Elvis, the Stones, the Dead, Rocked Our World
Shumway’s New Book Examines Rock n Roll’s Social Impact

Jonathan Potts
When Elvis Presley gyrated to the delight of teenage girls in the 1950s, he was doing far more than merely giving television network censors fits: He was smashing norms of male sexuality, says English Professor David Shumway.

“Elvis violated taboos of masculinity by displaying himself as an object of sexual desire. This sexually explicit dancing is something women did and men didn’t do,” Shumway said. “He embodied a whole lot of cultural tensions.”

Shumway, the director of the university’s Humanities Center, is writing a book that focuses on Elvis and six other rock stars: The Rolling Stones, James Brown, Bob Dylan, The Grateful Dead, Joni Mitchell and Bruce Springsteen. The book, due for release in the spring of 2008, is being published by New York University Press.

It’s only natural that Shumway would pick a social force like rock and roll as his subject — the center he directs is devoted to studying human culture and its products.

“The idea is to discuss these people as cultural icons. It’s less about them as historical individuals. It’s less about the facts of their lives than how they were perceived and what they meant,” Shumway said.

Shumway recently gave a series of talks about his book at several European universities.
Elephants Have Feelings, Too

Bio Major Shows Humans Soothe “Gentle Giants”

Everyone’s seen the cowardly elephant cartoons. You know, the ones where the largest mammal in the world sees a mouse, panics and jumps on top of a narrow stool to get away from an animal a fraction of its size. But an elephant’s gentleness isn’t just the stuff of fiction. Elephants are renowned for their placid demeanor. In fact, people have reported feeling calmer just by interacting with these “gentle giants.” But how does contact with humans impact elephants? Junior biological sciences major Galit Frydman tackled this quandary last year at the Pittsburgh Zoo.

“Studies done with horses and dogs suggest that human contact lowers the animals’ heart rates and cortisol levels [the stress hormone], and vice versa,” Frydman said. “The results can affect the way animals’ stress levels react to their environment, and whether it’s a positive or negative event.”

To determine if regular contact with humans lowers the stress levels in elephants, Frydman teamed up with Adjunct Professor William Langbauer, head of research and conservation biologist at the Pittsburgh Zoo, to find out if the research could be applied to African elephants. Her work was funded by a grant from the Howard Hughes Medical Institute and a Summer Undergraduate Research Fellowship from Carnegie Mellon’s Undergraduate Research Office.

Frydman and Langbauer explored whether human contact decreases elephant stress levels. But their long-term goal is to determine if regular contact or protective contact is healthiest for elephants. Regular contact is physical contact performed only by the keeper inside the elephant’s enclosure. Protective contact, though, is non-physical interaction with keepers and trainers.

Working mainly with Tasha, the matriarch of the Pittsburgh Zoo’s elephant herd, Frydman and Langbauer measured heart rate and cortisol levels after regular contact with her keepers or protective contact with others. Frydman and her colleagues are still collecting data, but initial findings suggest that any contact with humans reduces heart rate and cortisol levels, therefore reducing stress levels in the elephants.

The results of her research were so promising that Frydman was asked to present them at the 2006 International Elephant Conservation and Research Symposium last fall in Copenhagen, Denmark. As the only undergraduate at the conference, the Miami Beach native felt intimidated at times. But her willingness to pose questions to fellow attendees allowed her to meet researchers and veterinarians, and make some significant contacts. “Everyone was asking me to apply for internships at their institutions,” she said.

For now, Frydman, who is graduating from Carnegie Mellon this spring, is planning to apply for internships at the Pittsburgh Zoo. She hopes to continue her research and work with African elephants in the future.

Sidewalk Café Comes to East Campus

While the new School of Computer Science Complex and the Doherty Hall renovation have garnered most of the construction talk on campus, a rather interesting project on the east side has flown under the radar. Until now.

Set to begin construction in mid-February is a new 4,100-square-foot eatery that will extend west from the Carnegie Mellon Café on the plaza between Resnik Hall and the playing field at Gesling Stadium. Unofficially called the “Tartans Pavilion,” the new place to eat, meet and greet friends will include a brick grill and oven for pizza and hoagies, and seating for about 100.

