Who would have thought that one simple idea in the mind of a biology professor could turn into a whole new way of teaching? To Dr. Jacqueline McLaughlin, it has become a whole new way of life. The accomplished professor of biology at Penn State Lehigh Valley has spent her lifetime transforming the textbook method of teaching biology into dynamic, pedagogical methods of learning that immerses students, either in her "physical classroom" at Penn State Lehigh Valley or in her "field classrooms" around the world, in biological concepts and real-world issues through research experiences. By blending research with teaching, McLaughlin has opened the eyes of her students to biodiversity, the flagship of her entire program.

To those not familiar with McLaughlin and her work, she is the founder of CHANCE (Connecting Humans and Nature through Conservation Experiences). Under the umbrella of conservation, high school teachers, high school students, and Penn State undergraduates experience and connect with the realities of biodiversity that define the biosphere, our living planet. Indeed, sustaining the biodiversity of our world is a major component of McLaughlin’s overall vision.

"The most important element of my work is being able to teach about the biodiversity of our planet. And with this, I can convey the message that we’re losing," McLaughlin said.

So, how exactly are the critical concepts of biodiversity put on a biology undergraduate student’s level through CHANCE? This is where technology comes into play by putting real-life scientific experiences into the hands of students, when lectures and textbooks fail to do so, by utilizing a set of online modules.

"...I’m not saying get rid of textbooks," said McLaughlin, "but that you can embrace research-oriented instruction by using learner-centered multimedia tools. Indeed, my personal research on student assessment reveals that such tools enhance learning."

Found on the CHANCE website, these interactive learning modules put students and teachers in the field without ever having to leave the classroom. Dr. McLaughlin teamed up with a number of world-renowned scientists to develop modules ranging across the spectrum of environmental biology and conservation science. McLaughlin, though, was hardly ready to stop her teachings there.

CHANCE takes experiential learning to the next level by actually getting students out into the field. The program’s most intensive and engaging element is its field course in Costa Rica. This field course is offered every summer to train and expose in-service and pre-service science teachers and Penn State biology undergraduate students to conservation research and realities first-hand.

The yearly trip to the Central American rainforest consists of pre-trip, trip, and post-trip assignments. The actual trip entails visiting four non-government organizations, venturing into the field, analyzing conservation issues, and experiencing what the researchers are doing in the field to sustain biodiversity.

The students and teachers on board for the 2009 trip visited several venues across Costa Rica. These included one of Costa Rica’s marine reserves Gandoca-Manzanillo Natural Refuge, where participants served with staff from Wildcast on nightly patrols to guard and monitor leatherback turtle nests. Other sites visited include the coral reefs of Panama, the Organization of Tropical Studies in La Selva, where many aspects of the rainforest ecology were studied, and finally, work with Biology continued on pg 8.
The Story Behind the Big Move to Saucon Valley

by Patrick Herroa

On March 18th, 2009, Penn State Lehigh Valley (PSLV) announced plans to purchase Lehigh Valley College’s former campus located in Center Valley. Two months later, the sale was finalized. This marked the start of the hectic relocation from Fogelsville to Center Valley. Three months later, on August 24th, 2009, the fall semester began. It seemed that the relocation process had been a complete success. Well, it was a success, but not entirely complete.

By the start of the fall semester, the relocation process was roughly 85% complete. Meaning that, all the essential hurdles had already been met. What remains to be completed consists primarily of: the 2nd and 3rd floor science labs and faculty offices and the new library. Now, even though the campus was ready for its students, it still had a ways to go. So, what gives?

According to Dr. Thiggen, the Director of Academic Affairs, the most difficult aspect of the relocation was the initial speed which it had to be carried out. Originally, Lehigh Valley College had only planned to lease the building, but PSLV knew that they wanted to purchase it. So, a compromise was eventually reached: PSLV would purchase the Center Valley campus, but the Lehigh Valley College students would be permitted to attend classes there during the fall semester. Due to sales negotiations, PSLV was left with barely three months to complete the project, the team certainly had their work cut out for them.

Daunting task or not (and it was certainly not easy), the team showed little discouragement. The team exerted a real ‘can do’ attitude, realizing that what had to be done would be done; simple as that. It was a combined effort, with everyone pitching in their 110 percent; going above and beyond what their positions called for. Dr. Thiggen recollects helping with the manual labor: sparking walls and moving tables and filing cabinets. Even people outside the project took an active interest. Architect Howard Kulpa donated his expertise for no price at all! Contractors donated their time and skills to transfer the Nittany Lion statue from the Fogelsville to Center Valley. But, don’t relax just yet, there’s still work to be done.

