

Flu Shot *Continued from page 3*

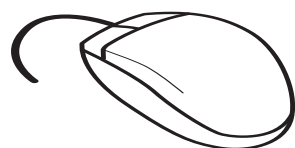
Good health habits are an important way to help prevent the flu. Some measures include:

- Avoid close contact with people who are ill. When you are ill, keep your distance from others to protect them from getting ill.
- Stay home when you are sick.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Washing your hands often will help protect you from germs.
- Avoid touching your eyes, nose or mouth.

For more information about the flu, go to the CDC website at www.cdc.gov/flu/keyfacts.htm

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Each issue of Family Ties can be viewed online at:
www.kutztown.edu/familyties/

MARK YOUR FALL 2005 CALENDAR

Monday, October 31	Housing renewal begins on-line: www.kutztown.edu/admin/harlo
Tuesday, November 1	Last day to contractually cancel housing for Spring 2006 without loss of deposit. Must cancel in person in Housing and Residential Services, 106 Old Main, by 4:30 p.m.
Wednesday, November 2	Last day to participate in Housing renewal.
Wednesday, November 23	Residence halls close at 11 a.m. for Thanksgiving recess
Sunday, November 27	Residence halls open at 1 p.m.
Tuesday, December 6	Open room change, same hall 10 a.m. - noon
Thursday, December 8	Open room change, different hall 10 a.m. - noon. Students should check their mailbox for instructions on location of this process.
Saturday, December 10	Last day of regular classes
Friday, December 16	Residence halls close at 6 p.m. for winter recess
Saturday, December 17	Commencement at 10 a.m.
Sunday, January 15	Residence halls open at 1 p.m.
Monday, January 16	Martin Luther King Day observed - university closed. Residence halls remain open.
Tuesday, January 17	Classes start at 8 a.m.



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Campus Employment: A Primer for Parents

Each year dozens of students supplement their student aid by working on campus. The number and variety of jobs available are as varied as the departments, facilities and colleges that keep Kutztown University up and running.

Some recent examples of university-sponsored positions include: a request for a lab monitor in the Art Education and Crafts Department; a student athletic trainer for the Athletics Department; a newsletter editor for the College of Business; and the Development Office needs a phonathon representative.

Like the real world, not all jobs on campus pay the same. Some provide a stipend starting at minimum wage, while others, like the newsletter editor, require advanced skills and pay as much as \$7 an hour.

Because the primary mission of any university is to educate the student, most of these positions are part-time ranging from five hours to a commitment of 16 hours each week.

Most positions are real resume builders and highly sought after. What professional writing student wouldn't be proud to have the title of newsletter editor topping their resume?

And it's not just job-related training that motivates students to seek KU's many on-campus work opportunities. The interpersonal skills developed during these experiences go beyond academics and translate well into the world of work.

Kathy Lynch, associate director of Housing and Residential Services, said her office employs up to 250 students each semester as community assistants who oversee the smooth operation of residence halls and on-campus apartments, and as staff desk reception attendants who handle the daily operations of campus housing units. Lynch says the students find the work both enjoyable and challenging.

"The community assistant is a fun role," she said. "They do fitness and nutrition programs and many other active learning and sharing activities."

By living in the residence hall where they work, community assistants are also charged with making sure hall mates get along and obey the rules of the facility.

Community assistants get a single room at a reduced double room rate. But their rooms are also their offices, and these students are called upon to do roommate remediation and other conflict resolution duties.

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Akeesha Washington, Community Assistant at KU by Jennifer L. Ebert '05



Akeesha Washington '06, has worked as a community assistant for three years.

As a student worker, she helps enforce the university's policies in the resident apartments she oversees as well as creating programs that improve the life skills of residents under her supervision.

One of the challenges community assistants face is conflict resolution between residents. The overall focus of her job is to encourage students to get involved and stay out of trouble.

Washington works with both freshmen and upperclassmen, as all community assistants do. While freshmen receive a lot of guidance to help expose them to the various organizations on campus, upperclass-

men are introduced to career services, which helps prepare them for the real world.

"As a community assistant, we have to do a lot of programming to get residents involved with activities on campus," she said. Washington said the highlight of her job is working with people.

"I like my residents to come to me and say that I've aided them with something as small as helping them study."

Not only does her job as an on-campus student employee serve others, but Washington said the experience has helped to build her confidence.

"When I came here as a freshman, I wasn't involved on campus. I really didn't know how to interact with other people. But when I became a community assistant, it opened doors to a whole set of organizations on campus that I could get involved with and introduced me to a lot of different people."

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Campus Employment *Continued from front page*

"We employ freshmen for the desk assistant program. What we look for in an employee is a depth of understanding. For many of our students, it is often their first real employment experience," Lynch said.