The new eatery will be largely enclosed by seven glass garage doors facing the athletic field. The doors will be raised in nice weather and a canopy will extend outward, creating an outdoor sidewalk café where students, faculty and staff can enjoy the food and weather while watching football, soccer or other athletic activities.

Bob Reppe, director of design for Campus Design and Facility Development, said the $1 million project is the second phase of the effort to “reinvent” the old Highlander Dining Hall. Phase one resulted in the Carnegie Mellon Café, which opened this past fall.

“The Tartans Pavilion will provide another place to eat on campus and will take some of the pressure off the University Center dining areas,” Reppe said. “We hope it will have a big impact on student life and create another popular spot for university events.”

Reppe said the new eatery would have an “industrial loft” look with structural elements in plain view. The 12-foot-high ceiling will consist of tongue-and-groove wooden planks. The project, which will be completed by June of this year, has been designed by Boardman, whose principals include Paul Rosenblatt, an adjunct faculty member in the School of Architecture; and Petra Fallaux, former director of the Regina Gourger Miller Gallery.
A Day On

Susie Cribbs

Some people think of the national Martin Luther King holiday as a welcome three-day weekend that dispels the January blahs. But Carnegie Mellon annually holds fast to the “day on, not a day off” national theme for the holiday, offering a full afternoon of programming for the campus and local communities that inspires thoughtful discussion and dialogue on the slain civil rights leader’s life and work.

Events included a choral tribute to King’s dream for social and economic equality in present-day Pittsburgh during the Community Conversation. The day’s events concluded with author and Homewood native John Edgar Wideman (above, center), who delivered the keynote address and read from his own fiction works that dealt with race and culture and climate in the Carnegie Mellon community. Tademy is shown here leading the panel discussion during the Community Conversation.

Tademy Wins Lazarus Award

Everett Tademy, assistant vice president for diversity and director of equal opportunity services, received the 2007 Barbara Lazarus Award during the MLK Day activities. Reading from Tademy’s nomination letter, President Jared L. Cohon said Tademy was honored for his “deep knowledge and passion, his dedication to his work to improve our environment, and for his sage counsel and unassuming way of working.” The Lazarus Award, named in memory of the late Vice Provost for Education Barbara Lazarus, honors individuals and teams for making substantial contributions to improving the culture and climate in the Carnegie Mellon community. Tademy is shown here leading the panel discussion during the Community Conversation.

Black History Month

Carnegie Mellon will celebrate Black History Month in February with a wide array of events, lectures and discussions on race, identity and culture. Highlights of Black History Month activities are listed below. For a complete schedule, see www.studentaffairs.cmu.edu/multicultural/festivals/blackhistory.html or contact Emily Half at 412-268-2075. For more about what’s coming to campus in February, see the Upcoming Events on page seven.

Feb. 6, 5–6:30 p.m. — Speak Your Mind: Diversity Discussion and Dinner — The Changing Exploring Race and Identity Through Poetry Facilitator: Creative Writing Professor Terrance Hayes McKenna/Peter/Wright Room, UC

Feb. 8, 5:30–7 p.m. — “History of Black Entrepreneurship” James E. Clingman, the nation’s most prolific writer on economic empowerment for black people Rachel Mellon Walton Auditorium, Tepper School of Business

Feb. 11, 2 p.m. and 5 p.m. — Akin Alley Tribute: “Alive and Dancing” Rangos Ballroom, UC Cost $5 to benefit Senior Showcase

Feb. 12, 8 p.m. — In Celebration of Gospel Music: From the Negro Spiritual to Contemporary Gospel Featuring François Clemmons (K69) Kriega Thetar, CFA

Feb. 16, 5 p.m. — “The South and the City: Migration and Sacred Spaces in an Urban Black Metropolis” Wallace D. Best, Harvard Divinity School Location to be announced

Feb. 22, 4:30 p.m. — A Dialogue with Phylicia Rashad McNair Auditorium, UC (Free tickets available at the UC Info Desk beginning Feb. 5)

Feb. 24, 5 p.m. — Incognito: A one-man play by Michael Fosberg Philip Chosky Theater, Purnell Center

Feb. 26, 11:30 a.m. – 1 p.m. — Soul Food Sampler Conno’s Room, UC
Tartan Racing Pushes Hard … for Failure

The Tartan Racing team will soon pack up two Chevy Tahoes and head to Arizona to prepare for the Nov. 3 DARPA Urban Challenge.

