# PHARMACOLOGY FRIDAY
# OCTOBER 30, 2026

## Save the Date: Graduate Recruitment

Please save the date for our upcoming Graduate Recruitment activities on **January 28–29, 2027.**

We're preparing for one of our department's most important traditions: Graduate Student Recruitment. This is a valuable opportunity for prospective students to learn more about our research, meet members of the department, and experience what makes UW Pharmacology unique.

Recruitment is truly a team effort across the department:

- Faculty: Your participation in interviews and research discussions helps candidates learn more about our science, mentorship, and training environment.
- Graduate Students: Your role as ambassadors is equally important. By guiding candidates between interviews and sharing your experiences during social and other recruitment activities, you give prospective students an authentic sense of student life in the program.

Thank you in advance for helping us create a welcoming and engaging experience for our prospective students. We'll share the full schedule and additional details as recruitment approaches.

## Take a Moment to Recharge This November

The Whole U is celebrating UW Yoga Month throughout November with free live classes and short guided practices designed to support movement, mindfulness, and stress relief.
Sessions are open to UW faculty, staff, students, and loved ones, with options for all experience levels.

Visit the UW Yoga Month webpage to explore upcoming classes and on-demand practices.

## Don't Forget to Fall Back

Daylight Saving Time ends Sunday, November 1, when clocks move back one hour at 2:00 AM.

A little history: the United States first adopted Daylight Saving Time in 1918, and the Uniform Time Act of 1966 later created a consistent national framework for the time change. Following updates to the law, most of the country now observes Daylight Saving Time from the second Sunday in March through the first Sunday in November.

Remember to set any clocks that don't update automatically back one hour before heading to bed Saturday night — and enjoy the extra hour!

## Upcoming Events

November 3, 2026: Seminar - Dr. Melissa Barker-Haliski, 2:30 PM, Room K-069
November 17, 2026: UW Research Resources Fair, 10:00 AM, HUB; View the Agenda & Register
November 11, 26 & 27, 2026: UW Holidays
November 30, 2026: PhD Thesis Defense - Sarah John, 1:00 PM, Room T-739

## Staff Notes

Please note the following out-of-office dates:
Debbie: November 12 - 17

Do you have news to share? Please email phcol@uw.edu and use the subject line: Pharmacology Friday.