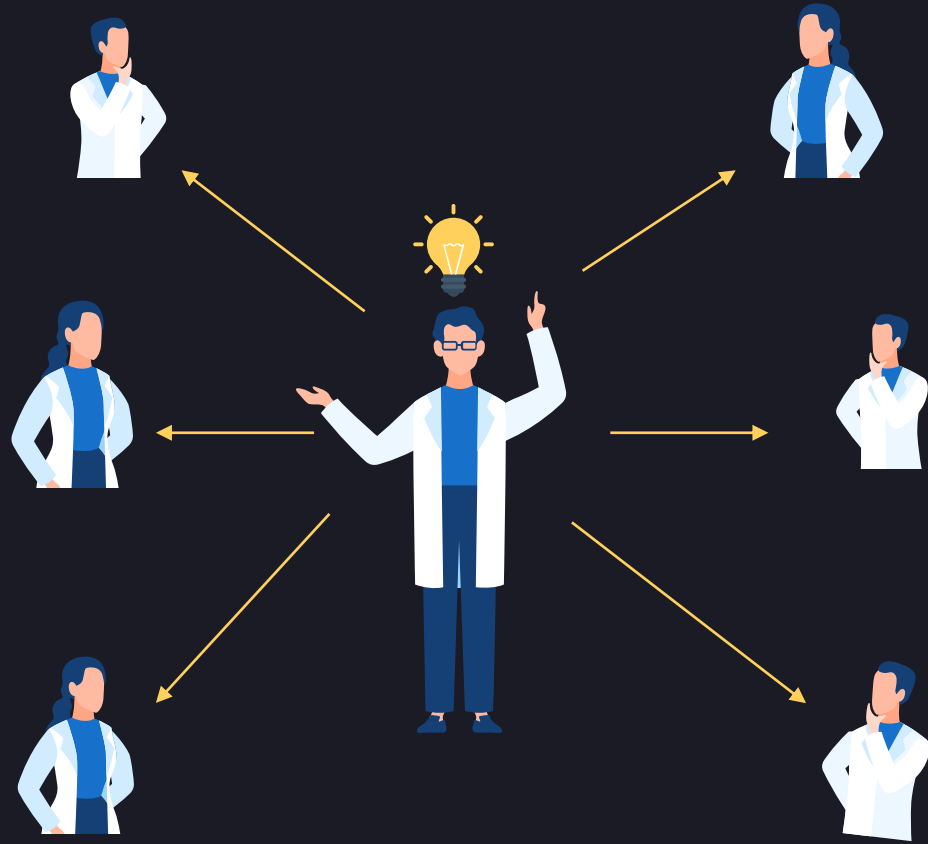
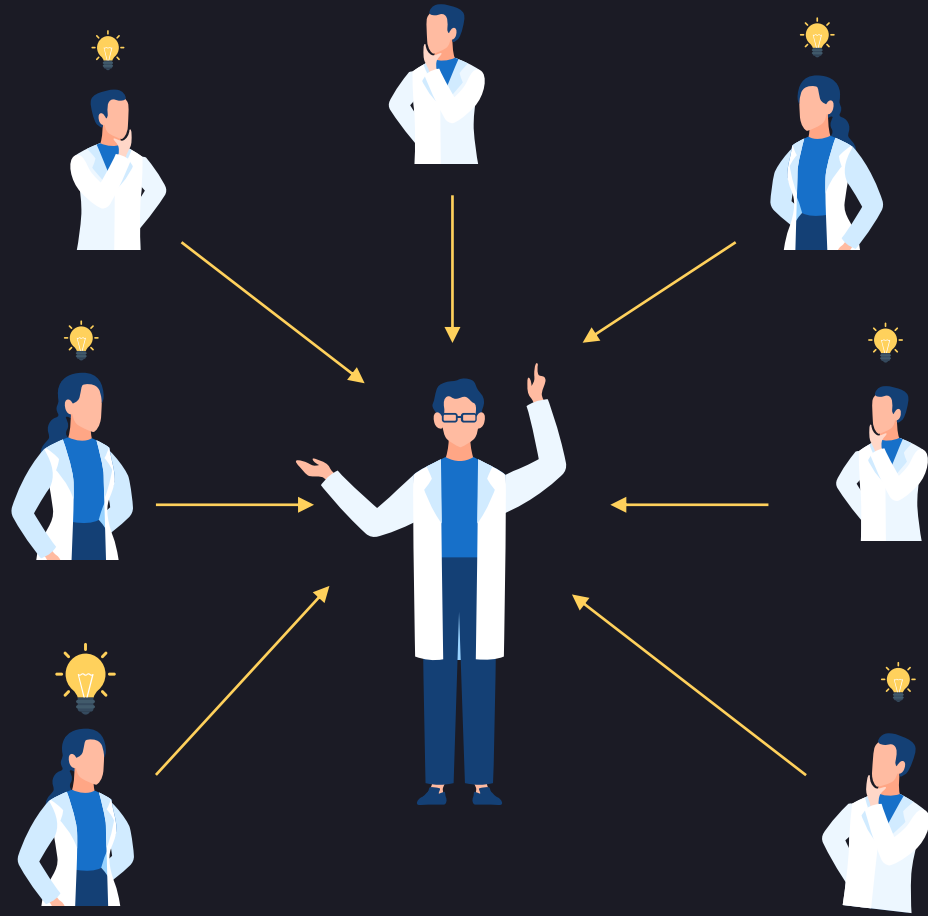
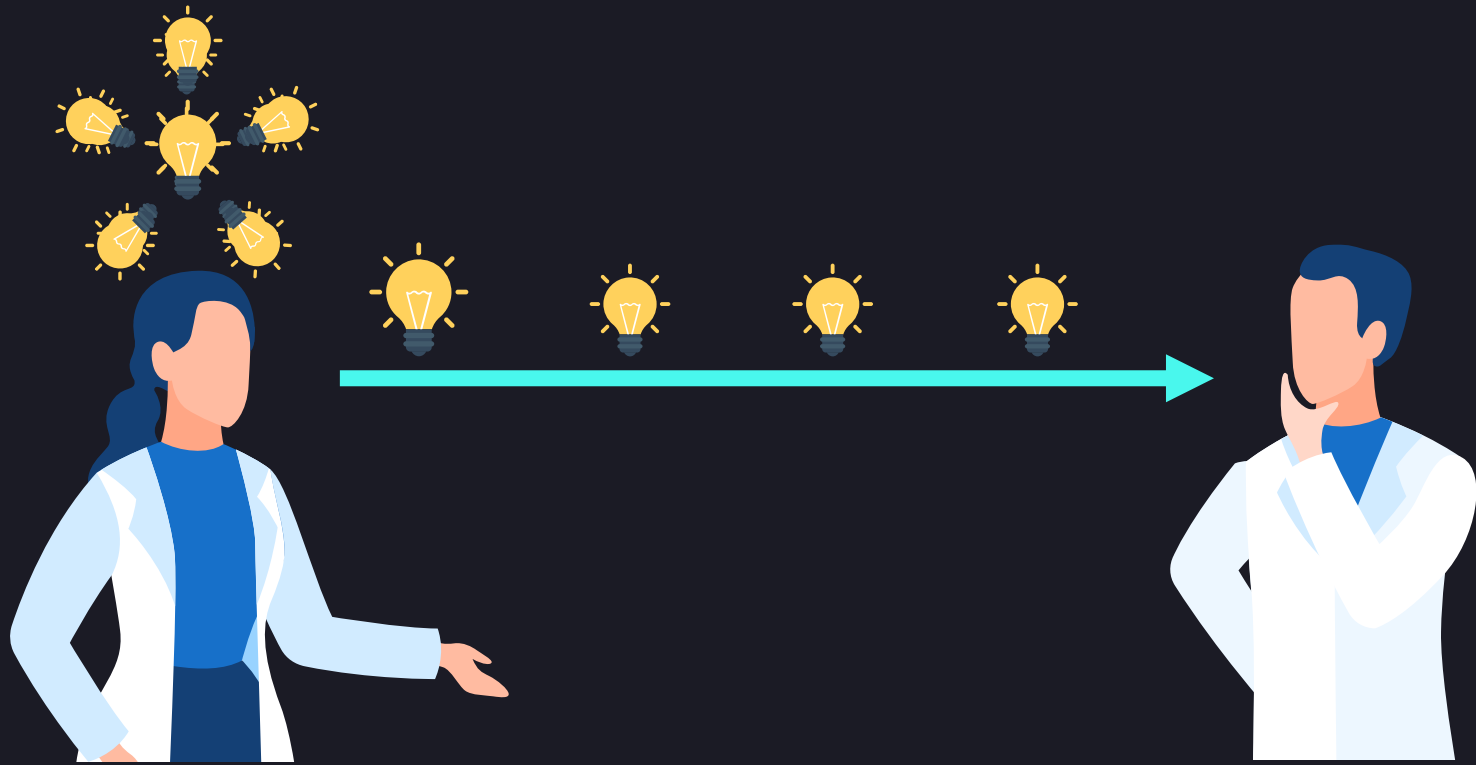


