It’s the Holiday Edition!

Once again, it’s winter in Happy Valley! The snow waited a little bit longer this year, but now it’s here and reminding us that it’s time for Winter Break!

In this issue, you’ll find out how other grad students like to celebrate the season. Maybe you’ll get some ideas for your own traditions.

We also followed up on our “Meet the First Years” feature with a story on other members of the HDFS family. You’ll meet a few of the furry friends who keep grad students warm and cheery during these dark and chilly months, and some new arrivals of the human variety.

We know grad students are sometimes intimidated by the amazing brains of our faculty. In this edition, we try to show you that deep down, they’re just like us. Really.

And since we’re all about development, we thought it would be interesting to learn how the story of Santa Claus developed.

Finally, we want to congratulate the first-year students for completing their first semester in HDFS. Pop quiz: What would Scarr say?

Have a wonderful break! Here’s hoping you get everything on your wishlist: Friends, family, good food, and maybe even some productivity!

Happy Holidays from your editors,
Mary Jon and Rebecca!
They Hang Out with Friends!

HDFS Faculty: They’re Just Like Us!*

They Take the CATA Bus!

DOUG COATSWORTH checks the bus schedule at the College Ave. bus stop.

They’re Excited to See their Name in Print!

STEVE ZARIT is thrilled to see his article in *The Gerontologist*.

MARK GREENBERG and the Dalai Lama take a break at Starbucks.

*Adapted from Us Weekly*
How can correlation not be causation?!

They Work at Coffee Shops!

They Make Silly Methods Errors!

While preparing for measurement class, ERIC LOKEN realizes he has a few journal articles to retract.

They Wear Leggings and Uggs and “Study” Outside!*

*DActually, that’s an undergrad thing.

DAPHNE HERNANDEZ prepares for a lecture on the Old Main lawn.
Holiday Traditions

As every HDFS student knows, **change is inevitable**. Here are some **grad students’ holiday traditions** that provide a bit of continuity. We’ve also thrown in some **flashback pictures** to remind us that we’re living examples of human development.

**WAFFLE HOUSE**

“My mom and dad dress up as Santa and Mrs. Claus and I dress up as an elf and we walk to the Waffle House waking families up with jingle bells. Then we have breakfast at the Waffle House. Amazingly, there are a lot of people there on Christmas morning since it is the only place open. My dad (Santa) hands out candy canes to the kids. Also there is a Waffle House birthday song on the jukebox that my mom usually plays because Christmas is my birthday! We don’t always dress up anymore but we always make the trek to the Waffle House!”
-Amanda Leggett

**HIGH FASHION**

Kathleen Zadzora rocks her Christmas sweater.

**LIGHTS**

“Every year on Christmas Eve, my mom, dad, brother and I go to church and then drive through the "Walkway of Lights," this huge Christmas light display in one of the parks in my hometown. Then we come home, eat lasagna, and watch a Christmas movie. It’s my favorite part of Christmas with my family!”
-Mary Geier

**CAROLING**

“One of our family holiday traditions when I was growing up was that the kids had to sing carols before opening presents. This went on until I was about 13, when we finally rebelled and refused. Here is a picture of me when I was about 9 or 10, singing for my presents.”
-Tamara Goode
GINGERBREAD BOYS

“We always make gingerbread boys using my grandma’s recipe. Over the years we’ve gotten more and more creative with our decorations, but we always make a pile of respectable cookies for gifts. I was already ‘helping’ with the cookie-making when I was six weeks old.”

-Rebecca Madill

OUR GINGERBREAD BOY RECIPE

2/3 cup butter
1 cup sugar
1 beaten egg
1/4 cup molasses
2 cups flour
1 tsp salt
1 tsp cinnamon
1 tsp ginger
1 tsp cloves
1 tsp baking soda

-Preheat oven to 350° F
-Cream butter and sugar
-Add eggs and molasses.
-Beat well
-Add sifted dry ingredients
-Chill the dough for at least an hour.