Byron Spice

About a dozen members of Carnegie Mellon’s Tartan Racing team are packing up two Chevy Tahoes they’re prepping for the DARPA Urban Challenge competition and heading west — where they face almost certain failure. But that’s a good thing.

For the next two months, the team will put the robotic vehicles through their paces at General Motors Desert Proving Ground in Mesa, Ariz. And as Chris Urmson, the team’s director of technology, points out, failures are an essential part of testing.

“If things don’t fail when you test them, you’re not really learning anything,” he explained. “So we push hard.”

The team members have an awful lot to learn between now and Nov. 3, when the Defense Advanced Research Projects Agency (DARPA) will run its Urban Challenge at an as-yet undisclosed location in the western United States.

Like DARPA’s 2004 and 2005 Grand Challenges, the event pits driverless vehicles against each other on a closed course, with a $2 million prize at stake. But the Urban Challenge immerses the vehicles in a far more complex environment.

“The prior races were essentially dirt races that went from A to B,” said William “Red” Whittaker, the Fredkin Research Professor and team leader. “Some of it was dirt, some of it was pavement, some of it was tunnel, but it was one long road. In this event, streets will intersect, robots will share the road and competitors will literally drive head-to-head.”

Operating in a mock-urban setting, the autonomous vehicles will complete several missions totaling about 60 miles. Each must negotiate intersections, blocked streets and oncoming traffic. Vehicles must obey stop signs and rules of the road. And unlike the earlier races, teams can refuel, change tires and wipe off sensors between missions.

For the desert races, sensors on the vehicle were concerned primarily with what lay ahead. For the Urban Challenge, the vehicles will require “wrap-around sensing” so they are aware of what’s happening to the sides and rear as well. That means that the type and mix of radars, cameras and other sensors differ from those of Carnegie Mellon’s previous Grand Challenge racers, Sandstorm and Highlander. Finding the right mix and figuring out how to combine, interpret and act on the sensor output are major goals.

Tartan Racing has dubbed its entry in the challenge “Boss.” Two Tahoes, one tan, one black, have been modified for autonomous driving and will be electronic and mechanical near-twins when complete — but only one will have the chance to race.

Both vehicles are largely finished as the team heads for Arizona, where winter weather won’t disrupt testing. By the time the team returns to Pittsburgh, Urmson said, the vehicles will be able to negotiate intersections and will be able to complete missions, if slowly.

The two-month stay in Arizona, away from the distractions of home, will likely be “a real team-building experience,” said Urmson, a mainstay of both earlier Grand Challenge campaigns. Tartan Racing includes a mix of veterans and new blood, including faculty like Anthony Stentz, Sanjiv Singh and Martial Hebert of the Robotics Institute, and Raj Rajkumar of the GM-Carnegie Mellon Collaborative Research Laboratory.

About 10 to 15 work day-to-day on the team, with twice that number assisting part time. Engineers employed by sponsors are once again embedded with the team. — Hong Bae of GM, Michael Daries of Continental AG, David Ferguson of Intel and Michael Taylor of Caterpillar.

“It’s addictive,” Urmson said of robot racing. “You don’t often get an opportunity to tackle this many interesting problems at once and to have such an impact on the perception of robotics.”

College of Science. Together, the schools offer bachelor’s, master’s and doctor’s degrees in computational finance that continue to be among the world’s best.

Stay Fit With Free Faculty, Staff Fitness Classes

Staff Council and Human Resources have again joined forces to bring all Carnegie Mellon faculty and staff free fitness courses. Classes are offered Monday through Thursday, and include low-impact aerobics, Pilates, a total body workout and Tai Go. All classes begin at 5:15 p.m. and run until 6 p.m. in Whitfield Hall (143 N. Craig St.). Parking is available on-site and no special equipment is needed. To learn more about the classes and to see a complete schedule, visit http://www.andrew.cmu.edu/~org/StaffFacultyFitness/info.html.

