A Note From The Editors

The contents of this issue of the newsletter are influenced by the timing of its release. This weekend, prospective students will be visiting, and we wanted to share our fellow HDFS'ers perspectives about what makes life in State College great. Everyone was so pumped about their chosen topic that this newsletter is pretty jam-packed. Our advice is to choose a few stories that interest you, and see what other students like best about State College. We included this to cater to both of our audiences this issue (prospective and current students), and we thought it was an appropriate way to announce the news of the prospective students’ visit weekend.

There’s definitely other news in this issue, too. We included a list of March events for the department, college, and community. And we’re announcing the new yoga class with an interview with Alexis Harris, a graduate student and the instructor of the yoga class.

Happy reading! Your newsletter co-chairs,

Katie Bamberger
& Brandon McDaniel

NEW YOGA CLASS FOR HDFS!

Recently, Alexis Harris, a graduate student in HDFS began teaching a Monday morning (9-9:45am) yoga class for students, faculty, and staff in our department. What could possibly be more news-worthy than the start of the department’s own yoga class? To announce the class, we’re releasing an inside interview with Alexis about her experiences practicing and teaching yoga and the new class!

Katie: How long have you been teaching and practicing yoga?
Alexis: I first practiced yoga in high school when my mom and I went to a Yoga-Tai Chi fusion class together. Then, in college I started studying and practicing each of these forms separately. After college, starting in 2004, I worked at a preventive health/wellness promotion center in Memphis. We offered a couple of yoga classes for children and teens and had a volunteer who came in to teach an adult class weekly. Most of the students were members of low income families who had never been exposed to yoga and would never have been able to afford a yoga class other than the ones we offered them for free. I started assisting in the classes for children and teens, and when the instructor was injured I was asked to substitute teach (this ended up being a permanent substitution!). Seeing children with serious emotional and behavior problems being calm and focused on their breathing really expanded how I thought about the benefits of yoga. Teaching children and teens yoga immediately brought a whole new level to my own practice; I knew I wanted to keep teaching, so I
started going through a teacher training program. I ended up expanding the yoga offerings at the center, adding a family yoga class and additional adult classes, including my favorite gentle yoga class, which was for older adults with physical limitations.

K: Why do you personally practice yoga; what do you get out of it?
A: Yoga helps me feel whole. The philosophy and practice of classical yoga resonates with me because it is not just one practice, it is a way of living - of finding balance in the choices we make, the way we interact with others, and the way we take care of ourselves in body and mind. The practices that I do “on the mat” help me to feel centered and prepared for the ongoing “off the mat” practice of daily life.

K: How different is it teaching yoga for children or seniors compared to students in our department? Why did you decide to offer a yoga course for the department?
A: There are a lot of differences between the ways that I approach teaching children, teens, adults, and seniors, but there are also some huge similarities. For instance, we all need to develop our capacities for recognizing, understanding, and coping with the effects of stress on our lives. I think grad students are one of the most stressed groups of people I’ve ever been around, and sadly, so much of that stress comes from the amount of pressure we inflict on ourselves. Coming to grad school here and leaving behind all of my teaching practice has definitely impacted my own yoga practice and it has been a challenge for me to maintain a healthy balance. I felt like setting aside some time to practice yoga together would offer the opportunity to give ourselves a break and manage stress a little better. By paying attention, intentionally and with compassion, to our internal selves - to the body, the breath, and the fluctuations of the mind - we can become much more mindful of the ways that stress impacts our lives and learn how to intervene with some of the negative effects of stress. And, simply put, yoga tends to make you feel good, and if you start the day doing something nice for yourself, you’ll probably be happier and more productive. Everyone is welcome to join the class. It’s appropriate for beginners, and I’m open to suggestions based on your needs and interests.
We asked graduate students...
What do you like best about life in State College?
The following are their responses written in their own words. There are a lot of things to like, so we recommend choosing a few topics to read that interest you. The editors would like to thank these fellow HDFS’ers for writing with such passion and contributing their unique perspectives to this newsletter!

Tamara Goode: Farmers’ markets and farm shares

One of the things I like the most about living in State College is the abundance of locally grown and raised [or organic] fruits, vegetables, herbs, dairy products, and meats. … I have never had this much “straight from harvest” produce available, and I can’t believe the difference in flavor and freshness. … Another advantage of buying local is that you get to know the farmers who are growing your food and learn more about how your food is grown or raised, how to prepare a new veggie that you haven’t tried before, and even visit the farm.