Roll on floured surface and cut out shapes.
Bake on greased cookie sheet for 10 minutes

TURKEY SOUP

“We always make turkey soup (with the turkey carcass from Thanksgiving) on Christmas Eve to eat with my grandparents and immediate family after attending Christmas Vigil Mass. It started years ago when we were young...and has continued that way for as long as I can remember!”

-Allison Reamy

CHRISTMAS EVE

“My favorite holiday tradition is the way my family spends Christmas Eve. My mom makes little Christmas-shape sugar cookies with red and green sprinkles, and chocolate walnut cluster cookies. We have Christmas music playing all day long as we wrap presents. Then before bed, we each open one present - usually it’s some new pajamas - and, as long as we still have energy left, we read “The Polar Express”. This is just with my immediate family - my parents and my sister - and we have been doing it for as long as I can remember.”

-Lauren Molloy
SNOW
A little Bora Lee plays in the snow

MOVIES
“My favorite Christmas tradition is going to the movies on Christmas night. My family always goes to a movie because my parents’ first date was a blind date on Christmas night and they went to see a movie.”
- Mary Jon Barrineau

SANTA CLAUS
A young Alexis Harris asks Santa for world peace

COOKIES
“Baking snowball cookies with my mom. The recipe was something my dad had as a child and they are really delicious.”
- Beth Riina

FAMILY
Emily Pressler and family

NEW TRADITIONS
“The then-First Years heard about the street in State College where the whole block does the "12 Days of Christmas" decorations on their lawns. We drive slowly down the street and scream the song at the top of our lungs, pointing to each decoration as it comes up in the song.”
- Kathleen Zadzora
Meet the Pets!

Now that you know the first-year cohort, it’s time to meet the dogs and cats in the HDFS family.

Name: Lu Ray  
Works with: Allison Reamy  
Interests: Pushing any pen that is near the edge of a table off to the floor and sitting on Allison’s books whenever she has been working too long and not playing enough with me.  
If you could be any human, what would you be? A cliff-diver or a rock climber

Name: Ody  
Works with: Nicole Constance  
Interests: Nicole won’t let me catch an actual squirrel, so I pretend I’m a vicious hunter and make my stuffed squirrel squeak in pain.  
If you could be any human, what would you be? Referee or a coach of some high-contact sport. When we go to the dog park and bigger dogs wrestle around, I follow them and bark and nip at their heels, like I’m trying to instigate the fight or something.

Name: Happy  
Works with: Bo-Ram Kim  
Interests: Chasing squirrels on my walks; barking at squirrels when inside the house  
If you could be any human, what would you be? CEO of a company that makes purple balls, because I absolutely love my purple ball.

Name: Emma  
Works with: Nan Crouter  
Interests: Gnawing things like oriental rug fringe and Nan’s fingers. I have highly developed management skills and am busy training my household staff.

Name: Einstein  
Works with: Mary Lai and Jason Rose  
Interests: I go nuts over stuffed animals with the sound boxes inside. There’s one in particular that I love to bark at and chew. I also like to sleep. A lot. And stretch out in various adorable positions.  
If you could be any human, what would you be? Unfortunately, not my namesake, Albert Einstein. Jason jinxed me by giving me that name.

Name: Chloe  
Works with: Cindy Willner  
Interests: Running up and down the stairs as fast as I can (jumping the last few steps). I also love to chase rabbits, if Cindy lets me.  
If you could be a human, what would you be? I would probably pursue a career in parkour (sort of like urban gymnastics).
**Name**: Neville  
**Works with**: Katie Lawson  
**Interests**: Pretending I’m a tiger and stalking Katie and her roommate, Stephanie. I hide, jump out, and attack their feet as they walk.  
**If you could be a human, what would you be?** I am nothing like Neville Longbottom in Harry Potter. Neville Longbottom is a good kid with a kind, loyal heart. I would be more like the Weasley twins. I love to get into mischief and cause problems.

