array of neuroimaging methods to investigate how a range of environmental influences affect neurodevelopment and function. With a poli sci background, I'm eager to integrate macro-phenomena, with a particular emphasis on poverty, in my research, which looks to be bolstered by the community— half of our curriculum. Outside of my academic interests, I'm excited to join a basketball team on campus to unwind and de-stress during this daunting first year!

Hey there! My name is Joel Thomas and I've just come from Madison, Wisconsin (4.5 hours directly north) to be here. I grew up outside of Milwaukee and studied government and health policy at Harvard prior to completing my Masters in Counseling at the University of Wisconsin-Madison. I am pumped to continue studying cultural influences on the expression of mental distress with Michael Kral. Let me know if you're interested in checking out some live Jazz with me, or if you have a recommendation for a fun soccer team I can join, or if you like good beer and would like to chat regarding just about anything.



# FIRST YEAR CLINICAL GRADUATE STUDENTS

Hi! My name is Annie Weldon and I will be working with Wendy Heller. Originally from Traverse City, MI, I earned my B.S. in Neuroscience and French from the University of Michigan in 2010. Since then I have been working as a research assistant with Dr. Scott Langenecker in the U.M Neuropsychology and UI-Chicago Psychiatry departments. My research interests include investigating the biomarkers of mood disorders via fMRI, neuropsychology and genetics, as well as reward anticipation circuitry.

In my free time I enjoy running, yoga, cooking good food and wondering whether I have time to get a dog (so far the answer has always been "No...", Unfortunately.)



Greetings!

My name is John Westbrook. I grew up in the south suburbs of Chicago and received my B.A in Psychology from the University of Illinois at Chicago. For better or for worse, I decided to jump right into pursuing my Ph.D. here at UIUC. I am interested in emotional and behavioral regulation and the relationship between dysregulated behaviors, affect, and psychopathology. I look forward to working in Dr. Howard Berenbaum's lab and getting to know the rest of the department.

Stemming from his honors thesis at the University of North Carolina., Christian's research has explored multifarious aspects of the interplay between theological epistemologies and political/cultural posturing. Since joining the chaplain corps in the Army National Guard, Christian's interactions with service members and veterans instigated a deep concern for the multiple predicaments that confront the military community as well as an involved interest in the contemporary nosologies of various combat-related "disorders" (PTSD, TBI, combat stress, etc.). His current research focuses on examining the psychological and biological after-effects of the perpetration of violence in a warzone. Christian is also researching the role of Community Based Participatory Research (CBPR) in the re-integration of military service members into wider society. Christian holds dual master degrees in Divinity (MDiv) and Social Work (SSA) from the University of Chicago and he currently aspires towards a profession where he can authoritatively present bright answers that sound great but mean nothing. His carefully nurtured procrastination aesthetic comprises world conquest board games, Buffy the Vampire Slayer, and spontaneous naps. He is driven by meeting new people, learning old things, and consistently disappointing his parents.



# CLIN-ONE BRAIN TEASERS

## TRIVIA

### Brain Teasers

What is this poem about?

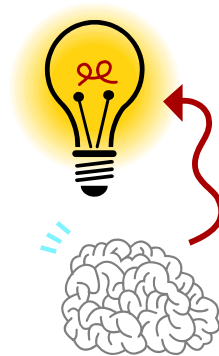
Often talked of never seen  
Ever coming, never been  
Daily looked for, never here,  
Still approaching, coming near  
Thousands for its visit wait  
But alas for their fate  
Tho' they expect me to appear  
They will never find me here.



Which one of the four following words doesn't belong in this group and why?

ORIOLE  
ORANGE  
MONTH  
OIL

A man left home one morning. He turned right and ran straight ahead. Then he turned left. After awhile, he turned left again, running faster than ever. Then he turned left once more and decided to go home. In the distance he could see two masked men waiting for him. Who were they?



What is the next letter in the following sequence?

M A M J J A S O

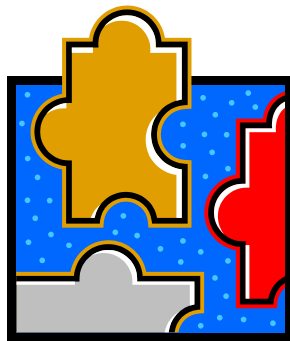
## TRIVIA

### Brain Teaser Answers

The poem is about To-morrow.

