

# THE PSYCHE



## Greetings from the Chair

Hello alumni and friends! A lot has happened in the department since we sent out our last newsletter almost two years ago. One exciting development is the establishment of KSU's interdisciplinary Science of Learning and Education Center (SOLE Center) which is housed in our department and directed by one of our faculty, John Dunlosky. SOLE's mission is to enhance student achievement through the development of evidence-based educational practices. In connection with this initiative, we have hired two new faculty members in the field of cognition and education, Clarissa Thompson and Chris Was, and a support staff member, Ida Cellitti.

In this issue we are also pleased to introduce new faculty member Jennifer Taber, a social psychologist who joins the Health area. As you look through the pages of this issue, it is evident that Health continues to be an area of significant strength in the department, as evidenced by the many honors, grants, and awards that have been bestowed on faculty, students and alumni who conduct research in the area of health and health promotion.

Another recent development has been a significant expansion in the advising, career development, and other student services we are now providing to our undergraduates, made possible by the hiring of our own advising staff as well as faculty who focus on undergraduate instruction. In this issue we are pleased to introduce our Senior Academic Advisor, Bryce Cain, support staff member Tracie Roberts, and our newest instructional faculty member, Shannon Ciesla.

In this edition's "In the Loop" feature, we become acquainted with undergrad alumna and generous benefactor, Judie Fall Lasser, who has endowed two separate awards in support of our graduate students. In other donor news, we report on the newly endowed F. Robert and Nancy Treichler Undergraduate Scholarship, and thank the many alumni and friends who have facilitated the efforts of our department through their generous support.

Finally, we remember and pay tribute to graduate alumnus, Dr. Vivek Venugopal Pillai, who passed away unexpectedly at the age of 33. Many in our extended departmental community have been deeply saddened by his loss. To honor Vivek's life and memory, the department has established a graduate research award, the Dr. Pillai Memorial Research Fund. Details on the memorial fund and how to contribute can be found on page 13 of this issue.

We hope that you enjoy this edition of the *Psyche*. We invite you to keep in touch, as we always appreciate receiving updates about the activities and accomplishments of our greatest source of pride, our alumni. For up-to-date information on the happenings in the department, be sure to check out our website at <http://dept.kent.edu/psychology/>.

## Maria Zaragoza

### Contributors:

Jeff Ciesla, Karin Coifman, John Dunlosky,  
David Fresco, David Kalmbach,  
Manfred van Dulmen, Maria Zaragoza



## Meet New Faculty



### **Dr. Shannon Ciesla**

*Psyche* is pleased to introduce Dr. Shannon Ciesla who is a recent graduate of our doctoral program in Clinical Psychology (2013). Shannon received her B.S. in psychology from the University of Buffalo in 2007 and came immediately to Kent to complete her PhD. Both her doctoral research and her clinical work has been focused on understanding and treating emotional difficulties in children and adolescents and in particular, her dissertation focused on maternal influences on emotion regulation and coping and depression risk in adolescents. Shannon currently teaches both undergraduate and graduate courses, including Introduction to Clinical Psychology, Adolescent Psychology, Abnormal Psychology and Child Psychopathology (graduate). Although she really enjoys teaching and interacting with students, Shannon is also working on her clinical licensure because she misses working directly with patients. In her free time, Shannon reads sci-fi novels, enjoys hiking and camping with her husband, and plays with their three cats.



### **Dr. Jennifer Taber**

*Psyche* is pleased to introduce Dr. Jennifer Taber, our newest Psychological Sciences faculty member! Dr. Taber comes to KSU as part of our social psychology area after completing a post-doctoral fellowship at the National Cancer Institute. Dr. Taber received her BA from American University and her PhD from the University of Utah. Dr. Taber's primary research is focused on determining how learning information about one's risk for disease influences health behaviors and other outcomes. Her work has examined many key public health challenges including cancer. Recently she has been working to better understand how sources of risk information (i.e., results of genetic testing as compared to family history or behavioral history) can influence health behavior. As a health psychologist, Dr. Taber will be teaching courses relating to those topics to both graduate and undergraduate students. Dr. Taber has only just arrived in Kent and so she is currently exploring the area looking for opportunities for outdoor fun, including hiking and cross country skiing in CVNP.