The two best sources we have for locally raised food are farmers’ markets and farmshares or CSAs (Community Supported Agriculture groups).

We have several farmers’ markets in the area that are open from approximately the end of May through the end of November, and there is one that is open year round. We can also get many other products at our farmers’ markets, including handmade soaps, dog and cat treats, arts and crafts, bread, pasta, dairy products, eggs, meat, crafts, fresh flowers, garden and houseplants, and herbs. Many graduate students, staff, and faculty shop at the farmers’ markets, so it is not unusual to run into friends and colleagues as you are shopping.

The most popular farmers’ market is the downtown State College Farmers’ Market (www.statecollegefarmers.com), located on Locust Lane during the season, and in the municipal building over the winter. This market operates Tuesdays and Fridays during the spring and summer, and Friday only over winter, from 11:30 - 5.

Another farmers’ market in State College is the North Atherton Farmers’ Market (www.nathertonmarket.com). …This farmers’ market is growing quickly, and has a diverse selection of products, including a coffee/tea stand so you can have your morning caffeine as you are shopping. If you are hungry, the Sustainable Kitchen is there, serving up delicious breakfast and lunches (the cinnamon rolls are amazingly delicious, and vegan!) [There are many other markets including ]… an Amish farmers’ market in Ollie’s parking lot [and]… and the Boalsburg and Bellefonte farmers’ markets…

Farmshares or CSAs are opportunities to provide local farmers with a capital investment; in return, you receive a share of their harvest. For most farmshares, you go to a predetermined pick-up spot to get your produce. However, some will deliver to your home for a small fee. Some CSAs offer a workshare; these farms offer a discount on your investment in return for a certain number of hours of work over the course of the season. Many farmshares offer additional products, such as coffee, bread, dairy, baked goods, jams and jellies, meats, local honey (which some say will ease your pollen allergies!) and other prepared foods like soups, pizza, and pesto.

My first CSA was at Tait Farms (www.taitfarmfoods.com). Tait Farms operates a farmers’ market style CSA; you go to the farm and choose which produce you would like out of bins in the barn. Over the Moon Farm is at Tait twice a month; they offer local pasture-raised meats. Tait also has a large variety of locally prepared foods and has many special events like wine and beer tastings, gardening classes, and seasonal celebrations.

Nicole Constance and Emily Pressler had a farmshare with Groundwork Farms (www.groundworkfarms.com). Emily said that she really enjoyed trying new vegetables that she had never had before… Nicole liked that they offered many products other than produce, like dairy, bread, eggs, coffee, and herbs.

Kathleen Zadzora chose Greenmore Gardens CSA (www.greenmoregardens.com), mainly because the pick-up location was close to her house, but she really enjoyed her share. Greenmore offers egg and herb shares in addition to veggies. Also, you can choose a bi-
weekly share if you are not going to eat as much, and they offer a workshare…. One of the things we can do as grad students to take care of ourselves is to eat healthy food! And here in State College we have numerous opportunities to avail ourselves of the freshest, locally-raised, and often organically grown food that will help us do just that. That is just one of the things I really love about living in State College.

Rebecca Madill: Hiking and outdoor activities

It seems silly now, but my biggest fear about moving to State College was that the city life would be awful and overwhelming. Would I have to replace my regular outdoor activities with, say, shopping at Wegmans? Keep in mind that I was coming from a college where we bragged about the cow-to-student ratio.

After nearly four years, I have concluded that central PA is an absolutely amazing location for outdoor recreation. Since plenty of peer-reviewed research suggests that you should get outside, I agreed to do some type II research and help you put those findings into practice.

Getting started. Buy the Purple Lizard map of Rothrock State Forest. This map will help you see the areas surrounding Penn State not just as far-off ridges and farmland, but as accessible playgrounds full of trails, creeks, and breathtaking views. You can purchase the map at Appalachian Outdoors or Freeze-Thaw Cycles, both on Allen Street. Prepare to spend hours drooling over the possibilities.

Where to? With your map in hand, central PA is now your oyster. But where should you start?

Mount Nittany. Two little bumps interrupt the horizon when you look east from campus: Beaver Stadium and Mount Nittany. Although football is apparently a pretty big deal here, Mount Nittany is the quintessential Penn State hike. The hike is fairly strenuous, but anyone can make it with enough time. At the top, a loop takes you to vistas that look down on Beaver Stadium and other local sights. There are actually two trails—a white loop and a blue loop; take the shorter white loop (4 miles) if it’s your first time. On July 4th, the fireworks that are set off on campus make for a great show from Mount Nittany. Don’t forget a flashlight for the hike down!