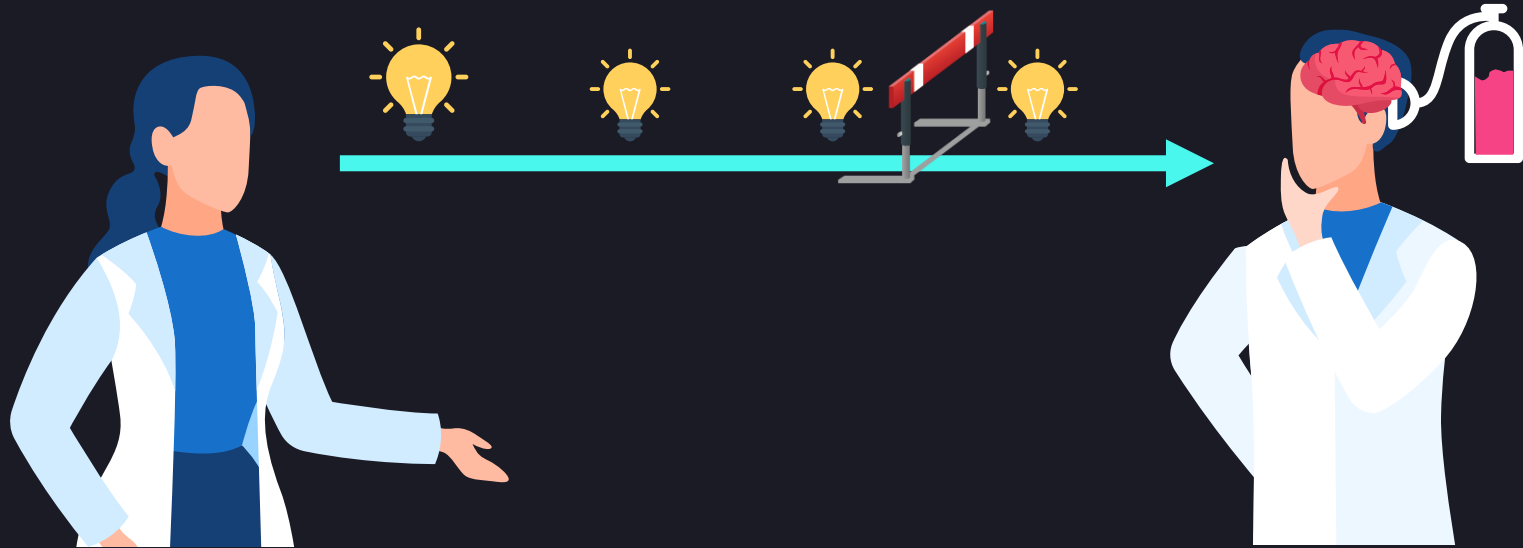
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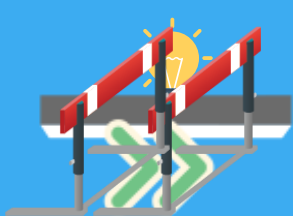
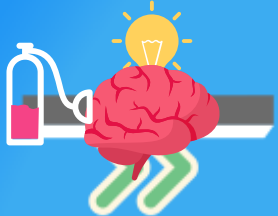
**SCIENCE  
POSTER**











