"How do I relate to me? The emotional demands of our online personae"
Dr. Nicholas Bowman, West Virginia University
Mental Health Symposium 2019
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The transcriptionists are:
Carolyn Carillon
LoriVonne Lustre
In the transcription record, speakers will be identified by their initials.
NB: bowmanspartan / Nicholas Bowman

[2019/04/26 12:00] Carolyn Carillon: <<transcription starts>>

[2019/04/26 12:00] Moose Teleprompter: Good morning, Good afternoon, Good evening where ever you are at!
I am "Moose Maine" and Welcome to Virtual Ability's 2019 Mental Health Symposium.
I am very new to public speaking, so if I am tripping over my own 2 feet, laugh!
8 years ago, I had a stroke, aphasia, and epilepsy.
I have been in Second Life for about 13 years, and...
I enjoy being a beginner DJ, so don't make me "sing".
In RL, I have been a Senior Network Engineer for DELL and a variety of Fortune 500 companies.

Today, I'd like to introduce Prof. Nicholas (Nick) Bowman
Nicholas Bowman is an associate professor.
He's part of the Interaction Lab of the Department of Communication Studies, West Virginia University, US.
He is interested in how communication technology affects the way we interact, and in particular the impact of video games and social media.
He views entertainment technology as a place for learning and community discourse.
Audience, please hold your questions and comments to the end, so as not to interrupt our presenter.
Welcome, Prof. Bowman. The floor is yours.

[2019/04/26 12:03] bowmanspartan Resident: My name is Nick Bowman, and I am a researcher who studies interactive media. I earned a PhD in Communication from Michigan State University, and I'm an Associate Professor of Communication Studies at West Virginia University. I'm currently setting up a research lab at Texas Tech University (Lubbock, TX) to study the cognitive, emotional, physical, and social demands of video games. Thanks for being here today, and please … you can contact me any time on Twitter (@bowmanspartan) or via email (my new email is nick.bowman@ttu.edu).

Here, I've just shared with you the abstract for today's talk from your conference program:
In most virtual environments, users experience the generated digital world by means of a character or avatar that is under their control. As such, a vatar becomes the primary mediator and facilitator of the user’s digital interactions—both with the world itself, as well as the people who populate that world. However, given that avatars occupy bodies distinct from their users, there is an inherent dyadic relationship between user and avatar. As with any relationship, this dyad can be remarkably complex and can involve several different mechanisms. This presentation will discuss at least six different mechanisms by which users can come to associate with and understand their on-screen avatars, and explain how these different mechanisms might have very different emotional components and outcomes. During the presentation, audience members will be asked to actively share their thoughts and experiences with their own avatars.

Here, a few of my own avatars. Starting from top-left:
(a) A Facebook profile image, during the 2018 World Cup while I was living in Germany.
[2019/04/26 12:05] LV (LoriVonne Lustre): NB: I have not worn that World Cup shirt since my team lost

[2019/04/26 12:05] bowmanspartan Resident: (b) My Twitter profile (@bowmanspartan), where I've sent over 42000 tweets (by comparison, @realDonaldTrump has only sent 41,322). :p
(c) My Panderian warrior in World of Warcraft, where I spend the majority of my time fishing.
[2019/04/26 12:06] LV (LoriVonne Lustre): NB: In fact it drives my partner insane, as they want to game and I want to fish

[2019/04/26 12:05] bowmanspartan Resident: (d) My old AIM account, which (I think) was my very first experience on the World Wide Web, as an identifiable person.
(e) Me in Second Life, where I've only logged about two total hours. I'm very n00b.
First, what is an avatar?
From the Sanskrit avatara, a deity coming to Earth to fulfil some purpose.
In a sense, we’re engaging the digital worlds “for a purpose” and thus, we require an avatar.
For sure, avatars are important because they represent our primary agency in digital worlds.
Without our avatars, we really have no way of “existing” in cyberspaces.
Just as Vishnu took many different forms to engage many different tasks, we all have multiple identities that we engage in our lives – each for a different function or situation.