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**Name**: Peanut  
**Works with**: Steph Anzman  
**Interests**: Hanging out on the roof in the rain for 12 hours while Steph and her husband think I’m lost and gone forever. I also enjoy sitting by Steph’s feet while she reads articles, sitting on articles, and staring at her while she eats cereal.  
**If you could be a human, what would you be?** Probably Albert Einstein or Pee Wee Herman. Or maybe Justin Beiber.

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**Name**: Gil  
**Works with**: Lauren Molloy  
**If you could be a human, what would you be?** A food critic. My review of every meal would be that it was "The GREATEST Food in the World!"

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**Name**: Rufus  
**Works with**: Heather King  
**Interests**: I am obsessed with my stuffed frog. Once Heather replaced my frog with a different kind of frog toy, but I didn't want it. Heather then bought many of the original frogs online and keeps them stashed away in the closet for when they are needed.  
**If you could be a human, what would you be?** I am a human—just a furry one.

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**Name**: Fiona  
**Works with**: Lauren Molloy  
**Interests**: Curling up and sleeping in ridiculous places (e.g., a decorative bowl, on top of a suitcase, inside of a backpack, in Lauren’s laundry hamper), identifying people who don’t like me and climbing on their laps; monitoring doors to be sure they are open at all times, NO exceptions.  
**If you could be a human, what would you be?** A moody Buddha. I will love you unconditionally, when I feel like it.

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**Name**: Sierra  
**Works with**: Tamara Goode  
**Interests**: Killing rodents in the backyard, although I am sad that there are fewer here in Central PA.  
**If you could be a human, what would you be?** I would solve the problems of world hunger and endless war.
Welcome Home!
Meet the newest additions to the HDFS family

Name: Jonathan Gerstorf  
Joined the program: May 20th, 2010  
Works with: Sandra and Denis Gerstorf  
Interests: The “youngest young” (e.g., the importance of sleeping, eating, cooing and crying for positive human development)  

Name: Tayler Xiwei Almeida Maggs (aka Mimi) 
Birthday: April 1, 2009 
Joined the program: Sept. 2010, when I was adopted in Guangxi province, China!  
Works with: Jenn Maggs and Dave Almeida 
Interests: Eating, teasing people, playing little tricks (my birthday is April Fool’s Day!), dancing, eating, and pretend playing.  

Name: Eli Morgan 
Joined the program: Sept. 4, 2010. I was the first baby born on the first Penn State home game of the season! The nurses called me the Penn State baby.  
Works with: Nicole Morgan 
Interests: Making noises, reading books with Mom, smiling, and checking out the world—I have great head control!  

Highlights from the HDFS Graduate Steering Committee’s Fall Semester  
Allison Reamy and Amanda Leggett, Co-Chairs  
The Graduate Steering Committee had a very productive semester. Here are a few of our accomplishments:  
• We have gathered graduate student feedback on core first-year courses. Two graduate student representatives will sit in on meetings to update the syllabi for 525 and 516  
• We have started conversations with the faculty/staff in the department to improve the support graduate students receive for their writing. The department is working towards having a more senior graduate student take on a part-time TA as a writing assistant.  
• We have started to collect feedback about the first-year grad student experience to see what the students, faculty, and staff can do to make the it more enjoyable and meaningful.  
• In the coming semester we will add a "Student Advisor" committee, which will be a support network to help fellow grad students navigate the program/department.  
• We will be looking to run a graduate student information seminar through Steering Committee in the Spring that will offer support on "Writing one's Masters" and "Designing Posters".  
• We will be working to pull in a non-academic professional to speak about her career late Spring.  
• About 15 students volunteered to sort food for the Centre County Food Bank during the holiday rush. Great job!  

All grad students are welcome to attend Steering Committee! There’s always free food and interesting discussion.  
Vote for next semester’s meeting time: http://www.surveymonkey.com/s/MJFTZX9
Thinking of getting a pet? We asked students about the pros and cons of grad school pet-parenthood

**A roommate**
I got Lu Ray right at the beginning of grad school so that I would have a roommate! A roommate that doesn't bother me, or leave dirty dishes for me, or hog the shower, or want to talk and hang out after long days of class and work, or blare the TV at all hours...basically a roommate that would keep me company, be always happy to see me, and snuggle up when I needed a hug! She is the best grad school companion I could ask for.