Among the unfinished business, the most arduous task would have to be the project to move the library. In spite of the former campus’ humble location and specifications, it braved quite the impressive library, whose absence at the new campus has left some students disappointed. The problem is that “moving” the library is not as simple as “moving the library.” Lehigh Valley College, naturally, is not Penn State Lehigh Valley, and so the facilities will certainly differ. Meaning that, as of now, the Center Valley campus has no area for a library.

Now, rest assured that the library will be making its way to Center Valley. Unfortunately, it is an estimated two-month long process that won’t begin until October.

Campus Move continued on pg 8

Stress Stinks; Counseling Works and is Available Nearby!

by Xander Ayres

Congratulations on your acceptance to college! You are now a step closer to achieving your dreams. During your stay at college, you will experience difficulties with studying habits. Along with massive amounts of studying, aggravating headaches may or may not occur. For the next few weeks, you may feel panic and nervousness amongst unfamiliar students. But once you get situated, prepare for the ultimate anxiety for midterms and finals! Did I also mention that your sleeping patterns would be affected?

Fear is one perspective on college only to certain individuals. To others, college is a home to grow up and mature in. The benefits from those courses and the overall experience lead students to a successful career and life. For a student that is completely lost between fright and terror, there is someone to show you a path.

Dalton L. Rumfield is a licensed professional counselor and a certified wellness coach. His practice is called Allatnahe Counseling and Wellness Coaching, LLC and is affiliated with Penn State Lehigh Valley. Dalton provides individual, couples, and family counseling sessions. “My goal is to join with my clients and assist them in achieving their goals,” Dalton said. “Together, we work as a team to understand the concerns, establish goals, and collaborate on potential solutions.” Besides working in a private practice for over 10 years, he held a variety of positions in agency-based treatment programs, community-based mental health services, and even provided in-home counseling services.

Stress can come from anywhere and everywhere, especially while in college. So what exactly stresses students out? Dalton believes the answer is the transition from high school to college. “Students receive more responsibility, more work, more independence,” he says. “Every life stage brings different challenges.” Apart from the academic part of college, emotional and relationship challenges also affect us. Our needs and wants become different and more demanding than they did a year or more ago. And not only are there more challenges, but the challenges themselves are greater, making the situation more overwhelming.

To combat stress and anxiety, different techniques need to be used to alleviate the difficulties. During a session with Dalton, the techniques and remedies are actually co-created with Dalton and yourself. What works for one person may not have the same benefit for you. “If progress is being made, we continue as planned,” says Dalton. “If no progress is being made, we strive to switch gears sooner rather than later.” It is easy to create a solution after recognizing the problem. The sooner the problem is revealed, the easier it becomes to solve it.

Dalton’s availability is made through appointments for up to six sessions a semester. His office is conveniently located off of Route 227 in Allentown and can be reached by dialing 610-366-9333. For the fall semester, a counselor, Tammy Cowen, will be present on Wednesdays from 10:00 am to 12:00 pm and on Thursdays from 12:00 pm to 2:00 pm. Students who seek this opportunity can proudly consider their steps to be progressive ones.

How and Where to Get Help:

Who: Dr. Dalton Rumfield
Where: 1005 Brookside Rd., Suite 330, Allentown, PA 18106
When: Available by appt.
Phone Number: (610) 366-9333

September 2009
Honors Program Prepares for London
by Ashley Ieisalaco

Have you ever wanted to travel across the pond to London? Do you want to see the birthplace of Shakespeare, the Stonehenge, and Bath? Or perhaps pubs are more your style. Maybe you want to adventure into the famous pubs of England, for research purposes of course. If this appeals to you, you could join the Honors Club, Dr. Christian, and Dr. Liver in their five night trip to London in May.

Dr. Christian seems to be as fit with London when she admits that she has been there too many times to remember. She does recall on her first time to London in 1979 touring on a bus with other college students and being shocked when the tour guide plainly stated “Oh that’s just a bit of the Roman wall.” Dr. Christian remarked “How can you sound blase about a wall that is 2000 years old?”

The excitement in her voice is evident when she talks about the “thrilling and exciting” trip to London. On the trip in May she hopes to “take a day trip to Bath which has been a resort town ever since Roman time.” She also wants to see some prehistoric ruins such as Stonehenge and Shakespeare’s birthplace.

