

CURRICULUM VITAE
Allyson S. Hughes, Ph.D.
ahughes@t1dexchange.org
419-302-5711

EDUCATION:

2014 – 2018 **Health Psychology Ph.D.**, University of Texas at El Paso
2014 – 2018 Certificate in Quantitative Methods in Psychology
2012 – 2015 **Clinical Psychology M.A.**, University of Texas at El Paso
2009 – 2012 **Bachelor of Science**, University of Texas at El Paso
Major: Psychology, Minor: Biological Sciences
Summa Cum Laude

POSITIONS HELD:

2018 – Present **Research Scientist II**
T1D Exchange - Boston MA
Duties: Leading research projects from hypothesis generation to manuscript submission, and cultivating, and enhancing collaborative relationships with sponsors and research institutions

2015 – 2018 **Graduate Research Assistant**
Building Infrastructure Leading to Diversity: Southwest Consortium of Health-Oriented Education Leaders and Research Scholars
Duties: Manuscript preparation, mentoring, data collection, workshop development and presentation, course preparation, and program evaluation

2015 – 2018 **Type 1 Diabetes Support Group Peer Leader**
Duties: Leading meetings and moderating conversations

2014 **Clinical Intern**
Aliviane Path Program-El Paso, TX
Supervisors: Melissa Briseño, LCDC & Victoria Trujillo, LCDC
Duties: Clinical intakes and crisis management for homeless individuals with substance abuse disorder and at least one mental health diagnosis

2010 – 2012 **Undergraduate Research Assistant**
Supervising Professor: Ashley Bangert, Ph.D.
Cognition and Aging Laboratory
Duties: Manuscript preparation, mentoring, data collection, recruitment, and data analysis

PEER REVIEWED PUBLICATIONS:

Liu, J., Bispham, J., **Hughes, A.S.**, Garey, C., Perez-Nieves, M., Fan, L., Mitchell, B., Varnado, O., & McAuliffe-Fogarty, A. *Awareness, Understanding, and Fear of Hypo-Hyper Events*. In press. BMJ Open.

Garey, C., Lynn, J., Floreen Sabino, A., **Hughes, A.S.**, & McAuliffe-Fogarty, A. (2020). *Preeclampsia and other pregnancy outcomes in nulliparous women with type 1 diabetes: a retrospective survey*. *Gynecological Endocrinology*, 1-4.

Bispham, J., **Hughes, A.S.**, Driscoll, K., & McAuliffe-Fogarty, A. (2020). *Novel challenges in aging with type 1 diabetes*. In Press. *Current Diabetes Reports*, 20(5), 1-9.

Argento, N., Liu, J., **Hughes, A.S.**, & McAuliffe-Fogarty, A. (2019). *Impact of medicare continuous subcutaneous insulin infusion policies in patients with type 1 diabetes*. *Diabetes Science and Technology*. 1932296819838292.

Bangert, A.S., Kurby, C.A., **Hughes, A.S.**, & Carrasco, O. (2019). *Crossing event boundaries changes prospective perceptions of temporal length and proximity*. *Attention, Perception, & Psychophysics*, 1-14.

Garey, C., Bispham, J., **Hughes, A.S.**, Nykaza, E., Meno, J., Fuller, L., & McAuliffe-Fogarty, A. *Mild high blood sugar can disrupt quality of life for those with well-managed type 1 diabetes*. In prep. *Journal of Diabetes Science and Technology*.

Hughes, A.S., & Morera, O.F. *Seeking health information and social support in the diabetes online community (DOC)*. In prep.

Hughes, A.S., & Morera, O.F. *Development and validation of a measure on seeking health information in the diabetes online community*. In prep for *Disability and Health*.

BOOK CHAPTER:

Castro, F.G., Bautista, T.G., Mendieta, M.I.H., Oviedo Ramirez, S., Heydarian, N.M., & **Hughes, A.S.** (2017). Systems contexts for designing culturally-adapted prevention interventions. *The Oxford Handbook of Acculturation and Health*. <https://tinyurl.com/ycf8yvxc>

MEDIA/SCIENCE COMMUNICATION:

Professional Magazine Articles

2020 **Hughes, A.S.** & Beverly, E. The Importance of Language in Diabetes Care *Society of Behavioral Medicine Outlook Newsletter*.