- **Allison Reamy**

**A furry friend**
I knew it would be expensive and make moving/traveling more difficult, but I couldn't stand not having a pet any longer. I am a huge animal lover, and a firm believer that life is just better when you have a furry little friend around.

- **Katie Lawson**

**Balance**
I had Rufus for several years before graduate school. There have certainly been challenges to ownership, particularly during the first couple of years of graduate school when my schedule was not as flexible and required me to be on campus more often. The benefits far outweigh the challenges, however. Rufus has helped me to survive graduate school. He is a great companion and has promoted balance in my life.

- **Heather King**

**Planning ahead**
I wanted to get her at least a month before classes started so that we would have plenty of time to begin her training and to establish some routines. I'm really glad we did this since it turned out she still needed to be house trained, which was a LOT of work. It's wonderful having her around now because she brightens up my day with her silly antics and by just being her sweet and adorable self. However, she still demands a lot of my attention, and I end up feeling bad that I can't just play with her all evening because that's what she wants.

- **Cindy Willner**

**Security**
Benefits: Being greeted by her wagging tail and happy face when I get home at the end of the day. She is always lying next to me when I am home, and when a stranger is in the house (a repair-person, for instance) she stations herself between me and that person. The challenges: She steals my food, and she likes pizza way too much.

- **Tamara Goode**

**Homework buddy**
Benefits: Happy is company when I'm completing readings, writing papers, doing homework etc.; she also helps me get some exercise when I'm taking her on walks. Challenges: Having to be out all day and worrying about how she is doing all alone at home... and helping her get used to the crazy PA snowfall.

- **Bo Ram Kim**

**The important things**
I decided that there would always be things in my life competing for my time and attention, so I should start early in learning how to make time for the things outside of work that are important to me. One challenge is that there have been quite a few events that I've had to miss because I had to go home and let Ody out, or it had reached my perceived limit of the amount of time home-alone he can handle. I can budget for most expenses easily, though getting him in the first place was really expensive between the pet deposit for my apartment, his adoption fees, and getting all the basic dog supplies. For me, the benefits far outweigh the challenges. My life would be so boring without Ody.

- **Nicole Constance**
The Time Line of Santa Claus in America

1600's: The Puritans made it illegal to mention St. Nicolas' name. People were not allowed to exchange gifts, light a candle, or sing Christmas carols.

17th century: Dutch immigrants brought with them the legend of Sinter Klaas.

1773: Santa first appeared in the media as St. A Claus.

1804: The New York Historical Society was founded with St. Nicolas as its patron saint. Its members engaged in the Dutch practice of gift-giving at Christmas.


1812: Irving, revised his book to include Nicolas riding over the trees in a wagon.

1821: William Gilley printed a poem about "Santclaus" who was dressed in fur and drove a sleigh drawn by a single reindeer.

1822: Dentist Clement Clarke Moore is believed by many to have written a poem "An Account of a Visit from Saint Nicolas," which became better known as "The Night before Christmas." Santa is portrayed as an elf with a miniature sleigh equipped with eight reindeer which are named in the poem as Blitzem, Comet, Cupid, Dancer, Dasher, Donder, Prancer, and Vixen. Others attribute the poem to a contemporary, Henry Livingston, Jr. Two have since been renamed Donner and Blitzem.

1841: J.W. Parkinson, a Philadelphia merchant, hired a man to dress up in a "Crismingle" outfit and climb the chimney of his store.

1863: Illustrator Thomas Nast created images of Santa for the Christmas editions of Harper's Magazine. These continued through the 1890's.

1860's: President Abraham Lincoln asked Nast to create a drawing of Santa with some Union soldiers. This image of Santa supporting the enemy had a demoralizing influence on the Confederate army -- an early example of psychological warfare.