Brain Scans Predict When People Will Buy

For the first time, researchers have used functional magnetic resonance imaging to determine what parts of the brain are active when people consider whether to purchase a product and to predict whether or not they ultimately buy the product. The researchers found that when the participants were presented with the products, a brain region that is associated with the anticipation of pleasure was activated. When the subjects were presented with prices that were excessive, two things happened: the brain region known as the insula was activated and a part of the brain associated with balancing gains versus losses was deactivated. By studying which regions were activated, the authors were also able to successfully predict whether the study participants would decide to purchase each item.

The study appears in the journal Neuron and was co-authored by Scott Rick and George Loewenstein of the Department of Social and Decision Sciences, and colleagues at Stanford University and the MIT Sloan School of Management.

A New Home in Hollywood

Second-year students in the Master of Entertainment Industry Management (MEIM) program have a new place to call home: the Carnegie Mellon Los Angeles Center in North Hollywood, Calif. The center is minutes from the heart of Hollywood’s film and television industries. In addition to housing the MEIM program, the center is also available for university colleagues who need to hold a meeting, host a reception or conduct business activities while in the city.

MEIM students spend the first year of study in Pittsburgh, taking core management coursework that provides them with the skills to work in the entertainment industry. During the second year the
We started by studying the effects of stress on immune function. We've been studying how psychological factors influence the immune system. For example, we found that psychological stress can weaken the immune response to infection. When we exposed mice to psychological stress before they were exposed to the flu virus, their immune response was weaker. This suggests that psychological stress can make people more vulnerable to infection.

How do you test for the role of stress in the immune system?

We tested this by exposing mice to psychological stress before they were exposed to the flu virus. We measured the immune response of the mice and compared it to the response of mice that were not exposed to stress. We found that the immune response of the stressed mice was weaker than that of the unstressed mice. This suggests that psychological stress can weaken the immune response to infection.

Mind Over Matter? Cohen's Work Shows Outlook Impacts Health

Sheldon Cohen's research has shown that psychological factors such as stress can have a significant impact on health. His work has shown that psychological stress can weaken the immune response to infection, leading to an increased risk of colds and flu.

The Role of Stress in the Immune System

Stress can weaken the immune response by altering the balance of immune cells. Psychological stress can also increase the production of stress hormones, which can suppress the immune response.

Sheldon Cohen's research has shown that psychological stress can weaken the immune response to infection. His work has shown that psychological stress can lead to an increased risk of colds and flu.

Colds and flu are sometimes called cytokine diseases. Cytokines are protein molecules produced by the immune system. When you get an infection, your immune system produces pro-inflammatory cytokines, which go to the infected area and recruit other immune cells to help kill the virus. You can think of them as being in charge of the immune response to the infection.

Interestingly, the symptoms of a cold that you experience aren’t really caused by the virus itself. Instead, they are caused by the immune response to the virus. The immune system has evolved to fight off infections, but this response can also cause symptoms such as a runny nose, fever, and body aches.

Mind Over Matter?

Sheldon Cohen's research has shown that psychological factors such as stress can have a significant impact on health. His work has shown that psychological stress can weaken the immune response to infection, leading to an increased risk of colds and flu.
If you’re looking to shed those extra pounds you put on during the holidays, consider that it wasn’t just that second slice of fruitcake that added the extra weight. According to Kristen Kurland, where you eat the cake might be the real culprit.

Kurland, an associate teaching professor, thinks weight gain can be attributed to your living environment. And if you live in the suburbs, it could mean more pounds than you expect.

Her work as a professor in both the School of Architecture and the Heinz School has given Kurland an interdisciplinary perspective to study how communities contribute to unhealthy lifestyles. She’s concluded that cities are designed in ways that have contributed to trends in obesity.

"During the second half of the 20th century, America experienced urban sprawl. ... This shift changed the way cities work, leaving many people to live unhealthily."

-- Kristen Kurland

“During the second half of the 20th century, America experienced urban sprawl, a move from the urban city to suburbs, creating suburban neighborhoods, strip malls and rural schools — which are all automobile-oriented,” Kurland said. “This shift changed the way cities work, leaving many people to live unhealthily.”

"Several American cities, including Chicago are following suit. Locally, Pittsburgh city school has given Kurland an interdisciplinary perspective to study how communities contribute to unhealthy lifestyles. She’s concluded that cities are designed in ways that have contributed to trends in obesity."

get 10,000 steps in. A brisk walk around the neighborhood on a chilly winter night may not seem so bad when you know it will help keep you in top physical condition.”