The trip will also venture coffee houses and pubs under the guidance of Dr. Liver, a sociologist professor studying public spaces. Dr. Christian explains that these public spaces “are places that people could be socially engaged and influential and notice that were disconnected from the formal institution. The development of the public space in England is considered to be an eighteenth century phenomenon” and a little insight into “how democracy got started.”

She didn’t mind venturing a bit off topic when asked what she never travels without, to which she replied “Well, I like my little folding alarm clock very much.”

This trip is open to all PSU students and will be around a thousand dollars. If you’re interested in going you can email Dr. Christian for more information at mrc1@psu.edu.

Software Hunting: Free ‘Legal’ Programs

By Christopher Lai

You and other college students are often looking for some free stuff. Free t-shirts, free concerts, and especially free food to name some of them. Software is another one of those hassle items where you may need to purchase and fidget with licenses. What about free software? “Well, aren’t they unreliable?” you might ask. Here are some useful, free software I’ve used. While there are definitely pros and cons to using free software, here are some to start off:

OpenOffice.org (http://www.openoffice.org)

If you do not like Microsoft Works, WordPad, or Notepad, then this may be a good alternative. This provides functionality of Word (OpenOffice.org Writer), Excel (OpenOffice.org Calc), PowerPoint (OpenOffice.org Impress), and Access (OpenOffice.org Base). It also has Draw, which is a program that can manipulate objects in two or three dimensions, create organization charts, and other drawings.

Photo Story 3 (http://www.microsoft.com)

In this digital age, cameras are all over the place. Photo Story 3 allows you to create a digital slideshow with motion (i.e. panning) music, and other effects.

GIMP (http://www.gimp.org)

A free alternative to Photoshop, GIMP is a powerful program that allows you to explore the world of digital imaging in a free package. GIMP is also compatible with a variety of formats, and can save projects in a format that supports layers. GIMP can be expanded by installing add-ons.

Audacity (http://audacity.sourceforge.net)

For sound editing, such as music and audio narrations, this program can add effects, clean up audio from background noises, and more. The program is expandable with various plug-ins, which can be found on their website. It has the ability to save MP3s and tag them when the LAME MP3 Encoder is installed, which also can be found on their website. This encoder also supports ID3 tagging, allowing you to add the song title, artist, album, etc.

Notepad++ (http://notepad-plus.sourceforge.net)

This handy text-manipulating program allows you to work on source code, such as HTML, Visual Basic, and more. It can also search through files, and can manipulate text that even Microsoft Word doesn’t do.

doPDF (http://www.dopdf.com)

When creating a basic PDF file, you can install this small tool that will act as a printer. To save a PDF, simply “print” the document, webpage, etc. to the printer called “doPDF,” and it will prompt you to save a PDF file. There are other free programs from Penn State, where you can find at http://downloads.psu.edu. Here you will find a variety of downloads ranging from security to connectivity software.
Shopper Girl: The Pita Pit
by Kaila DeRienzo

Among the various reasons why Penn State Lehigh Valley’s relocation to Center Valley was one of the most advantageous moves ever made, is the fact that we now have one of the area’s hottest shopping centers right in our front yard: The Promenade. Everyone is well aware of all pricey stores and restaurants here, but where can a college student get a good lunch at a reasonable price? Luckily the Promenade provides us with an answer: The Pita Pit. Not only does Pita Pit offer a fresh alternative to fast food and pizza joints, it will also help put some cash back into your pocket (or towards next semester’s tuition bill).

When I walked into Pita Pit to schedule an interview with someone who would be able to talk to me about the company and its background, what I got was a response unlike anything I’ve previously experienced at a restaurant: a friendly, immediate answer to do the interview right then and there (keep in mind that I arrived at the prime time for lunch and the Promenade was getting busier by the minute). Before I knew it, I was sitting down at a table in the middle of the dining room with Matthew Gross—owner and general manager of Pita Pit, who was all too eager to answer any questions from a fellow Penn Stater.

The theory behind Pita Pit is simple, yet innovative where the food industry is concerned: “Fresh Thinking and Healthy Eating.” You are not going to find heavy breads and greasy sandwiches here, only a plethora of lean meats, crisp veggies, sensational cheeses, and signature dressings—all grilled together inside a Lebanese-style pita. According to Gross, this is what makes Pita Pit stand out against its Promenade competitors. “We provide the quickest service and the healthiest product for people on the go,” says Gross.