## Dr. Clarissa Thompson

*Psyche* is pleased to introduce Dr. Clarissa Thompson. Dr. Thompson joins the KSU Psychological Sciences faculty as part of our cognitive science area. She received her BA from California University of Pennsylvania and her PhD from Ohio State University. In addition, Dr. Thompson completed a post-doctoral fellowship at Carnegie Mellon University and had several years on the faculty at the University of Oklahoma. Dr. Thompson's research is focused primarily on understanding mathematical learning in young children. In particular, she has been working to better understand how numbers are estimated and addressing challenges that develop when children transition from working with whole numbers to fractions. Recently, she and her research team have been developing applications for the classroom that include the use of games and analogies to facilitate this learning process. Dr. Thompson is one of only few faculty fortunate to teach the Lab Experiences course to a small group of advanced undergraduates. She particularly enjoys helping undergraduate students

take on their own research from start to finish. With formal training also in music, Dr. Thompson enjoys spending time with her family at various musical events in the community.



## Dr. Christopher Was

*Psyche* is pleased to introduce Dr. Christopher Was. Dr. Was joins the KSU Psychological Sciences faculty after spending several years as a faculty member in educational psychology in KSU's College of Education, Health, and Human Services. Dr. Was received his BA from Indiana University and PhD from the University of Utah. Dr. Was joins our cognitive science area as his primary research is focused on how people learn and then recall information. Recently, Dr. Was has been working to better understand how information is retained even when individuals have forgotten that they learned it and what types of individual difference factors influence this process. Dr. Was is also an expert in advanced quantitative methods and joins the core faculty focused on training both undergraduate and graduate students in quantitative methods in research. Dr. Was is a long-distance runner and frequently runs competitively in the area. At present, he is planning to complete at least part of the *Burning River 100 Mile Endurance Run* this summer between Cleveland and Akron.





## Meet New Staff



### Bryce Cain

*Psyche* is pleased to welcome into the Psychological Sciences Undergraduate Advising Office, Bryce Cain. Bryce is our departmental Senior Academic Advisor and Undergraduate Internship Coordinator. Bryce comes to the department from the KSU Exploratory Advising Center and holds a BA in Psychology and MA in Higher Education Administration from the University of Akron. His background consists of academic advising, career advising, mentoring programs, assessment, and tutoring. Bryce feels fortunate to have transitioned to our department as he is now able to do more diverse advising, including advising on career planning. Moreover, Bryce is able to help guide career development as students progress *through* their undergraduate studies. Since his arrival, Bryce launched the *Psych Degree to Destiny Series*, a collaborative program designed to give undergraduate psychology majors the opportunity to connect with professionals in psychology-related disciplines and help students decide how to go about their studies and reach their career

goals. Bryce was recently elected to serve as the next State Representative/Liaison to NACADA, the National Academic Advising Association. In his time off, Bryce is an avid Cleveland Indians fan and enjoys spending time outdoors with his wife and dog.

### Ida Cellitti

*Psyche* is pleased to welcome new staff in the Department of Psychological Sciences. Ida Cellitti joined the department in March 2016 as our Special Assistant for the Department, Science of Learning & Education Center (SOLE) and Applied Psychology Center (APC). Ida comes to the department from the KSU Physics Department where she was a Grants Coordinator in the fields of Nuclear and Hadronic Physics, Soft Matter, Condensed Matter and Biophysics. Previous to joining Kent State University, she worked for Diebold Incorporated as a Senior International Import/Export Analyst for over 17 years where her responsibilities included global logistics, trade regulations, and buyer. Ida holds a BA in Economics from Kent State University and an MBA in Business from California Coast University. In her time off, Ida enjoys gardening, cooking, meditation, and spending time outdoors with her family.



### Tracie Roberts

*Psyche* is pleased to welcome another new staff member in the Department of Psychological Sciences. Tracie Roberts joined the department in May 2016 as the Secretary in the Main Office. Tracie has an associate's degree in Secretarial Science Technology from Bohecker's Business College. Prior to joining Kent State University, she worked for Rootstown Local Schools as a Bus Driver. In her spare time, Tracie enjoys spending time with her family, doing crafts and watching her 2 children participate in sports.