THEY

DON'T



20%

S L O W E R

An illustration of a woman and a child foraging in a bush. The woman, on the left, has long brown hair and is wearing a yellow, patterned dress. She is holding a small basket and looking towards the bush. The child, on the right, has short brown hair and is wearing a yellow, patterned loincloth. The child is crouching and looking at the bush. The bush is green and has many small red berries. The background is a light blue sky with two white clouds and a green hill.

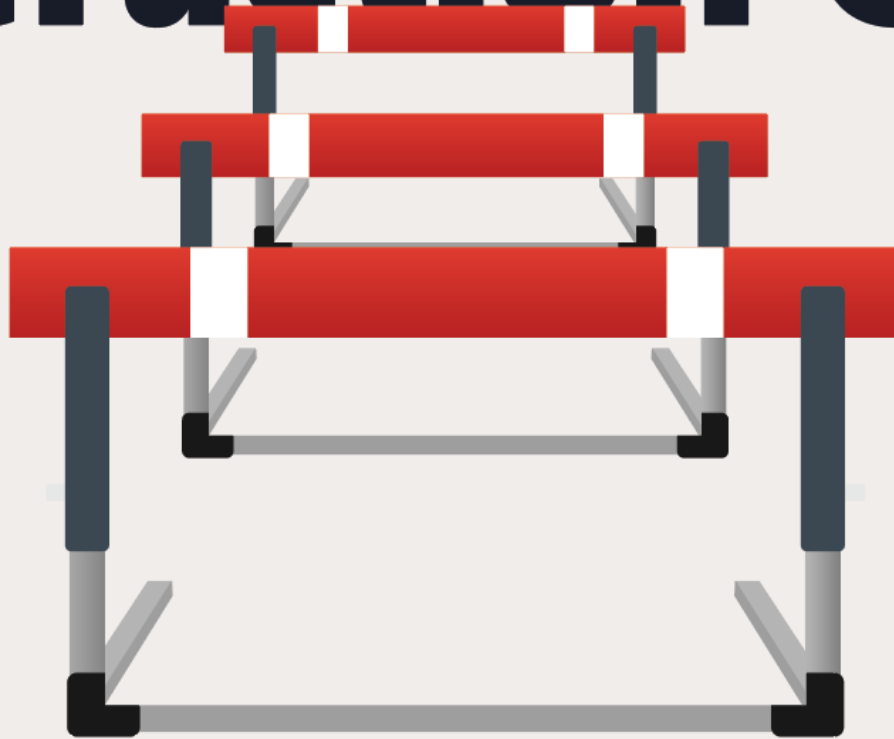
**Information**

**Foraging**

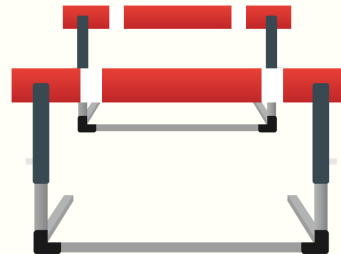
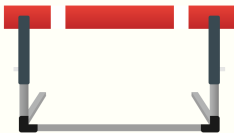
**Theory**



# Interaction Cost







# Grilled Tuna Salade Niçoise



AUTHOR  
Justin S.