Bald Knob. Bald Knob is just one of many fascinating and unique hiking destinations in Rothrock State Forest. Because Rothrock is such an incredible maze of trails, you will never need to hike the same route twice—a nice relief when everything in State College starts to look a little too familiar. Bald Knob is a favorite of mine because of the wide, windy, open land at the top of the knob, and the blueberry and huckleberry bushes that are amazing in late summer. This hike also rewards you with nifty stone chairs surrounding a firepit amidst the berries. Relax for a while, or camp overnight. The most basic route starts on Bald Knob Trail off of Laurel Run Road. The path is steep! Use your handy-dandy map to plot out a route that’s as long or short as you like.

Black Moshannon. When I need a dose of fresh air and a new perspective, I head to Black Moshannon State Park. Walking along the wooden boardwalk of the Bog Trail and searching for carnivorous plants and beavers, you can forget about your busy life back in State College. The trail continues into the woods on the very flat and peaceful Moss Hanne Trail. High-bush blueberries (BLUEBERRY TREES!) surround the trail a couple of miles in. Bring bags in August and September to take these berries home for freezing! It’s always a little cooler at Black Moshannon, making it a great destination in the hot summer—you can even swim in the lake for free, if you don’t mind a little dirt. Don’t forget about Black Moshannon in the winter! Rent cross-country skis from Appalachian Outdoors, find a friend with four-wheel-drive, and make the most of winter in central PA. Finally, Black Moshannon is a perfectly good place to car camp if you need a night in a tent, but
prefer modern amenities like a bathhouse.

**Rocky Ridge Natural Area.** Rocky Ridge is a truly magical place—so magical that I considered keeping it to myself. Lucky for you, I decided to share. Rocky Ridge is part of the Standing Stone Trail, a 70-mile trail that starts at Greenwood Furnace State Park (another great hiking location) and follows ridgelines to give you views of valleys and cascading mountains. In the spring, Rocky Ridge is overflowing with wildflowers. You’ll even find pink and yellow lady slippers covering the trail during peak season. Here’s the best part: At the top, enormous sandstone boulders are practically begging you to climb around and work those muscles that your keyboard and mouse neglect. This is prime hawk-watching territory, so settle on top of a boulder and watch the birds soar above you.

**Important notes:** Always tell someone your destination and expected return time (just don’t tell your mom, or she’ll spend the whole day worrying). Bring extra water, sunscreen, and bug spray—bugs are especially bad in Rothrock. Hunting appears to be legal pretty much everywhere in Pennsylvania, so wear a bright orange hat or vest. Hunting is technically not allowed on Sundays, but I have come across several hunters on Sundays. Expect to have no cell phone service on and around the trail.

**Useful Resources:**
- [www.pahikes.com](http://www.pahikes.com): This site is extremely helpful. Scroll halfway down and pick a hike with your desired mileage and difficulty. You can also find directions to almost any trailhead here.
- *The Short Hiker: Small Green Circles* by Jean Aron. Hikes are organized according to their distance from State College. Without this book, I never would have found some of my favorite local areas. You can find it at the campus bookstore.
- **Me!** Let me know if you have any questions or want to go hiking! I’m always happy to have new hiking buddies (ram436@psu.edu)

(Continued from page 4)

Note from the editor (Katie): I’ll attest to the perfect vantage point atop the boulders at Rocky Ridge Natural Area. Last summer, I saw a bobcat running up the trail into the woods—my sighting is a source of great jealousy for my boyfriend.

A vista in Rothrock with Amanda Leggett, Rebecca Madill and others

Amanda, Brittany James, and a nutrition grad student in times Square

One of my favorite things about living in State College is simply its proximity to major cities. Pittsburgh, Philadelphia, Washington D.C. and New York are all an easy day/weekend trip away. I love theater and having the ability to go up to NYC a few times a year to see Broadway shows is something I’ve really enjoyed since living here. I always stay after the show to get autographs and in the past 4 years I’ve met Daniel Radcliffe, Catherine Zeta Jones, Sean Hayes, etc. Having Megabus go through State College is now an affordable option in traveling to these cities. Or simply loading up the car and sharing the cost means one great thing…ROADTRIP!

Another aspect of my life in State College that I most value is my church community. As faith is the most integral part of my life, being actively involved in a faith community is something that has always been very important to me. State College has a diverse array of religious and denomination based places of worship. I found a church home shortly (Continued on page 6)
after moving here 4 years ago and having that place of worship and community around me has been absolutely essential to my well-being and growth.

