Hello graduate students, and welcome back from break!

We’re glad to finally have the winter edition of the newsletter out for your enjoyment. Our winter newsletter, while sparse in meaningful content, is truly a labor of love. The air outside may be frigid, but the shared stories and photos you’ll find should be sufficient to warm your hearts and minds.

Since publishing the fall newsletter, some of the biggest news for the department is the completion of the new BBH Building and the process of moving HDFS into a new space. Despite the stress and scramble of the packing and moving process, HDFS has successfully been relocated into both HHD-East and the BBH Building. We scouted out the new building (which is perpetually under construction) and share some photos here.

Also in this edition we have plenty of great pictures, stories and survey responses from our graduate student community. We have words of wisdom from Mary Jo and a little primer for those of you looking for groceries.

We hope you enjoy what we have prepared!

- Ni Jian and Aaron Miller
The New Biobehavioral Health Building

Despite some initial hiccups and ongoing construction, the newest building on campus is now open. This building houses both the HDFS methods faculty and the Prevention Research Center.
The New Biobehavioral Health Building
Our latest survey data shows interesting trends in the HDFS graduate program...but we don’t know what those trends are! Here, instead, are some choice anecdotes and milestones for your amusement.

What professional experiences are you looking forward to this semester?

I'm planning on taking HDFS 597 Aging in a Welfare State this spring in Sweden. It'll be nice to get some international policy perspective in my HDFS diet. - Concetta M.

Looking forward to teaching 249 again! - Amanda L.

Exciting things are happening in The Geier Lab for Developmental Cognitive Neuroscience and Addiction. I'm excited to see how the research turns out. - David L.

I'm hoping to go to Population Association of American (PAA) in April. It's in New Orleans which is my favorite city! I will also be writing my comprehensive exams in the

SRCD! - Many folks!

First time TA! Yeah! - Ni Jian

I am excited to get to teach HDFS 229 Child Development (160 students). - Brandon M.

How did you relieve stress at the end of the semester?

Cry. Drink. Harass my cats.—Susie D.

Spend time with family and friends, bake with my mom, & play board games. - Alexis H.

Bake cookies, listen to Christmas music, and write weird, spontaneous songs about whatever I'm working on.—Amanda L.

I snuggle with my cats by the fireplace and drink hot chocolate. - Stephanie M.

Grade papers! Oh wait, just kidding. - Brandon M.

I discovered puff 'n' corn - a delicious and not-so-nutritious snack. - David L.

I spend a few days doing absolutely nothing and just visiting friends and family. Eventually I start trying to get back into the work mode, but that usually takes longer than I plan on it taking. - Nicole C.

I clean EVERYTHING. I also allow myself to watch all the TV that I missed while I was accumulating the aforementioned paperwork.—Concetta M.
Imagine a world overrun by dinosaurs. What would you like your role to be in such a world?

I would hope that I am helping to organize an army so we can take back over the world! Dinosaurs aren't that smart! - Nicole C.

I would like to design accessories for the dinosaurs. - Bora L.

Studying baby dinosaur development! - Lauren P.

I would like to be an archery specialist, and genetically engineering food. - Roxanna

Everything would be so much simpler. I would like my role to be designing optimal environments for baby dinosaur development that promote positive interactions between dinosaurs and humans. This would also involve outreach with human children and adults to promote safe, smart, respectful, and mindful interactions with dinosaurs. - Alexis H.

Dinosaur whisperer... - Amanda L.

Dinosaur wrangler! - Tamara G.

"OMG, baby dinosaur daycare!" - Susie D.

My role would be to disarm them with my charm and witty sense of humor. - Brianna S.

I would like to be the wind. - David L.

Mid-size dinosaur living in water, who may not need to compete with most of the other dinosaurs. - Nian

Food. - Jon R.