CATEGORY  
Salads



Enjoy this classic Mediterranean composed salad of grilled tuna, fresh veggies and hard-boiled eggs. Serve with warm slices of whole wheat bread on the side, if you like.



YIELDS  
2 Servings



PREP TIME  
30 mins



COOK TIME  
30 mins



TOTAL TIME  
1 hr

- ¼ cup red-wine-vinegar
- 2-½ tbsp minced-shallot
- 2-tsp-Dijon-mustard
- 1-large-garlic-clove-minced-and-mashed-to-a-paste-with-1/2-teaspoon-salt
- ½ (rounded) anchovy paste
- 1 cup extra-virgin olive oil
- 1 ½ tsp minced fresh thyme
- 1 ½ tbsp finely chopped fresh basil
- ¾ lb green beans (preferably haricots verts), trimmed
- 1 ½ lbs small (1- to 2-inch) potatoes (preferably Yukon Gold)
- 1 ½ lbs (1-inch-thick) tuna steaks
- Vegetable oil for brushing
- ½ cup drained bottled capers (1 1/2 oz)
- ¼ lb Boston lettuce (2 heads), leaves separated and large ones torn into pieces
- 1 pt cherry or grape tomatoes
- ½ cup Niçoise or other small brine-cured black olives
- 4 hard-boiled large eggs, quartered
- 3 tbsp finely chopped fresh parsley and/or basil

- 1 Whisk together vinegar, shallot, mustard, garlic paste, and anchovy paste in a small bowl until combined well, then add oil in a slow stream, whisking until emulsified. Whisk in thyme, basil, and salt and pepper to taste.
- 2 Cook beans in a 4- to 6-quart pot of boiling salted water, uncovered, until crisp-tender, 3 to 4 minutes, then immediately transfer with a slotted spoon to a bowl of ice and cold water to stop

Find a recipe...



## Nutrition Facts

Serving Size 1 plate  
Servings 2

Amount Per Serving

Calories 100

% Daily Value \*

Total Fat 30g	47%
Saturated Fat 12g	60%
Trans Fat 2g	
Cholesterol 234mg	78%
Sodium 85mg	4%
Potassium 10mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 10g	20%

Vitamin A 2% Vitamin C 3%

Calcium 1% Iron 4%

Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## FEATURED RECIPE



### Triple-Chocolate Cranberry Oatmeal Cookies

By Justin S.

Chunks of fresh cranberries and dark, milk, and white chocolate chips dress up oatmeal cookies for the holidays.

## RECENT RECIPES



**Brisket with Root Vegetables**  
By Jason V.



**Sausage Hash Brown Casserole with Craft Beer**  
By Justin S.





# *Information Scent*



**An empirical  
investigation of  
self-attitudes**

**How does yeast  
affect cancer cells?**

**COVID-19 attack rate  
increases with city size**













**Putt a nylon stocking over your cloth mask to make it more effective at filtering-out coronavirus.**



# 049-085 Asthma Therapy


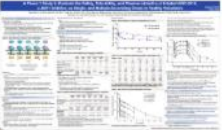






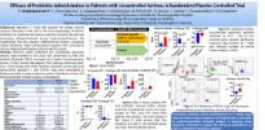


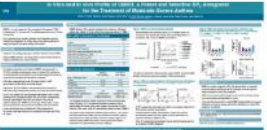
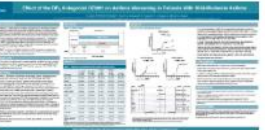
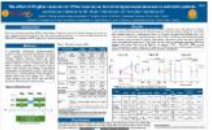
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# 049-085 Asthma Therapy



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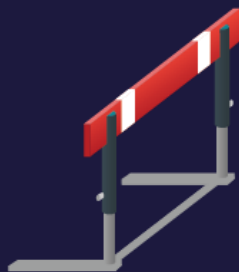
# Results

Table 1: Baseline demographic and clinical characteristics of patients. Unless otherwise specified, all numbers are presented as mean±SD. Baseline characteristics were compared using independent group t-test for continuous data and Chi-squared test for categorical variables. Significant differences were noted between study patients and controls with respect to age (p=0.0078), age at diagnosis (p=0.0113), baseline FeNO (p=0.0065), AEC (p<0.0001), and NPs (p=0.0180).

Characteristic	Anti-IgE (n = 30)	Anti-IL-5 (n = 47)
Age – yr		55.70±14.44
Sex – no. (%)		
Male		16 (34.04)
Female	23 (76.67)	31 (65.96)
Age at asthma diagnosis – yr		38.77±13.47
Time since asthma diagnosis – yr	18.67±15.50	16.94±11.18
Baseline FeNO – ppb	42.17±48.15	61.87±47.10
Baseline FEV1 – % predicted		69.00±19.61
Baseline serum absolute eosinophil count – cells/μL	236.33±217.56	933.40±646.40
Baseline serum total IgE level – IU/mL	354.86±456.57	392.09±571.04
Baseline OCS dependence – no. (%)	3 (10.00)	18 (38.30)
Nasal polyps – no. (%)	4 (13.33)	18 (38.30)
Diagnosis of aspirin-exacerbated respiratory disease – no. (%)	0 (0)	14 (29.79)
Biologic – no. (%)		
Omalizumab		0 (0)
Mepolizumab	0 (0)	25 (53.19)
Reslizumab		9 (19.15)
Benralizumab	0 (0)	13 (27.66)
Clinical response to therapy – no. (%)		41 (87.23)