Since its Promenade debut two and a half years ago, Gross and his staff of extroverted employees have been serving up over 30 varieties of pitas to people of all different race, nationality, age, and gender. Gross states that “the mix” is what creates Pita Pit’s lively, upbeat atmosphere. “My staff aims for friendliness and wants their guests to feel welcome too,” says Gross.

Keeping up with the demand from today’s society to provide options for the health-conscious and catering to those who possess dietary restrictions is all in a day’s work at Pita Pit. With seven vegetarian menu items, five “under 500 calorie” pitas, and numerous low-fat options, there is something for everyone at Pita Pit. Even still, for those who like to live on the wild side and experience exotic tastes, Pita Pit offers signature style pitas such as the “Chicken Souvlaki” (Greek seasoned chicken), the “Gyro” (traditional Mediterranean seasoned beef), and the “Hawaiian” pita, which is the perfect combination of ham and pineapple in an irresistible sweet and sour sauce.

For those who want to consume a hearty, nutritious breakfast but don’t have time to cook before heading to campus, Pita Pit is here to the rescue. Breakfast pitas range from items such as the “Morning Glory” (eggs, avocado, and tomato), “Avakini With Bacon,” (eggs and a plentiful portion of bacon), and “Sausage Sunrise” (eggs and sausage). Have a hard time waking up early but still love breakfast? Not to worry. Pita Pit serves their breakfast all day.

Although Pita Pit’s prices are relatively affordable for even the poorest of college students, Gross is more than willing to offer a five to ten percent discount on purchases made at the Center Valley location by Penn State Lehigh Valley students. This generous discount can be made possible as soon as Penn State Lehigh Valley authorizes the Lion Cash program at the Promenade’s participating retailers, which is anticipated in the near future. Gross, a Penn State graduate himself, recollects his four years at University Park and would be delighted to give back to his alma matter by providing students with an affordable “healthy alternative to fast food.”

Dude, Where’s My Professor?

Freshman Jaroby Holmes and other students should know that professors are located on the second and third floors of the campus, but there isn’t much to mark their existence. To find your professor on the second floor, see staff assistant Loretta Yenser in room 217 and staff assistant Kathy Gray in room 315 on the third floor.

Advertise in State of the Valley!
Contact Alexander Atiyeh at:
axa5060@psu.edu
Meg’s Music Corner
by Meg Goldston

The Starting Line
Rockin’ Since: 1998
Hometown: Churchville, Pennsylvania
www.myspace.com/thestartingline
Sounds like: Hit The Lights, Valencia, New Found Glory

For 8 years, Churchville, Pennsylvania’s The Starting Line has been delivering music to fans with original sounds. Looking for a band with upbeat guitars, a variety of lyrics, and a lead singer whose voice is sure to please? Check them out! This exceptionally talented band has been rocking out since 1998, and they released their first EP, With Hopes of Starting Over... in 2001.

Since their formation, they have released two EP’s and three full-length albums. Most people recognize their most popular song, “The Best of Me,” when the lyrics “Tell me what you thought about when you were gone and so alone...” start in the beginning of the song. However, this band has a ton of other music to offer to listeners. Although “The Best of Me” is considered to be a classic from their 2002 album Say It Like You Mean It, their latest album Direction has taken a different, well, direction in sound versus Say It Like You Mean It.

Released in 2007, Direction showed listeners a brand new side to The Starting Line that fans had not heard. Their single off the album, “Island,” has a relaxed, yet upbeat feel to it. “Something Left to Give” is a relaxing song, with lyrics that are easy-going and care-free. This album is not filled with the traditional love songs that are heard on the radio—it’s filled with songs about life, experiences, and fun things to sing about.

Their sound has surely evolved from a small-town garage band, to a group of talented and professional musicians over the past 11 years. They definitely grew up alongside of their audience, and wrote music to suit them. When their first EP and Direction are compared, there is no doubt that both produce quality music, but the sounds coming from Direction are much more mature, and experienced in nature.

Where can The Starting Line be found?
Currently the band is on hiatus, and is not touring or recording any new music. However, their Myspace page is still up and running, and songs from Direction, and some older tunes also, are available to play free of charge.

Discography:
With Hopes of Starting Over... EP 2001
Say It Like You Mean It 2002
The Make Yourself At Home EP 2003
Busted On A True Story 2005
Direction 2007

What’s the Word
by Xavier Ariyek

No matter what your major may be, writing is always going to play a key role. My habit of writing has become my career, and I want to encourage everyone else to follow your dreams as well.

