Alvernia Takes Strides to Prevent the H1N1 Virus from Affecting Students and Faculty

By Courtney Pizzi
Staff Writer

Word of swine flu outbreaks has spread to college campuses all over the country. It has resulted in Alvernia University taking the proper precautions to prevent spread of the disease because of outbreaks at nearby schools.

Students are being educated about the H1N1 virus, which is the earliest stage of the swine flu. Alvernia University teamed up with the Berks County-Pennsylvania Department of Health to keep an eye on flu conditions and help with making decisions to benefit the student body.

On Alvernia’s website, there are tips and advice to ensure students’ health. Good hand hygiene, covering your mouth and nose after sneezing or coughing, knowing flu signs and symptoms, and staying at home if you think you might have the flu are the best things you can do to prevent infection. It is best to talk to your healthcare providers and consider getting vaccinated for the seasonal flu.

Symptoms of the H1N1 flu are a fever above 101 degrees Fahrenheit, lethargy, lack of appetite, and coughing.

Any student who is experiencing symptoms or signs of the H1N1 flu are asked to immediately report to the Health and Wellness Center to make sure it is not merely a seasonal flu. If they are infected with the H1N1 strain, they will immediately get help and be treated.

If any faculty or staff member experiences symptoms or are diagnosed with H1N1 flu, they are to make arrangements to take time away from work and recover to keep the rest of the faculty and students safe.

If a student turns out to have the swine flu he or she will be asked to stop attending classes by University Life and to leave his or her on-campus housing. The student will be on medical leave until he or she is cleared to return to the university.

According to Dr. Claire Murphy, Director of Health Services, students should keep a thermometer, acetaminophen, ibuprofen, and over-the-counter cold remedies close at hand. Joseph J. Cicala, Vice President of Alvernia, has been sending frequent emails to all staff and students with updates on the latest news on the H1N1 virus.

So far, Alvernia University has had no scares with the H1N1 influenza. However, Drexel University in Philadelphia has already had H1N1 scares. This makes surrounding schools apprehensive about the flu spreading to other campuses.

Places with a large population in a small space, like a college or university campus, are much more vulnerable to the virus. For this reason, schools are taking serious precautions and strictly enforcing their policies and rules.

The Health and Wellness Center has seasonal influenza vaccines available for students, faculty, and staff by appointment. Due to the big scare of the H1N1 disease, there will most likely be a limited supply of this forthcoming vaccination. To make an appointment, call the Health and Wellness Center (610-568-1467) to receive the seasonal flu vaccine.

Though it may seem very unlikely for Alvernia University to have a swine flu outbreak, it is important for all students and faculty to become educated about the virus and take the proper precautions in order to prevent it.

Helpful websites with information on the H1N1 virus and flu in general are: http://www.cdc.gov/travel/content/novel-h1n1-flu.aspx. AND www.flu.gov.

Empty Wall Engenders Creative Thinking

By Lisa James
Variety Editor

With a brand new fall semester already in effect and the changing of seasons on the way, the Alvernia community is back to work once again. Freshman and transfer students have come into their own and are affecting school policies.

A few of these changes include: the new “wet-campus” alcohol policy, our switching of athletic conferences (PAC to MAC) and most of all, our brand new turf and track field (located directly behind the Physical Education Center or PEC.)

The turf and track field is a gorgeous sight from many angles! Whether you are looking out one of the windows from the new apartment complexes, or gazing through the windows in the cardio room while working hard on an elliptical machine, the turf and track field is pleasing to the eyes. However, there is one minor detail that may spoil this lovely spectacle, and that is the view from the other end. Students may notice this if they happen to be an athlete, if they use the track or turf for workout purposes or even if they turned around at one of our home field sporting events. This distasteful sight would be the back wall of our PEC. I first noticed this not-so-pleasing sight on a double take I happened to make during my run around the track one afternoon. As I gazed up with a look of concern on my face I said out loud to myself: “I wonder if they are going to put anything there?”

A barrage of thoughts and potential conclusions filled my head about the topic of this blank wall. What if they are going to put anything there?"

A barrage of thoughts and potential conclusions filled my head about the topic of this blank wall. Have they already done nothing to spruce it up because of possible plans for an addition to the PEC? Are there already plans in the works for an addition to the PEC?

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The first weeks of the academic year have included magnificent fall weekends made to be spent on a beautiful college (or should I say, university) campus like Alvernia. As we look ahead, let us fondly recall the historic year just ended—less in nostalgia than as a launching point for continued progress.

It would be impossible to replicate last year’s excitement. We celebrated our 50th Anniversary, became a university, received national recognition for excellence in community engagement, and launched the “Values and Vision” fundraising effort. Now we get to build on this strong foundation to enhance the quality of an Alvernia education and the overall student experience. Let’s reflect on just a few examples.

Students returned once again in August to a dramatically improved campus. Just a few hundred yards from the recently renovated center of campus, featuring the Campus Commons and Student Center, is a new “South Campus,” with apartments for upperclassmen and an all-weather field and track for varsity teams, flag football and other intramural games, and informal recreation. 700 students now live on campus, but with the large new lot there are actually empty parking spaces!