Oil doesn't belong. There are no English words that rhyme with oriole, orange, or month, but lots that rhyme with oil.

The man was a baseball player. The two masked men were the umpire and the other team's catcher.



The next letter is N for No-  
vember.





# KUDOS & AWARDS

## ACHIEVEMENTS

### Kudos

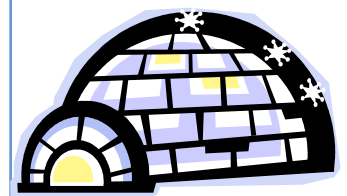
**Konrad Bresin** completed his master's thesis titled: "Pain, Affect, and Rumination: An Experimental Test of Emotional Cascade Theory in an Undergraduate Sample".

**Emily Dworkin** and **Sima Finy** have been added to the Spring 2013 List of Teachers Ranked Excellent by Their Students. Congratulations!

**Wendy Heller** has been chosen to be a Provost Fellow. For the next two years, she will be working in the Provost Office on issues on diversity, particularly as they relate to faculty and students.

**Angela Walden** passed her preliminary examination titled: "Trauma-informed Care in Juvenile Detention: Invoking Provider and Consumer Perspectives to Explore Implementation".

**Zhenni Wang** received her Graduate Teacher Certificate and was also on the List of Teachers Ranked as Excellent for Summer 2013.



# PRESENTATIONS

## PRESENTATIONS



**Kral, M.J.** (2013, September). *From the community's point of view: Suicide and suicide prevention among Inuit in Arctic Canada.* Presentation to the Department of Biobehavioral Health and Population Sciences, University of Minnesota Medical School, Duluth, MN.

**Kral, M.J.** (2013, March). *Indigenous mental health.* Presented at meeting Whither Public Psychiatry, Center for Advanced Study in the Behavioral Sciences, Stanford University, CA.

**Kral, M.J.** & Idlout, L. (2013, April). *Community-based suicide prevention among Inuit in Nunavut, Canada.* In plenary/keynote panel, Suicide and Suicide Prevention in Native North America (**M.J. Kral**, Chair), annual meeting of the American Association of Suicidology, Austin, TX.

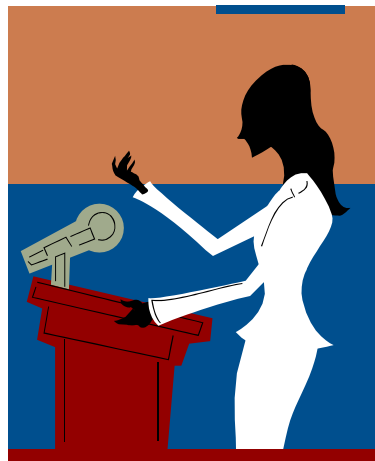
**Kral, M.J.** (2013, May). *Suicide as a cultural syndrome.* International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign.

**Kral, M.J.** (2013, May). *Whatever happened to Inuit shamanism?* International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign.

**Kral, M.J.** (2013, May). *Post-colonial suicide among Inuit in Arctic Canada.* International Congress of Qualitative Inquiry, University of Illinois at Urbana-Champaign.

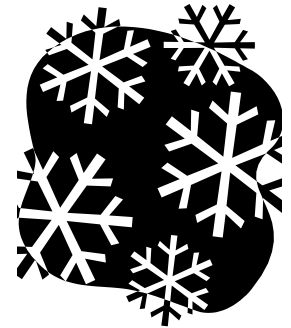
**Kral, M.J.** (2013, April). *Suicide as a cultural syndrome.* Annual conference of the American Association of Suicidology, Austin TX.

**Wang, Z., & Hunter, C. D** (2013, July). *Help-Seeking Attitudes in Chinese: The Effect of Acculturation Profile and Loss of Face.* Accepted for presentation at the Annual Meeting of the Asian American Psychological Association, Honolulu, HI.