- Mean baseline FeNO (p=0.6443) - similar
- Mean FeNO unchanged for remainder of the study
- In contrast, FeNO baseline of 42 ± 4 ppb
- Patients with baseline FeNO > 40 ppb
- Similarly, there was no correlation between baseline FeNO and AEC
- Patients in the anti-IgE and three months follow-up
- Baseline FEV1 improved from 69% of predicted
- Similar improvement (± 0.64 L) at follow-up
- No correlation was observed between baseline IL-5 group (Figure 1) and FEV1 among

Figure 1: FeNO decreases over three months in both anti-IgE and anti-IL-5 therapies (1A). However, FEV1 increased between baseline and 3 months in both anti-IgE and anti-IL-5



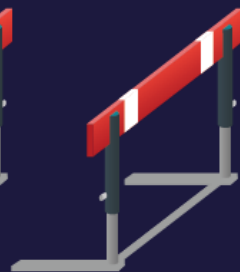
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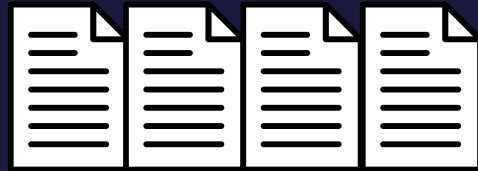
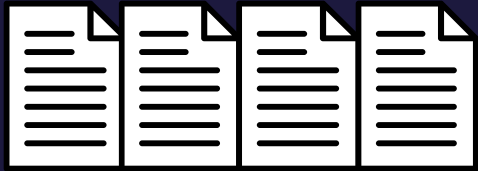
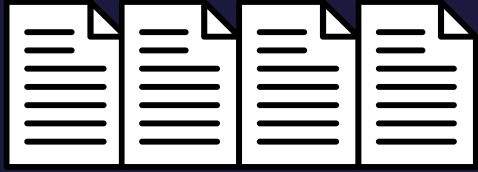
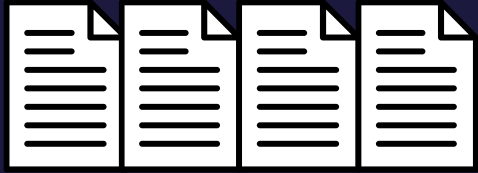


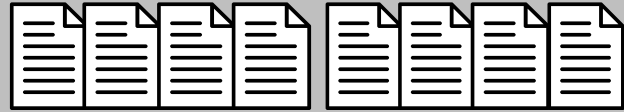
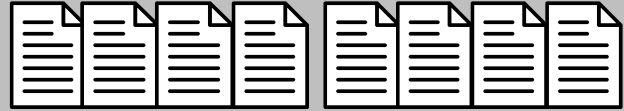
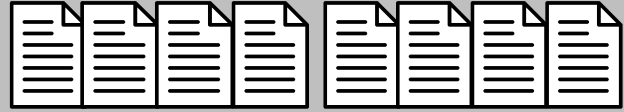
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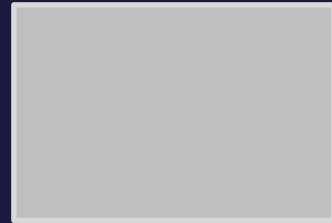
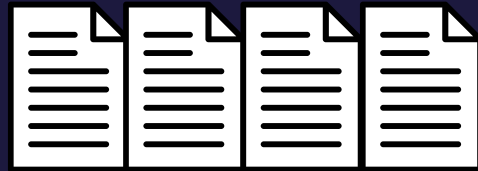
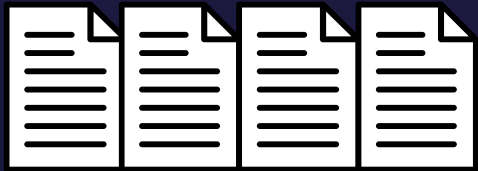
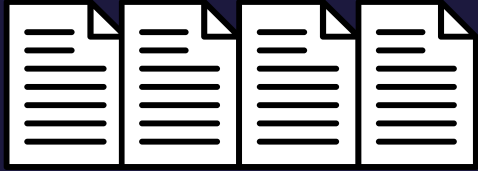
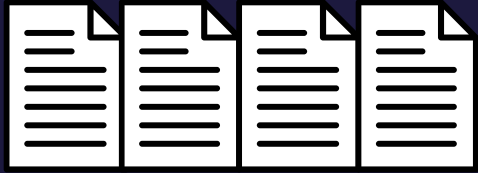


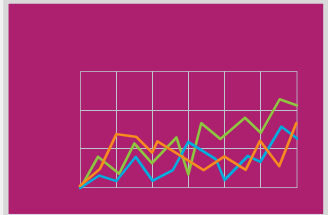
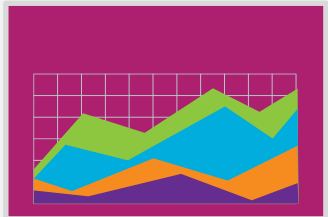
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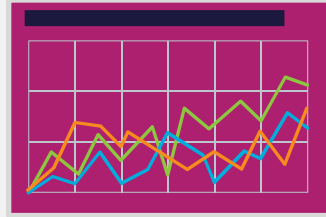








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Acetylcholine (ACh) release in the BLA shifts earlier as animals learn about actions and cues that lead to reward.