Among last year’s celebrations was a Founder’s Day event that recognized the Sisters and lay leaders who built Alvernia. This year, we will honor still another local volunteer-leader, Paul Roedel, with our Franciscan Award. A few weeks ago, a large crowd gathered to hear a world-renowned Franciscan scholar deliver our first Founder’s Day Lecture, a now-annual event reflecting our vision to be a “Distinctive Franciscan University.” Initial discussions are underway to establish a Visiting Franciscan Scholar Program and to expand opportunities for students, faculty, and staff to visit Assisi and the Bernardine Sisters’ mission in the Dominican Republic. And we now have a Franciscan serving as University Chaplain and Director of Campus Ministry, Fr. Kevin O’Callaghan. Say hello when you see him around campus.

Last year we honored two distinguished emerita faculty members, Sisters Florence and Pacelli, as exemplars of the order of Catholic religious women who helped make Alvernia a place of transformational opportunity for women of all ages. This year we will bestow our Pro Urbi (“for the city”) Award on two outstanding women-centered organizations, Berks Women in Crisis and Mary’s Shelter/Mary’s Home, and also celebrate the local Visiting Nurse Association’s 100th anniversary by hosting a panel of health educators.

Mindful of our tradition, we will also join the universal Catholic Church in celebrating the “Year of the Priest” by honoring a priest at each of our commencements. And on December 7, we will host our new Bishop, John Barres, as he celebrates Mass on campus and visits the University and Bernardine Franciscan communities.

Building on the success of the Blessing Exhibit and earlier interfaith efforts, we will be taking further steps, in conjunction with key community partners, to make Alvernia a sacred space for interreligious and inter-cultural dialogue. Look for special events next spring.

Last year’s prestigious recognition by the Carnegie Foundation underscored Alvernia’s reputation for community service and civic engagement. Supported by the visionary philanthropy of our dear friends, the Hollerans, the Center for Community Engagement has made rapid progress. Staff from the Holleran Center and from Campus Ministry are leading the development of a comprehensive program for service and civic engagement. Faculty members, naturally, will take the lead on any curricular improvements, and a range of student clubs and activities will offer multiple options for such work.

To express our shared commitment to service, three days a year have now been designated as Alvernia Service Days: the feast of St. Francis, the Martin Luther King holiday, and Earth Day. Alumni and trustees will also participate along with the campus community.

Alvernia is also celebrated for faculty members who are devoted scholars, committed advisors, and respected scholars. Last year, Ed Hartung and Bongrae Seok received tenure, and other colleagues were recognized for excellence in teaching, research, and other scholarly pursuits. Among them, Ed Hartung and Bongrae Seok received tenure, and other colleagues were recognized for excellence in teaching, research, and other scholarly pursuits. Among them, Ed Hartung and Bongrae Seok were recognized for excellence in teaching, research, and other scholarly pursuits. Among them, Ed Hartung and Bongrae Seok were recognized for excellence in teaching, research, and other scholarly pursuits.

To express our shared commitment to service, three days a year have now been designated as Alvernia Service Days: the feast of St. Francis, the Martin Luther King holiday, and Earth Day. Alumni and trustees will also participate along with the campus community.

Alvernia is known for faculty members who are devoted scholars, committed advisors, and respected scholars. Last year, Ed Hartung and Bongrae Seok received tenure, and other colleagues were recognized for their contributions. To name just a few: Beth Berret received a national award for her advising of human resources students; Tim Blessing was a guest at the White House; Donna Yarri co-authored two books, one each with Alvernia professors Ed Hartung and Marc Lucht; and Scott Ballantyne was a national finalist for a distinguished teaching award and also the winner of Alvernia’s Outstanding Teaching Award. We also mourned the loss of Fr. Philip Hay, whose annual memorial service included unfor- gettable tributes from former students whose lives she had touched.

Our students’ appreciation for their faculty is a reminder that Alvernia is a place where faculty enjoy their work with students. At a time when many schools have been forced to shrink the number of faculty, we are fortunate that the large number of new faculty hired a year ago are back with us and eager to share their knowledge with our students. This year, Alvernia will be the national sponsor of the Hispanic American English Language Institute, an organization in which professors like Beth DeMeo and Carrie Fitzpatrick work closely with students and alumni. Thanks to the efforts of these and other faculty, Alvernia will inaugurate a chapter of Delta Epsilon Sigma, the national honorary society for Catholic colleges and universities.

Alvernia’s reputation is growing too. For the last two years, we have welcomed the largest, best qualified groups of new students in our history, with many from outside Pennsylvania (including far too many Yankee fans, but fortunately a few Red Sox fans too). We now compete against many of the area’s best schools in our new athletic conference, the MAC. Alvernia students near by and far away, continue to bring credit to their alma mater.

At two recent gatherings with student leaders, a “Pizza with the President” campus event and a reception at my house, I was impressed yet again by our students’ generosity of spirit as well as their talent and accomplishments. They are enthusiastic about their school and committed to making Alvernia even better. They remind me that amid great progress and many accomplishments, a simple truth remains: the women and men of Alvernia continue to do well and to do good. In that we can all take pride!

Peace and All Good, Tom Flynn
Alvernia Student Nurses’ Association travels to National Student Nursing Convention

By Jocelyn Drum
Staff Writer

Alvernia offers its student nurses numerous ways to become politically active and branch out into the professional world of nursing, including state and national conventions and becoming an active member in the Alvernia Student Nurses’ Association (ASNA). ASNA students and 2 faculty advisors attended the National Student Nurses’ Association (NSNA) convention this past spring held in Nashville, Tennessee titled “Making it BIG: Nursing Students Stepping Up and Stepping Out.” Roxanne Lane, as senior Alvernia nursing student, who attended NSNA convention stated, “I was really inspired by my fellow students and all the student nurses in attendance. The whole experience helped me become even more passionate for being involved in professional nursing organizations.”