## Interdisciplinary SOLE Center to Promote the Science of Learning & Education



In 2014, the Science of Learning and Education (SOLE) Center was developed from a collaboration between the Department of Psychological Sciences, the College of Arts and Sciences, and the College of Education Health and Human Services. A major mission of the SOLE Center is to foster evidence-based reform of STEM education, health education, and literacy and language learning, to improve achievement and retention for Kent State students and for K-12 students in the surrounding community. “Our aim is to foster education research with faculty across the Kent State campus and further develop links to the community”, said Dr. John Dunlosky, a Professor in the Department of Psychological Sciences and director of the SOLE Center. “Along with my co-director, Dr. Bradley Morris from Educational Psychology, one of our main aims is simply to support any activities that promise to improve student achievement, either by helping students directly improve their study skills or by helping teachers do their challenging jobs even better.” Since the initiative began, the SOLE Center has sponsored Education Summits focusing on presentation of cutting-edge techniques to improve education and has been actively involved in collaborative education research that has attracted funding from the National Science Foundation. For more information, see <http://www.kent.edu/sole>.



**Dr. John Dunlosky, Professor in the Department of Psychological Sciences and Director of the SOLE Center with Dr. Brad Morris, Associate Professor in Education Psychology and Co-Director of the SOLE Center**

## Fresco & Hughes Receive NIH Grant



*Psyche* would like to congratulate Drs. David Fresco (PI) and Joel Hughes (Co-I) on receiving a five year, \$3.6M NIH grant award to study whether instruction in stress reduction techniques can help individuals with prehypertension adopt a healthier lifestyle to reduce their blood pressure without medication. Their study is being conducted in collaboration with University Hospitals in Cleveland and the University of Pennsylvania in Philadelphia. The premise of the study is that controlling blood pressure

without medication is simple (better diet and more exercise), but not easy to initiate or maintain. The study investigates two programs of stress reduction: mindfulness based stress reduction, which teaches meditation and yoga and stress management education, which provides patients information about causes and triggers of stress, but does not include meditation. If readers of the *Psyche*, who live near Cleveland, OH or Philadelphia, PA, are interested, they can find out more information at [www.serenitystudy.org](http://www.serenitystudy.org).



## **Kathryn Kerns Receives Bowlby-Ainsworth Contribution Award**

Kathy Kerns was among the first group of 12 faculty members at Kent State University to receive the Presidential Excellence Award (PEA). The PEA recognizes national or international reputation based on contributions in teaching, research or service. Kathy's PEA was highlighted by another international award she recently received, the 2015 Bowlby-Ainsworth Contribution Award from the New York Attachment Consortium. Both awards recognize Kathy's substantial contributions to scholarship on parent-child attachment.

## **Doug Delahanty Receives KSU 2015 Outstanding Research & Scholarship Award**

Doug Delahanty (on the left) was one of three researchers to receive Kent State University's 2015 Outstanding Research and Scholarship Award. Doug's award was based on his substantial contributions to research on posttraumatic stress disorder (PTSD) and depression among children and adults who have experienced a traumatic event.

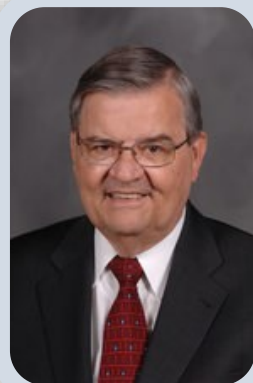


## **Joel Hughes Receives KSU 2016 Outstanding Research & Scholarship Award**

Joel Hughes was one of three Kent State researchers to receive the 2016 outstanding research and scholarship award. He received his award based on his contributions to treatment research on the psychological factors underlying cardiovascular disease.

## **Jack Graham Receives Bruno Klopfer Award for Lifetime Achievement**

The Society for Personality Assessment awarded Emeritus Professor Jack Graham the Bruno Klopfer Award in recognition of his lifetime career contributions to the field of Personality Assessment. Jack's contributions to the field began during his graduate studies at the University of North Carolina at Chapel Hill. It is there that he became interested in the Minnesota Multiphasic Personality Inventory (MMPI). Jack has since published more than 100 articles on the MMPI, written a textbook widely used in graduate psychological assessment courses, and co-authored the MMPI-2.