The best tip that I can give to writers is to put your emotions and experiences on the paper. Disregard your grammar for a moment and focus on the main point: that is how you will find your own style.

Every week, I will be giving a new tip. Try these tips and submit your work to me for a chance to be featured in the article. To get started, here is a poem I wrote from my book in progress called “Variations of X”

Words Speak Louder than Actions
Speech is for communication
And for so long, I’ve held this pen in incubation
We only say what we want to define the purpose
And never search thoroughly under the surface
But with a mind that mines for ink
Allows us to propose deep thoughts that won’t sink
Other times, we are lost for words in the current
A river that sweeps away all your courage
And when your brain works but your lips are uncertain

Note that the paper holds words that are determined
Speech is mastered by the average Joe’s
But prose can only be mastered by fantastical prens

*Submit writings of any kind to axa5060@psu.edu*

Dan Goes to the Movies
By Daniel Vissert

Finally, another movie by the revolutionary director and screenwriter, Quentin Tarantino. Who can forget his color assigned “Reservoir Dogs,” his philosophical hit-men from “Pulp Fiction” or his yellow jumpsuit wearing Bride from “Kill Bill”? This time he shows us his take on WWII. Going into I knew not to expect a “Saving Private Ryan” type movie that accurately depicts the image of war. Tarantino has always had his own unique method of filming movies and he reminds us of that style once again with “Inglorious Bastards.”

“Inglorious Bastards” follows three different people in a Nazi-occupied France in the midst of War World II. There is the Tennessee born, Lieutenant Aldo Raine (played by Brad Pitt) and his squad of Bastards (El Roth, BJ Novak and others), the German Colonel Hans “The Jew Hunter” Landa (Christopher Waltz), and Shosanna Dreyfus (Melanie Laurent). Each of these characters have their own clear objectives but those plans become disrupted when the characters cross paths. The bastards are a squad of American-Jews that are recruited by Lt. Raine to terrify the Nazi soldiers that occupy France. They’re objective is clear: kill Nazis. They take no prisoners, kill without mercy and scar for life the Nazi soldiers that they let go (if they’re lucky enough to be left alive). The objective changes drastically when once in a lifetime opportunity is presented to them. This opportunity is thanks to Shosanna Dreyfus. Shosanna is a French-Jewish girl in hiding who owns a local theatre. She is asked by the Nazi army to host an extravagant movie screening for a national war hero. The attendance list is full of important figures of the Nazi government and army. There are even rumors that Hitler himself might attend the premiere. Shosanna takes this chance to plan out a plot of revenge against the Nazis for having massacred her entire family. However the security for that nights is being handled by the very astute, Colonel Landa. The Colonel specializes in finding Jews that are in hiding by “thinking differently than his fellow Germans.” Unlike our image of Nazi soldiers, Col. Landa doesn’t scream or use brute force when dealing with a situation. Instead he uses his wits and charms to find what he wants. Even his threats are announced passively and calm, all the which makes this character more fearful.

Like always, Tarantino uses different levels of violence. He uses humorous violence in which you find yourself laughing along with the rest of the audience to the image of someone’s head being skinned off. He uses those short and loud bursts of violence that leaves you trying to figure out what had just happened. Once again he creates unique characters with great dialogue that are matched by the great performances of the actors. Eli Roth does a great job portraying the vicious and brutal “Bear Jew” and Brad Pitt is hilarious as the joke cracking Lt. Raine, but they are shadowed by the presence of Christopher Waltz as the devilish Col. Hans Landa. Overall the movie has great scenes and it had a very interesting ending. Quentin Tarantino delivers a great movie once again.

-
Tell Your Story, Help Penn State and Help Yourself Too

by Alan Janesich

I’m a pretty lucky guy. I graduated from Penn State in 1976 with a B.A. in English, worked for two newspapers in the Lehigh Valley, went to Washington, D.C. after a few years to work as a Congressional press aide, later joined the staff of the National Governors Association, came back to my home state to work in Penn State’s public information office, picked up a master’s degree at the same time, and now I’m working for the Penn State Alumni Association. So I’ve had a lot of fun and interesting jobs, but my current job is the funnest (and most rewarding) job I’ve ever had – ungrammatical but true. Since January 2005, I’ve been director of the Penn State Grassroots Network, a legislative education and advocacy group that’s housed within and sponsored by the Alumni Association.