At nursing conventions, students have the opportunity to network and meet other nursing students statewide and hear from national nurse leaders as well. Jillian Buynak, a senior Alvernia nursing student explains, “Some people feel certain of the area that they want to go into and some aren’t. The convention offers breakout education sessions and opportunities to meet hospital recruiters.” A major focus of the convention is the legislative process that takes place during the meetings when state business and elections are conducted. Kyle Gabrjolek, a senior Alvernia nursing student, states: “Representing Alvernia University as a delegate introduced me to Parliamentary Rule and procedures. This something I would not have really grasped without participating. Voices in numbers are what bring change. It has influenced me to keep active and advocate for the healthcare needs of individuals and society not only at the bedside, but also through political involvement and advocacy.”

During the legislative process students begin to understand how what they do in nursing does not just stop at the care they provide at the bedside; it supersedes the stereotypical image that society portrays of nurses. They are advocates for our patients and change agents for our communities.

In November, ASNA students will attend the 57th Annual Student Nurses’ Association of Pennsylvania convention in Lancaster, PA titled “The Power and Passion to Care” and present two resolutions. One resolution is a motion that tackles the issue of health care reform and the ability of insurance companies to deny health care insurance to someone victimized by domestic violence. The second resolution addresses the impact that swine flu may have on school nurses and children if the threat of pandemic becomes nationwide. If the resolutions are passed, they will continue to the national convention in spring 2010 and then onto lobbyists of national nursing organizations, such as the American Nursing Association (ANA) for consideration.

Joining a professional organization is extremely helpful for students who are working toward a career in nursing. ASNA faculty advisor, Connie Twyman, stated “Student voices speaking out on current issues happening in the world today make a change.” ASNA would like to inform other majors and careers that they too have the opportunity to get involved in their professional organizations and make a difference in our world. ASNA is passionate and proud of what we do and we want to share it.
Alvernia Increases Awareness on MRSA

By Jim Hein
Staff Writer

MRSA, Methicillin Resistant Staphylococcus Aureus, is a type of staph infection that can be contagious and very dangerous. Warning signs of MRSA most commonly appear on the surface of the skin as boils that are red, swollen, and painful. MRSA is contracted through contact with MRSA infection on an open wound or abrasion and even through sharing clothing or equipment.

The infection is usually found in hospitals and healthcare settings, but now has spread out into the everyday environment. Even though the infection has the potential to be very dangerous, it is not a big threat unless you fail to protect yourself.

Alvernia had its own eye-opening event when a few people were tested for the MRSA infection, which fortunately came back negative. As a result, Alvernia University has recently increased awareness on the infection and other problems that are occurring throughout the country.

Emails have been sent to students explaining the warning signs and what to do to prevent getting the infection.

Alvernia’s nurse, Sharyn Stricker, said, “Do what you can to do protect yourself and treat everything as a possible symptom.”

The best way to prevent any type of disease is to be aware of how it is contracted and how to avoid it. Information is plentiful, especially online, but it is not always the most accurate information available.

Three websites recommended by Alvernia’s Health Services are webmd.com, cdc.gov and healthfinder.gov.

The most common place for the infection to spread is athletic facilities and equipment. It is wise for each person who uses the facilities to wipe down and clean the equipment in the weight room and cardio room before and after using it.

By taking these little precautionary steps, the spread of infection and germs can be prevented. The key to preventing infection is to be cautious and courteous to other people that are using the facilities.

Alvernia has a general plan to help prevent the spread of the infection. If any athlete would test positive for MRSA, they would be isolated from the team and the necessary precautions would be in place.

For athletes, the best preventive tool is not to share any type of equipment, to make sure that they are aware of all cuts on their bodies, and most importantly, to make sure any cuts are covered.

Many students at Alvernia have some knowledge of MRSA already.

Alvernia junior, Chuck Krichling shared, “I know that [MRSA] is spread by contact with an open cut.”

Senior, Kelli McDonald stated, “MRSA is spread when someone comes into contact with the bacteria and is typically contracted via an open cut.”

Clearly Alvernia is aware of some of the characteristics of MRSA and it is evident that the school is doing what it can to bring these risks to the attention of the students, staff, and faculty.

For any information on MRSA, visit the Health and Wellness Center, and its staff will be able to answer any questions pertaining to the infection.

Vandalism Runs Rampant in Clare Hall

By Danya Webb
Staff Writer

The 2009-10 school year has just started and already Alvernia propriety is being harmed and destroyed. In the second week of September there were many students trashing the halls and ruining the decorations and information on which the RA’s have spent their personal time and money. Also excess food and trash was left on and around the tables outside of Clare Hall.

Andrew Butler, an O.T. and Psychology Junior at Alvernia said, “I think that the vandalism is most often done while students are intoxicated. Vandalism is an immature act of disrespect to what we call our home and educational institution.” During this interview Adam also talked about last school year when his tires were slashed and inappropriate slurs were written on his car. Adam also said, “This is more then likely going to happen again this year, it does every year to somebody.”

