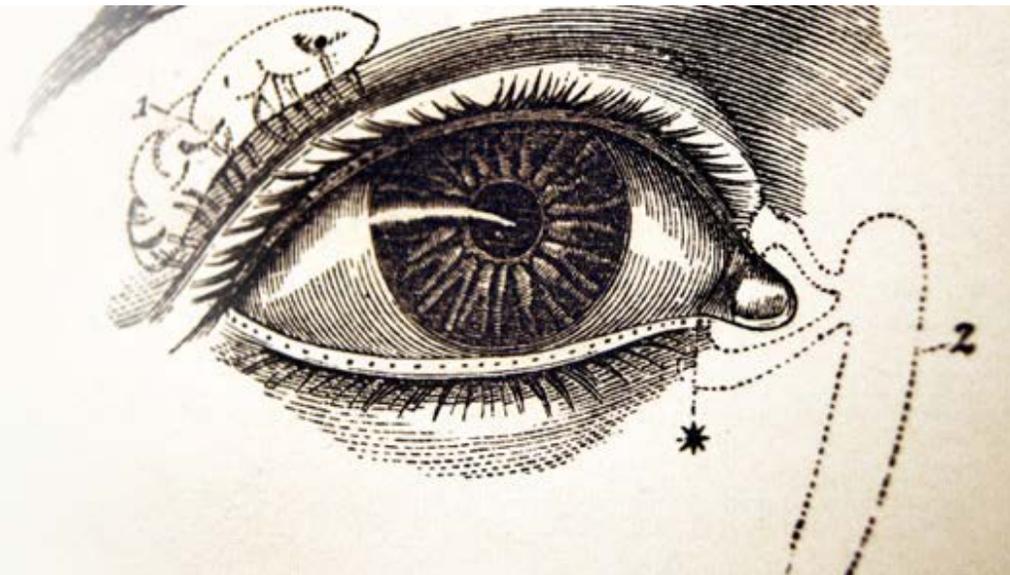




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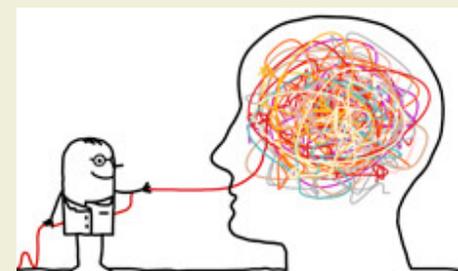


Welcome from Dept. Head

One year ago we started this newsletter unsure of the reception it would receive. Since that time, the newsletter has reconnected previous graduate students with their faculty advisors, made alumni feel more involved in department happenings, and strengthened our psychology family within the building. We believe that feeling of community contributed to the important strides forward the department has made this fall, especially coming out of a very tough spring. Thank you for demonstrating such strong interest in continuing the newsletter through kind words of appreciation and emails. Please continue to contact our editor, Erin Colbert-White, at colbere@uga.edu with news and suggestions.

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Research Spotlight: Randy Hammond



Departmental News

Follow the department on Twitter!
[@ugapsychology](https://twitter.com/ugapsychology)

We have restructured the graduate program to now include three divisions as opposed to six. The Clinical and I-O/Applied programs remain the same. However, the Social, Cognitive/Experimental, Developmental, and Neuroscience and Behavior programs now comprise the new Behavioral and Brain Sciences program. This restructuring was designed to promote broader training for graduate students and increased communication among faculty. We excitedly welcome this change that has been ten years in the making!

Professor Emeritus **Dr. Abraham Tesser**



For some the eyes may be the window to the soul, but for Dr. Randy Hammond (left) and his research team they are also a great model for aging and degenerative disease. As Dr. Hammond explains, “The lens of the eye is the only tissue in the body that does not undergo biological renewal (i.e., mitosis). These cells are never replaced and hence they write the story of your life in their structure.” By focusing on the eye, the UGA Vision Laboratory is able to investigate how one’s behavior now may lead to chronic degenerative disease later in life. Diseases such as macular degeneration and heart disease are slow to develop, making them difficult to be effectively treated by the “a pill for every ill” Western medicine tradition. Instead of trying to address chronic degenerative diseases with short-term medications, the Vision Laboratory has chosen to isolate lifestyle factors that may serve as preventative measures for degenerative disease.