As a geographic information system (GIS) specialist, Kurland leads a team of students who are mapping the walkability of Pittsburgh city streets. Besides wearing a pedometer, Kurland believes city officials can provide other solutions, like designing walkable communities, adding parks and improving public lighting, supporting public transportation, and creating safe sidewalks and bike routes. She also advocates collaborative solutions, such as having architects and city planners partner with professionals in the medical and policy fields to design a city that makes it easy for residents to live healthier lives.

So don’t just blame those tempting holiday treats for the extra weight. Instead, evaluate the way your community is designed and consider how your routine may have contributed to your expanding waistband. Then think about what options the community provides to help you lose those extra pounds.

**Improvements Needed for Pedestrians**

The National Institute of Child Health and Human Development has released a report concluding that Americans gain about one pound during the holiday season. This doesn’t sound like much, but the extra weight can accumulate through the years and contribute to obesity later in life.

“Everyone who, like me, abandoned those healthy eating and exercise habits and gained some extra pounds this holiday season can find ways to shed them by just simply walking,” Kurland said.

“I suggest buying an inexpensive pedometer and making the extra effort to walk 10,000 steps in. A brisk walk around the neighborhood on a chilly winter night may not seem so bad when you know it will help keep you in top physical condition.”

As a geographic information system (GIS) specialist, Kurland leads a team of students who are mapping the walkability of Pittsburgh city streets. Besides wearing a pedometer, Kurland believes city officials can provide other solutions, like designing walkable communities, adding parks and improving public lighting, supporting public transportation, and creating safe sidewalks and bike routes. She also advocates collaborative solutions, such as having architects and city planners partner with professionals in the medical and policy fields to design a city that makes it easy for residents to live healthier lives.

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**Pedestrian injuries in Pittsburgh averaged more than 400 a year from 1997 to 2006.**

Several American cities, including Philadelphia, Seattle and New York, have government committees or civic organizations devoted to traffic and pedestrian safety. But Pittsburgh doesn’t even have a traffic engineer, Tarr says.

“You need some group responsible for pedestrian safety,” said Tarr, agreeing with one of the recommendations made by his students.

The students also studied pedestrian neighborhood around Carnegie Mellon’s Oakland campus through observations and a survey. The most heavily traveled intersection at Forbes and Morewood avenues, which the campus community views as the riskiest, according to Jacob Chen, a senior mathematics major. Pedestrian flow is heaviest right before the start of classes.

“What was also interesting to note was the number of students crossing against the light. There’s a very high increase of pedestrians interfering with cars right before classes were about to start,” Hudson said.

Forbes and Morewood was one of six potentially high-risk intersections in the city that the students recommended for safety improvements. The others were Forbes and Devon, and Fifth and Morewood in Oakland; and Sixth Avenue and Bigelow Boulevard; Stanwix Street and Forbes; and Liberty Avenue and Sixth Street downtown. Students recommended several measures to make these areas safer, including painted crosswalks, crosswalk signals with countdown timers, pedestrian refuge islands and monitoring by police.

The project was hampered during the semester by difficulties in obtaining data concerning pedestrian crashes. But thanks to the efforts of Councilman Peduto, Tarr now has much of the data he has sought, and he and several students will use it to continue their research and analysis this semester.

Until then, be careful crossing the street.
Qatar Building Construction Under Way

Andrea Zrimsek, Carnegie Mellon University in Qatar

The Qatar Foundation for Education, Science and Community Development awarded a contract for the construction of Carnegie Mellon’s new facility in Qatar to Athena-based Consolidated Contractors International Company and its local joint venture partner, Toyoseer Contracting Company. Consolidated Contractors is a large firm with extensive experience in Qatar, having built the Doha Ritz-Carlton.

Construction of the three-story, 475,000-square-foot building, designed by the architectural firm Legorreta+Legorreta, will be complete in March 2008. The building has been under design for more than two years and will be a state-of-the-art teaching and learning facility. Site work and construction began in November. You can follow construction progress at: http://www.qatar.cmu.edu/webcam.php.