Adam described the students who are doing this vandalism as “Inconsiderate.” People who are committing these vandalistic acts are a small portion of Alvernia residents, but their acts are felt by all.

Having enough of the vandalism, the RA’s in Clare Hall got together and put on a fake act of vandalism to try to make students aware of what was going on in their hall. Early one morning they covered the front entrance lobby in toilet paper and trash. After cleaning up the mess, they proceeded to put up signs saying “How did you feel when you saw the lobby this morning” and “Vandalism is a crime.”

Most students thought that what was done was horrible, and then there were others who decided to write things such as “I thought it was funny” and other inappropriate comments on these signs.

Andrew Wedlock, a history and theater student who is also a Junior at Alvernia, said, “To prevent vandalism, people just need to speak out and not just watch these things happen.”

Andrew was one of the people directly effected by the vandalism in Clare Hall. Andrew had signs and pictures destroyed and had someone urinate at the end of his hall.

Public safety is also taking steps to stop this by monitoring Clare Hall. Stan Levingood, an employee of public safety, said, “We can not do anything unless the residents are caught in the act or students speak out. Vandalism is normally a crime of secrecy except in most cases to fellow students. As long as the students are willing to pay the fines at the end of the year, these acts are going to keep happening. If and when we catch them we will do something about it. Until then there can only be on lookers.”

For now, all that can be done is extra monitoring. Becka White, a resident on the first floor of Clare said: “Since there has been more watch on Clare the amount of vandalism has infinitely decreased, lets hope that it only improves from here.”

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New Track and Turf Field Brings More Opportunities for Alvernia Community

By Jon Lozskie
Staff Writer

With every year brings many new things. Along with the many new faces have come some new changes to the Alvernia campus. One such addition has received the attention of the whole Alvernia Community, the new turf field.

The project began last year when the Athletics and Sports Study Committee convened and found it necessary for a new field to be put into place. Laura Gingrich, Associate Athletic Director and member of the committee, said, “The field was a necessity since we needed to use half of the old field space for more living accommodations (village apartments).”

The school hired Burkey Construction to do the construction of the apartments and the excavation of the area for the turf field. A Turf then came in and laid the turf and track. After all was said and done, the entire project cost 2.5 million dollars. 1.5 million went towards excavation of the field space and the other 1 million was for the laying of the track and turf.

The new field is not just for sports teams; it is for the entire Alvernia community. While many of the fall sports teams have time allotted for practice and games, Bill Stiles, the Athletic Director, has assured the Alvernia community that “the new field is for all to use and enjoy.”

Currently there are conversations under way about how the field space and time can be effectively used to accommodate intramurals as well as free field time. One solution under discussion is to set aside on certain days to keep the field lights on later at night. Once a decision is made a mass email will be sent out to inform the Alvernia0 community of the time stipulations for using the field.

Another question asked by many while watching games in the fall season pertained to stadium seating. “We hope to have another two sets of bleachers put on the track in addition to the one we have right now. By the spring season an additional three bleachers will be used to replace the three that will be sent to the fields at Angelica Park,” said Stiles. Kevin Meany, Men’s Lacrosse Coach and Fitness and Recreation Coordinator remarked that the near future the grass hill may be turned into concrete stadium seating. This is still under discussion.

Even though the turf field was set into place for the Alvernia community, many outside organizations have requested to use the field. One example is many high school marching bands from around the area who have asked the institution for field use. There are several student clubs and organizations out of the numerous and various student clubs and organizations that Alvernia offers.

In addition to clubs and organizations, Alvernia also offers a wide range of student honor societies, student leadership programs, and various intramural activities. Joining a club or organization at Alvernia is a smart move toward a great time and a great learning experience.

By Patrick Watson
Staff Writer

After a while, video games and re-runs of sitcoms eventually become boring. Ever imagine that things actually happen outside the dorm room? Well they do! Alvernia offers several student clubs and organizations that give students something to do besides sitting around a dorm room or doing homework. Students are able to meet with others who have common interests and participate in several different activities.

Clubs and organizations also give students an opportunity to gain experience in a certain field. Trips and special speakers give students knowledge on their majors as well as real life experiences.

Alvernia has a wide variety of clubs or organizations in which to become involved. They range from the Science Association to the Psych Club to the Student Government Association. There are clubs and organizations for many interests and majors. If looking for a fun way to meet people who have similar interests, joining a club is the easiest way to do so.

There are several different clubs and organizations on campus that are open for new members, for example, the Student Government Association. This organization voices the opinions and concerns of the student body to the faculty and administration.

The SGA also supports and funds student club and organization initiatives. The SGA has funded countless activities across campus including the new free washers and dryers and the Alvernia.

“It is extremely easy to get involved with a club or organization on campus. Don’t be afraid to stop in and get involved early in your career at Alvernia. Also, if you have an idea for a new club or do not see a club you are interested in, it is easy to start a new club or organization!” Contact me if you have any questions or would like more information on SGA or any other clubs or organizations!” said SGA president Emily Berret, who is in her third year at Alvernia. Email Emily at Emily.Berret@alvernia.edu.

If you are a political science major, consider the Political Science Club. The POSCI club meets and discusses political issues, current events, and even participates in Mock Trials and the Model United Nations which provide great real-life experiences. This active club is committed to raising political awareness, serving the community, and supporting the University’s mission statement.