In plain English, that means I work with the Network’s 35,000-plus volunteer members to help them learn about legislative issues important to Penn State and how to communicate Penn State’s needs to lawmakers in Harrisburg and Washington, D.C. When those volunteers get in touch with their elected officials as advocates for Penn State, their voices are heard, and their stories make a difference. That’s because they’re private citizens taking the time to contact the people who represent them in Harrisburg and in Washington, D.C. When they say to an elected official -- “I’m a member of the Grassroots Network, I live in your district, I care about Penn State, and Penn State needs your help” — that’s a powerful message. And that’s why the Network is making a difference. Since I came aboard in January 2005, the number of subscribed Network members has grown from about 17,000 to more than 39,400, and active Network volunteers have sent more than 13,000 messages of support for Penn State.

Commonwealth of Pennsylvania.

Currently, the Network has a number of ardant advocates at the Lehigh Valley campus, and more than 70 student members overall — but I’d like to have a lot more from the campus and from the student body in general. Please consider this a personal invitation to become an official Network member by filling out the short online form at http://cawp1.wix.com/pasu/mlm/signup/. That’s the best option, because as a subscribed member you’ll receive the Network’s e-newsletters and periodic “action alerts” that make it easy for you to contact the state and federal offices that can help. As a little bonus, I’ll send every new member from the Lehigh Valley campus a copy of our brand-new legislative guide, pictured here. You can also join the “unofficial” Grassroots Network on Facebook. (Probably best to go to your Facebook page and search for “Penn State Grassroots Network.”) It won’t cost you anything to be part of the Network. All it takes is a little of your time and energy. And in as little as a few minutes each month or so, you can make a big difference. (Questions? Comments? Check out the Network website at http://alumni.psu.edu/grassroots/ or e-mail me at grassroots@psu.edu. Even better, stop by and see me at the Hertz Family Alumni and Student Center. We call the Center the alumni’s home on campus, and we really mean it. And we welcome future alumni, too!) I really hope you’ll join this chorus of Penn State voices. As an advocate for Penn State’s future, you will help keep the University and its reputation strong. And that keeps opening doors for you. Alan Janesich has spent nearly 16 years at the University Park campus — first as a student, then as a University employee, and now as an Alumni Association employee.

State of the Valley Wants to Hear from You.

Letters Policy:
We want to hear your comments on our coverage, editorial decisions and the Penn State Lehigh Valley community in general.
Letters must be typewritten, double-spaced and no longer than 250 words. Students’ letters should include semester standing, major and campus. Alumni letters should include the year of graduation of the writer. All writers should provide their address and phone number for verification. Letters should be signed by no more than two people. Members and officers of organizations must include their titles if the topic they write about is connected with the aim of their organization.
State of the Valley reserves the right to edit letters for length and to reject letters if they are libelous or do not conform to standards of good taste. Because of the number of letters received, State of the Valley cannot guarantee publication of all letters it receives. All letters received become the property of State of the Valley. Views expressed are not necessarily the views of staff and advisers of State of the Valley.
Submissions, including original cartoons, can be sent via e-mail to Managing Editor Vince D’Imperio, vndf58@psu.edu. Include your name, year, major, and phone number (for verification).
Coping with H1N1 Virus
by Xander Altroy

The new H1N1 virus is typically known as the swine flu and is causing illness worldwide and every state in the U.S. Although reports are issued almost daily, this article focuses mainly on our campus. It is always difficult to estimate cases of anything on a commuter campus as ours. Students may be diagnosed by their family practitioners, but the only way health services become aware are by parents or the students themselves reporting illnesses to the Bursar's office or to their professors. So far, we have had no reported H1N1 cases.

"There have been about thirty reported cases at University Park so far this semester," said Penn State Lehigh Valley's nurse, Arlene Quesada. "I have registered with the State Department of Health to receive H1N1 vaccines for distribution. We will be updated as it becomes available. Everyone should remember that the target ages for receipt of the vaccine are 5 to 25."

Although it seems that the swine flu is multiplying, there are some easy and simple tips to prevent contamination:

- Rest and drink plenty of fluids
- Cover your nose and mouth with a tissue when you cough or sneeze
- Wash your hands often with soap and water, especially after you cough or sneeze
- Avoid touching your eyes, nose, or mouth
- Do not share utensils, drinks, cigarettes, or personal care items
- Stay away from crowds
- Try to avoid close contact with sick people

Nurse Quesada strongly encourages students to receive a "seasonal" flu vaccine, remembering that this vaccine is completely different than the one for the swine flu.