1897: Francis P Church, Editor of the New York Sun, wrote an editorial in response to a letter from an eight-year-old girl, Virginia O'Hanlon. She had written the paper asking whether there really was a Santa Claus. It has become known as the "Yes, Virginia, there is a Santa Claus" letter.

1900's: The image of Santa has been standardized to portray a bearded, over-weight, jolly man dressed in a red suit with white trim.

1931: Haddon Sundblom, illustrator for The Coca-Cola™ company drew a series of Santa images in their Christmas advertisements until 1964. The company holds the trademark for the Coca-Cola Santa design. Christmas ads including Santa continue to the present day.

1939 Copywriter Robert L. May of the Montgomery Ward Company created a poem about Rudolph, the ninth reindeer. May had been "often taunted as a child for being shy, small and slight." He created an ostracized reindeer with a shiny red nose who became a hero one foggy Christmas eve. Santa was part-way through deliveries when the visibility started to degenerate. Santa added Rudolph to his team of reindeer to help illuminate the path. A copy of the poem was given free to Montgomery Ward customers.

1949: Johnny Marks wrote the song "Rudolph the Red-Nosed Reindeer." Rudolph was relocated to the North Pole where he was initially rejected by the other reindeer who wouldn't let him play in their reindeer games because of his strange looking nose. The song was recorded by Gene Autry and became his all-time best seller. Next to "White Christmas" it is the most popular song of all time.

The Tradition of Hanukkah

Hanukkah is celebrated for eight days and nights, starting on the 25th of Kislev on the Hebrew calendar (which is November-December on the Gregorian calendar). In Hebrew, the word "Hanukkah" means "dedication."

The holiday commemorates the rededication of the holy Temple in Jerusalem after the Jews' 165 B.C.E. victory over the Hellenist Syrians. Antiochus, the Greek King of Syria, outlawed Jewish rituals and ordered the Jews to worship Greek gods. In 168 B.C.E. the Jews' holy Temple was seized and dedicated to the worship of Zeus. Some Jews were afraid of the Greek soldiers and obeyed them, but most were angry and decided to fight back.

The fighting began in Modiiin, a village not far from Jerusalem. A Greek officer and soldiers assembled the villagers, asking them to bow to an idol and eat the flesh of a pig, activities forbidden to Jews. The officer asked Mattathias, a Jewish High Priest, to take part in the ceremony. He refused, and another villager stepped forward and offered to do it instead. Mattathias became outraged, took out his sword and killed the man, then killed the officer. His five sons and the other villagers then attacked and killed the soldiers.

Mattathias' family went into hiding in the nearby mountains, where many other Jews who wanted to fight the Greeks joined them. They attacked the Greek soldiers whenever possible.

About a year after the rebellion started, Mattathias died. Before his death, he put his brave son Judah Maccabee in charge of the growing army. After three years of fighting, the Jews defeated the Greek army, despite having fewer men and weapons.

Judah Maccabee and his soldiers went to the holy Temple, and were saddened that many things were missing or broken, including the golden menorah. They cleaned and repaired the Temple, and when they were finished, they decided to have a big dedication ceremony. For the celebration, the Maccabees wanted to light the menorah. They looked everywhere for oil, and found a small flask that contained only enough oil to light the menorah for one day. Miraculously, the oil lasted for eight days. This gave them enough time to obtain new oil to keep the menorah lit. Today Jews celebrate Hanukkah for eight days by lighting candles in a menorah every night, thus commemorating the eight-day miracle.

Source: thehistoryofchristmas.com
What do statistics and the holidays have in common? Actually, quite a bit! All of these words can be found in your methods textbook. The key is on the last page of this newsletter.

