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Dr. Seuss Lesson Plan Activities

http://www.hubbardscupboard.org/dr__seuss.html Yertle the Turtle

<http://www.infoplease.com/spot/seuss1.html> Seuss Biography

<http://www.chuckwagner.com/index2.html> Yertle the Turtle Reading

<http://falcon.jmu.edu/~ramseyil/seuss.htm> Dr. Seuss Resources

Jan Brett Lesson Plan Activities

<http://www.uaf.edu/seagrant/amsea/lessonplans.html> Lesson Plans: Safety

<http://www.janbrett.com/index.html> Jan Brett's Homepage

http://www.janbrett.com/piggybacks/piggybacks_comet.htm "Piggybacks for Teachers
- Comet's Nine Lives

<http://falcon.jmu.edu/~ramseyil/brett.htm> "Jan Brett : Teacher Resource File"

http://claw.org/member/cc/cc1/cc23_1.shtml "CLAW : Beliefs and Cats" Nine Lives

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Dazzle Video Capture:

http://www.pinnaclesys.com/VideoEditing.asp?Family=24&Langue_ID=7

Total Recorder Audio Capture: <http://www.highcriteria.com/>

GoldWave Digital Audio Editor: <http://www.goldwave.com/>

WebWhacker: <http://www.bluesquirrel.com/>

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Chocolate Websites:

History:

<http://www.candyusa.org/Chocolate/chocoindex.shtml> History of Candy

<http://www.fmnh.org/Chocolate/history.html> Chocolate History

<http://www.candyusa.org> History of Candy

http://www.info-galaxy.com/Chocolate/History/Through_the_Ages/through_the_ages.html
Chocolate Through the Ages

<http://nationalzoo.si.edu/ConservationAndScience/MigratoryBirds/Research/Cacao/default.cfm>
Shade Grown Chocolate

<http://www.rainforest-alliance.org/programs/cap/program-description4.html#cacao>
Saving the Rainforest

<http://www.rainforest-alliance.org/news/canopy/can12-98.html> Shade Grown Chocolate

Science:

http://my.webmd.com/living_better_content/dnn/article/1671.52404 Craving Choc. Web MD

<http://www.chemsoc.org/chembytes/ezine/1997/chockie.htm> Chembytes e-zine

http://www.exploratorium.edu/exploring/exploring_chocolate/index.html Exploring Chocolate

<http://www.sciencenews.org/20010331/food.asp> Science News

<http://www.dpi.qld.gov.au/horticulture/6222.html> Growing Chocolate

<http://faculty.washington.edu/chudler/choco.html> Neuro-Science

http://www.psigate.ac.uk/newsite/featured_24.html Sweet Chemistry

http://www.findarticles.com/cf_dls/m1170/n5_v28/21138119/p1/article.jhtml Chocolate/Birds

Chocolate Fun:

<http://www.hersheys.com/index.shtml> Hershey's Chocolate Homepage

<http://kids.osd.wednet.edu/Marshall/homepage/chocolate.html> Chocolate Fun

<http://members.tripod.com/~AmusedMuse/hmti.html> Hershey's Miniatures Personality Index

The HMPI (Hershey's Miniatures Personality Indicator)

Working on the foundation of other personality indicators such as the Minnesota Multiphasic Personality Indicator (MMPI) and the Meyers-Briggs Personality Indicator (MBPI), as well as thought modality systems such as the Gregoric Personality Assessment (GPA), we find an additional diagnostic modality based on the nontransitive desires associated with cocoa-based confection preference in the small-sample, long-duration psychological testing protocol.

Using the standard Hershey's Miniatures chocolate assortment, the test is conducted by allowing the diagnostic subject to eat a substantial portion of the bag over a several-day period, observing what sample chocolates are ingested first, as well as any pertinent remarks made by the subject. The clinician administering the test is specifically cautioned to avoid making any references to the choices made by the diagnostic subject during the testing period. It is also suggested that any clinician who administers the HMPI on a regular basis avoid ingesting many of the chocolates themselves, to avoid excessive caloric intake and subsequent eating disorder-related weight gain.

There are four sample types in the standard Hershey's Miniatures assortment. We denote each of the four types by the following:

- G:** Mr Goodbar
- K:** Krackel
- R:** Regular Milk Chocolate
- S:** Special Dark

The primary metric of the HMPI is to observe the preference structure of the subject given the above choices in between-meal snacking. Additional metrics are associated with the preference ratio between rated confections, the consistency of response (e.g. does the subject ALWAYS choose Regular in preference to Mr. Goodbar?), and the subject's style of ingestion.

By observing the subject consuming the confections over a period of minutes to several days, a clinical profile of the subject may be developed.

The HMPI testing protocol requires a fresh bag of Hershey's Miniatures for each subject. As the ratio of available confections changes as confections are consumed by the subject, it is important to start from a standardized state as well as to avoid adding additional chocolates to

the remaining set as they are consumed. An extension of this testing methodology to multiple subjects and resupplied confections will be developed in future research.