Other major-related clubs include the Psychology Club, the Science Association, and the Criminal Justice Association. These clubs are not just for people with these majors but also for those interested in the subject.

The Psych Club does community service projects, fundraising, and fun events for the club and campus like movie nights and end of the semester parties. Contact Keiko Wolfe at Keiko.Wolfe@alvernia.edu for more information on the Psych Club.

The Criminal Justice Association aims to gather students interested in Criminal Justice, Forensic Science and all other types of law enforcement. This group is not just focused on law enforcement officers, but on several parts of the justice system including the courts system, parole, probations, and crime scene investigators.

The Science Association is a community-based club for science students. The highlight of this year will be working with 5th and 6th graders teaching them about science and different scientific experiments. Contact Ashley Orlowske at Ashley. Orlowske@alvernia.edu for more information on the Science Association.

Another great organization that functions with the SGA is the Campus Activities Board. CAB is a student run organization that puts together fun activities and events for the students both on and off campus. When walking around campus, you will see flyers or advertisements for free movie nights and late night bowling. Most of these free events are sponsored by CAB. They fund the events so all the students have to do is show up and have fun. CAB is a great organization at Alvernia that serves the students. For more information on CAB, contact President Kevin Hanchick at Kevin.Hanchick@alvernia.edu.

These are only a few clubs and organizations out of the numerous and various student clubs and organizations that Alvernia offers.

In addition to clubs and organizations, Alvernia also offers a wide range of student honor societies, student leadership programs, and various intramural activities. Joining a club or organization at Alvernia is a smart move toward a great time and a great learning experience.
Our Troubling Question of Race

By Dr. Gerald Vigna
Director, Center for Ethics and Leadership

It took a white Southerner to finally say what had been whispered for a while. Jimmy Carter told NBC Nightly News in September that much of the opposition to President’s Obama’s proposals was based on race. Response was quick. Joe Wilson’s (R-SC) son that his father was no racist and that the matter was about policy. Republican National Committee Chair Michael Steele agreed. But Dick Harpoortlian, former chair of South Carolina’s Democrats, said that while he did not think Wilson was racist, his remarks encouraged those with racist attitudes toward the president. House Majority Whip James Clyburn (D-SC), who supported Wilson financially early in Wilson’s career, was not so sure about the integrity of Wilson’s motives. (Wilson has defended South Carolina’s flying the Confederate flag over the state capitol, a fact mentioned by Clyburn.)

So is it about race, poverty, or both? Two writers whom I greatly respect, Annette John-Hall of the Philadelphia Inquirer and Clarence Page of the Chicago Tribune, in mid-September wrote columns in which they argued that in the face of signs that show the political position they hold might be viewed by minorities as racist, or as unintentionally having a negative racial effect.

To deny that racism plays a role in the face of signs that show the president as a witch doctor with a bone through his nose is just plain offensive. About health care reform—one understands conservative opposition to potentially bigger government.

About health care reform—one understands conservative opposition to potentially bigger government. That’s a question of policy. And one understands other grave concerns such as the potential funding of abortion with federal monies. That’s a question of policy. And the current rhetoric of death panels and pulling the plug on Grandma is just old-fashioned political misrepresentation.

For what it’s worth, reform is necessary and government-paid medicine has been here for nearly 45 years in the form of Medicare. We already have the public-private system that has opened a new market for private insurers in the form of supplemental insurance to Medicare. Abortion? The courts decided in 1973 that a negative right existed with regard to sexuality and reproduction. A negative right means that the government cannot interfere in a personal choice. A negative right does not imply a positive right; that is, that the government must subsidize the exercise of the right to choose. Regarding the end of life, hospitals have been requiring patients to make decisions about life-and-death medical interventions upon the president. Obama’s proposals was a racist. In fact, Page was careful to say the opposite. But you wouldn’t know it from the vitriolic responses that immediately hit both writers’ blogs. Time and again both Page and John-Hall were accused of being racist. The less direct phrase “playing the race card” also was used. Now, I know that those who have a complaint are always more active and angry than those who are not upset.

On the other hand, I also know that many white Americans are insulted by the suggestion that a political position they hold might be viewed by minorities as racist, or as unintentionally having a negative racial effect.

We have been working all summer and the school year is about to start. I am very excited and confident in the student body. SGA representatives and organizations on campus. I am very excited and confident in the executive board and senate, and I have high expectations for this year.

We have been working all summer to prepare for this year and I am looking forward to working with each and every one of you to improve and expand your experiences at Alvernia. Our goal is to ensure that every student on campus has a voice and is represented on all issues concerning the student body. SGA representatives promise to relay your concerns and suggestions and represent you.

SGA has recently contributed to the new washers and dryers, the USA Today Collegiate Readership Program, and to the new disc golf course at Angelica Park.

We would like to invite you to our SGA meetings, which are held in Bernardine Hall Room 19 every other Tuesday at 2pm. You can check the Alvernia website for our SGA page to get the updated minutes and all other information that you might need! Also, we encourage you to join our Student Government Association facebook group and twitter site to find regular updates about all things SGA related! I am truly honored to represent you this academic year and I will do so to the best of my ability. Please feel free to contact me by e-mail, or stop me on campus if you have any questions or concerns.