[2019/04/26 12:08]  LV (LoriVonne Lustre): NB: My Twitter avatar does not have dimensionality

[2019/04/26 12:08]  bowmanspartan Resident: From this, it’s not really so odd that we’d have at least of these identities in a digital space … and perhaps, even more than one in the same space.
[2019/04/26 12:10]  LV (LoriVonne Lustre): NB! wanted to be to be with you today as I am - a researcher and professor

[2019/04/26 12:08]  bowmanspartan Resident: Goffman (1959) talks quite a bit about how the audiences we’re communicating with and in front of play a very big role in the identities, the “front-stage,” that we show people.
Most important?
Each one of these identities is as relevant and authentic as the others.
[2019/04/26 12:11]  LV (LoriVonne Lustre): NB: It is not for anyone to tell you that your are currently inauthentic regardless of how you are dressed or represent yourself inworld

[2019/04/26 12:11]  bowmanspartan Resident: Avatars also provide us with an on-screen agent that we can (temporarily) borrow attributes from, and this works on several different dimensions.

[2019/04/26 12:12]  Sandar Gausman: When I use my alt I am almost a different person
[2019/04/26 12:12]  LV (LoriVonne Lustre): NB: that is my point Sandar

[2019/04/26 12:12]  bowmanspartan Resident: There are at least six different ways that we can come to feel a sense of identification with our avatars. To give a few examples as to what some of these mechanics feel like:
• Value Homophily, "The avatar has the same beliefs as I do."
• Embodiment, "I am transported into this avatar."
•Physical Similarity, “I physically resemble this avatar.”
[2019/04/26 12:13] LV (LoriVonne Lustre): NB: we can see values in our avatars that we may not see in other spaces
Maybe Michelle can back me up. My avatar looks like me
[2019/04/26 12:13] DrMCsquared: Indeed!
[2019/04/26 12:14] LV (LoriVonne Lustre): NB: I almost dressed like my avatar, but it was too warm

[2019/04/26 12:14] bowmanspartan Resident: •Wishful Identification, “Sometimes I wish I could be more like this avatar.”
[2019/04/26 12:14] Sandar Gausman: Different alts are different parts of my personality
[2019/04/26 12:14] LV (LoriVonne Lustre): NB: Sandar has just commented on this: wishful
When I feel slutty I use my alt, which is not at all like me in RL

[2019/04/26 12:15] bowmanspartan Resident: •Perspective Taking, “I know exactly what this avatar is going through.”
I would likely be arrested if I walked down the street in West Virginia like that
[2019/04/26 12:15] Linn Darkwatch: I feel closer to this non-human avatar than some human(oid) avatars I've worn. I picture Skwerl as bouncy and happy and that makes me feel good.

I suspect that if each of you thought about the avatar that you are currently occupying right now, you might agree with some of the above mechanisms, and disagree with others.
[2019/04/26 12:16] LV (LoriVonne Lustre): NB: To be clear, this research has been done by many scholars, including Tony and Michelle
Identification is not monolithic. It is complex
Not all of us have the same dimensions of identity with our avatars. We are all different
[2019/04/26 12:16] Linn Darkwatch: In SL, if you do not like your avatar, you have many options to change. Some people wear different avatars depending on their mood.

[2019/04/26 12:17] bowmanspartan Resident: Something interesting about avatars is that as we engage them, and as we engage other people who also have avatars, we can actually see a “quartet” of sorts.
We see “people” in all four of these different actors, both the avatars (mine and theirs) and the people (me and them).
And one more: the user’s avatar is relating to another user’s avatar.
That’s quite a bit of communication!
[2019/04/26 12:17] LV (LoriVonne Lustre): NB: we can see this relationship with our avatars, and the people behind them, as a quartet
This is what makes online spaces so fascinating
We might not have this in our physical space
Sandar Gausman: I have friends that I would never have met in RL and they are good friends.

bowmanspartan Resident: In the model shown, one can recognize (left to right) four different player-avatar relationship types. In several studies from our own research lab, we see:
• Avatar as Object, in which one tends to see their avatar as a tool or a gamepiece (focused on competition and achievement)
LV (LoriVonne Lustre): NB: but I contest that as my boss might be very different at work and at the grocery store when I first accepted this SL engagement, I did not think I would spend much time with my avatar
Avatar as object, until I started to play around and walk etc

Marly (Marly Milena): Playing in SL can take many forms and may not be in the formation of the Avatar

bowmanspartan Resident: • Avatar as Me, in which one tends to see their avatar as an extension or representation of myself (focused on social and ritual play)
LV (LoriVonne Lustre): NB: It does not have to be an object and it does not have to be me
• Avatar as Symbiote, in which one tends to see themselves and their avatar as part of each other (focused on identity work and problem-solving)
• Avatar as Other, in which one tends to see their avatar as a separate social agent (focused on immersive experiences and escapism)
LV (LoriVonne Lustre): NB: what we often see are people who are experiencing intense emotional pain, and go online to explore other ways to be

Trans people

You avatar is not you - an external social interaction

The key here - look at the arrows in this chart

Linn Darkwatch: Sounds like the way some authors talk about their characters.