2019 **Hughes, A.S.** How to Participate in Type 1 Diabetes Research: An Introduction to the T1D Exchange Registry. *Society of Behavioral Medicine Outlook Newsletter*.

2019 Beverly, E., **Hughes, A.S.**, Nelson, L., Loyola, M.R., Vela, A. Understanding Diabetes Distress. *Society of Behavioral Medicine Outlook Newsletter*.

2017 **Hughes, A.S.** Using Social Media in a Professional Manner: A Primer for Health Psychologists. *The Health Psychologist*. <https://tinyurl.com/y8478s4k>

2016 **Hughes, A.S.** Mixed Methods Research. *APS Observer*, 30(1). <https://tinyurl.com/ybtbnarx>

Webinars

- 2020** Beverly, E.A. & **Hughes, A.S.** **How to Improve** Work Life Balance as an Early Career Research. Society of Behavioral Medicine Grand Rounds.
- 2019** Beverly, E.A. & **Hughes, A.S.** Using Person-First Language in Diabetes. Society of Behavioral Medicine Grand Rounds.

Blog Article

- 2017** **Hughes, A.S.** Switching Healthcare Providers: the Transition from Pediatric to Adult Endocrinologists. *College Diabetes Network*. <https://tinyurl.com/y9ubepuo>

AWARDS:

- 2017** **Big Sister of the Year**
Big Brothers Big Sisters of El Paso
- 2016** **Presidential Citation** - Society for Health Psychology,
Division 38 of the American Psychological Association
- 2016** **National Award of Excellence in Research by a Student**
Organization: National Hispanic Science Network
Purpose of award: For outstanding research and/or publication in drug abuse

ORAL PRESENTATIONS:

- 2019** **Hughes, A.** *Using a mixed methods approach to develop and test scales.* Panel presented at the 31st APS Annual Convention in Washington, DC.
- 2018** Delgado, M., **Hughes, A.S.**, Serna, C., Castañeda, E., Boland, T., & Morera, O.F. *Data problems: A cautionary tale about curve fitting in STEM.* Panel presented at the 9th International Conference on Ethics in Biology, Engineering and Medicine in Miami, FL.
- 2018** Delgado, M., **Hughes, A.S.**, Serna, C., Oviedo, S., Boland, T., Morera, O.F., & Corral, G. *Navigating ethics in a STEM training grant.* Panel presented at the 9th International Conference on Ethics in Biology, Engineering and Medicine in Miami, FL.
- 2018** Ritholz, M.D., Suhl, E., & **Hughes, A.S.** *Applications of continuous glucose monitoring in behavioral research: pattern analysis and data interpretation.* Panel presented at the Society for Behavior Medicine annual conference, New Orleans, LA.
- 2016** **Hughes, A.S.** *A qualitative analysis of online health information seeking behavior.* Oral presentation presented at the University of Texas at El Paso.
- 2016** **Hughes, A.S.**, Heydarian, N.M., Gorbett, D., & Perez, G.M. *LinkedIn, Twitter, and Google: Using social media sites in the professional setting.* Panel presented at National Hispanic Science Network's Annual Conference, Palm Springs, CA.
- 2016** Duarte, T.T., Ray, S., Serna, C., Marsan, L., Xiaodan Morales, D., D'Arcy, C.E., Terrazas, K., Dane'el, M., **Hughes, A.S.**, Boland, T., Morera, O.F., Aley, S., Echegoyen, L., Loweree, J. & Corral, G. *Strategies to prepare entering freshmen for participation and success in STEM research: the Freshman Year Research Intensive Sequence (FYRIS) program.* Panel presented at Understanding Interventions Annual Conference at Philadelphia, PA.

- 2015** **Hughes, A.S.**, Perez, G.M., Shaibi, G., & Castro, F.G. *Sociocultural influences on perceived risk in Latinos at risk of developing type 2 diabetes*. Panel presented at Society for Prevention Research Conference, Washington DC.
- 2013** Perkins, T.G., Oviedo Ramirez, S.L., **Hughes, A.S.**, & Heydarian, N.M. *Using integrative mixed methods to examine stress, perceived personal control, acculturation and resilience*. Panel presented at the Graduate Research Expo, University of Texas at El Paso.
- 2013** Castro, F.G., **Hughes, A.S.**, Dominguez, A., & Shaibi, G. *The Latino lifestyles study: preventing diabetes among Latino adults*. Panel presented at the Faces of Diabetes Conference in El Paso, Texas.
- 2013** Heydarian, N.M., **Hughes, A.S.**, Aguirre, K.M., & Castro, F.G. *Retrospective parent-child relationships, gender identity, and their effects on current resilience*. Panel presented at the Society for Prevention Research Conference, San Francisco, California.
- 2012** **Hughes, A.S.**, Bangert, A. S., & Kurby, C. *The influence of event boundaries on memory for temporal durations*. Oral presentation at the University of Texas at El Paso, Psychology Department.

