I found myself with a slightly smaller leaf collection this year. As a native Floridian experiencing only the second autumn of my entire life, I am amazed by the vibrant colors that scatter the horizon during this season. In my pre-grad school life, trees of these tones were a thing of art, not reality. I have discovered that autumn itself is dynamic and fluid, everyday bringing changes: more red, less yellow, more cold, less leaves. Each day is different (and picture-worthy, in my personal opinion). Suddenly, the seasons have become a natural way to compartmentalize the year. In this edition of the newsletter aims to capture the accomplishments and changes that our department has seen in this last season.

~(Coincidentally) Summer

Save these dates:

Valentine’s Day
2.14.16
As a single or a couple, there are many ways to celebrate V-Day in State College. See page 6 for ideas.

Visit Weekend
2.18.16 – 2.21.16
A new group of prospective students will be visiting Penn State.

Spring Break
3.5.16 – 3.13.16
See page 5 for strategies to fend off cabin fever until you can hit the beach for Spring Break!
Academic Recap

HDFS students presented their research alongside other cutting-edge scientists at two conferences this fall. The Geier lab traveled to Leiden, Netherlands, in September to participate in Flux, the conference held by the International Society for Integrative Developmental Cognitive Neuroscience. In November, HDFS students studying aging traveled to Orlando to present their research at the Gerontological Society of America’s (GSA) annual meeting.

Other notable accomplishments:
• Emily W.’s Master’s thesis was published
• Penina co-authored an encyclopedia article
• Megan got a tenure-track position in HDFS at the University of Michigan!
• Brandon got a faculty position at Illinois State!
• Mark Greenberg taught his last class

Milestones

Congrats to the following who met these huge academic milestones last semester!

Crushed it at Candidacy
Kristine Creavey (Bova)
Ali Doub
Roxanna Griffin
Jinshil Hyun
Peter Kim
Jon Reader
Nicole Roberts
Briana Sprague

Completed Comps
David Lydon
Lu Ou
Jenny Padilla
Mina Shimizu
Rose Wesche

Defended Dissertation
Phuong Pham
Stephanie Wilson

Graduated with Ph.D
Susie Doughty
Lauren Philbrook
Fall Fun

Keiana Mayfield kicked off her first semester of grad school by getting married! In addition to achieving huge personal and professional milestones, HDFS grad students were able to fill their weekends with fun. Social chairs Brian and Sara organized several events, including happy hours, the first year party, an autumn outing, and an afternoon of outdoor activities. In pictures:

1. The second year cohort celebrated “Chrisgiving” complete with turkey and homemade cranberry sauce
2. Libby took a day trip and explored the Christmas display at Longwood Gardens
3. Several HDFSers tried their hand at stained glass, including Penina, Grace, Sabrina, Summer, and Kathleen
4. HDFS pumpkin picking social at Wasson Farm Market
5. Libby, Sara, and Summer had a magical day at Disney over Thanksgiving break

Stress Relievers

As some of our own have studied, chronic stress is unhealthy for the body and the mind. It is important to balance workload with personal time. Our grad students have diverse interests and engaged in a variety of stress relieving activities during fall semester. Some favorite stress relieving activities include:

- Netflix
- Movie marathon
- Reading
- Eating ice cream
- Baking
- Christmas shopping
- Spending time with friends
- Crafting
- Coloring
- Jewelry making
- Refinishing furniture
- Indoor cycling
- Running
- Swimming
- Hiking
- Bird watching
- Meditation
Winter Break Excursions

Wintering in Warmer Parts

Our graduate students scattered across the US and the world over winter break. Abby left chilly State College in December to spend three weeks in the Argentine summer. Lauren, Megan, Lorena, and Sabrina also enjoyed warmer climates, in Hawaii, California, Arizona, and Haiti, respectively.

Worldly Travels

Roxanna went to Iran and visited the Nasir ol Molk Mosque in Shiraz. Xiaoran went home to China and enjoyed time with family. One inside source reported that Brian ventured to the Arctic Circle in search of Santa Claus, but was unsuccessful. Others enjoyed a student-free State College.

Fending Off Cabin Fever

While some are happy to hunker down inside during the colder months, other students are creative in their strategies for staying active. We asked our students to share how they fend off cabin fever.

I go to the library and get books that can take me to far away places
~Briana

I was able to go hiking a few times...because it was unseasonably warm!
~Allison

Indoor trampoline
~Abby

I make myself a tropical cocktail and pretend I’m in the Caribbean
~Deirdre

I go swimming at the Y
~Deirdre

Impromptu dance party with glow sticks
~Sabrina

I try to get a little sun every day
~Rose

Summer on a snowy hike

Roxanna at the Nasir ol Molk Mosque

Lorena visited Disneyland

Sara and Brian catching up with friends at happy hour
Donation Games

Community Service chairs Kami and Sabrina organized a friendly competition between the HDFS graduate students and faculty. HDFSers were challenged to contribute nonperishable items and monetary donations to benefit the Women’s Resources Center, Hearts for Homeless, and Big Brothers Big Sisters. The results were close, but the grad students pull through with a win! The faculty has to step up their game for the next round in this competition.