Sandar Gausman: maybe it helps trans people to get used to being a woman (or man)

bowmanspartan Resident: What is particularly interesting about these is that we see some other key distinctions between them. A few examples:
• Object players tend to see their avatar as a very separate “thing” that they have no real intimacy with, but a lot of control over.
LV (LoriVonne Lustre): NB: You are the puppet master, but the avatar has its own existence. It is an intimate relationship

bowmanspartan Resident: • Other players tend to see their avatar as a very separate thing as well … but they have a great deal of intimacy with it and really feel as if it has its own sense of agency and they’d probably be more likely to use personal pronouns.
• Me players tend to be lowest in self-differentiation and a bit higher on intimacy, but they still maintain control over the avatar. The avatar is a vehicle for the Me player’s online experience, but really the avatar does not exist on its own.

[2019/04/26 12:24] LV (LoriVonne Lustre): NB: these people refer to their avatar as personal pronouns, whereas Object players say it

[2019/04/26 12:24] bowmanspartan Resident: “player” to avatar interactions slide

[2019/04/26 12:24] LV (LoriVonne Lustre): NB: I did not prepare notes for this slide. I took my avatars from before and placed it on the chart. My fallout avatar is an Object. Twitter and SL -- those are Me.
It is a 1-1 relationship.
My baseball player is not Me. That is a separate social being.

[2019/04/26 12:26] bowmanspartan Resident: This chart here is a bit hard to see, but the short version is that when we look at how people rate the “human-like connectedness” with their avatar As well as their agreement with a variety of adjectives that are used to describe a person’s avatar, we see that:
• Lower “human-like connectedness” scores tend to relate to ratings of the avatar as a: toy, tool, puppet, and object (which sounds a lot like Avatar as Object)
• Higher HLC scores are related to rating of the avatar as: extension, representation, piece of me, mirror, and identity (which sounds a lot like Avatar as Me)
Those people have low levels of connectedness.
• The highest HLC scores are related to seeing the avatar as a partner or a person (which sounds a lot like Avatar as Other)

[2019/04/26 12:26] Sandar Gausman: me
[2019/04/26 12:27] Moose Maine: me
[2019/04/26 12:27] Tredi Felisimo: "My Avatar is Me" sounds familiar! :)
[2019/04/26 12:27] Gentle Heron: smiles at Tredi
[2019/04/26 12:27] LV (LoriVonne Lustre): NB: I am happy to share the slides

[2019/04/26 12:27] Lousonna: Are there potential "incompatibilities" between certain types, in the sense that a very "object" type might consider that the other avatars they interact with also have a "object" type user, and they would for instance roleplay without making it explicit to a "me" in front of them (i.e. with a lack of "emotional consent")?

[2019/04/26 12:27] bowmanspartan Resident: So here, I’ve suggested a few different scenarios that could happen in a digital world. In which our emotional reactions to each might change quite a bit, depending on the relationship that we have with our avatar. These are all speculations and they really aren’t perfect, but a few examples.
If a person were to fail in a digital world (such as fail a challenge, or die in a video game):
• Object folks would probably be frustrated or angry, because they lost their tool or they see the fail as a barrier to some goal.
• Me folks might feel disappointed or even a bit of self-loathing, seeing the failure as an ego threat.
•Other folks (folks who engage the “Other” perspective) might feel a lot of sorrow or grief.

Remember, these people do not feel as if they have any control over the avatar, but still feel an intense connection with the avatar – similar to a friend, pet, or loved one. Of course, where it gets tricky is when folks are engaging in the same virtual world, yet have different sorts of relationships to their avatars, and in turn we all feel very different emotions.

In a way, this might not be so different than “First Life” however.

[2019/04/26 12:29] bowmanspartan Resident: How we relate to our avatars can also impact how we behave when we’re in those avatars.