SERVICE:

Conference Abstract Review

- 2019** **Abstract Reviewer**
Society of Behavioral Medicine
- 2019** **Abstract Reviewer**
National Hispanic Science Network
- 2018** **Abstract Reviewer**
National Hispanic Science Network
- 2017** **Abstract Reviewer**
National Hispanic Science Network
- 2016** **Abstract Reviewer**
Health Decision Making Special Interest Group Reviewer
- 2016** **Abstract Reviewer**
Association for Psychological Science Student Research Award
- 2016** **Abstract Reviewer**
National Hispanic Science Network
- 2015** **Abstract Reviewer**
Association for Psychological Science Student Research Award
- 2015** **Abstract Reviewer**
National Hispanic Science Network
- 2014** **Abstract Reviewer**
Society for Prevention Research Conference

Peer Review

- 2020** **Article Peer Reviewer**
Family Practice
- 2020** **Article Peer Reviewer**
Clinical Practice in Pediatric Psychology
- 2018** **Article Peer Reviewer**
Diabetes Research and Clinical Practice

2017 **Article Peer Reviewer**

Sexuality and Culture

2016 **Article Peer Reviewer**

Diabetes Research and Clinical Practice

2013 **Article Peer Reviewer**

Acta Psychologica

Editorial Experience

2014 – 2016

Title: El Faro Newsletter (<http://www.the-nhsn.org/NewsAndMedia/ElFaro>)

Role: Editor

Organization: National Hispanic Science Network

Duties: Edit quarterly online newsletters that highlight NHSN members' accomplishments and research.

Committee Membership

2020

Diabetes Technology Coalition

2020 – Present

Strong Women Strong Girls of Boston

Monitoring, Evaluation, and Learning Committee

2020 – Present

Society of Behavioral Medicine

Diabetes Special Interest Group Chair

2019 – Present

Society of Behavioral Medicine

Web and Social Media Team

2019 – 2020

Society of Behavioral Medicine

Diabetes Special Interest Group Co-Chair

2017 – 2019

Society of Behavioral Medicine

Diabetes Special Interest Group Student Chair

2017 – 2019

National Hispanic Science Network

Early Career Leadership Committee

Training and Continuing Education Chair

2016

Society for Prevention Research

Promoting Health Equity Among Populations at Risk

Thematic Planning Committee

2015 – 2018

American Psychological Association Division 38

Researcher on Call Conference Series

2015 – Present

American Psychological Association Division 38

Social Media Committee

Society for Health Psychology Anniversary Task Force

2014 – 2019

National Hispanic Science Network

Early Career Leadership Committee

Leadership Experience

2016 – 2018

Graduate Student Assembly

Vice President of Internal Affairs

PROFESSIONAL SOCIETY MEMBERSHIPS:

2020 – Present

International Society for Quality of Life Research

2020 – Present

Behavioral Research in Diabetes Group Exchange (BRIDGE)

2016 – Present

Society of Behavioral Medicine

2015 – Present

American Psychological Association Division 5

2013 – Present

American Psychological Association Division 38

ADDITIONAL TRAINING:

Courses

- February 2017** *HI-FIVE (Health Informatics For Innovation, Value & Enrichment)*
Columbia University's Department of Biomedical Informatics
- February 2016** *Introduction to Qualitative Research for the Applied Health Sciences*
University of Wisconsin-Madison

SERVICE:

- 2019** **Hughes, A.** Confronting Diabetes Distress and Moving Forward: Lessons Learned from Research and Living with Type 1 Diabetes. Presented at the Diabetes Distress conference at Wentworth Douglass Hospital in Dover, NH.