Warm Hands & Busy Kitchens

Indulging with a cozy comfort food is often the best way to get through the cold winter months. Favorite winter recipes for HDFS grad students range from dumplings, to soup, to baked potatoes and chicken pot pie. However, one theme emerged: HDFS grad students LOVE to fend of the winter blues with warm drinks and desserts. Here are two recipes that are worth trying the next time the snow falls!

Glogg
(Traditional Swedish Mulled Wine)

**Spices:**
- 3 cinnamon sticks  
- One teaspoon whole cloves  
- One teaspoon ground nutmeg  
- 2 peels of an orange  
- 5 whole cardamom pods  
- One small piece of ginger, chopped  
- 20 raisins  
- A few dried figs  
- A couple of dried figs

**One bottle of red wine (such as Cabernet Sauvignon, Syrah)***

**For caramelizing:**
- One cup rum  
- 1/3 cups brown sugar

**Serve with:**
- Blanched almonds  
- Raisins

Carefully heat up the wine; it should NOT boil. Drop in spices, turn the heat off and cover for least 4 hours (best if left overnight).

Sieve the spices from the wine and heat it up in a saucepan, again making sure it does not boil. Fill a stainless strainer with sugar. When the wine is hot, place the strainer over the saucepan. Pour the rum over the sugar and light the alcohol stream below. Let some of the sugar drip into the wine mixture before adding all to the wine (if you wait for all the sugar to melt the alcohol will disappear with the flames). Remove saucepan from the heat and cover with a lid to stop the flames.

Serve in small cups together with some blanched almonds and raisins in every glass.

Nutty Rum Banana Bread
A favorite of Roisin’s

**½ cup butter**  
**1 cup white sugar**  
**2 eggs**  
**1 ½ cups mashed banana**  
**2 cups all-purpose flour**  
**1 teaspoon baking soda**  
**1 tablespoon of rum**  
**1 hand full of chopped nuts**  
**Splash of vanilla extract**

Preheat oven to 350* F. Grease and flour 9x5 inch pan.

Cream butter and sugar until smooth. Beat in the eggs, followed by the bananas, rum, and vanilla extract. Add flour and baking soda, stirring until combined, then fold in the chopped nuts.

Pour into pan and bake for about 1 hour (or until a toothpick comes out clean). Remove from pan and let cool, store in the refrigerator or freeze.
As Valentine’s Day is upon us, here are some of our grad students’ favorite ways to celebrate with the ones they love.

**Valentine’s in State College**

As Valentine’s Day is upon us, here are some of our grad students’ favorite ways to celebrate with the ones they love.

- **Two for one skiing tickets at Tussey Mountain**
  ~Emily W.

  **And then**

  Enjoying a drink at the **Tussey Mountain** Pub
  ~Deirdre

- **Borrow a horse and buggy and hit the town**
  ~Chelsea

- **Raiding the grocery stores for discounted candy!**
  ~Briana

- **Valentine’s Day is a corporate Holiday; don’t buy into that nonsense, people!**
  ~Roisin

- **Watching the midseason premiere of The Walking Dead (so romantic!)**
  ~Rose

- **Cooking an elaborate dinner and sharing a bottle of **wine****
  ~Kristine

- **I never stop learning and being challenged**
  ~Jenny

- **The support and advice from older students!**
  ~Allison

- **As a HP fan, I think the department is like Gryffindor. Things just happen magically!**
  ~Xiao

- **How friendly everyone is, and the support!**
  ~Jon

- **My cohort**
  ~Sabrina

- **Our beautiful new building and all of the people who work in it**
  ~Sara

- **By celebrating love and compassion every day of the year!**
  ~Kami

- **I’m around people who are both wicked smart and fun to be around**
  ~Briana

- **Even during a stressful time in my life my advisor is very understanding and supportive! It makes going through hard times much easier!**
  ~Ashley

- **A Galentine’s Day celebration and gift exchange with girlfriends!**
  ~Sara

- **I love the collaborative instead of competitive nature of the people in our program**
  ~Kristine

- **I never stop learning and being challenged**
  ~Jenny

- **The support and advice from older students!**
  ~Allison

- **As a HP fan, I think the department is like Gryffindor. Things just happen magically!**
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- **Even during a stressful time in my life my advisor is very understanding and supportive! It makes going through hard times much easier!**
  ~Ashley
Stars in HDFS

Nilam Ram is the recipient of the Penn State Graduate Faculty Teaching Award. This is a very prestigious, university-wide award administered by the Grad School that honors a faculty member who has demonstrated outstanding teaching performance and student advising.

Brandon McDaniel is a recipient of the Alumni Association Dissertation Award for 2015-16. According to the Alumni Association, "This award …recognizes outstanding achievement in scholarship and professional accomplishment."

Kathleen Zadzora was chosen by the Graduate School to receive the Harold F. Martin Graduate Assistant Outstanding Teaching Award. This selective award is only granted to a few students across the entire university.