# PUBLICATIONS

## PUBLICATIONS



Allen, J., Hopper, K., Wexler, L., **Kral, M.J.**, Nystad, K., Rasmus, S. (in press). Mapping resilience pathways of Indigenous youth in five circumpolar communities. *Transcultural Psychiatry*

**Bresin, K.** (in press). Five Indices of Emotion-regulation in Participants with a History of Nonsuicidal Self-injury: A daily diary study. *Behavior Therapy*.

Hong, J.S, & **Kral, M.J.**, Sterzing, P., & Salmivalli, C. (in press). Pathways from bullying perpetration, victimization, and bully-victimization to suicidality among school-aged youth: A review of the potential mediators and a call for further investigation. *Trauma, Violence and Abuse*.

**Kral, M.J.**, & Idlout, L. (in press). Well-being among Inuit in Nunavut, Canada In A. Michalos (Ed.), *Encyclopedia of quality of life research*. New York: Springer.

**Kral, M.J.** (in press). Anthropological psychology. In T. Teo (ed.), *International Encyclopedia of Critical Psychology*. New York: Springer.

**Kral, M. J.** The relational motif in participatory qualitative research. *Qualitative Inquiry*, 20, 143-149

**Kral, M.J.** (in press). Book review of *Inuit shamanism and Christianity: Transitions and transformations in the twentieth century*. *Anthropologica*.

**Kral, M.J.** (2013). "The weight on our shoulders is too much, and we are falling": Suicide among Inuit male youth in Nunavut, Canada. *Medical Anthropology Quarterly*, 27, 63-83.

**Kral, M.J., Salusky, I.**, (in press). Inuksuk, P., Angutimarik, L., Tulugardjuk, N. *Tungajuq: Stress and resilience among Inuit youth in Nunavut, Canada*. *Transcultural Psychiatry*.

Robinson, M. D., & **Bresin, K.** (in press). Higher levels of psychopathy are predictive of poorer motor control: Implications for understanding the psychopathy construct. *Psychopathology and Behavioral Assessment*.

Stack, S., **Kral, M.J.**, & \*Borowski, T. (2014). Expo-

sure to suicide movies and suicide attempts: A research note. *Sociological Focus*, 47, 61-70

Ulturgasheva, O., Rasmus, S., Wexler, L., **Kral, M.J.**, Allen, J., Nystad, K. (in press). Making the circle stronger: Comparative analysis of youth experiences and resilience strategies across five Arctic Indigenous communities. *Transcultural Psychiatry*.

**Verona, E., Bresin, K., & Patrick, C. J.** (in press). Revisiting psychopathy in women: Cleckley/Hare conceptions and affective response. *Journal of Abnormal Psychology*.



# RECIPES

## RECIPES

### **La Golondrina Cafe's Flan**

Submitted by Alice Huang

Edited from:

<http://www.latimes.com/features/food/la-fo-sosflan24-2008sep24,0,7701122.story>

12 portions, takes about 2.5 hours + chilling time

Oven temp.: 300°F

Boil about half a pot of water.

#### **The Nectar**

$\frac{3}{4}$  cup sugar

$\frac{1}{2}$  cup fresh-squeezed orange juice

$\frac{1}{4}$  cup water

In a saucepan,

Combine and boil these, stirring until all the sugar has dissolved. Continue cooking until the sugar caramelizes into an amber color.

Pour the nectar into a glass baking dish as big as a sheet of letter-sized paper OR lightly greased muffin pans for PRETTY, PERSONALIZED PORTIONS.

Let the stuff cool to room temperature.

#### **The Flan Itself**

5 eggs

1 14-ounce can of condensed milk

1 12-ounce can of evaporated milk

5 cups milk

1 tablespoon Cointreau or amaretto

1 tablespoon vanilla extract

In a bowl,

Whisk these together.

GENTLY pour the flan down the sides of the flan's container—whichever you chose—so you don't disturb the nectar.

#### **The Elaborate Part**

Place the flan's container inside a pan so large that the gap between its sides and those of the flan's container (like the width of the "moat") is at least 1 inch.

Fill the pan with hot water at least half as deep as the flan. CAREFUL! Don't let the water invade the flan!

Put the complex in the oven for 1.5 ~ 2 hours until a knife poked into the center of the flan comes out clean.

Take the flan from its hot bath, let it cool, loosely cover it, and then chill it in the fridge for a few hours or overnight.

For PRETTY, PERSONALIZED PORTIONS, gently separate the flan from the muffin pan with a toothpick.