Through a life group (similar to a bible study) that I joined in my church I have met my closest friends. It has been great also to develop friendships with adults in the church and non-graduate student peers in my lifegroup as a reminder that State College is more than just grad school.

Mike and some of his watercolor students

We asked Mike during our last meeting to share something about the watercolor class that would interest and inspire prospective students. With a level of candor that surprised us, he sat down, straightened his plaid flannel shirt, and with a lowered voice and furrowed brow very carefully chose his words. “Well, I became a better soccer player by juggling,” he revealed. He continued on and explained that exercising muscles rarely used can improve coordination with toned ones. Encountering the world in a new way can broaden—or even challenge—one’s current perspective. In just six weeks Mike taught us to see the gestalt and the components of an image to capture its essential qualities, those that make it real. And isn’t that what we’re all trying to do in our research? To truly develop our research processes as they are, to “paint” them true-to-life?

At the very least, by taking art classes at Penn State, you will learn how to draw or quilt or watercolor or fashion pottery and stained glass. You will most likely leave with beautiful products to give as gifts or to showcase in your home. You may even find a therapeutic way to express yourself or stumble on an epiphany about your research or life philosophy. If you’re really lucky, though, you’ll get to meet Mike.

One of my favorite things about living in State College is the rural surroundings. Not only does this provide the opportunity for farmers’ markets and CSAs (Tamara’s favorite things), it also means we have enough land in this area to have a community garden plot if we choose (which will be my hobby this summer), to work on a farm over the summer (which I did last summer—on a PSU research farms), and to hike in the surrounding wilderness (Rebecca’s favorite thing). Finally, for me it means seeing the Penn State livestock in the fields surrounding me every day.

The first time I drove down Porter and saw the pigs, I was astounded at how BIG they are! It’s so fun watching them root around in the ground for their food and calling to them from my car as I drive past (yes, I’m well aware that they don’t notice me at all no matter how loud I am). I’m sure I’ve scared quite a few drivers while I look at the...
pigs instead of at the road.

The other day, I was driving on Orchard Rd. near the Ag Arena and spotted a field of baby cows and their mamas! I stopped and turned my car around to take a picture.

Most people tell it’s spring time when the flowers begin to bloom or the trees begin to bud, and I admit this is really exciting for me, but the way I’ve begun to tell it’s spring in State College is when the horses are out in the pasture on my drive home. I love the first day that I see them because I can look forward to horses on my drive to campus or my drive home almost every day after that.

I’ve loved this opportunity to pay attention to the life around me as I go about my daily routines. I can say for certain that these animals brighten my days.

Katie Lawson & Kameron Moding: Sport Events & Intramurals

As former athletes, we knew that we wanted to attend Penn State sporting events and play intramural sports. Right away, we wanted to check out the Penn State football games and tailgating. As first-year students, we bought season tickets to the football games which allowed us to be a part of the whole Penn State football experience. Students within our department organized great tailgates, which gave us the opportunity to get to know other graduate students while playing cornhole, eating delicious cookout food, and cheering during the football games. Since then, we have attended both men’s and women’s volleyball (the women’s team won 4 national championships in a row!) and basketball games. Other students in our department have even attended gymnastics, fencing, and wrestling meets!

Also as first-year students, we found out about a 5-on-5 intramural basketball league through people in our department. We found that the league was perfect for both experienced athletes and people who just wanted to have fun. Although we did not have a winning season, our new connections to other graduate students led to more IM opportunities. Since then, we have played flag football, volleyball, and 3-on-3 basketball. Through these experiences, we have met new people from a variety of departments, including law, higher education, and sociology. Overall, we have really enjoyed the IM experience because it is a great way to meet other people and continue to play semi-structured sports.

Ni Jian: Coming from China to State College

Full of rain, full of sunshine, full of weather changes
Full of trees, full of fresh air, full of peace
Full of churches, full of farms, full of happy people
Full of students, full of studies, full of parties

That is the place that I have been for over half a year, State College. Though my undergraduate school was in Beijing, China, the metropolitan, I actually enjoy State College more, mainly because I love nature, and because for graduate study, one does not need many distractions! Sure, the clothes stores here may not satisfy you. But given the wonderful research and training here in HDFS and the
wonderful scenery, I don’t expect more.

