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# The Lion's Eye

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Penn State Brandywine

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## Look Snazzy In a Suit: Career Fair this October

*Special to the Lion's Eye - Courtesy of Career Services*

It's time to get out your professional attire and start preparing your resume! The Career/Internship Fair will take place on October 15th. In this economy, it's more important than ever to take the initiative to land an internship or job. Where else can you network with 40 potential employers in the same place? Organizations such as TD Bank, Kids Connections, Adventure Aquarium, the Department of Labor, Vanguard, Remed and the Office of the Attorney General are scheduled to attend, with more being added daily. Join the Career Services Angel group for an up-to-date list of registered employers. Here is a Pre-Fair Checklist:

- Register for the fair by joining the Career Services Angel Group and check out the prep materials there, including Tips for Success. To self-enroll, login to Angel, Find a Group "Career Services" and enter pin psubw. Once enrolled, complete the registration form and you'll be able to access the Employer Participant Booklet and other useful information. Come to 112 Main for detailed instructions.
- While you're at your computer, "Become a Fan" of Advising and Career Services on Facebook for additional updates (Search Brandywine Career Services).
- Create a resume- Excellent instructions and samples are available at [http://www.sa.psu.edu/career/pdf/CG\\_resume.pdf](http://www.sa.psu.edu/career/pdf/CG_resume.pdf)
- Follow up by meeting with a career coach in Advising and Career Services to

have your resume critiqued. Your resume is the brochure you use to sell yourself to employers,

so you want it to look the best it can! Stop by 112 Main or call (610) 892-1390 to schedule an appointment. You can also participate in Resumania (walk-in resume reviews), 11:30 - 1:30pm from October 6th to October 14th. Come to a Career Fair Prep workshop -choose one to attend:

- o **October 7th, 216 Main from 12:30 - 1:15 pm**
- o **October 8th, 205 Main from 11:30 - 12:30 pm**

Research companies and positions, get your professional attire ready, and come to the Career Fair in the Gym, October 15th from 11:30 - 1:30. Hope to see you there!



*Photo courtesy of icnaconvention.org*

## Infected Pieces of Bacon Or Just a Virus? H1N1-101

By Nancy Perone - *Lion's Eye Campus/World & Local News Editor*- [nip5014@psu.edu](mailto:nip5014@psu.edu)

The Swine Flu. Our imaginations can make us conjure up all kinds of images (flying pigs, infected pieces of bacon, pigs with thermometers in their mouths, etc) but they are not always accurate.

2009 H1N1 Flu is a new influenza virus found in the United States as of April 2009. This flu virus was declared a pandemic on June 11, 2009 by the World Health Organization.

According to the Centers for Disease Control the name, "swine flu", comes from lab tests that have similar genes to a form of the virus that "swines" or pigs actually get.

You can contract the virus the same way that you can get the regular, seasonal flu virus, such as coughing, sneezing, or touching surfaces contaminated by someone with the virus can spread the illness.

Philadelphia's NBC 10 recently held a special on

the H1N1 flu virus where news anchor Renee Chenault Fattah hosted and made clear, "No one is immune; everyone is at risk." Doctors and nurses from Mercy Health System held a phone bank during the newscast.

The good news that they reported was that the flu virus hadn't gotten any stronger since the last time school was in session. With that statement, they also reported that over 1600 college students reported having the H1N1 strain.

NBC 10 also reported that this isn't the first outbreak of the swine flu. In 1957, 70, 000 people died of the flu. Earlier this year, 36 children died of the H1N1 influenza virus. Pregnant mothers and those with asthma may be at more risk, they cautioned.

Dr. Bob Beyer of Nazareth Hospital also cautioned that "two shots may be better than one." This means that getting your regular seasonal flu shot and the swine flu shot may be necessary. The swine flu vaccine is free- all you have to pay is administrative costs at your doctor's office. The H1N1 flu shot should be available by mid-October.

Flu.gov reports on symptoms that we should all observe including flu like symptoms accompanied by cough and fever, shortness of breath, dizziness, pain in your chest or abdomen, vomiting, and confusion. To prevent the flu, the Center for Disease Control and Prevention (CDC) recommends using alcohol based cleansers or washing with soap and water, avoid touching facial features; nose, mouth, and eyes, cover your mouth or nose with a tissue if you sneeze or cough, try not to get too close to sick people, and stay home at least 24 hours after your fever is gone.

Penn State Brandywine has taken precautions in order to keep its students as healthy and well-informed as possible. There are signs up in every building, hand sanitizer readily available in all restrooms, and weekly email announcements to give students and their families updates and tips on how to avoid getting the flu virus or the swine flu.

Division heads have been meeting, on an almost bi-weekly basis, and well before school was in session

to plan for potential outbreaks and how faculty and staff would build lessons around a situation, should one occur. Many faculty members have already included in their syllabuses that if students have flu-like symptoms they are to stay home.

Director of Student Affairs, Matthew Shupp, Ed.D., NCC, DCC says, "My hope is that we are preparing for Y2K and that there is going to be very little fallout."

The weekly email announcements might just be working. The two students with unconfirmed cases contacted their instructors to let them know the situation.

"One of the hardest things for me is that I'm stubborn. You have to realize that you are sick, when you are sick and just go home to recover," says Dr. Shupp.

Associate Professor of Biology, Elizabeth Dudkin, Ph.D., teaches cell biology and anatomy here at Penn State Brandywine. She says, "The virus is spread by coughing or sneezing versus just touching a sick person. I know that we have all heard to cover your face when you cough or sneeze, so instead of your hands use your shoulder or elbow."

She continued to explain "with the H1N1 virus, a person is sick for 2-3 days and usually only has a fever for 24 hours, but with the seasonal flu virus you're actually sicker."

The people that Dr. Dudkin definitely recommends to get vaccinated are medical first responders, pregnant women, young children, and people whose immune systems have been compromised or have asthma.

Dr. Dudkin also strongly cautions that college students eat well, stay healthy, don't stress, and get plenty of sleep. These are hard things to do when you are a student, but still a good preventative to try.

An instructor of Biology and Microbiology at Penn State Brandywine, Dr. Adam Heinze is skeptical of the people's use of the word pandemic. "This is not going to be the next major global pandemic, I think, that it's being made out to be. Many of the people who've died from the virus had pre-existing medical conditions."

To get more information on the seasonal flu or H1N1, please visit the news and events section of Penn State Brandywine's website <http://brandywine.psu.edu>. You can also visit the CDC's website for updated national information at <http://cdc.gov/h1n1flu/qa.htm> or the U.S. Department of Health and Human Services flu website <http://flu.gov/>. If you would like to speak with someone on campus concerning any questions you might have contact, Director of Student Affairs, Matthew Shupp, Ed.D., NCC, DCC at [mrs32@psu.edu](mailto:mrs32@psu.edu).

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