VOLUNTEER EXPERIENCE:

- 2011 – 2018** **Big Brothers Big Sisters of El Paso**
Role: Big Sister
Duties: Mentorship, guidance, and fundraising

CONSULTING:

- 2019 – Present** *Characterizing disparities in chronic disease self-management among persons who are blind*, University of Texas at Austin Steve Hicks School of Social Work Small Grant, PI: Yessenia Castro, PhD

RESEARCH PRESENTATIONS:

- 2020** Mitchell, B., Bispham, J., **Hughes, A.S.**, Liu, J., Perez-Nieves, M., Poon, J., Fan, L., McAuliffe-Fogarty, A. *Development of a fear of hypoglycemia screener: type 1 diabetes health care provider insight*. Poster to be presented at the European Association for Study of Diabetes annual conference.
- 2020** Liu, J., Mitchell, B., Bispham, J., **Hughes, A.S.**, Perez-Nieves, M., Poon, J., Fan, L., McAuliffe-Fogarty, A. *Development of a fear of hypoglycemia screener: type 1 diabetes health care provider insight*. Poster to be presented at the Association of Diabetes Care & Education Specialists.
- 2020** Liu, J., **Hughes, A.S.**, Bispham, J., Fuller, L., McAuliffe-Fogarty, A. *CGM tracings of eight runners with type 1 diabetes during the New York City Marathon*. Poster to be presented at the Association of Diabetes Care & Education Specialists.
- 2020** Mitchell, B., Bispham, J., **Hughes, A.S.**, Liu, J., Perez-Nieves, M., Poon, J., Fan, L., McAuliffe-Fogarty, A. *Development of a fear of hypoglycemia screener: type 1 diabetes health care provider insight*. Poster presented at the American Diabetes Association's annual conference.
- 2020** **Hughes, A.S.**, Bispham, J., Fuller, L., Wolf, W., Fitch, S., & Weinzimer, S. *Emotional impact of hypoglycemia and use of glucagon: perspectives of people with T1D and caregivers of minors with T1D*. Poster presented at the American Diabetes Association's annual conference.

- 2020 LaFerriere, K., Liu, J., **Hughes, A.S.**, & Wolf, W. *T1D exchange registry: current data insights and future impact*. Poster presented at the American Diabetes Association's annual conference.
- 2020 **Hughes, A.S.**, Bispham, J., Fuller, L., & McAuliffe-Fogarty, A. "You don't know when the sugar's going to kick in": *Experiences of people managing type 1 diabetes during a marathon*. Poster presented at the American Diabetes Association's annual conference.
- 2020 Heydarian, **Hughes, A.S.** & Morera, O.F. *Barriers, facilitators, access and distress experienced by people who are blind and have diabetes*. Poster presented at St. David's CHPR conference, "Context Matters: Addressing Social Determinants of Health." in Austin, Texas.
- 2020 Beverly, E., & **Hughes, A.S.** *Secondary qualitative analysis of providers' use of language in diabetes care*. Poster at the Society of Behavioral Medicine, San Francisco, CA. (Conference cancelled)
- 2020 Heydarian, N.M., & **Hughes, A.S.** *Barriers, facilitators, access and distress experienced by people who are blind and have diabetes*. Poster at the Society of Behavioral Medicine, San Francisco, CA. (Conference cancelled)
- 2019 Bispham, J., **Hughes, A.S.**, Perez-Nieves, M., Fan, L., McAuliffe-Fogarty, A. *The impact of type 1 diabetes on daily life: Insights from caregivers of minors with type 1 diabetes*. Poster presented at the ISPAD annual conference, Boston, MA.
- 2019 Liu, J., Bispham, J., **Hughes, A.S.**, Garey, C., Perez-Nieves, M., Fan, L., Mitchell, B., McAuliffe-Fogarty, A. *Distinguishing the multiple components of fear of hyperglycemia among the T1D Exchange Glu population*. Poster presented at the American Association for Diabetes Educators annual conference, Houston, TX.
- 2019 Bispham, J., **Hughes, A.S.**, Perez-Nieves, M., Fan, L., McAuliffe-Fogarty, A. *The impact of diabetes on sleep: Loss and disruptions from pwd and caregiver perspectives*. Poster presented at the American Association for Diabetes Educators annual conference, Houston, TX.
- 2019 **Hughes, A.S.**, Bispham, J., Perez-Nieves, M., Fan, L., McAuliffe-Fogarty, A. *Psychosocial and financial challenges associated with daily diabetes management*. Poster presented at the American Association for Diabetes Educator annual conference, Houston, TX.
- 2019 Bispham, J., **Hughes, A.S.**, Nykaza, E., Meno, J., Fuller, L., McAuliffe-Fogarty, A. *Impact of mild and moderate high blood glucose excursions on daily living in adults with type 1 diabetes*. Poster presented at the American Diabetes Association's annual conference, San Francisco, CA.
- 2019 Garey, C., Bispham, J., **Hughes, A.S.**, Nykaza, E., Meno, J., Fuller, L., McAuliffe-Fogarty, A. *Glucose excursions over 140 mg/dL may impact quality of life in patients with well-managed type 1 diabetes*. Poster presented at the American Diabetes Association's annual conference, San Francisco, CA.
- 2019 Liu, J., Bispham, J., **Hughes, A.S.**, Garey, C., Perez-Nieves, M., Fan, L., Mitchell, B., McAuliffe-Fogarty, A. *Factors associated with fear of hypoglycemia among the T1D Exchange glu population*. Poster presented at the American Diabetes Association's annual conference, San Francisco, CA.