1 Acetylcholine (ACh) release in the BLA shifts earlier as animals learn about actions and cues that lead to reward.

2 A novice animal releases Ach when they see the reward...

3 An expert animal releases Ach when they hear the cue...

4 Methods

5 Notice the Ach goes up on the nose poke with more training

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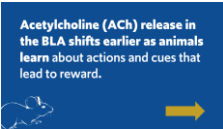
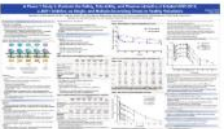
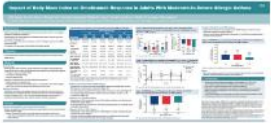
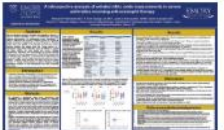

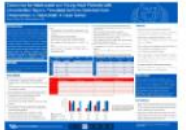
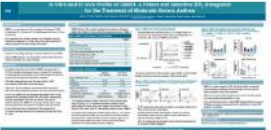
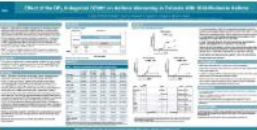
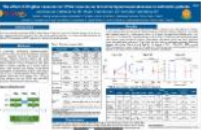
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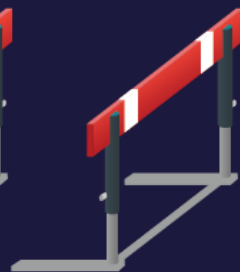
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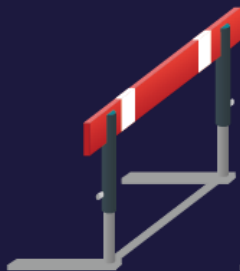


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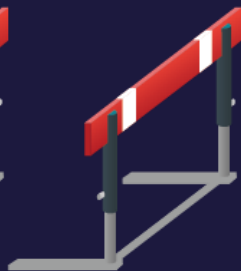




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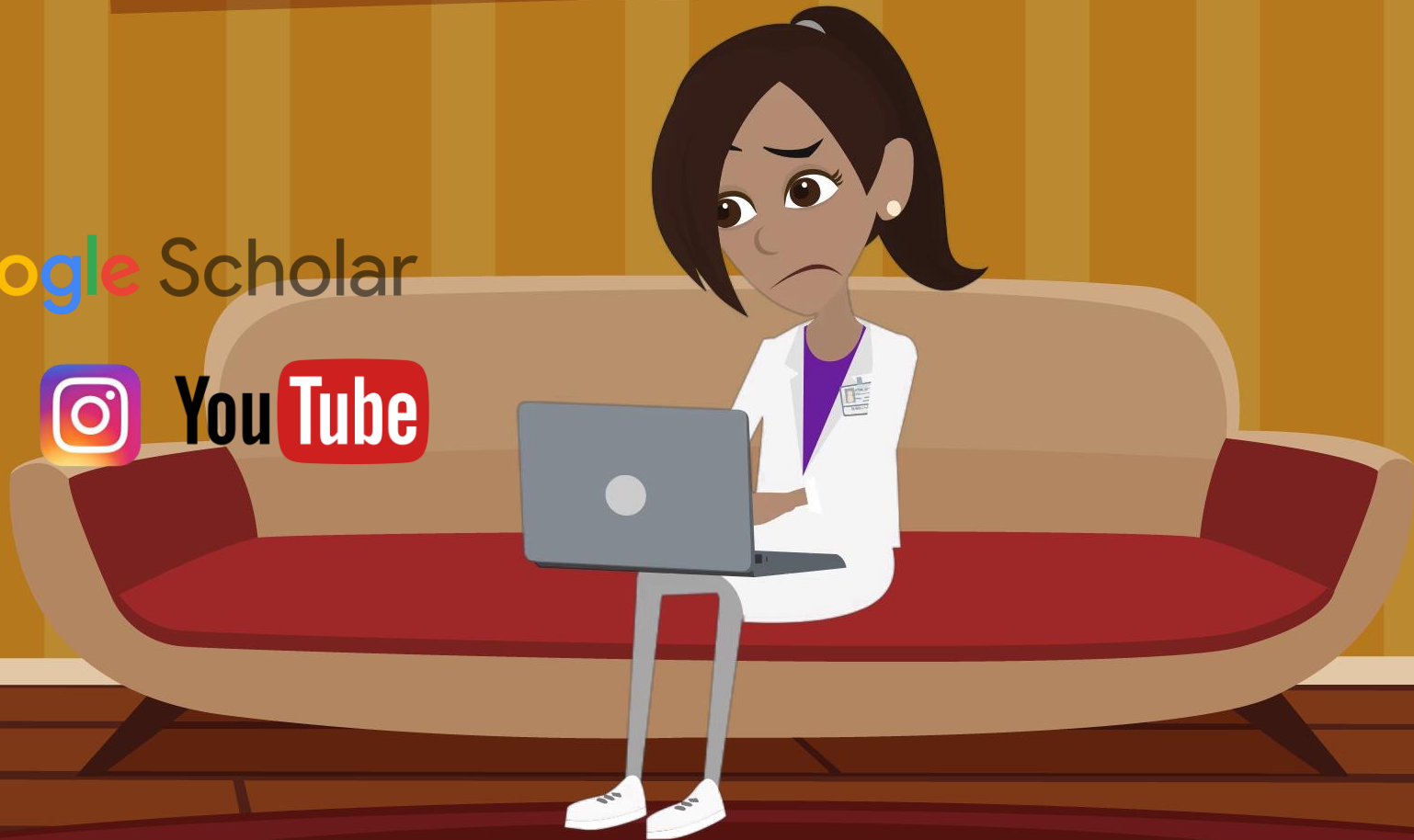
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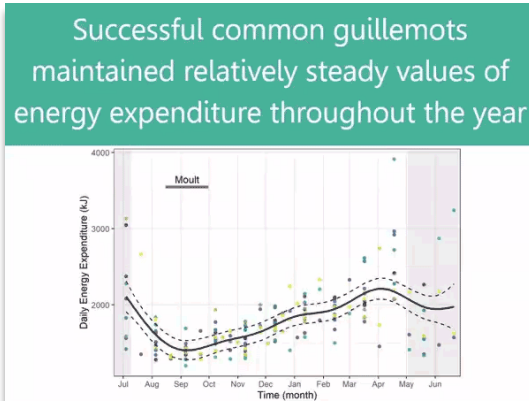