## Congratulations to Our Current and Former Students!

### Graduate Student Honors & Awards

**Shannon Claxton** received the David B. Smith Award

**Amanda Klingensmith, Amy Fahrenkamp** received the Reuter Fellowship in Developmental Sciences

**Ryan Marek, Katie Wissman, Scout McCully, & Lindsey Matt** received the University Fellowship

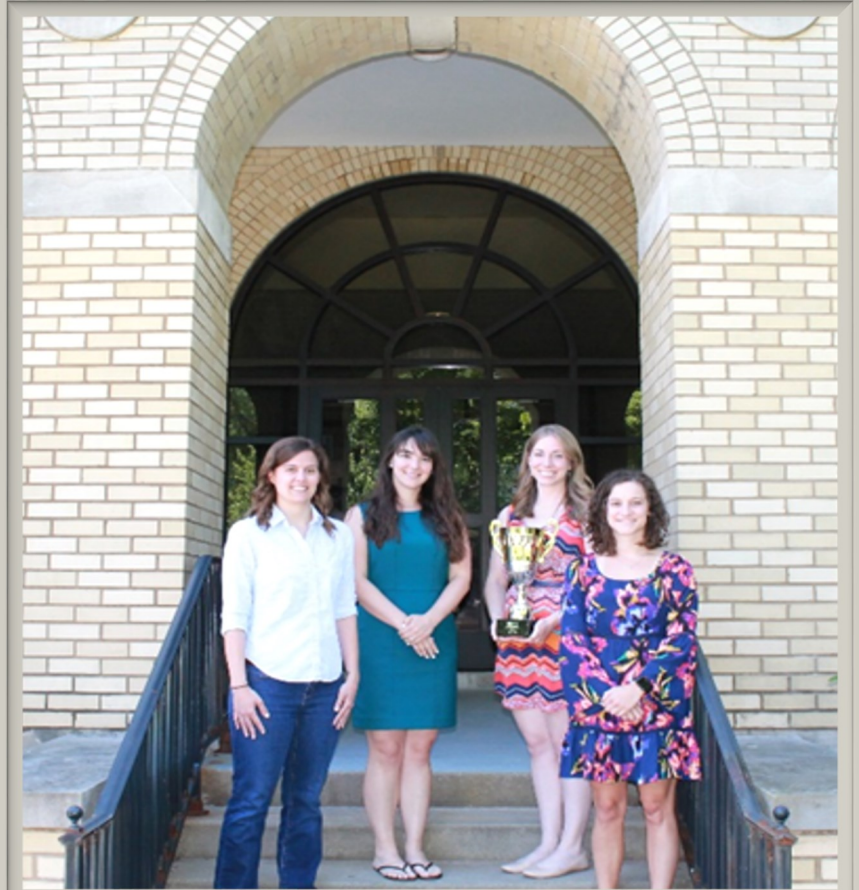
**Shana Wilson (co-author Amy Sato)** received the *Stress and Health's* 2014 Paper of the Year Award

**Ryan Marek** received the Mary S. Cerney Award (Society for Personality Assessment)

**Lindsay Matt** received a Research Grant from the National Psi Chi Society

### Graduate Students Win Sloboda & Bukowski Cup

**Liz Baker, Karly Cochran, Haylee DeLuca and Logan Stigall** won the 2016 Society for Prevention Research (SPR) Sloboda and Bukowski cup. This cup is awarded annually to a team of junior scholars who demonstrate their excellence in prevention research in competing with several other teams (other participants in 2016 included Arizona State University, Clemson University, Florida International University, University of Illinois at Urbana-Champaign and University of California, Irvine).



L-R: Karly Cochran, Haylee DeLuca, Liz Baker, Logan Stigall

## Accomplishments of Former Graduate Students

**Michael Alosco** secured an F32 from NIH for his project “Magnetic Resonance Spectroscopy as a Biomarker for Chronic Traumatic Encephalopathy.” Dr. Alosco is a postdoctoral fellow at Boston University.

**Dustin Wygant** received the Samuel J. and Anne G. Beck Award (Society for Personality Assessment)

**Brian Hall** received the:

- ◇ Theodore Blau Early Career Award for Distinguished Professional Contributions to Clinical Psychology (APA Division 12)
- ◇ Young Investigator Award (International Union of Psychological Science)
- ◇ Award for Outstanding Contribution to Trauma Psychology by an Early Career Psychologists (APA Division 56)
- ◇ Chaim and Bela Danieli Young Professional Award (ISTSS)

**Marsheena Murray** received the American Board of Professional Psychology Early Career Psychology Diversity Award

**Anthony Tarescavage** received the Distinguished Award for Outstanding Student Research in the field of Police & Police Safety Psychology (APA Division 18)

### Looking for News from Our Grads!

Do you have a special accomplishment or a professional milestone you would like to share? We would love to hear from you so we can include your news and special accomplishments in next year's issue. Don't be bashful! Please send your news items to Ida Cellitti at [icellitt@kent.edu](mailto:icellitt@kent.edu).