Analysis of the subject metrics

The clinical metrics of the subject may be read in the following style; each type of confection conveys a number of indicators which are self-prioritized by the subject. Certain indicators may be disavowed, especially by subjects stating "I don't like that kind". On some occasions, a refusal to consume a particular confection type may, of course, be indicative of some form of denial or repression.

G: Mr Goodbar

G-preferrers ("Mr. Goodbar") embody a self-image of old-fashioned virtue and a semi-Calvinist attitude of "one gets what one deserves". If taken to an extreme, the G-preferer subject can also become reactionary, chauvinist, and monomaniacal. The possibility of paranoid reaction and/or repeated episodic violence against a group or perceived group cannot be ruled out. High G-rejection preference indicates a rejection of society's reward structures and a weak self-image; in extreme cases one may find bomber/arsonist tendencies, as well as memberships in the ACLU.

K: Krackel

K-preferrers ("Krackel") are indications of a happy, almost irreverent aspect of the personality. Strong K-preferer indications are emotional lability, giggles or laughter when socially inappropriate, and making little toys out of the candy wrappers. Extreme K-preferer metrics may be indicative of a manic complex; poor impulse control and random-victim violence is associated with high Krackel preference. Conversely, K-refusers are associated with long-term depression and codependent self-image.

R: Regular Milk Chocolate

R-preferrers ("Regular Milk Chocolate") view themselves as "precisely meeting the socially required standards". R personalities are highly extroverted and dependent on the reaffirmation of their roles in social interactions. Strong type R preference may be coincident with a weak self-image and a strong R personality may be easily persuaded to become a "follower" in criminal groups or religious cults, accosting strangers in airports and holding up liquor stores and gas stations. Rejection of R confections indicates a rejection of social standards and

behaviors (in contrast with G rejection, which rejects the social reward/punishment interaction)

S: Special Dark

S-preferrer("Special Dark") personalities tend toward the extremes of sensation. S-preferer personalities are attracted to marginalized subcultures and have a disregard for societal norms. A high S preference is correlated with sadomasochism, necrophilia, sexual vampirism, and other "dark" paraphilias. Conversely, strong S-rejection (and thus rejection of marginalized subcultures) correlates with a high risk of becoming a Greenpeace member or, in extreme cases, a television evangelist.

Secondary observations: Order choice

In general, a subject will choose confections in non-strict priority; instead of consuming all of the R's, the subject will intersperse the R's with G's, K's and D's. Subjects following a strict ordering can be considered to indicate a rigidity of personality.

Conversely, subjects with no strong preferences whatsoever may be exhibiting an inner confused state by their behavior. Episodic preference of one type confection followed by another when both confections are available in equal quantity can be an indicator for multiple-personality disorder. Mixed consumption without preference among two confections generally indicates a typical and non-pathological blend of the personality types; however uniform consumption (especially methodically controlled uniform consumption) of three or all four confections often indicates that the subject is trying to deceive the clinician (i.e. "beat the test"). Such subjects must be treated with suspicion.

Some subjects will indicate that they are consuming chocolates in the inverse order "to save the best for last". (denoted ICDG, for inverse consumption- deferred gratification) Such deferred gratification is often a correlator to weak self-image and depression, especially in type strong-R or K-rejector subjects.

Subjects who refuse all chocolates should be considered at risk for an eating disorder; the clinician should also be checking for the presence of bulimic behavior.

Secondary observations: Consumption mode

Subjects will typically consume the chocolates in one of these ways:

1) biting and chewing the pieces (**BC**)

2) chewing the entire bar without biting off pieces (**CE**)

3) biting off pieces, then sucking the pieces (**BS**)

4) sucking on the entire bar, without biting at all (**SE**)

A "bite and chew" (BC) subject exhibits some anxiety controlled to a societal norm. As the test progresses, the subject may progress to a "chew entire" (CE) mode, which is indicative of a loosening of control and an increase in the demand for instant gratification. An increase in agitation will usually be noted on this transition.

A "bite and suck" (BS) subject indicates a lack of anxiety while still conforming to the societal norms and standards. As in the chewing modes, a transition to "suck entire" (SE) may occur, indicating rejection of control; however in contrast to the chewing modes this indicates not instant gratification but an embracement in sensuous activity verging on the narcissistic.

Forming the HMPI Clinical Profile

After the subject has been observed and the preference ordering (or lack of ordering) obtained, the clinical profile is formed by combining the salient points of the strong preferences, strong rejections, and the secondary observations.

The observation set is denoted by the primary metrics, with parenthesis to indicate groups of equal preference; strong rejectors are indicated with a prefix hyphen, with excessively strong preferers denoted by a prefix plus sign. Secondary observations, such as ICDG, BC, and BC transition CE follow.

A quick summary of HMPI profiling shows that any extreme preference or extreme rejection is bad news, lack of preference is bad news; and any style of consumption (including refusal to consume) is bad news. This, of course, is good news; clearly anyone who is feeling so out-of-sorts that they will eat an entire bag of chocolates is in need of some professional help. The HMPI test merely proves what was previously known and justifies some further therapeutic efforts on the part of both the subject and the clinician.