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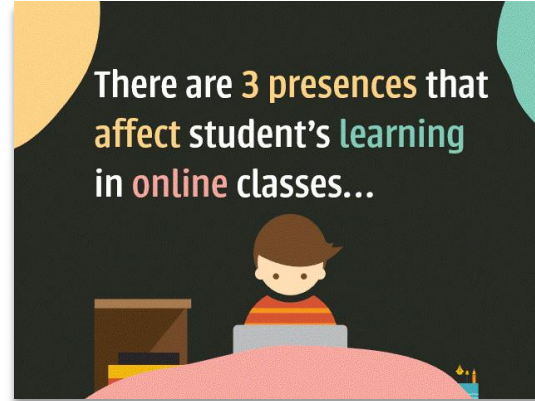




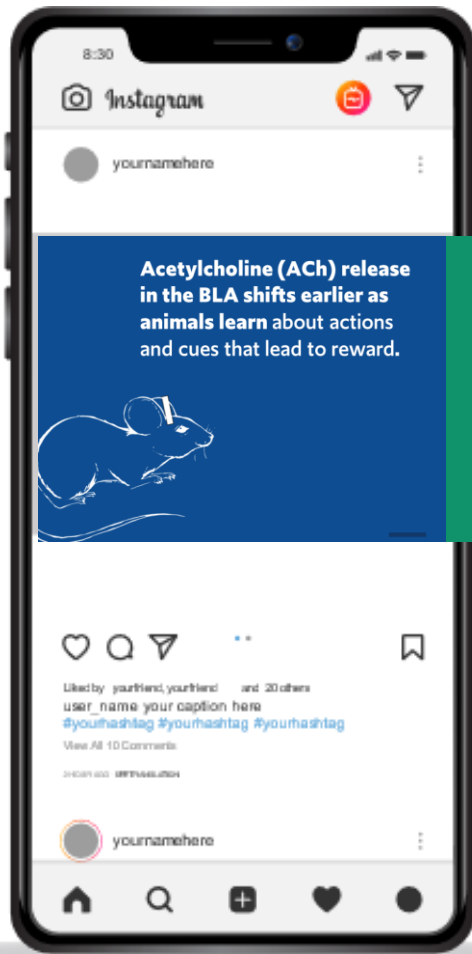
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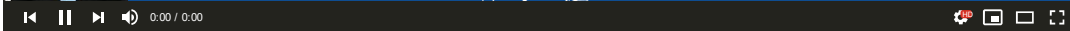


A novice animal releases Ach when they see the reward...