**Brian Hall with his Graduate School Advisor,  
Dr. Stevan Hobfoll**



## The Dr. F. Treichler and Nancy Treichler Undergraduate Scholarship



**Bob and Nan Treichler with undergraduate scholarship recipient, Sydney Green**

Long-time Emeritus Professor Dr. F. Robert (Bob) Treichler and his wife Nancy (Nan), established a new undergraduate scholarship through a generous donation to the Department of Psychological Sciences. The Dr. F. Robert and Nancy Treichler Psychology Scholarship is competitive and awarded to an undergraduate Psychology Major who has a minimum GPA of 3.2 and who has demonstrated excellence in the classroom and research laboratory. In 2016 the first two awards were made to Sydney Green and Jessica Kotik. Many thanks to Bob and Nan for their generous support of the department and our undergraduate students.

## Current Undergraduate Student Honors & Awards

**Sean Burrige** received the Hal Page Award (Phi Beta Kappa)

**Aneela Qadir** received the Outstanding Senior Award

**Tyler Vanderhoof** received the Outstanding Senior Award

**Angela Ehrich** received the Frederick E. Davidson Scholarship Award

**Jessica Cooke** received the Frederick E. Davidson Scholarship Award

**Brittany Blier, Kimberly Cramer, Angela Ehrich, Payton Hagerdorn, Megan Kasperczyk, Jordyn Lally, Nicole Smith, Jacob Taylor** were selected for the KSU Summer SURE program

**Jordan Adkins, Megan Butler, Haley Courtney, Michael Gray, Rajaa Thalluri** received 1<sup>st</sup> place at the UG Research Symposium

**Emily Ferrell, Payton Hagerdorn, Jessica Mulvany** received 2<sup>nd</sup> place at the UG Research Symposium  
**William Brown, Haley Courtney, Angela Ehrich** received Honorable Mention at the UG Research Symposium

## Former Undergraduate Student Honors & Awards

**David Frank** is a Post-Doctoral Research Fellow at Case Western Reserve University

**Morgan Shields** received the Outstanding New Professional Award (Kent State University Alumni Association)

## In the Loop

*In this issue we are very pleased to feature undergraduate alumna and generous benefactor, Judie Fall Lasser, who attended Kent State from 1996 – 2000.*

We are honored to introduce one of our department's most generous supporters and long-time friend, Kent State alumna, Judie Fall Lasser. Thanks to her generous donations, our department has two endowed funds for graduate students. The *Judie Fall Lasser Psychology Fund* is an annual award that supports non-traditional female graduate students in our department. The *Judie Fall Lasser Graduate Research Award* is awarded to individual graduate students to support their research projects, and supports five to ten graduate students annually. We asked Judie why she decided to establish these funds in support of our graduate students. Here is her story.



When Judie was in her early 20's and raising a young family in Michigan, she attempted to earn her college degree by taking classes at Eastern Michigan, Oakland University, and Wayne State. All told, she earned a total of 75 college credits at these Michigan institutions but never garnered enough credits to complete the bachelor's degree. An Ohio native, Judie and her family eventually moved back to Hudson, Ohio. In 1996, at the age 46, Judie made the decision to return to college and work toward achieving her goal of obtaining her bachelor's degree.

Going back to college after 25 years was intimidating. As a non-traditional student who was enrolled part-time, Judie felt lost. Most of the undergraduates were much younger than she; they seemed knowledgeable, sharp and fast. However, thanks to the support she received from the graduate student instructors she encountered, she soon felt like "she was one of the crowd". Over the next four years Judie would spend a lot of time in Kent Hall – she took many classes and got involved in undergraduate research. Judie eventually received her B.A. in Psychology in 2000 and graduated with honors.

These days Judie spends most of the year in Tucson, Arizona and part of the year in her home in Hudson. A life-long learner, Judie has taken many college courses since she completed her bachelor's degree, and she continues to learn by traveling around the world. Just last year, she and her husband Bob went on a National Geographic expedition to Antarctica.

Judie credits much of her success to her wonderful experience at Kent State, and the relationships she formed with the graduate students, faculty and staff in our department. She describes the psychology graduate students as "fantastic", "over the top helpful" and "always there for you". She was impressed by their talent and dedication. Judie also understands the very real financial challenges that graduate students face, and wanted to do what she could to facilitate their degree completion and success. To date, dozens of our graduate students have benefited from Judie's gifts, and many more will do so in the future. The department is deeply grateful to have such a wonderful friend and benefactor, whose generosity will leave a lasting mark on the lives of the graduate students who pass through our program, and will continue to do so in perpetuity.