If this would be like Jurassic Park, I would like to not be in that world...haha.. - Allison R.
Surveying the Land

Personal Milestones

- David Lydon found a whole new family in his HDFS cohort!
- Anne Gröper was a counselor for an outdoor elementary school camp and visited many American cities!
- Susie Doughty turned 26!
- Concetta Mineo says “I think making it through my first semester is a milestone.” Her cohort concurs.
- Brandon McDaniel’s son turned 1, and he got to take his daughter sledding for the first time!
- Aaron Miller finally got a full night’s sleep. He thinks. No, maybe that’s not entirely true.

Here’s a cat celebrating your personal victories!

Professional Milestones

- Brandon McDaniel passed candidacy and had a paper published in the Journal of Family Psychology. He is also teaching his first large lecture course this semester (HDFS 229).
- Lauren Philbrook passed candidacy in September.
- Nicole Constance completed candidacy in November.
- The First Years survived their first semester!
- Amanda Leggett defended her dissertation proposal.
- Susie Doughty passed her comps!
- Concetta Mineo had her first publication accepted!
- Many folks had posters accepted for SRCD!
- Nicole DiPasquale had 2 first author manuscripts accepted for publication!
- Someone who didn’t put their name on the survey completed a paper!

Way to go HDFS!!!

How will/did you spend your winter break?

I visited my brother and his family in Chapel Hill, NC. - Bora L.

I am flying back home (Kansas) to see my husband! - Briana S.

I went to New Hampshire to do some skiing with my family! - Lauren P.

I will be traveling to New Jersey and Virginia to visit my family and my boyfriend’s family.—Stephanie M.

I spent winter break at home in New Jersey. My fiance’s family always has a huge 30-person Christmas eve party they call "Squid-Fest", and we had parties at my parents’ house for Christmas day and New Year’s eve.—Concetta M.

Going to see family. Talking Liz Munoz into coming for a visit. Eating myself silly.—Susie D.

We had a good time visiting family in Indiana and got caught in all of the snow.—Brandon M.

“Sleeping”—Everyone

Going back to China and enjoy homemade Chinese food very, very lavishly.—Ni Jian

I enjoyed the first holiday season with my daughter. No greater joy! —Aaron M.
Trader Joe’s Opens, Town Rejoices

After years of speculation, hope, and waiting, Trader Joe’s has opened a new location in State College. Doors opened on November 9, 2012 at 243 Patriot Lane off of North Atherton Street.

Trader Joe’s is a national grocery chain well known for its range of unique, specialty and organic selections. The stores are also known for integrating many local products and themes despite being a national chain of over 375 stores. The new Trader Joe’s maintains this tradition, featuring a number of Penn State and State College themes throughout the store. Murals around the

Trader Joe’s has also earned a reputation for providing an excellent selection of wine and beer at bargain prices. Due to Pennsylvania liquor laws, the local store does not offer alcohol, but does provide the community with a number of interesting fresh and frozen food options. Graduate students (and faculty) will find that Trader Joe’s has a number of quick and easy cuisine options, including Indian and Thai dishes, pizzas, soups and fresh breads, and a variety of high-quality frozen seafood. They also have staples such as milk, cheese and produce at reasonable prices compared to other local stores.

We asked some folks about their favorite aspects of the new store and any recommendations for people who are new to Trader Joe’s—check out some popular items below!

I had never been to one before the store opened here. I like the prepared wraps that they have because they are great for a quick and easy lunch—MaryJon B.

I buy their peanut butter and almond milk. Those are my favorites! - Stephanie Magee

I love their Mediterranean Hummus and whole wheat pizza dough! - Lacy Miller (Aaron’s wife)

I like their bread selection. And most everything else except their meats. They have a poor selection of meat. - Jon Reader
On December 19th, 2012, Mary Jo was kind enough to do an interview with Ni about her experience with the department move, which took place around last Thanksgiving.

Ni: So the department administrative office is here (the third floor of Henderson East).

Mary Jo: Yes, we are in this hallway. The student service area, the graduate student mailboxes, faculty mailboxes, the undergraduate advisers, and myself, we are all in 315, Henderson East, or Health Human Development Building East.

Ni: Yeah, many people are confused about the name.