To give just one example (and there are many more from research), if we don’t see the avatar as real and we don’t feel responsible for our actions, we’re more antisocial.

However, if we feel more in control, we’re more pro-social.

[2019/04/26 12:30] LV (LoriVonne Lustre): NB: Folks who see their avatar as fake may be more aggressive online

[2019/04/26 12:30] bowmanspartan Resident: That’s just a finding from a video game, but there is a great deal of work on the Proteus Effect (from Stanford University: https://vhil.stanford.edu/)

When folks use avatars in a digital world, they tend to take on attributes of those avatars in future interactions … in the user’s physical space.

[2019/04/26 12:30] bowmanspartan Resident: A critical aspect of all of this?

We do not engage digital worlds separately from physical worlds.

Our emotions online impact our emotions offline, and vice versa.


[2019/04/26 12:31] bowmanspartan Resident: One of the more dramatic examples of this is the Rape in Cyberspace account, detailed by Julian Dibbell: https://www.villagevoice.com/2018/07/25/before-roblox-an-online-rape-when-cyberspace-was-new/

An excerpt from the opening paragraph:

“They say he raped them that night.

They say he did it with a cunning little doll, fashioned in their image and imbued with the power to make them do whatever he desired.

They say that by manipulating the doll he forced them to have sex with him, and with each other, and to do horrible, brutal things to their own bodies.

And though I wasn’t there that night, I think I can assure you that what they say is true,

because it all happened right in the living room — right there amid the well-stocked bookcases and the sofas and the fireplace —

of a house I came for a time to think of as my second home.”

[2019/04/26 12:32] LV (LoriVonne Lustre): NB: for those of you who have not read the story. This is from an early chatroom and someone found a script that took control of their behaviours.

The users felt they were abused
Whereas the one who did it felt it was a game and did not understand why it was an issue

[2019/04/26 12:32] Sandi Glas: Our brain knows SL and RL are different but our emotions don't know the difference.

[2019/04/26 12:33] Linn Darkwatch: has seen someone in a web-based PVP game kill a female-named character and then text they were raping her body. It was very upsetting to see.

[2019/04/26 12:33] bowmanspartan Resident: To offer a few takeaways:
(1) Avatars mediate our experiences online, and can represent us in many different ways.
(2) As we interact with (other) avatars, those interactions trigger authentic emotional experiences, that are influenced by the user-avatar "relationship."

[2019/04/26 12:34] LV (LoriVonne Lustre): NB: I would love to chat more.

[2019/04/26 12:34] DrMCsquared: applauds.
[2019/04/26 12:34] Buffy Beale: Great presentation, well done!
[2019/04/26 12:34] Mook Wheeler: OBSERVATION: Agree with the symbiosis of different attributes < derived > different roles. We cannot show "all" of ourselves all at once, and all the time -- we are comprised of a collection of identities outfitted to different situations and different environments. We are, literally, bodies of discourse within fields of practice... and those fields speak us as we speak them! I remember the George Costanza "two worlds colliding" episode on Seinfeld where his 'George with Girlfriend' identity clashed with his 'George with Jerry' identity when his girlfriend showed up at Jerry's flat. His two identities, being so oppositional, could not cope when he was with both girlfriend and Jerry at the same time. The 'you' when you are with your boss or your child is not the same 'you' when you are with your parents, or friends, or partner.
[2019/04/26 12:34] Lousonna: some people "dissociate" more than others, and those who do it should make it clear, or else it is some sort of abuse, rather selfish and careless (and those who don't dissociate should be warned that many do...)

[2019/04/26 12:34] Gentle Heron: [12:20] Sandar Gausman: I AM Sandar Nick, how do you as a researcher determine who "I" is when you get responses like that?
[2019/04/26 12:34] Carolyn Carillon: NB: Sure. The shortest answer is we use a lot of mixed methods. We developed self response scales. We take the pattern of those answers to hone in. We pair that with discussion. We can usually see if they're describing an avatar & themselves. We look at the pronouns. We can see if they're talking about the avatar or themselves. Sometimes it's not relevant. Sometimes we don't care who's behind the screen. If you're in an SL community.
And you're a particular person there
We want to know who you are in that space
We don't assume you're a different person in SL
We struggle with that
We assume there is a true self
There are many researchers who would agree
I'm not one
I take an Erving Goffman approach
I see the self as a reflection of the faces we want to provide based on the context
That's a long answer
I'm happy to share the scales & data

[2019/04/26 12:35] Seafore Perl: I often interact in virtual world with my camera, and leave my avatar parked in the corner. My Avatar becomes a vehicle for me experiencing the VR world. That bleed over into RL is it encourages me to think of my human physical body as a vehicle for my soul (or however it may be referred to) to experience interactions in the real physical world.