Lay something large and flat on top of the muffin pan, then flip the complex over quickly. The flan should descend.

Escort each portion unto a plate. Enjoy with a small pink Azalea on top.



Photo credit: Carlos Chavez / Los Angeles Times



## RECIPES

### **Banana Bread. Or Muffin**

Submitted by Alice Huang

Edited from:

<http://www.visionsofsugarplum.com/2009/03/banana-muffins-with-oatmeal-walnut.html>

6 portions, takes about 1.5 hours

Oven temp.: 350°F Or 325° F Or even 300°F, depending on your oven's temperament. (If it's too hot, the inside of the bread won't get cooked.)

#### **The Dry Stuff**

- 1 1/2 cups all-purpose flour
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 3/4 teaspoon freshly grated nutmeg

In a bowl,  
sift these together.

#### **The Wet Stuff**

- 3 medium ripe bananas
- 1 large egg
- 1/2 cup half-n-half or whole milk or skim milk.  
Or even soy?
- 1/4 cup melted unsalted butter or margarine
- 1/3 cup firmly packed light brown sugar
- 1 teaspoon vanilla extract

In another, big bowl,

Half-heartedly whisk these together. Do NOT squish the bananas to death. You'll see why. (Well, do mash them into small enough chunks.)

Bit by bit, mix the dry stuff into the wet stuff until JUST barely combined.

Bake in a bread pan for an hour, or in a muffin pan for half an hour.

Poke a toothpick, or chopstick, or anything else wooden + linear + thin... into the center. If it comes out clean, the banana thing's done.

SEE? The outsides of the banana chunks have turned lavender!

### **Tomato Mozzarella Cayenne Pepper Soup (Bland name, but cures new colds!)**

Submitted by Alice Huang

In a saucepan,

Follow the instructions on a can of tomato soup.

Drop in thin slices of mozzarella. Swirl them.

Drizzle some cayenne pepper powder. Stir.

Feel better!



Photo credit: maysquared.com



Photo credit: westerngardens.com



# ILLINOIS

## Clinical-Community Psychology @ UIUC

Clinical-Community Division  
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University of Illinois at Urbana-Champaign  
603 E. Daniel Street  
Champaign, IL 61820

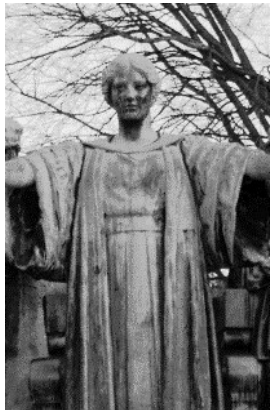
Phone: (217) 333-6312  
Fax: (217) 244-5876

We're on the web at:  
<http://www.psychology.illinois.edu/about/divisions/clinicalcommunity/>

The **Clinical/Community Psychology Program** at the University of Illinois at Urbana-Champaign is a Clinical Science program designed to train scholarly and scientifically oriented researchers and professionals with a variety of interests.

Our program is committed to excellence in scientific clinical training and to using clinical science as the foundation for designing, implementing, and evaluating assessment and intervention procedures. Our educational philosophy emphasizes a creative, scholarly, and socially responsible approach to clinical and community psychology. Our mission is to produce graduates who assume leadership roles and contribute to the discipline and to society.

## Psychology @ The University of Illinois



*Alma Mater at the University of Illinois at Urbana-Champaign*

The Department of Psychology at the University of Illinois at Urbana-Champaign has a long-standing reputation for excellence. From its inception in 1904, the department has distinguished itself with outstanding faculty, research programs, and the best and brightest graduate students.

Consistently named one of the top ten graduate programs in the country, the

department nurtures an environment of collaborative and independent research and outstanding scholarship. The organization of our department, the variety of divisions, and the strength of our faculty allow students the opportunity to explore their interests across the discipline and alongside some of the finest minds in the country.

At the University of Illinois we provide the resources, the network, and the experi-

ence for mature young scholars to become committed professionals who make unique contributions to the field of psychology.

Whatever your professional interests and goals, you'll find an environment of excellence in which to pursue them and a community of dedicated and experienced collaborators to assist you in the Department of Psychology at the University of Illinois.

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