Congratulations to the 2015-2016 recipients of the Judie Fall Lasser Research Award: Maeson Latsko, Ryan Marek, Brian Smith, Anna Wise, Amanda Klingensmith, Diana Mendez, Karly Cochran, Amy Fahrenkamp, Jeannette Iskander, Maria Nylocks, Logan Stigall, Kaela Stuart, & Gail Williams

## Arrivals...

### 2016-2017 Incoming Graduate Students





## Departures...Recent Ph.D. Dissertations

**Calvo, Dayana (Dr. Spitznagel)** The Effects of A Very Brief Aquatic Exercise Intervention On Fitness and Cognitive Function in Multiple Sclerosis

**Silberman, Stephanie G. (Dr. Grau)** Effects of Grandmother Childcare Involvement, Supportiveness, and Acceptance on Latina Adolescent Mother-Child Dyadic Synchrony

**Babyar, Heather M. (Dr. Wildman)** The Role of Social Media in the Relationship Between Social Support and Adherence in Children with Cystic Fibrosis

**Rich, Patrick (Dr. Zaragoza)** The Continued Influence of Misinformation Following a Delayed Correction

**Marek, Ryan J. (Dr. Ben-Porath)** Psychopathology and Five-Year Roux-En-Y Gastric Bypass Outcomes in Bariatric Surgery Patients

**Flynn, Jessica J. (Dr. Coifman)** Daily Fear in Social Anxiety Disorder

**Eskenazi, Michael (Dr. Folk)** Word Skipping and Parafoveal Semantic Activation During Reading

**Smith, Aimee W. (West) (Dr. Wildman)** Parent and Adolescent Factors Related to Adherence and Health Outcomes in Sickle Cell Disease

**Wissman, Kathryn T. (Dr. Rawson)** Collaborative Inhibition: Evaluation of the Part-Set Cuing Hypothesis for Key-Term Definitions

**Jones, Michelle (Thedford) (Dr. Crowther)** The Influence of Weight Suppression on the Development and Maintenance of Eating Psychopathology

**Gathright, Emily (Dr. Hughes)** Depressive Symptoms and Mortality in Heart Failure: The Role of Medication Adherence

**Wall, Jenna (Dr. Merriman)** "SURPRISE!" The Role of Discovery-Based Interference in Children's Word Learning

**Mueller, Michael (Dr. Dunlosky)** Beliefs About Processing Fluency Can Impact Judgments of Learning Without Differential Processing Fluency

**Lynch, Joseph F., III (Dr. Jasnow)** Estrogenic Modulation of Fear Generalization

**Chong, Alexandra (Dr. Gere)** Home and Work Stress Spillover: The Roles of Social Support and Positive Reappraisals

**Gordon, Alynn (Dr. Stephens)** Egalitarian Essentialism: Practical, Theoretical & Measurement Issues

**Klipfel, Katherine (Dr. van Dulmen)** The Neuropsychological Correlates of Dating Aggression: Investigating the Role of Executive Functions in Dating Aggression

**Wilson, Shana (Dr. Wildman)** Relationship Between Executive Functioning and Adherence in Youth with Sickle Cell Disease

**Waldrep, Edward (Dr. Delahanty)** Coping Self-Efficacy as a Mechanism of Resilience Following Traumatic Injury: A Linear Growth Model

**Claxton, Shannon E. (Dr. van Dulmen)** Do Casual Sexual Relationships and Experiences Make You Feel Bad? An Investigation of Cross-Lagged Associations with Depression, Self-Esteem, and Alcohol Use

**Moe, Aubrey (Dr. Docherty)** Schizophrenia, Narrative, and Neurocognitive Processes

**Don, Brian P. (Dr. Updegraff)** The Influence of Relationship Closeness on the Feeling that Life is Meaningful

**Buchholz, Laura J. (Dr. Crowther)** An Ecological Momentary Assessment of Self-Regulation, Dietary Restriction, and Alcohol Use Among College Women

**Coleman, Jennifer (Bernier) (Dr. Delahanty)** Examination of the Relationship Between Trauma Exposure and Substance Use Severity in Pregnant and Recently Pregnant Opioid Users