As a first-time international student, I did have a hard time transitioning. Fortunately, the department is very supportive of international students. All the students are so nice. There is a buddy program that has second year students paired with first year students to help them make a smoother transition. Faculty have encouraged me to speak more and have patiently scaffolded me in building my English and academic writing skills. What’s more, the department head, Steve Zarit, even held an informal class a couple times with the international students to discuss any issues we might have. On the university level, there are at least three writing centers that assist students, which have been really helpful to me. I think it would be hard to find another school that would be supportive in so many aspects.

After school, I enjoy walking in the beautiful campus and the parks around my house, observing the changing colors of trees and grass. When it snows, the town reminds me of European small towns, a place where Santa Claus might appear out of nowhere!

By the way, many of the international students and American students in my cohort brought their families here, because State College is family-friendly (as is the department) and provides a wonderful sense of home.

Mary Geier: The Breakfast Scene around Penn State

Hello HDFS-ers! Various sources—from the medical community to your mom—tout the virtue of starting the day with a well-rounded breakfast. In this piece, I’m happy to share what I’ve learned about the State College and Bellefonte breakfast scene over the past few years. Enjoy, and I hope that you’re inspired to start the day off right at one of the featured establishments!

State College

The Corner Room (100 West College Ave)

In business since 1926, the Corner Room is a State College landmark. It’s worth a trip just to experience the history of this place—Penn State memorabilia decks the walls, and the high-backed blue leather booths appear as they must have in the ’20s. Coffee is good and prices are excellent—for instance, the “Early Bird Special” (offered 7-11am, M-F) is only $2.95 and consists of 2 eggs, hash browns, and toast.

Irving’s (100 East College)

Step into Irving’s and you’ll quickly realize this is a favorite student hang out and study spot. Although the cafe’s close proximity to campus and ample seating likely factors in to its appeal, the food itself is undoubtedly a large pull as well. Irving’s features at least 25 different types of bagels made fresh in-house—give the “Breakfast Special” a try: any bagel with egg, cheese, and bacon or sausage. Irving’s also offers an extensive smoothie menu—the “eye opener” (vanilla yogurt, wheat germ, banana, and honey) is especially fitting for breakfast.

The Diner (126 W College)

A State College landmark in a somewhat different way than the Corner Room, The Diner is famous for its “Grilled Stickies”—grilled cinnamon rolls which can be found in grocery stores across PA and...
draw in hoards of alumni every game day weekend. Going to The Diner is an experience—I would recommend going at least once, but perhaps not adding it to your regular rotation of breakfast joints, due to its small size and lack of other notable food options outside of the grilled sticky.

**State College Diner** (2105 S Atherton)

Not to be confused with “The Diner,” the “State College Diner” has a very humble, no-frills, down-to-earth feel to it that can be refreshing in a town like State College with such a unique and transitory demographic. This is the type of local place that you find in small-town America. The prices are quite good and the food satisfying, and it seems relatively unknown among the student population.

**The Autoport** (1405 S Atherton)

Most well known and loved in our department for its happy hours and karaoke nights, the Autoport also offers quite a nice breakfast. The menu features lesser-seen items such as a breakfast pizza and breakfast burrito. But I have to admit that one of my main reasons for going to the Autoport is to enjoy the atmosphere and décor—the large open dining room with dramatic curtains and pink zebra-striped plush chairs give it a 1960s-ish feel that is a lot of fun, especially in the morning.

**Waffle Shop** (364 East College (Downtown); 1610 W College (Blue Course); 1229 N Atherton Street)

It’s only appropriate to end the State College section with a bit on the Waffle Shop, perhaps the most beloved of all local breakfast places. It comes as no surprise that waffles are the big ticket item here: the menu includes seven different types, including the “Georgia Pecan,” “Cinnamon-Apple,” and “Banana-Nut.” On top of the fabulous waffles, the restaurant offers an even larger selection of pancakes, several cheap week-day specials, and some more unique dishes such as the “Nest Egg” (hash browns, sautéed veggies, and cheese mixed together with an egg on top). And servers refill your coffee faster than you can drink it.

**Bellefonte**

**Café on the Park** (325 W High Street—North of Talleyrand Park)

Most well known and loved in our department for its happy hours and karaoke nights, the Autoport also offers quite a nice breakfast. The menu features lesser-seen items such as a breakfast pizza and breakfast burrito. But I have to admit that one of my main reasons for going to the Autoport is to enjoy the atmosphere and décor—the large open dining room with dramatic curtains and pink zebra-striped plush chairs give it a 1960s-ish feel that is a lot of fun, especially in the morning.