To learn more information, here are some helpful websites:
- Centers for Disease Control http://www.cdc.gov/h1n1flu
- Penn State Live http://live.psu.edu/tag/H1N1
- Weekly UHS updates www.sa.psu.edu/uhs/H1N1_Updates.cfin

Got Game?
continued from pg 1

achievement and general satisfaction with the academic experience." That excerpt from the College Success and Career, or CSC if you so please, poses a question to people similar to the aforementioned freshman: How can one gain such satisfaction from their academic experience at Penn State University?

Ladies and gentlemen, welcome to the remarkable realm of sports! Currently, there are two different opportunities for athletic involvement: flag football, volleyball, and cross-country running.

Let's kick things off with flag football, a popular activity established at PSU LV in the dawn of the new millennium that generally garners 80 to 90 students each year. From the common hours of 12:30 noon to 2:00 on Wednesdays, team of seven will take on other teams of seven in a battle of speed and strategy on the grassy plateau adjacent to Center Valley Parkway. The schedule comprises of six games and one championship match and the first game takes place on September 30.

Even more exciting is the fact that the Lehigh Valley Outdoor arena football team has been known to show up and serve as guest coaches or referees for playoff games. Flag football is co-ed, which means all are welcome to join this athletic frenzy so long as they do so by September 18.

Another chance to get involved whilst staying in tip-top condition is to join the intramural volleyball team. Practice sessions and games will take place on the sand volleyball court nearby the plateau where flag football will be taking place. Each team will consist of six students and will take part in a battle of bumping and brawn between, drum roll please, six other students! Contacts will begin on September 29 and, like flag football, there are six regular games and one championship match-up.

Both male and female students can sign up for volleyball before the September 18 deadline. And even if you think playing intramural sports is not your cup of General, you can also volunteer to be a referee for either game. Anyone with questions can email coordinator Eric Milsitz ekjm241@psu.edu or Rich Fattinger (rwt10@psu.edu) or look for them at their office in room 221.

Cross country, on the other hand, differs from the previous two sports in that it is an intercollegiate sport. What that means is the activity takes place at many foreign locations such as Mount Alto, Scranton, and Wilkes Barre rather than a patch of grass overlooking the Promenade Shops. And participants are not only your classmates, but they are also fellow Nittany Lions from scattered branch campuses. Under the tutelage of Coach Doug Finley, runners of all two genders put their endurance, determination, and agility to the test in a series of grueling races against fierce competition from six other Penn State University Athletic Conference members.

In this prodigious sport, men run eight kilometers (4.97 miles) and women run five kilometers (3.1 miles). But no matter what the distance, cross country: will test you both physically and emotionally should you choose to accept the task of signing up. Questions can be directed towards Coach Finley via email (finley107@yahoo.com).

Get in the Zone
by Raffaello Salvadige

The new campus has brought a couple perks along with it! There are some people who get extreme urges to swim not only in the summer time but in the winter season as well. Well the remedy to those urges lie across the street of the Penn State Lehigh Valley Campus. Swim-in Zone!

Swim-in Zone is an indoor swimming pool facility. It's a family owned swimming school that take pride in their swimming lessons. So, if you're not an avid swimmer and you would like lessons, this is the place to go. Their lessons are priced per lesson usually for about seven weeks. For the avid swimmer on the other hand, they have reasonable prices for drop in swimming. Now this would be the opportunity to go swim in mid January when you have a good two hour break in between classes.

And that's the beauty of it. You can swim in a pool in winter and not be cold at all! Swim-in Zone's pool stays 87 degrees all year round. If you're feeling up to it, and you happen to find ten dollars in your pocket, give Swim-in Zone a shot! If you do happen to like it and want to continue swimming there, there are very reasonable swimming membership passes that can be purchased. And after all, it is right across the street!

DROP-IN SWIMMERS Drop-in rate $10 per adult, $8 for ages 7-18 and $5 for children ages 3-6. Children 2 and under are free. Drop-ins must sign a waiver. Children 6 and under must be accompanied by an adult in the water with them regardless of swimming ability.
Campus Move

continued from pg 2

So...it’s quite unlikely to be finished any
time this semester. But, by the time spring
classes begin, the library shall have been fully
integrated into the Soucon Building. If that’s
not enough, a fitness center is planned to be
integrated by spring as well.