**Mathews, Brittany (Dr. Kerns)** Relations of Parent-Child Relationships and Biological Factors with Anxiety in Early Adolescence: Examining the Mediating Role of Emotional Factors

**Brusnighan, Stephen M. (Dr. Folk)** The Role of Semantics in Orthographic and Phonological Learning

**Reilly Hruska, Laura (Dr. Ciesla)** Co-Rumination in Mother-Adolescent Dyads: The Role of Maternal Depression

**Hammonds, Tracy (Dr. Hughes)** The Influence of the Caregiver on Healthcare Outcomes in Patients with *Chronic Obstructive Pulmonary Disease (COPD)*



## In Memoriam: Dr. Vivek Pillai

Dr. Vivek (Venugopal) Pillai, a KSU alumnus and clinical psychologist, unexpectedly died at the age of 33 in late October in Detroit, Michigan. Vivek was a doctoral graduate of the clinical psychology program at Kent State in 2013.

Vivek received his Bachelor of Arts degree from Ohio Wesleyan University in 2004, with a major in psychology and a minor in computer science. He then enrolled in the clinical Masters program at Cleveland State University. His goal was to eventually seek entry into a doctoral program in clinical psychology. And in 2007, he was admitted to our doctoral program. Initially, Vivek worked with Dr. Joel Hughes and Dr. John Gunstad on driving simulation studies. Later, due to an increased interest in psychopathology, he transferred to working with Dr. Jeff Ciesla with a particular emphasis on the relationship between depression and insomnia.

After completing his dissertation, “The Efficacy of Mindfulness-Based Meditation in Attenuating Sleep Disturbances among High Trait Ruminators,” Vivek then went on to his clinical internship at Eastern Virginia Medical School. From there, he completed a postdoctoral fellowship at the Sleep Disorders and Research Center at the Henry Ford Hospital in Detroit. Upon promotion to independent investigator, he continued his work in clinical sleep research with Drs. Christopher Drake and Tom Roth. Vivek had developed an impressive vita, with 23 academic publications that includes an article in the prestigious journal *Biological Psychiatry*, “A meta-analysis of electroencephalographic sleep in depression: evidence for genetic biomarkers” which has already made a significant impact on the field.

Vivek was born in India, and so he often brought a unique perspective on culture and current events. He also spoke six languages: English, Hindi, Marathi, Sanskrit, Tamil, and Malayalam! Though he was known for joking about his native culture, he did so in a thoughtful way. In fact, although he could have a biting sense of humor about India, it was always clear that he valued and respected its traditions and his upbringing. He knew that Americans generally know little about Indian culture, and enjoyed explaining this culture to and sharing its cuisine with others. Maria, a friend of his, remembered, “When his parents visited Ohio, they were kind enough to make some of his friends a DELICIOUS homemade meal. It was incredible, and I will always remember how sweet the family was. And Vivek left a lasting impression on many who knew him.” Although he came to the US without having learned to drive, multiple brave souls in our department (e.g., David Kalmbach, Peggy Soltis, and Marielle Divillbis) became his driving instructors.

In addition to his academic pursuits, Vivek was a football devotee. There will be no qualifying of the term “football” here, as Vivek would very happily tell you that *true football* should never be confused with that thing Americans watch on Sundays. His many jerseys (often worn inside-out) were always his favorite clothing choice. He was also known for being an active participant in multiple departmental practical jokes. One of his former advisors still clearly remembers the day that he found his car fully shrink-wrapped and highly decorated. Vivek was also known for his skills with computing. Though this came in useful in his research, he also used this to have fun. Marielle, classmate of his, recalled a time when he volunteered hours of time to help with creating a funny music video celebrating living in Ohio. She recalled, “I loved being able to goof around with my friend, and he helped make my graduate experience what it was. Viv is a talent gone too soon from this world. I miss him.”

Vivek is survived by his parents VG Pillai and Rajee Venugopal, his brother Deepak, sister-in-law Archana, niece Venya, and nephew Zorin.

To recognize Vivek’s contributions to the field, the department has set up a fund in his honor. To read the description of this fund and how to donate, please see <https://www.gofundme.com/in-memory-of-vivek-pillai>. Any donations, no matter how small, are welcome.

-Jeff Ciesla

## Letter to Vivek

Viv,

We became friends in 2008. That was eight years ago - a veritable lifetime ago. I had a freshly accepted offer to graduate school in clinical psychology at KSU, making me the new Korean kid in the graduate program. You were the bright-eyed Indian with a suspect British accent. You were the Kumar to my Harold.