According to Dr. Hammond, diet is an extremely important lifestyle factor. For this reason, one of the many projects going on in his lab is a double-blind placebo-controlled investigation of the effects of the antioxidants lutein and zeaxanthin, two pigments found primarily in green leafy vegetables, on multiple measures of visual performance. The two pigments protect the central retina (the site of macular degeneration) from oxygen damage, one of the major etiological factors in macular degeneration. From baseline data and past research, the group has shown that increased intake of lutein and zeaxanthin lowered disability due to glare, sped up visual recovery when exposed to intense blinding lights, sped up visual processing of information, and enhanced chromatic contrast. Dr. Hammond pointed out that these are all visual abilities that are severely reduced by aging and visual disease. (Food for thought: kale has the highest lutein concentration of all green leafy vegetables!)

This fall, the Vision Laboratory was expanded considerably to include the Human Biofactors Laboratory, headed by new faculty member Dr. Lisa Renzi. She has recently launched a similar research program to look at another aging-related degenerative disease, Alzheimer’s.

will be presented with the SESP Distinguished Scientist Award at this year’s Society for Social Psychology Conference. This is the highest award given to a social psychologist and reflects a lifetime of groundbreaking research.

Melissa Dengler (Behavioral and Brain Sciences), **Brian Stone** (Behavioral and Brain Sciences), **Michael Amlung** (Behavioral and Brain Sciences), and faculty mentor **Dr. Rich Suplita** are the founding members of the Psychology Educator Development Association (PEDA). The purpose is to support graduate students who are interested in building their teaching skills.

Dr. Dorothy Fragaszy, newly elected president of the American Society of Primatologists, represented the organization at the USA Science and Engineering Festival where over 1,500 American universities, scientific foundations, and government organizations provided hands-on activities to youth and adults.

Natale Sciolino (Behavioral and Brain Sciences) won a cover art award for the journal *Neuroscience*. The artwork came from a recent publication entitled, “Social Isolation and Chronic Handling Alter Endocannabinoid Signaling and Behavioral Reactivity to Context in Adult Rats.” Click [here](#) to view the cover art.

Drs. Jennifer McDowell and Brett Clementz were named Senior Fellows at

To read more:

Stringham, J., Bovier, E., Wong, J., & Hammond, B.R. (2010). The influence of dietary lutein and zeaxanthin on visual performance. *Journal of Food Science*, 75(1), 24-29.

Renzi, L., & Hammond, B.R. (2010). Nutrition as a mediator of visual health across the lifespan. *Sight and Life*, 3, 2-12.

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Profiles

Staff: Elizabeth Davis

Every graduate student has received at least one helpful, panic-induced, and/or semester-saving email from Elizabeth Davis, the liaison between our graduate program and the University's Graduate School. Originally from New Orleans, Elizabeth moved to Athens in 1993, moved away in 1997, and returned in 2007 when she accepted her current position. When Elizabeth isn't maintaining all 100+ psychology graduate students, she enjoys camping and spending time with her family. In fact, for their honeymoon, she and her husband traveled to the Pacific Northwest and camped from Seattle down to San Francisco. Elizabeth has a great sense of humor. Her reply to the interview question about hidden talents was simply, "Running late, but it's not really a secret." What she may lack in punctuality she makes up for with genuine thoughtfulness; so take a moment to stop by Room 231 and thank Elizabeth for everything she does to help ensure that you graduate when you plan to!