Across
6. Kids stop believing in Santa Claus at different ages, exemplifying interindividual differences in ________ change!
8. To get into some countries, Santa will need his passport as well as some vi_____.
9. You may be scared to step on the ____ after all those holiday cookies and drinks.
11. You might shake and feel your presents to _____ what is inside.
13. There might be a _____ between the amount of turkey you eat and the length of your nap.
15. Santa Claus has magical _____s that let him slide down the chimney.
16. Rudolph is such an ____ male; he’s in charge, and the other reindeer just follow him.
18. If holiday stress and gastronomical excess are affecting your blood pressure, you might need a prescription for a ___ blocker.
19. You might _____ to your five-year-old self and get uncontrollably excited on Christmas Eve.

Down
1. It’s very difficult to _____ a gingerbread house out of graham crackers and a milk carton.
2. If you go against social _____, you might embarrass yourself at your lab’s holiday party.
3. Don’t try using an expired license; you’ll need a ____ I.D. to buy that mulled wine.
4. Living in the north increases your ____ of seeing snow on Christmas morning.
5. Since he was the only reindeer with a red nose, Rudolph was an ____.
6. During the holidays, you have to ______ with relatives you never even see during the rest of the year.
7. Kids who are _____, such as those who spread rumors and start fights, get coal in their stocking.
10. Santa’s preferred ____ of transportation is a reindeer-drawn sleigh.
12. If you were bad all year and then get no presents, you might make a _____ inference and then try to be better next year.
14. Santa is very _____; he always arrives on the same exact night, year after year.
17. UPS sends a lot of these during the holiday season.
Grad Students’ Favorite Holiday Movies

Kathleen Zadzora chose *Miracle on 34th Street* because it is smart, funny, and sentimental without being overly sappy or cliché. And the scene with the little Dutch girl (of course Sinterklaas can speak her language) is always great!

Mary Geier also chose *Miracle on 34th Street* because she said it is just so magical and heartwarming. You can’t beat it.

Mary Jon Barrineau likes *A Christmas Story* because she watches it with her dad for the majority of the 24 hours TBS shows it. She loves *The Santa Clause* because it is funny.

Justin Wilson also chose *A Christmas Story* as his favorite Christmas movie because “it’s a classic.”

Lauren Molloy said her favorite Christmas movie is *A Charlie Brown Christmas* because it is a sweet, touching story and it is a family tradition. They watch it almost every year!

Katie Bamberger said her favorite holiday movie is *Elf* because of the shower scene. Another HDFSer also chose *Elf* “because it is HILARIOUS!”

Anonymous HDFSer also said...

- *Elf* and *National Lampoon’s Christmas Vacation* because they are absolutely hilarious. Will Ferrell and Chevy Chase are great!
- *A Christmas Story* and *Home for the Holidays*. I love dysfunctional family holiday movies. It’s one of my favorite movie genres and these movies fit the bill.
- *Home Alone*—it is the movie that is always on TV during the holiday season.
- *Christmas Vacation*, because it shows the funny things that can happen around the holidays, especially when family is involved.
- *Elf*, it’s cute, hilarious, and is also one of the most quotable movies ever! Saaantaaa!!!! I know him!!!!

Mary Lai said *The Family Stone* is her favorite holiday movie because it portrays many different family issues, relationships and emotions. It has made her cry several times!

Beth Riina chose *National Lampoon’s Christmas Vacation* as her favorite Christmas movie because it is funny.

Amanda Leggett also chose *Christmas Vacation* as her favorite holiday movie. She said it is absolutely hilarious and it makes her laugh every year. She also loves when the granny prays the Pledge of Allegiance.
Give Up?

Here’s the solution to the crossword puzzle on page 12

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**Crossword Puzzle Solution**

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**Vacation Relaxation?**

- Try to finish everything before you leave! Aaahhh!
- Worry about all the things you have to do when you get back.
- Briefly consider never going back.
- Realize there’s more to life than work.
- Resist the urge to check e-mail.
- Check e-mail.
- Existential crisis.
- 350 new messages in inbox?!
- Check e-mail.
- Resigned.
- Realize that means you’re useless??
- Does that mean you’re useless?
- No one really noticed you were gone.
- Back to “normal”.

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*Image by Jorge Cham © 2009*