It seems that the Center Valley campus
will soon be “completed,” but that’s not
entirely true. The campus will be constantly
developing in an attempt to perfectly fit itself
to the needs and wants of the PSLV students
and staff. However, just as the relocation was
a combined effort, so too is the development
of the Center Valley campus. In order to make
Center Valley the best it can be, it requires
the active input of the community, specifically
you, the student. Student action is paramount
for organizing clubs, administering both positive
and negative feedback to the faculty and staff,
running the student government, and much
more. We’ve just begun here at Center Valley
and it is the perfect time to get that ball rolling.

Summer in State College

continued from pg 6

the Central Pennsylvania Festival of the Arts
is definitely one of the largest attractions of a
State College summer.

Turns out the weather in State College
during the summer, although a little too
warm, is overall enjoyable. There are local
attractions, parks, and more natural parts
of Central Pennsylvania to visit. One of my
favorite times this summer was a day trip to
a local amusement park not quite comparable
to Dorney Park but far less expensive. State
College also hosts a Best of the Best car
show in August and quite local to here is the
Clearfield County Fair in early August.

So between enjoying a lazy walk by a stream, hiking Mt. Nittany, ArtisFest,
volunteering, and the public library you only
need to look so far to find something to enjoy if
you happen to be spending a summer in Central
Pennsylvania.

Biology

continued from pg 1

the Caribbean Conservation Corporation
(CCC) in Tortuguero.

“Real science, real-world issues, real
people made lasting impressions on
me,” said Soumya Immerla, a student who
participated in the trip. “I am more than a
transcript. I am a citizen of this world,
who wants to be educated, well-rounded,
and experienced in worldly issues so as to
positively impact this world for all of
us.”

Two new and important aspects of
CHANCE are broadening its scope.
First, McLaughlin is presently authoring
a unique text/multimedia product for the
undergraduate biology market that
stands behind the premise of her research
modules—bringing real world research
into the “classroom.” And second, her
most ambitious objective ever: she is
designing an interdisciplinary short-term
field course in China whose theme is not
only environmental science, but economics
as well.

“The link between China’s booming
economy and deteriorating environment
makes it the perfect place for both science
and economics students to learn firsthand what
it really means to be a citizen of the world,”
said McLaughlin.

Unlike previous CHANCE endeavors,
this program will embrace the study of both
environmental and economic issues to better
understand China’s ecological challenges.
Biology and biology students will travel to
the Jiangsu Province in May 2010 to study
air and water pollution, energy use and sources,
and biodiversity realities. This area of China
is perfect for eager students, having long
been the country’s most populated, affluent,
and educated region. However its highly
industrialized economy has made it a test bed
for Chinese efforts to create an environmentally
sustainable development model.

Some of the field sites to be visited
by participants include Lianzi Tai, so polluted
that it has acquired a deep green hue from
crop cultivation (a process where bodies of
water receive excess nutrients), the Yangtze
River, the Three Gorges Dam, and the North
South Diversion Project, an effort by the
country to divert an entire river’s course across
the country, which is greatly destroying the
land’s ecosystems. For such a complicated
and ambitious task ahead of it, Dr. McLaughlin
is planning next summer’s program slowly and
carefully.

In addition to all its
ambitious endeavors, CHANCE
also holds an annual CHANCE Idol
contest. High school students from
across Pennsylvania write new and
environmentally related lyrics to
their favorite songs, videotape their
performance, and a panel of judges
with backgrounds in biology, including
Dr. McLaughlin, decide which of
the winners were Carrie Strunk and
Clare Kelly from Pocono Mountain
East High School. The school will be
awarded $2,500 to create a community
garden and outdoor theater on a
parcel of land on their campus this
September 17, 2009. The monetary
award will be presented to the students
and the school by representatives from sanofi pasteur and ATAS International, Inc.,
who co-sponsored the competition at an assembly
attended by over 700 students as well as special
guests and dignitaries from the community.
In addition, Richard B. Alley, Ph.D, Nobel
laureate and Evan Pugh Professor in the
Department of Geosciences, and Earth and
Environmental Systems Institute at Penn State,
will give a presentation on climate change
via video teleconference from Woods Hole,
MA.

No matter what kind of projects or
endeavors that Dr. Jacqueline McLaughlin
and CHANCE undertake, one can be sure that
they are in the best interests of her students.
Her passion is their teaching of biology, and if
done right, she believes that they will become
the leading research scientists and/or good citizens
tomorrow that will help sustain our living planet.