- 2019** Bispham, J., **Hughes, A.S.**, Perez-Nieves, M., Fan, L., McAuliffe-Fogarty, A. *The impact of diabetes on daily life: highlights from people with T1D and their caregivers*. Poster presented at the American Diabetes Association's annual conference, San Francisco, CA.
- 2019** **Hughes, A.S.**, Gerardo, D., Solis, I., & Morera, O.F. *The role of social support and community interaction on treatment adherence in the diabetes online community (DOC)*. Poster presented at the Society for Behavioral Medicine annual conference, Washington DC.
- 2018** Heydarian, N. M., **Hughes, A. S.**, & Morera, O. F. *Stereotypes and barriers: the role of the stereotype content model and diabetes distress in blind adults with diabetes*. Poster presented at the Society of Behavioral Medicine annual conference, New Orleans, LA.
- 2017** **Hughes, A.S.**, Perez, G.M., & Morera, O., F. *WebMDon't: Creating a scale to measure online health information seeking behavior*. Poster presented at the 38th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, San Diego, California.
- 2016** **Hughes, A.S.** *A qualitative analysis of online health information seeking behavior*. Oral presentation presented at the University of Texas at El Paso.
- 2016** **Hughes, A.S.**, Serna, C., Boland, T., & Morera, O.F. *Evaluating the pre- and post-tests of the BUILDing SCHOLARS Boot Camp*. Poster presented at the 1st Annual BUILDing SCHOLARS Symposium at the University of Texas at El Paso.
- 2016** **Hughes, A.S.**, Serna, C., Boland, T., & Morera, O.F. *(Strategies to prepare entering freshmen for participation and success in STEM research: the BUILDing Scholars boot camp*. Poster presented at the 4th Annual Interdisciplinary Resource (IDR) Symposium at the University of Texas at El Paso.
- 2016** Duarte, T.T., Ray, S., Serna, C., Marsan, L., Xiaodan Morales, D., D'Arcy, C.E., Terrazas, K., Dane'el, M., **Hughes, A.S.**, Boland, T., Morera, O.F., Aley, S., Echegoyen, L., Loweree, J. & Corral, G. *Strategies to prepare entering freshmen for participation and success in STEM research: the Freshman Year Research Intensive Sequence (FYRIS) program*. Panel presented at Understanding Interventions Annual Conference at Philadelphia, PA.
- 2015** **Hughes, A.S.**, Oviedo Ramirez, S., Perez, G.M., & Castro, F.G. *Using integrative mixed methods to examine sociocultural influences of perceived risk in Latinos at risk of developing type 2 diabetes*. Poster presented at National Hispanic Science Network's annual conference, San Antonio, TX.
- 2015** **Hughes, A.S.**, Perez, G.M., Shaibi, G., & Castro, F.G. *Sociocultural influences on perceived risk in Latinos at risk of developing type 2 diabetes*. Panel presented at Society for Prevention Research Conference, Washington DC.
- 2015** Bangert, A.S., Heydarian, N.M., & **Hughes, A.S.** *Education in the golden age: the impact of different schedules of distributed practice and encoding variability on older adult learning*. Poster presented at the International Convention for Psychological Science, Amsterdam, the Netherlands.
- 2015** Castro, F.G., Aguirre, K.M., **Hughes, A.S.** and Heydarian, N.M. *Predictors of resilience in men coping with a serious life problem*. Poster presented at the Society for Social Work and Research, New Orleans, LA.