**Cool Beans Coffee and Tea** (141 W High Street)

Cool Beans feels like a cozy retreat located in the heart of Bellefonte. It spans two rooms—the first holds the coffee bar and tables, while the adjacent room is furnished with several cozy couches and lounge chairs. Along with traditional coffee and tea drinks (espresso, cappuccino, chai latte’s etc), the cafe offers a large selection of decadent and whimsical specialty drinks. Favorite examples are the Almond Joy, Peppermint Patty, and Peanut Butter Cup coffee drinks; milk steamers; and Italian sodas. Breakfast features include bagels, quiche, baked oatmeal, and bakery items such as scones and muffins. Cool Beans also offers gluten free alternatives, and the free wi-fi is an additional plus.

**Waffle Shop** (127 W Bishop)

See other review of Waffle Shop. A useful tip: if you ever have a hankering for the Waffle Shop on a football game weekend, consider making the trek out to Bellefonte. The 3 State College locations are always packed, and you’re pretty much guaranteed a long wait. Few people outside of Bellefonte seem to remember that this restaurant location exists, much to the benefit of those who do.
Brandon McDaniel: Balancing Fun, Family Life, and School

I knew that coming into graduate school with a family was going to require some effort and skill in order to achieve balance. I know that I am more of the exception since I have a family, but I think all of us find that we must learn to set boundaries if we are to be happy and healthy in graduate school (so feel free to take what I say and apply it to yourself however you find works for you).

Our school and research demands can very easily take over our lives if we let them. I have found that I must set clear boundaries and schedule my time (typically I use Google calendar) in order to use my time most effectively and not have school / research spilling over into every aspect of my life. Since my wife and I have a preschooler and a new infant, I set fairly specific goals that I work towards. Here are some examples from my schedule:

♦ At either 5:00 or 5:30pm (prescheduled) I leave school, no matter whether I am done or not.
♦ I begin working by 9am Monday through Friday.
♦ From the moment I get home until my children are in bed it is family time (I do not even glance at work, although it is tempting at times to check my phone for the latest email from my mentor, etc. LOL).
♦ After 8:30pm can be work time, but I try to make sure that most nights are spent with my wife and/or friends.
♦ Thursday nights I stay with the kids and let my wife do whatever she would like.
♦ Friday nights are always spent with my wife.
♦ I often have to work Saturdays at least for a few hours, but I leave Saturday nights open.
♦ Sundays are a time that I reserve solely for worship and family time.

Clearly, with a schedule like this (which by the way I had never really thought about how fairly strict this schedule is until I wrote some of it down right now for you) it is important to make sure you get what is important completed for school. Recently, I have begun specifically blocking out times on my Google calendar for the things that I will work on each day. I have to be flexible, but being able to see exactly how long I take on each thing and when I wasted time have both helped me to be more efficient while I am at school from 9am to 5pm.

It is also important to make time for fun. You may not be able to do everything that you want to do and keep to a schedule like this, but you can be flexible with it. For example, if you know that you really want to do something, you could schedule it a week in advance and make sure that you have other things done that way you can take off all day Friday, and so on. I often will schedule sports times for myself as well, such as racquetball every Monday morning at 8am.

It is very important that we use our whole bodies, not just our minds. I am sure others could talk to you about the gyms that they go to, but with a family it is often hard for me to go to a gym. Thus, I bought a treadmill, and I run on it every night. I also walk from the parking lot to Henderson building in the morning and back to the parking lot in the evenings. I believe this is around 3 miles total (about a 20 minute walk each way). The walk also provides a good time to clear your head from work as well as to chat with friends from your cohort or school.

Brandon at his desk in the SIESTA lab.
Milestones... Congratulations!

**Masters Defense**
Brandon McDaniel -- 1/9/2012
Lauren Philbrook -- 3/30/2012

**Comps Defense**
Allison Reamy -- 11/30/11
Gail Mayer -- 11/30/11

**Candidacies**
Mary Jon Barrineau -- 1/23/2012
Jacqueline Cox -- 1/23/2012
Hye Young Rhee -- 1/23/2012

**Graduated Fall 2011**
Michelle Blocklin
Natasha Dmitrieva
Jessica Dollar
Christine Fortunato
Katie Gates
Elizabeth Riina

**Dissertation Defense**
Frank Infurna -- 1/16/2012
Anna Solmeyer -- 2/14/2012
Julia Moore -- 12/12/2011