Respectfully yours,

Emily Berret
Student Government Association President
Alvernia University, Class of 2011
Mckee Earns Player of the Week Honors

By Devon Coleman
Staff Writer

With Alvernia’s fall athletic programs in full swing, the teams are already bringing in player of the week honors. This honor is no small task to be recognized by the conference as the best of the week. However that’s just what an individual from the women’s tennis team has done.

Junior Jenny Mckee was named the Commonwealth Conference Women’s Tennis Player of the Week. Mckee was given this award by the conference on Monday afternoon, Sept. 14.

Last week the team had a match against Immaculata. Mckee was 1-0 in singles with a 6-1, 6-0 win over her opponent. She followed that with a 8-3 win at doubles with Kayla Morgan. With her wins against Immaculata, Mckee improves to 2-1 at #1 singles on the season and 1-2 at #1 doubles.

Mckee has been playing tennis since she was a sophomore in high school. Picking up the sport with ease, Mckee has helped the women’s tennis team grow into major contenders.

Mckee’s doubles partner is freshman Kayla Morgan. Mckee describes her partner as “a solid and aggressive player who made a significant addition to the team.”

Mckee also noted that the coaching staff has added a new assistant coach. Mckee credits her coaches for providing a great atmosphere at practice for the team to focus and get ready for their upcoming matches.

The first game after the Vick signing, the Eagles vs. Colts, brought in 6.49 million viewers. That was just for a preseason game and a game in which he did not even dress. Jacksonville station, WTEV, saw a spike from a 16.9 rating (which is average for a Jaguars game) into the low 20s for Vick’s first plays as an Eagle.

But that is the glamour. What does he bring to the field? For the preseason Vick completed 11 of 15 passes for 45 yards. He has rushed eight times for 36 yards. Zero touchdowns, one interception, four sacks, and two fumbles (one lost) are the other side of the story.

McKee is Better in the Game than on the Field

By Scott Rodgers
Sports Editor

In Madden 2004, Michael Vick was an unstoppable force. Any time I played against the Falcons, he would end up with over 100 yards rushing. Anyone who played sports video games as a kid knows the virtual “I win” button. Jeremy Roenick in NHL 94, Bo Jackson in Tecmo Bowl, Ken Griffey Jr. in Ken Griffey Jr. Presents Major League Baseball.

And then there was Vick. He was a 92 overall with speed and acceleration at 94. On top of that, he had the exact same throwing power as Peyton Manning (96).

Arguably, the greatest performances Vick ever achieved were in that game. Throughout his career, Vick has been mediocre: a completion percentage of 53.8, a 71/52 touchdown/interception ratio, and a meek 75.7 QB rating.

Granted, passing was never Vick’s game. He had 21 rushing touchdowns and two seasons of over 900 yards rushing. But he also lost 27 fumbles.

I am not here to bash Vick. I know what he did, and as a dog lover, I have a hard time accepting him or anything he says. However, I believe everyone deserves a second chance.

Beyond Vick’s ratings in virtual football, the inevitable PETA protests, and the media coverage, what does Vick bring to the Eagles?

The argument can be made that Vick is the biggest star on the Eagles. Donovan McNabb is the face of the franchise, but I think that despite the controversy, Vick is the bigger draw (especially with the controversy).

Don’t believe me? Vick’s number seven is the fourth highest selling jersey in the United States from April 1 to August 28, according to Darren Rovell. He was only signed on August 13.

His interview with 60 Minutes had over 12 million viewers. His interview with 60 Minutes had over 12 million viewers. His interview with 60 Minutes had over 12 million viewers.

Vick is Better in the Game than on the Field

Photo courtesy google.com

CALLING ALL WRITERS

The Alvernian is now a CLUB, and WE NEED YOU!

Write for any section. Contribute as many articles as you want. Get your name in print! Write about an idea you have, or email Dr. Kramp for an assignment. Contribute editorials - speak your mind! We also need photos! Take pictures of sporting events, social activities, or campus life and send them to Dr. Kramp!

Contact Dr. Kramp at michael.kramp@alvernia.edu if interested.

The Alvernian office is located in BH206.
2009
LITERARY FESTIVAL
AT ALVERNA UNIVERSITY

The 2009 Literary Festival at Alvernia University will kickoff October 12, with the National Slam Poetry team of Panama Soweto and Ken Arkind (7:30 p.m., Crusader Cafe) and will continue with three full weeks of events, from the annual intercollege poetry contest to an Alvernia tribute to Edgar Allen Poe.

Speakers include:
- Jon Kukla
- Dr. Heather Thomas
- Lee Woodruff
- Ruth White
- Dr. Laurence Marzono
- Socheata Poeur

CALENDAR OF EVENTS

October 12—National Slam Poetry championship team, The Dynamic Duo (Panama Soweto and Ken Arkind) will make you laugh, cry and think of the world in a spinning new light. Sponsored by the Alvernia Campus Activities Board. Crusader Cafe, 7:30 p.m.

October 13—Jon Kukla, author of My Father's Women, will offer a lecture and book signing. Berenice Franciscan Conference Center, 4 p.m.

October 14—Wino and Cheese Social, sponsored by Alvernia Paladins. A jam session will be performed. Student Center, 5:30 p.m.

October 15—Becca Banks presents an evening of poetry and open mic. Come out and read your original and favorite poet's work. Crusader Cafe, 5 p.m.

