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It sometimes seems that as we go through life the adventure, the excitement, and the magic turn into routine, habit, comfort, and yes, even boredom. We limit ourselves to what we already know and to people who think like we do. Is that happening to you? It was happening to me.

So I reached out from my confinement and my narrow focus to the challenges and mind-expanding activities of the MALS world. I took courses in literature, history, science, art, and sociology. I read lots of books, discussed fascinating topics in class, wrote papers, and went on field trips. I met people whose pursuit of knowledge was not limited to career ambition.

My synthesis, *Race and War in Delaware: the Story of Delaware's African- American Veterans of World War I*, involved researching archives, diaries, and historical records as well as interviewing family members of veterans. I was passionate about my topic and was consumed in my work, thanks in great measure to my advisor, Professor Ray Callahan.

If you are a student or graduate of the MALS program, you know what I'm talking about. If you're not, and you are looking for a new adventure, travel to the MALS world!