Graduate Students: Alana Seibert-Hatalsky & John Best

Alana Seibert-Hatalsky's (Clinical) desire to integrate research with clinical practice is apparent in her numerous activities on and off campus. Before coming to UGA, she spent six months in La Paz, Bolivia volunteering for the International Cultural Youth Exchange. In La Paz, she worked in the classroom with children with autism spectrum disorders, mental retardation, and physical handicaps tailoring their educational experience. Here in Athens, Alana is a widely published researcher, a peer reviewer for *New School Psychology Bulletin*, and has provided therapy services at three different clinical settings. Currently, her dissertation work has her traveling to Hardwick, GA where she studies inmates at Baldwin State Prison. Her research focuses on understanding the functions of non-



the Zukunftskolleg at the University of Konstanz in Konstanz, Germany. As part of the fellowship, they spent one month living and collaborating in Germany.

Dr. Kecia Thomas received the University's prestigious Embracing Diversity Award for 2010. The award recognizes outstanding accomplishments of individuals, groups, or teams who have contributed to diversity and inclusion efforts at UGA.

Erin Colbert-White (Behavioral and Brain Sciences) was highlighted in the Graduate School's centennial edition magazine. Erin's research investigates a female African Grey parrot's use of speech to regulate her social relationship with her owner. Click [here](#) to view the article.

Bonney Reed-Knight (Clinical) was recently named as a 2010 ARCS Foundation Scholar. The ARCS Foundation, Inc. is a national volunteer women's organization dedicated to supporting U.S. graduate and undergraduate students by providing scholarships in medicine, engineering and the natural sciences.

Congratulations to everyone who ran in the Athens Half-Marathon on October 24. Many department members participated, including Keith Campbell, Brett Clementz, Brittany Collins, Lauren Ethridge, Janet Frick, Phil Holmes, Freya Liu, Yang Li (who finished 42nd!!), Jessica Maples, Jennifer McDowell, Cara Murphy, Desi Sharpe, and Michelle Van Dellen.

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Faculty Spotlight Cynthia Suveg

suicidal self-injury in incarcerated men; a behavior that she says is very prevalent among male prisoners.

“Active” is an understatement when describing **John Best** (Behavioral and Brain Sciences). Outside of graduate study, John is an elite road and mountain bike racer who competes on the UGA Cycling team as well as a local club team. When his right pant leg isn’t rolled up, both his sleeves are. John has been hard at work on his dissertation research which investigates the immediate effects of active, whole-body video games on neurocognitive functioning in children. He has both written and published extensively on executive functioning in the developing child and the role that aerobic exercise may play. In 2010, John was awarded the University’s Dissertation Completion Fellowship, the Charles D. Smock Award, the Outstanding Teaching Assistant Award, the Dean’s Award for Dissertations in Social Sciences, an APA Dissertation Research Award, and a scholarship from the NSF to attend a conference on video games as learning tools.

Undergraduate Students: Ryan Jordan and Laura Smart

Laura Smart ('11) is the undergraduate president of UGA’s chapter of Psi Chi. A native of McDonough, GA, last year, Laura received the Scott Torgesen Award and won Best Undergraduate Poster at the Psi Chi 33rd Annual Convention of the Behavioral Sciences. She has begun her senior year strongly as well, being named a Summer Fellow by the Center for Undergraduate Research Opportunities and continuing to work on her Honors Thesis, “Dialectical Behavior Therapy and Distraction: Using the Cold Pressor to Determine Efficacy.” Laura also serves as a crisis hotline worker for The Cottage, a sexual assault and children’s advocacy center; she is the founder of “Active Minds at UGA,” an organization to increase awareness and decrease stigma of mental health disorders; and has been an undergraduate researcher in the labs of Drs. Rheeda Walker and Amos Zeichner. Upon graduating, Laura plans to earn her Ph.D. in clinical psychology and remain in academia.