October 16—Alvernia University Book Club will view The Agony of the Sleepless, by Adam Bedny. Contact Victoria Williams for information at (610) 796-5511. Student Center, 6 p.m.

October 17—Becca County Poet Laureate, Dr. Heather Thomas, will be the keynote speaker for Alvernia's Annual Poetry Contest. Poetry contest winners will be announced. Berenice Franciscan Conference Center, 3 p.m.

October 18—New York Times bestselling author Lee Woodruff discusses & signs Archangel and Perfectly Imperfect. Berenice Franciscan Conference Center, 7 p.m.

October 19—Ruth White, author of two books on writing and Newbery Award Winner, will give a lecture on writing for adolescents. Berenice Franciscan Conference Center, 1 p.m.

October 20—Dr. Beongsoo Seok, and Marc Lucht will present “The Consciousness of Nothing, Love, Art in Zero” Berenice Franciscan Conference Center, 11:30 a.m.

October 21—Original readings and acts will be presented during the monthly meeting of the Alvernia Writers' Series. Berenice Franciscan Conference Center, 1 p.m.

October 22—Dave Elson, founding member of John Updike Society, will present a documentary and share his experiences with Updike and his family. Berenice Franciscan Conference Center, 10 a.m.

October 23—Updike lecture with Jack DeWitt, founding member of John Updike Society. Alum, Allentown English professor, Richard Anderson, Ph.D., and Alvernia English professor Richard Long, Ph.D., will present an analysis of Updike's works. Berenice Franciscan Conference Center, 1 p.m.

October 24—Dr. Leslie M. Anderson, author, and past president of Alvernia University, will present, “Writer's Life” Berenice Franciscan Conference Center, 11:30 a.m.

October 25—Dr. Deonna Vass and Spencer Stehr will present “God, Science, and Designer Genes: An Exploration of Emerging Genetic Technologies” Berenice Franciscan Conference Center, 3 p.m.

October 26—Socheata Poeur's award winning documentary, "New Year Baby" will be screened by the Office of Student Activities and Campus Ministry. Berenice Franciscan Conference Center, 6 p.m.

October 27—Annual Fall Dance. Costume contest and reception with Sigma Tau Delta at Edgar Allen Poe. Student Center, 1 p.m.
While the student body is quietly sleeping in the early morning hours before classes start, the Alvernia University hockey team has been hard at work doing dry land training to get ready for the upcoming season. The team is switching conferences in order to play more competitive teams.

In the last two seasons the ice hockey team played in the Mason-Dixon Conference where it reached the championship game, falling short by a goal in each game. The team has been getting up at 7 a.m. to do various dry land training which includes running a mile, running stairs, Indian runs, agility drills and relay races around the newly finished track. This dry land training prepares the athletes for the tougher competitors they will meet on the ice this season.

The team works out for roughly 45 minutes every Monday, Wednesday, and Friday. Eric Phillips, a junior on the team said, “The dry land should pay off for us in the long run. No other team is working this hard to begin the season.”

This season the Crusaders are switching into the Delaware Valley College Hockey Conference (DVCHC). This league is made up of 13 teams including East Stroudsburg, Gettysburg (who also made the move from the Mason-Dixon Conference), Kutztown, Lehigh, Monmouth, Neumann, PSU-Berks, PSU-Brandywine, Richard Stockton, Rutgers-Camden, Shippensburg, and Widener.

This is a much more competitive league than the Mason-Dixon Conference in which the team had participated during the last two seasons. Kevin Shupp, a sophomore on the team said, “I’m really excited about the switch to the new league. It should be really interesting to see the competition. Hopefully this year we can bring home a championship.”

Much of the team is returning from last year. The incoming class of freshmen is highly talented and should bring plenty of firepower to an already potent offense. A core piece of the Crusaders defense returns this year in Steve Schlegel. Schlegel left school last year to fulfill personal goals. He plans to participate throughout the first semester and begin playing the second semester.

The Crusaders finished the ‘08-’09 season 16-7 and 8-2 in conference play and lost 2-1 in the championship game to Catholic University. In the ‘07-’08 season the team finished 20-4 and 10-1 in league play in their first season in the Mason-Dixon Conference.

The team practices and plays its games at the Body Zone. It also has games scheduled at the Sovereign Center, which is the home of the Reading Royals.

The team opens its season up with a home game on October 3, against Rider University. This will be the first meeting between the two schools.
Watching the show nobody would expect to see a telepathic waitress named Sookie Stuitt. HBO's True Blood has been the run away hit this season when another vampire series and you will understand. The show focuses on a girl named Elena and her relationships with Stefan and Damon, two vampire brothers who both want her. Damon and Stefan hate each other so it will be interesting to see how this love triangle works out. The Vampire Diaries is definitely worth a look. Upcoming movies also focus on the theme of death. The obvious big movie this season is the continuation of the Twilight Saga: New Moon. New Moon continues where Twilight left off. Edward decides it is best if he leaves Bella, and so he disappears leaving Bella in a vulnerable and depressed state. During his absence Bella befriends Jacob who has secrets of his own; the big one being that he is a werewolf. News gets to Edward that Bella has “killed herself” and he cannot live in a world without Bella. Bella and Alice race to Italy to stop Edward before it is too late.