- 2014** **Hughes, A.S.**, Marquez, L.C., Reyes, S.M., Landrau, E., & Morera, O.F. *The influence of personality dispositions and relationship styles on the quality and quantity of facebook usage*. Poster presented at the Graduate Research Expo, University of Texas at El Paso.
- 2014** **Hughes, A.S.**, Dominguez, A., & Castro, F.G., *Influences of acculturation, traditionalism and health motivation as predictors of hba1c in Latinos at risk of type 2 diabetes*. Poster presented at Society for Prevention Research Conference, Washington DC.
- 2014** Bangert, A. S., Heydarian, N.M., & **Hughes, A.S.** *Investigating the ideal schedules and conditions to facilitate older adult learning*. Poster presented at the Association for Psychological Conference, San Francisco, California.
- 2013** Heydarian, N.M., **Hughes, A.S.**, Edwards, K., & Bangert, A.S. *The role of 1000 ms when crossing timescales*. Poster presented at the Psychonomic Society Conference, Toronto, Ontario.
- 2013** Perkins, T.G., Oviedo Ramirez, S.L., **Hughes, A.S.**, & Heydarian, N.M. *Using integrative mixed methods to examine stress, perceived personal control, acculturation and resilience*. Panel presented at the Graduate Research Expo, University of Texas at El Paso.
- 2013** Heydarian, N.M., **Hughes, A.S.**, & Bangert, A. S. *The search for optimal learning conditions for boosting vocabulary and fact memory in older adults*. Poster presented at the Graduate Research Expo, University of Texas at El Paso.
- 2013** Castro, F.G., **Hughes, A.S.**, Dominguez, A., & Shaibi, G. *The Latino lifestyles study: preventing diabetes among Latino adults*. Panel presented at the Faces of Diabetes Conference in El Paso, Texas.
- 2013** Heydarian, N.M., **Hughes, A.S.**, Aguirre, K.M., Castro, F.G. *Retrospective parent-child relationships, cultural orientations, resilience and life satisfaction*. Poster presented at the American Psychological Association Conference, Honolulu, Hawaii.
- 2013** Bangert, A. S., Heydarian, N., & **Hughes, A.S.** *The benefits of retrieval practice and spacing on older adults' memory for facts and foreign language vocabulary*. Poster presented at the American Psychological Society Conference, Washington D.C.
- 2013** Heydarian, N.M., **Hughes, A.S.**, Aguirre, K.M., & Castro, F.G. *Retrospective parent-child relationships, gender identity, and their effects on current resilience*. Panel presented at the Society for Prevention Research Conference, San Francisco, California.
- 2012** **Hughes, A.S.**, Bangert, A. S., & Kurby, C. *The influence of event boundaries on memory for temporal durations*. Poster presented at the Graduate Research Expo, University of Texas at El Paso.
- 2012** Heydarian, N., Bangert A.S., & **Hughes, A.S.** *The benefits of testing and spaced practice on older adult's memory for facts and foreign language vocabulary*. Poster presented at the Graduate Research Expo, University of Texas at El Paso.

- 2012** **Hughes, A.S.**, Bangert, A. S., & Kurby, C. *The influence of event boundaries on memory for temporal durations*. Poster presented at the Armadillo Conference, Laredo, Texas.
- 2012** Heydarian, N., Bangert A.S., & **Hughes, A.S.** *The benefits of testing and spaced practice on older adult's memory for facts and foreign language vocabulary*. Poster presented at the Armadillo Conference, Laredo, Texas.
- 2012** Bangert, A. S., Heydarian, N., & **Hughes, A.S.** *Optimal schedules and conditions of learning for older adult recall of facts and foreign language vocabulary*. Poster presented at the biennial Cognitive Aging Conference, Atlanta, Georgia.
- 2011** Bangert, A. S., **Hughes, A.S.**, & Heydarian, N. *Crossing timescales: is there something special about 1 second?* Poster presented at the Armadillo Conference, Commerce, Texas.