[2019/04/26 12:37] Gentle Heron: [12:16] Linn Darkwatch: In SL, if you do not like your avatar, you have many options to change. Some people wear different avatars depending on their mood.
What is the impact of this mutability on sense of self?

[2019/04/26 12:37] Carolyn Carillon: NB: It's usually a combination of the scale responses and conversation
It depends on whether you see it as an expression or something that is influencing you
I can wear different clothes to represent myself
I don't know if it reverse impacts my sense of who I am
But we could study how the people respond to the way you present
If you try on a new avatar
And everyone likes that one
It's natural to take those experiences back into your world view
And make changes
It's fascinating in SL
That we can give off cues in SL that we can't in physical space
How do people in those spaces make sense of those cues
Intention is not communication

[2019/04/26 12:37] Seafore Perl: We dance for our audience.
[2019/04/26 12:37] Linn Darkwatch: YESH
[2019/04/26 12:38] Moose Maine: Prof., where do you see the virtual world as a whole in 5 to 15 years?
[2019/04/26 12:38] iSkye Silverweb: we talk differently in RL to different people... but we are the same individuals, we just project that different aspect with how we talk - how is that any different to choosing to express oneself through different avatar forms?

[2019/04/26 12:39] Gentle Heron: Would you like to comment on this interpretation of authenticity?
Ana Stubbs: We have ongoing controversy in the virtual church world as to whether non-human avatars can take a leading role in worship - because they are somehow roleplaying, or inauthentic.

Carolyn Carillon: NB: I love this question

Years ago, I gave a presentation to clergy about whether you can give a church service online Is it the physical embodiment of the physical relics that matter?

Rhiannon Chatnoir: or is it the personal faith and representation of rituals regardless of physical or virtual?

Carolyn Carillon: NB: for example, is Catholic mass that isn't in Latin inauthentic?

Can you receive communion if you're a horse? People can see that as goofing off
It can create a miscommunication

Just because I see my avatar as me doesn't mean others do
You may need an authentic one-to-one embodiment to represent you
But others may not

Seafore Perl: Native American Animal Spirit concepts (and their spiritual quests) were saturated with spiritual experiences.

Carolyn Carillon: NB: all 6 of these slices of identity (on the slide) all of these can make people feel a high level of identification with their avatar
What I would say to that congregation is be careful
They're saying that you can't worship unless you worship a certain way

The issues we're facing digitally aren't new issues

Seafore Perl: (Better to be a horse AV in virtual church than "horses rear end" in any church.)

Carla (Carla Broek): but we still are all humans, also in a virtual world:

Marly (Marly Milena): There is a norm for people to mainly choose human forms. However, we can be objects, animals, etc. And sometimes (as in my Symbolic Modelling work), there is a deliberate awareness process for this

Gentle Heron: [12:18] Marly (marly.milena): I have never had an interest in alts and have always wanted my avie to be as much like my Out There self as possible. Main message; I am an artistic person (I love creating outfits, jewelry, artistic environments, and workshops using arts processes)
How do you see the difference between changing your avatar appearance and making alt avatars?

Carolyn Carillon: NB: Marly that's a great question

Scientists don't define their terms very well
Everyone here knows what an alt is
Some may argue that my avatar on screen is an alt
But there's no definition
Because I'm wearing boots
But I don't in the physical world
An alt of an avatar is one that falls outside the avatar as Me

Sandar Gausman: My alt does things that I'd be too scared to do as Sandar
Perhaps it's just one aspect of "me"

It's more that you view it as an extension of yourself
When your avatar starts having it's own identity and agency
That's when it becomes an alt
That baseball player is close to me
But when I play, he's an avatar as Other
Because I can't hit a baseball in real life

Do you think sometimes we discover who "me" is when we can perform life via our avatar?