**Acetylcholine (ACh) release in the BLA shifts earlier as animals learn about actions and cues that lead to reward.**



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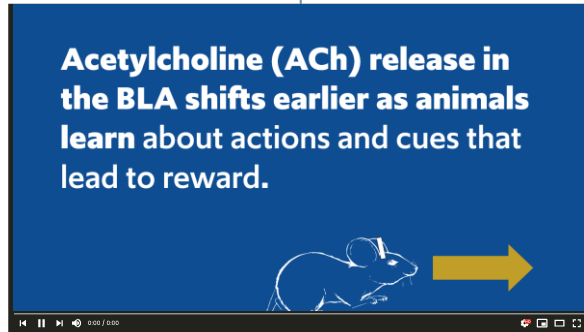
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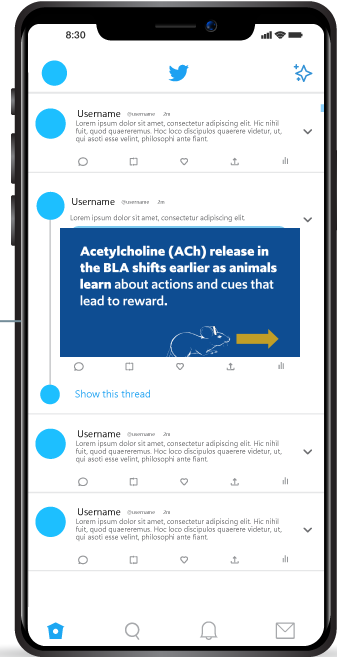
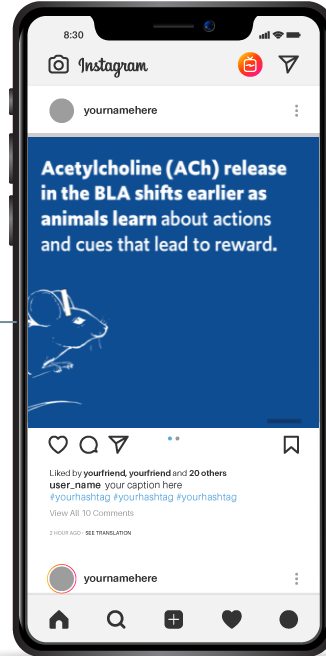
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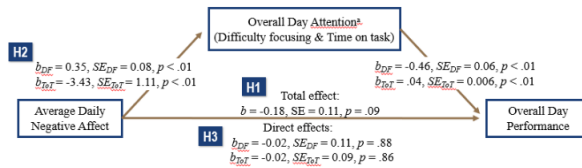




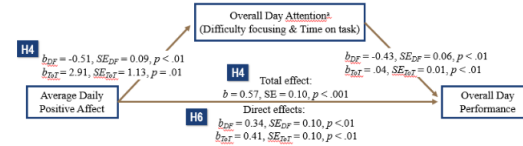
# Mood affects attention at work.



**Negative affect is distracting,** which lowers job performance.



**Positive affect promotes focus,** which improves job performance.



Attention is broken down in to difficulty focusing (noted as DF) and time on task (noted as TOT).

## METHODS

We used an **ESM** design to survey mood in full-time workers 4 times per day over 3 weeks.



We assessed affect multiple times a day using randomly-signalized surveys for 3 weeks.

**n=64**  
full-time adult workers  
(I=543 total observations)

### Our ESM data collection...

- Mood Surveys  
4x per day
- Performance survey  
at end of day

For 3 weeks

### Multi-level analysis w/HLM

- Level 1**  
Overall day performance  
Overall day attention  
Daily affectivity
- Level 2**  
Nested within-person

Presenter Name


**Intro**

Main finding goes here, translated into **plain english**.  
**Emphasize** the important words.

**Methods**

**Results**

Full title  
 Authors  
 Extra Tables & Figures



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Quick Backstory

**Methods**

**Results**

When you're in a **bad mood** at work, it **distacts you**, which **lowers your performance**.

Attention

Negative affect

Performance

$b_{DF} = 0.35^{**}$

$b_{DF} = -0.46^{**}$

ns

Ed Hawkins

showyourstripes.info

Helping people **create mental pictures** reduces **cognitive load** and **boosts comprehension**.

Imagining the text as pictures was better than just reading.

**b** Cognitive Load (inverse)

Control

Drawing Instruction

Mental Imagery Instruction

**c** Comprehension

Control

Drawing Instruction

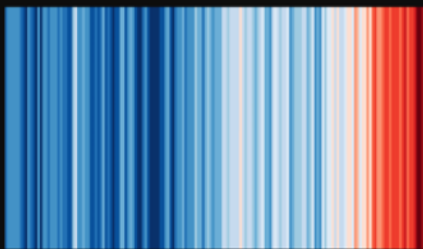
Mental Imagery Instruction

In the experiment condition, you see this visual of the process in addition to text.

Ed Hawkins

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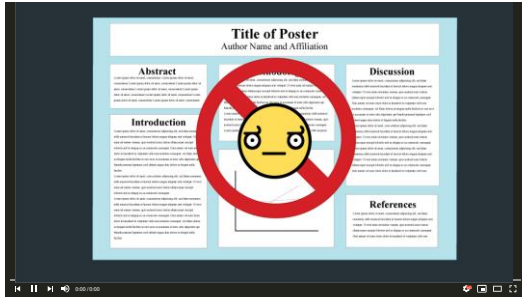
Average global temperature from 1850-2017



Ed Hawkins

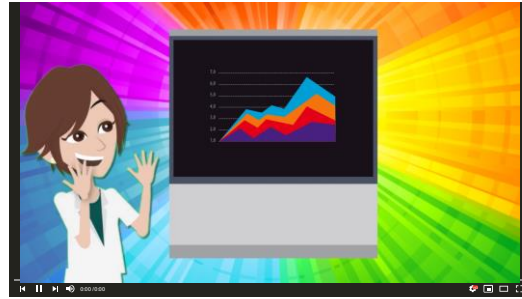
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YouTube



#betterposter PART 1

YouTube



#betterposter PART 2

YouTube



#TwitterPoster



@mikemorrison

**Thanks!**