As these things often go, I can't recall how we became friends. Really, I think it came down to you not having a car, so you needed rides to the grocery store. So I drove you around town, and you didn't complain about smelling of cigarette smoke. Yeah, I suppose that's how it all got started. But it was really *just the start*.

It turned into putting together an IKEA bed for you because your mattress got bedbugs ironically when it was on the carpet of your apartment (turns out those bedbugs climbed up that new bedframe of yours anyway and became proper bedbugs), but I'd do it all over again anyway because when ----- and I broke up, you skipped work to meet me at B-Dubs, and you know I'd have done the same for you, because I did - twice, even though you broke my orbital bone with your shoulder while playing soccer, which is literally the only time that such an injury has happened in the history of the sport (probably), so we'll just sit here with this extra sheet pizza that I snagged from the KSU graduate student interview social gathering when I left early so I could pop by your apartment and hang out, which is becoming an annual tradition on interview weekend not unlike when we queue up our DVD players in our own apartments and synchronize pressing *play* so we can watch movies—typically Harry Potter and the Order of the Phoenix or the Half-Blood Prince, except that one time it was The End of the Tour—together when we're living far apart, and when this movie's over, let's really work out the details of our *Samosa Joe's Mimosa Mart* samosas and mimosas food cart idea, i.e., an idea that's almost as impressive as the time we got a suitcase of White Castle burgers and crinkle fries and watched Harold and Kumar 1 then 2 and finally 3, i.e., the Christmas one, to kick off the Christmas season a couple of years ago and had I known it'd be our last H&K marathon and Christmas bonanza, I would've taken more pictures, but I just got the one (picture) so I suppose it'll do because there's no time left to take anymore (pictures) and no reason for me to put Wallace-isms in my papers anymore and no co-authored papers of ours for your mom to take to and pray over at the temple anymore, but I've got a lot of time to think—a veritable lifetime to think—about how you set me up with the girl I fell in love with, and that the last time I saw you was at my wedding.

These memories are echoes that stay with me and surround me and remind me. They're beautiful and mocking.

Now I'm sitting here on my birthday, which is 10 days before your birthday, which means you and I are due to meet up for our annual co-birthday dinner. You pay for my meal, and I for yours. That's the deal. And, right now, we're debating whether we'll get steaks or Indian food but really who's ever had a good restaurant steak (*Do they even exist?*), OK maybe that one time you say in DC or Bethesda but I wasn't even there so I have to take your word for it—except I can't remember the name of the place that you told me about and now I can't ask you so I guess it's lost like so many things we lose in life, but anyway I digress—they, i.e., the restaurant chefs, never do quite get the char or sear or char and sear quite right, now do they?, which makes me maybe think Indian is maybe the way to go this year, plus they (Indian restaurants) often let you BYOB and if we BYOB we can save some serious money and splurge on naan, although, hell, it might make most sense if we just have Hungry Howie's deliver a pizza and some wings to your apartment—you know I won't eat Papa John's pizza and no I don't care what you say because it tastes like soggy Wonder bread and ketchup that's why dammit, and Hungry Howie's has only delivered late to your apartment just that one maybe two because I really doubt three times, so just get over it, Viv—so then we can just grab some beers at the grocery store—they got that Lebanese stuff by you that I can't find anywhere outside of Little Baghdad—so then we can watch a movie on your ghetto CRT; I think I'm thinking John Dies at the End, and we'll just do it this way this year, except now it seems that this year we won't and now I'm wondering because I'm not sure if you knew, and I mean that I really do mean *really knew*, how much love I have for you but I also think that that's a common fear to have when you lose someone you love so maybe that's just a normal part of grief or mourning, viz. a post-obit guilt-laden tithing for the answer-starved asking unanswerables, so this year you can pay for the beer and I'll pay for the pizza and wings and a two-liter of Diet because as always I'm on a diet.

But instead, I'm sitting here writing a letter to a dead writer who taught me about love and friendship, and is now teaching me a bit more than I care to learn about loss. I have gained no new wisdom or life lessons from this. I have no healing silver lining to share. Death grants us no such gifts. Sometimes human beings have to just sit in one place and, like, *hurt*.

And if you were here right now, you'd hate this letter. You'd say it has no point, and you'd tell me that I'm far too sentimental.

But you're not here. So here I sit, surrounded by echoes.

-David Kalmbach



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