Cultural Heritage Web Site Details Qatar Experience

Carnegie Mellon in Qatar launched a Web site dedicated to the heritage and culture of the state of Qatar. The Web site features detailed descriptions as well as photographs of 21 different cultural heritage sites, including museums, forts, mosques, archaeological areas, and traditional houses and markets (souqs).

“Our hope for this Web site is that lifelong residents, newcomers and visitors will all be encouraged to get out and explore the heritage and beauty of the country,” said Carla Salman-Martinez, project manager.

The Web site features an interactive model of a traditional Qatari mosque as well as itineraries catering to three different audiences: visitors, families and those with an adventurous spirit. The creation of this site is the first project to involve students from Carnegie Mellon Qatar, graphic designers from Virginia Commonwealth University and Qatari officials.

“We’re thrilled that our first collaboration with Qatar is one that so beautifully showcases the culture, heritage and people of a country that has so graciously welcomed us. This Web site shows the deep and vibrant history of Qatar, and Carnegie Mellon looks forward to many more ways in which we can work together with community officials and become part of Qatar’s future,” said Charles E. Thorpe, dean of Carnegie Mellon Qatar.

Experience the site at http://www.heritageqatar.org.

Zak Is Executive Director of Heinz Australia

Timothy J. Zak, an experienced entrepreneur, educator and consultant, is the new executive director of the Heinz School’s master’s degree programs in Adelaide, Australia. Zak was chief executive officer of the Social Innovation Accelerator, a private operating foundation that supported the development of revenue-generating businesses and new solutions to social issues by non-profit groups. He is also co-director of Carnegie Mellon’s Institute for Social Innovation and an adjunct professor at both the Tepper School of Business and the Heinz School.

In his new role, Zak will set strategy for Heinz Australia, oversee faculty activities, and develop and market the school’s popular graduate programs in public policy and management and information technology. He will also establish and maintain relationships with industry and government organizations throughout the Asia-Pacific region.

Master’s Tournament Ad Airs

Carnegie Mellon’s Qatar campus ran an advertisement promoting its programs during the Qatar Master’s, a major golf tournament at the Doha Country Club. The golf tournament was held Jan. 24–26.

Let the Games Begin

Students from throughout Education City and Carnegie Mellon’s Qatar campus participated in the opening ceremony for the 15th Asian Games, held in Doha, Dec. 1–15. This major sporting event brought together athletes from 45 countries and regions to compete in 39 sports. Thousands of Qataris supported the events as volunteers and hosts. Mona Maher (above) was one of several students who had the opportunity to pose with the torch as it was sent around Education City.

For a complete list of February events, see the Public Events Calendar at http://my.cmu.edu/site/events/ and click on “view events” at the bottom of the page.

February is Black History Month

For activities and events see: www.studentaffairs.cmu.edu/multicultural/festivals/blackhistory.html

Through March 30

“Tides,” an exhibition of new work from Northern Ireland’s most innovative artists Regina Gouger Miller Gallery

Feb. 5

Environmental Lecture Series
“From Silent Spring to Silent Night: Herbicidal Frogs, Breast Cancer and Pesticides” Tyrone Hayes, associate professor of integrative biology, University of California, Berkeley 4:30 p.m., Adamsom Wing, Baker Hall

Feb. 14

Bring Your Own Brain Brown Bag Series
Robert Cavalier, associate teaching professor of philosophy, will discuss a campus deliberative poll on “Public Art at Carnegie Mellon.” Noon, Baker Hall 154R

Feb. 16

Contemporary Ensemble Concert 5 p.m., Kresge Recital Hall, CFA

Feb. 18

Basketball Doubleheader vs. Washington University (Mo.) Women: 6 p.m., Men: 8 p.m., Skibo Gym

Feb. 20

Carnegie Mellon Philharmonic Concert 8 p.m., Carnegie Music Hall

Feb. 27

Author Lee Gulkind will sign and discuss his new book, “Almost Human — Making Robots Think.” The book is about the people and projects at Carnegie Mellon’s Robotics Institute. 3:30 p.m., Wean Hall 7500

Feb. 27

Speak Your Mind Diversity Dinner and Discussion Tera Hunter, associate professor of history, will facilitate a conversation about the African American family. 5 p.m., Connan Room, UC RSVP to ert@andrew.cmu.edu