We don't always know who we are
Sometimes we don't trigger certain things until the audience around us forces us to
I never thought I'd be a good public speaker
Until I started teaching
I was a researcher
But part of that is teaching
The audience in front of me triggered me to present myself in a different way
Because it's about them
Exposing parts of ourselves and gauging other's reactions
Helps us figure out who we are
And who we want to be

A friend of mine was able to bring in both her "real" AV and her "alt" av at the same time. They each seemed to encompass a different persona (even though the same RL person went back and forth speaking for each). I found the experience strange and rather disconcerting.

Ana Stubbs: Carla - People often ask me if I'm really a mermaid in RL. I always say, yes, of course I am.
Carla (Carla Broek): lol yes you are, Ana.. I'm sure:
Zinnia Zauber: For me, being authentic is very important. I am the same inworld and out. My appearance, apparel, identity, and art are one in the same as well. I am grateful I can express that inworld.
Lyr Lobo: Scanning this audience and how we look, does a business suit represent the community's culture?

Gentle Heron: [12:45] Carla (carla.broek): Q: I met more than 15 SL friends in RL and they all were exactly as I knew them in SL - personality wise. Me too actually. Is that mostly the case or not?
Carolyn Carillon: NB: Carla, I don't know if I could speak to the prevalence
I love how you focused on who they were as people
Not as physical representations
There's a common theme here of social presence
We're not meeting objects
We're meeting people
We can get to know those people by spending time with each other
There's an assumption because we're digital we're always lying to each other
That's not the case
[2019/04/26 12:47] Mook Wheeler: it's less work to be yourself :))
[2019/04/26 12:48] Carolyn Carillon: NB: if we hung out together for a year
We'd notice patterns in each other
As Mook said, it's less work
That's accurate
Our reactions to each other shape our engagement
This is just another way of talking
[2019/04/26 12:48] DrMCsquared: But it's also a selection issue - who chooses to
meet in which digital space; who chooses to then meet IRL
[2019/04/26 12:48] Rhiannon Chatnoir: When we would host the in-person Second
Life Community Convention, we would often hear that...that the interactions between
people's avatars first, then made it such that folks when they would meet in person
would already 'feel' very connected
[2019/04/26 12:48] Gentle Heron: Yes Michelle
Right Rhiannon

[2019/04/26 12:48] Carla (Carla Broek): ty!!!
[2019/04/26 12:49] Linn Darkwatch: ♪♫♥ APPAWS! ♪♫♥
***Woot Woot ***
[2019/04/26 12:49] DrMCsquared: applauds
[2019/04/26 12:49] Zinia Zauber: Thank you!!
[2019/04/26 12:49] Lays (laysfarbonelima): >>> AAaaaapilllaauuuusssseee !!! <<<<<<
excellent, grateful
[2019/04/26 12:49] Lorin Tone: Outstanding presentation!
[2019/04/26 12:49] Puma Kawanishi: Thank you
[2019/04/26 12:49] Jadyn Firehawk: thank you
[2019/04/26 12:49] Tredi Felisimo: APPLAUSE!!!
[2019/04/26 12:49] iSkye Silverweb: Thank you VERY much!!
[2019/04/26 12:49] Seafore Perl: Thank you so much!
[2019/04/26 12:49] Tredi Felisimo: ___.*.*.(*♥.*.*♥).*.*__
thank you!
[2019/04/26 12:50] Eme Capalini: Great job Nick!
[2019/04/26 12:49] Ana Stubbs: Thank you

[2019/04/26 12:48] Gentle Heron: Nick, thank you for so many more ways to look at
ourselves and our avatars, or perhaps look at ourselves AS our avatars.
Remember to take the notecard from the giver box by the podium.
And be back at the top of the hour for Dr. Colder Carras' presentation: "Video
games, social interactions, and mental health"
[2019/04/26 12:49] Carolyn Carillon: NB: thank you so much
This was an honour
[2019/04/26 12:52] Marly (Marly Milena): Interesting presentation! Never enough time to discuss the concepts!
[2019/04/26 12:53] bowmanspartan: Thanks so very much! I'm happy to chat with anyone and/or share our research papers. I'm at bowmanspartan@gmail.com -- reach out, anytime.

You were a FANTASTIC audience ... better than most academic ones, tbh.
Sadly, I have to go back into meetings (advising appointments for my MA/PhD students). I'll keep my PC on but I'll probably be off.