Mary Jo: Yeah, there are too many names but that is the official one. Dr. Steve Zarit is also on this hall. His staff assistant Donna is in this hall. Alvin and Deana are in this hall. The undergraduate internship program and the graduate PIC, Doug Coatsworth, are here, and Eva, the undergrad PIC, is here. And then there are some faculty that are here, too. I think that pretty much everyone that was down the hallway of south 110 is up here. There are some research offices in here that belonged to nursing and then the nursing is in the basement and the second floor.

Ni: Is the prevention center mostly in the BBH now?

Mary Jo: Yes, the prevention center is all in the BBH building. I still think they have some offices on Pugh Street, too. But the people that were down in the South 110 area, they are over in the BBH building.

Ni: How long has the move been planned?

Mary Jo: It’s been a long time. I would say it has been in the work for probably about a year for the planning of the move itself, figuring who is going to move, when, where, how many offices we needed, and just all that kind of thing. It was a year in the planning, and it changed many times. I mean, we knew we were coming to this location, so we would come over and look at offices and figure out what we were keeping and what we weren’t, where things were going to go, and how would fit… because this area is smaller than what we came out of. So my office is about a foot each way, length and width, smaller. And you wouldn’t think a foot would make a whole lot of dif-

“I think it went really well, considering as much that had to be moved.”
ference, but it does. You can tell that by sitting here you feel like we are a little bit cozy.

But it is not bad. We are getting used to it. Also a lot more traffic in here, with the mailboxes being here, lot more student traffic and faculty traffic than before. And people are finding us. We still have people coming here and looking for BBH and we will tell them to go to the new offices.

Ni: Yeah, the new building is pretty much like other buildings, so someone may not even be aware that it is a new building.

Mary Jo: Right, very true, because it looks a lot like other buildings.

Ni: I think they did a good job in that. So how do you feel about the process of the move?

Mary Jo: I think it went really well, considering as much that had to be moved, things in the department, phones, and computers… Everybody was here and worked together to get it done, which was really helpful. I don’t know how other people think, but I think it went pretty well.

Ni: I think it went well for my lab, too. Perhaps the last question, how long did the actual move take?

Mary Jo: They started moving us the Monday before Thanksgiving, which was the 19th. It was late in the afternoon when they started moving our boxes, and then they moved our furniture Tuesday and some more boxes. And then Wednesday we started to unpack and put things to where they needed to be. And then the next week after the Thanksgiving, the first couple days we were still organizing. As you can see in my office, I am waiting for some shelves. So these boxes sitting here are stuff going to my shelves. So I think everything went pretty well. But Monday and Tuesday of the week after, because we were unloading boxes, this hallway was a mess. There were boxes everywhere, there was furniture nobody wanted… that was crazy. But I think everything moved along really well considering everything they had to do.

Ni: I guess that is it.

Mary Jo: Good. If you need anything else, give me a call.

Ni: I will. Thank you very much!
Deep in January, It's nice to remember  
Although you know the snow will follow  
Deep in January, It's nice to remember  
The fire of September (October, November, and December) that made us mellow  
Deep in January our hearts should remember  
And follow, follow, follow...  
(revised from the lyrics of Try To Remember)
The Graduate Student Association hosted its annual Winter Gala on November 10th at the Nittany Lion Inn to benefit the American Cancer Society. Graduate students from all departments feasted on a banquet dinner and spent the evening dancing, singing karaoke, paying visits to a fortune teller's booth, and raiding a costume table. The night culminated with a large group caravanning to Levels for continued dancing and mingling. Thanks to HDFSers who joined us in the fun and in raising a total of $1,200 for the American Cancer Society!
Yao took a trip to Mexico over break!

Over the Break~

In search of the family tree...

Lauren Philbrook keeps it cool on the slopes!
We hope you’ve enjoyed the winter edition of the newsletter! Be on the lookout for more interviews, stories and tidbits of knowledge in the Spring 2013 issue.

As always, if you have questions, concerns, complaints, criticisms, suggestions, compliments, cash rewards or generally need someone to share your feelings with, contact:

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Can You Solve the Puzzler?

LJA ZALJD NJWATG BJ NBA? IQWD FHADIWBT OWPAD UA RLSD...

Hint: A = E