March 8–9

“TK60,” a symposium in honor of Takeo Kanade’s 60th birthday. Kanade, a pioneer in robotics, computer vision and medical and assistive technologies, is the U.A. and Helen Whitaker University Professor of Computer Science and Robotics. Wean Hall 7500
Urban farming is not an oxymoron. Across the country, urban communities are converting vacant lots and unused land into usable green spaces. This isn’t just gardening, though — that’s a hobby. This is farming, something that provides a tangible, socio-economic impact for the neighborhood around it. Urban farming not only educates residents about nutrition, but it also engages and revitalizes communities.

Carnegie Mellon puts urban farming in the spotlight this semester with the lecture series “Urban Farming: Reconnecting Our Farms, Food and Community,” part of the University Lecture Series and the Distinguished Lecture Series in Environmental Science. The three talks scheduled for the spring are listed below, with brief descriptions of each topic. Each lecture is from 5:30 to 7 p.m. in Rangos 1 & 2, University Center.

Feb. 13: Creating Livelihoods From Greenhouses and Forest Gardens
Jerome Osentowski, Central Rocky Mountain Permaculture Institute
Osentowski will show how he created a viable commercial culinary and medicinal herb and salad greens business within the understory of a forest garden and in greenhouses. He’ll also discuss his edible landscape nursery, which includes a heritage fruit tree collection.

March 20: Urban Farming with Youth
Patricia Gray, executive director, The Food Project of Boston
The Food Project has been farming with young people for more than 15 years. The food it grows is distributed through three streams: farmers’ markets, donations to hunger-relief organizations, and the project’s own kitchen and culinary businesses. This workshop will focus on The Food Project’s work in the City of Boston — finding and procuring usable land; distributing local, fresh food to those who have little access to it; working in a community; running successful farmers’ markets; and involving youth in all aspects of this work.

April 24: High Tunnel Technology — A Tool for Economic Development, Job Creation, and Increased Quality of Life Through Urban Agriculture
William James Lamont Jr., professor of vegetable crops, Department of Horticulture, Penn State University
High tunnels are one of the components of season-extension technology. Though not greenhouses, they are generally Quonset-shaped, constructed of metal bows that are attached to metal posts and covered with greenhouse-grade polyethylene. A high tunnel without any supplemental heat in Pennsylvania can produce crops from March through early December. Lamont will discuss the technology, its use at Penn State since 1998 and how it can be applied to urban environments.

Mind Over Matter? (Continued from page five)

caused by the virus. They’re actually caused by the pro-inflammatory cytokines. So in a sense, the symptoms of a cold are side effects of your immune response to the virus. It’s commonly thought that stress suppresses immune and therefore the immune system is less capable of dealing with an infection. What we found is the stress is associated with the release of too much cytokine and, hence, more symptoms. It isn’t that the immune system is less capable; in fact it’s overshooting, over-responding. What stress is influencing is the system’s ability to regulate itself.

Are there psychological and social characteristics that are associated with better health?
There’s considerable evidence that belonging to a diverse social network is associated with better health and longevity. We were especially interested in testing whether social integration — having many different social roles like spouse, friend, church member — is protective for colds. In fact, we found that the more active social roles people had, the less likely they were to get sick.

Positive emotions are very closely tied to social interaction. So extraverts, for example, tend to be happier than introverts. We’ve now conducted two studies where we interview people every evening for a couple of weeks. Each evening we ask about the emotions our volunteers experienced over the last 24 hours. Across the two weeks we get a profile that we call positive emotional style, which is the extent that they express positive emotion. People who score higher on positive emotional style are less likely to develop colds when later exposed to a virus than those with lower scores. Moreover, if they develop a cold, those with higher positive emotional style scores report fewer and less severe symptoms.

If happier equals healthier, can we be proactive and try to “stay happy” to stay healthy?
There is recent evidence that people report different levels of happiness at different times of their lives. However, why they change and whether we can change their level of happiness is a whole other issue. There’s current work attempting to develop interventions to make people happier. But at this point, it’s very early in the game, and it’s still unclear whether this is possible.

What stress is influencing is the system’s ability to regulate itself.