Ezio, the new assassin, in the Italian Renaissance. There is an all new mission structure and an open world environment. To become a great assassin you will need to master all new weapons and instruments that Leonardo Da Vinci created himself. Left for Dead 2 contains an all new set of survivors. In addition to the classic and upgraded firearms, you will also get a chance to take out some aggression on the infected with a variety of cage-creating melee weapons, from chainsaws to axes. Survive against all new and harder to beat enemies and come up with your own conclusion about what will happen in 2012. Video games do not drop the ball either this season. Assassin’s Creed 2, Modern Warfare 2, and Left for Dead 2 are all coming out in November. Modern Warfare 2 is the long awaited sequel to what gamers call “the greatest first person shooter of all time.” They mean, of course, Call of Duty 4; Modern Warfare. The multiplayer is reported better with the addition of customizable kill streaks. This means you, as the player, get to choose what reward you get for achieving a certain amount of kills.

Showcase Your Talents

By Jessica Heller
Staff Writer

Surrounded by a sea of change, students both new and returning find themselves provided with an endless amount of opportunities to showcase their talents. This recession has brought no shortage of chances for students to get involved. Closing out the 2009 year Alvernia University will have even more new and exciting opportunities for students; most notably in the arts. Everyone has a chance to be a part of the entertainment, whether it is acting on stage or keeping the event strong from behind the curtain. Don’t feel that you have the time? Flexible scheduling means there is a strong likelihood that at least one production will fit into your hectic schedule.

Others seeking more of a fine-arts perspective this semester can display their abilities with the fall art show. Looking for something on the musical end of the spectrum? The university’s campus will be alive with the sounds of many types of music this year. There is Alvernia’s Chorus as well as the newly-founded Alvernia University Band which will be performing this winter.

Pockets feeling a little empty? No worries, as a part of the Alvernia community, students get to experience all of these amazing exhibitions free of charge. It is also a great chance to support fellow students in their artistic endeavours.

If interested in being a part of any or all of these spectacular events you can contact department chair Carol Schwanger, or seek out any student currently involved in one of Alvernia’s artistic groups.
AQUARIUS (January 20-February 18)
Balancing work and play is not your only issue this month. Your financial stability is also something that needs your attention. Do not be afraid to put some money aside for a rainy day - it could come sooner than you think! 

ARIES (March 21- April 19)
This month is the time you follow through on your plans to get fit. The couch potato look is just not your style anymore.

CANCER (June 21- July 22)
Everything seems to be running smoothly right now; however, there are a few possible obstacles that you are making more important than they really are. Forget regret and let go of grudges – you will be happier and good things will come your way. You won’t regret it!

CAPRICORN (December 22-January 19)
Take advantage of a community service or club participation opportunity. Not only will the outcome be a rewarding experience, but relationships will be built and a possible love connection is also in the forecast.

GEMINI (May 21-June 20)
Right now is no time to disregard your gut instinct. When making an important decision be sure to follow your heart and not the rest of the crowd. If you can’t reach a decision, sleeping on it. You will know what to do in the morning!

LEO (July 23-August 22)
It is time for a get-away or a vacation! Busy schedules and agendas may interfere, but there is always room for a day trip to escape the hustle and bustle. A simple afternoon picnic could be just what the doctor prescribed to help you feel refreshed and renewed.

LIBRA (September 22-October 22)
This is the time of year when the unfamiliar can turn out to be better than your usual routine. Escape your habits and be spontaneous— it could very well be the best decision you will make!

PIERCES (February 19- March 20)
If you haven’t already, go out and treat yourself to something new! Whether it be a recent gadget, apparel, or personal craving – it’s about time you satisfy your appetite and have something you deserve (just be sure the bank account has sufficient funds!)

SAGITTARIUS (November 22- December 21)
Potential job opportunities are coming your way! Keeping your options open is your best bet right now. However with work on its way be sure to have your fun and play time while you still can!

SCORPIO (October 23- November 21)
Unfortunately, the pressure is on and stress is at an all time high this month. But don’t panic! Simply organize and prioritize and things will be smooth like peanut butter (not the chunky kind.)

TAURUS (April 20-May 20)
It could be possible that a relationship could be facing some tension right now. Be open to what this person has to say and things will work accordingly. If no such tension exists, just be mindful of your manners and pay attention to detail for future reference.

VIRGO (August 23-September 22)
Be aware! Negative feedback may be headed your way. If this is the case, do not hesitate to dust yourself off and try again. Something better could come your way. Be sure not to mistake negative feedback for constructive criticism.

Entertainment

JUST ASKING...
How do you feel about the threat of the Swine flu (H1N1) spreading to Alvernia?

I feel as though everyone is talking a lot about it, but I wonder how much is being done to prevent it. I am trying to get more sleep, wash my hands frequently, and be on alert for any signs of the swine flu. I think the swine flu could be a very big threat if the necessary sanitizing procedures are not done as frequently as they should be, or increased due to the threat. There are simple thing that can be done to help prevent it, but if they are ignored it could be deadly.

-Ali Vuotto (Sophomore Elementary/Special Education Major)

I am taking precautions now and educating peers about the signs and symptoms of the H1N1 virus. I think it is a serious matter and quite frightening that the target group includes college students and college campuses. I feel the Alvernia community is prepared and capable of executing a plan if the virus spreads on campus. The mass emails and letters home to parents of students are...the best form of communication.

-Joclyn Drum (Senior Nursing Major)