Ryan Jordan ('11) is a highly involved Honors student from Fort Worth, TX who has been working in Dr. Janet Frick’s Infant Lab for the past four semesters. During this time, he has collaborated with UGA and James Madison University researchers to study infants’ symbolic understanding of arrows as well as perceptual narrowing as it relates to infants’ abilities to recognize human, monkey, sheep, and wasp faces. Ryan’s dedication to school has resulted in numerous appearances on the Dean’s and President’s Lists; a CURO project entitled, “How Broad are Infants’ Face Discrimination Abilities in the First Year of Life?”; and memberships in the Golden Key International Honors Society, Psi Chi, and the Delta Epsilon Iota Academic Honor Society. Given these accomplishments and others, he was elected Scholarship Chairman for his fraternity, Lambda Chi Alpha. Upon graduation, Ryan intends to



1. What is the best part about being at UGA?

UGA is a very stimulating environment. There is always a lot going on both within and outside the department. The Institute for Behavioral Research has been a fantastic mechanism to expand my research program and also to meet colleagues outside of Psychology. UGA has also been a great place to meet new friends and is just simply a really fun place to be because of the people.

2. What is the overarching theme of your research?

I conduct both basic and applied research. My basic research examines the ways in which child factors (e.g. child temperament) and contextual influences (e.g. parenting behaviors) interact to influence child development. I also apply the basic research findings to the development and refinement of intervention programs for youth.

3. What is something unique about you?

I have never needed to set an alarm to wake in the morning. I love early mornings! One of my favorite parts of the day is when I wake around 5-5:30 a.m., have coffee, and then go for a run in the quiet – all before my son even wakes up.

4. Favorite movie and why?

“What About Bob?” with Bill Murray and Richard Dreyfuss because I still laugh every time I watch it.

5. One of your favorite experiences since moving to Athens?

study clinical health psychology in graduate school.

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History Note

By Roger K. Thomas

With apology for the poor quality photograph, you may recognize it as the portrait in Room 226, a meeting room created in 2009 by combining the former Faculty Lounge and vending room. The portrait is of Celestia S. Parrish (1853-1918), a professor of psychology at the State Normal School in Athens (1902-1911). She is best remembered for building the first psychological laboratory in the south (Randolph-Macon Woman's College in Virginia), but she also taught child psychology at UGA before UGA had women on its regular faculty, and she was likely the principal designer of the first psychology laboratory at UGA.



Celestia S. Parrish 1853-1918

I began research on Parrish in 1997 and soon learned from an old newspaper article about the portrait. It was a gift in 1932 to the State Normal School by Parrish's former students. I searched for it everywhere without success. Years later, when Dr. Campbell asked me about early UGA psychologists for whom it might be appropriate to dedicate the new meeting room, I helped him decide on Parrish. Then, while clearing out a cabinet in the Faculty Lounge prior to its demolition, Dr. Campbell discovered a portrait. He asked me who it was. It was the Parrish portrait I had sought all those years, tucked away in the very room that was to be dedicated in Parrish's honor! The succession of events just described is a spooky tale that has this hard-nosed scientist scratching his head about mysterious coincidences! To learn more about Celestia S. Parrish: <http://rkthomas.myweb.uga.edu/CSPBW.pdf>

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Contact Us

Keith Campbell, Department Head wkc@uga.edu
Jennifer Messer, Director of Development jlmesser@uga.edu
Erin Colbert-White, Newsletter Editor colbere@uga.edu
www.psychology.uga.edu

Running with my son, Spencer, while he completed his first 1-mile fun run for kids during the Butterfly Dreams Farm's 5k race. My husband and I first ran the 5k with some friends and took turns pushing Spencer in the stroller. Then when the 5k was over Spencer decided to do the kids' run. There was lots of great positive energy at the run and we all had a great time for a really good cause.

6. If you weren't a psychologist what would you be?

A journalist, and preferably a sports journalist.

7. In one sentence, how can parents foster an emotionally healthy child?

This is a very complicated question to answer in one sentence! Provide nurturance and love while setting clear limits— all in a way that is sensitive to the child's individual temperamental characteristics.

7. One piece of advice for undergraduate majors?

Try and think about how what you do now will have implications down the road.

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THE UNIVERSITY OF GEORGIA
Franklin College
of Arts and Sciences

Psychology Department, The University of Georgia
Athens, GA 30602 | 706-542-2174
www.psychology.uga.edu