The application process for on-campus employment is handled through Financial Aid Services. They maintain web pages that not only list current job openings, but also fact pages and the student employment application. Students should go to the university's main web page at www.kutztown.edu and click on employment for more information. Once the paperwork is out of the way, Lynch said a group review is also an essential part of the interview process.

"The process is application, interview, and then a group evaluation. For the advanced positions as community assistants, we look for a minimum grade point average, good academic standing, and a good behavioral standing," Lynch said.

For the enterprising student, these jobs and others across campus are just a click away (www.kutztown.edu/employment).

GREEK LIFE ACTIVE ON CAMPUS

When students come home talking about Greek Life it doesn't mean a spring semester spent on the sunny Mediterranean Sea. In fact, social fraternities and sororities drawing their names from the classical Greek alphabet have been a part of KU campus life for decades.

First and foremost, Greek organizations provide a sense of belonging on a campus with nearly 10,000 students. Sororities and fraternities offer friendship and support, and help create connections useful later in life in business and other professions.

In addition, today's Greek organizations are more socially conscious and active than ever before becoming involved with community service, charitable giving, and other community support activities.

Groups like Lambda Chi Alpha, the oldest fraternity on campus, raise thousands of dollars every year for charities through sponsored races and on-campus social events including the Ms. KU Pageant.

Further enhancing the KU experience through shared collegial aspirations are the many new multicultural and culture-specific additions to the Greek lineup.

Delta Sigma Theta, originally formed in 1909, is an African-American sorority which was established at KU a decade ago. Just five years ago, the men brought Lambda Sigma Upsilon, a multicultural fraternity, to campus. And in 2000, Mu Sigma Upsilon came on board as the first Latina sorority.

All Greek organizations on campus are recognized by the university through charter approval. Though students may choose not to participate, Greek organizations continue to play a vital role in university life.

There are many other academic and professional organizations on campus whose identity is also tied to the capital Greek letters including honor societies such as Sigma Delta Pi.

But it is the social fraternities and sororities whose membership is based on mutual friendship and service to the community that have retained the traditional flavor of Greek organizations.

"The relationships established within the Greek organizations have become increasingly more important in today's complex world," said Christine Workman, KU's coordinator for Greek life. "By helping students find others like themselves, fraternities and sororities provide a sense of belonging. And through that shared vision, the students tend to stay in school, become more involved in civic engagement later in life, and are active members of our alumni community."



Abby Bloss '07 was named Miss KU in 2005.

ON CAMPUS HOUSING RENEWAL FOR FALL 2006/SPRING 2007

To renew on-campus housing contracts for the 2006/2007 academic year, students must participate on-line starting Monday, Oct. 31, through Wednesday, Nov. 2.

During the on-line process, current on-campus students can roll over their \$125 housing deposit from Spring 2006 to Spring 2007 and secure a space in the residence halls for the 2006/2007 academic year. The 2006/2007 housing contract will be available on-line in October.

This will be the only opportunity to secure on-campus housing as an incumbent student for Fall 2006/Spring 2007.

By completing the housing renewal process, students will be able to participate in room selection during the spring semester for both the traditional and Golden Bear apartments for Fall 2006.

Please note: to prepare for new freshmen coming into the residence halls next fall, it may be necessary to reserve a number of traditional residence hall beds specifically for new freshmen.

To participate in on-line processing, students should log onto: www.kutztown.edu/admin/harlo

- Select Housing Renewal
- Enter your social security number and pin number
- Click on "login,"
- Select "housing,"
- Follow the instructions to roll over your housing deposit. If you do not remember your pin number, please contact the Registrar's Office in 115 Stratton Administration Center, 610-683-4485.

KU Shuttle Bus Service Schedule

For students whose transportation choices are limited, KU offers a daily bus service Monday through Friday that covers much of Kutztown and most of the campus. Convenient stops are available at central locations on campus and throughout town including access to pharmacies, grocery stores, shopping centers, off-campus student housing and more.

And the shuttle service is user friendly for those needing special accommodations. Students only need to swipe their KU card to ride the shuttle.

Three routes are offered: On-campus loop runs 7.30 a.m. to 3.30 p.m. and stops at University Place, Old Main, McFarland Student Union, and the Graduate Center.

The off-campus loop runs 7.30 a.m. to 3.30 p.m. and stops at Greenwich Street, Whiteoak Street, McFarland Student Union, Briar Cliff apartments, Constitution Boulevard, and Saucony Commons apartments.

The evening loop runs from 3.30 p.m. to 11.30 p.m. and stops at the McFarland Student Union, Golden Bear Village West, University Place, the tennis courts, McFarland Student Union, Briar Cliff apartments, and Main Street at Whiteoak Street, Constitution Boulevard, Saucony Commons, Weis Market shopping center, and Greenwich Street. All loops repeat stops on the way to and from a route's terminus.

FILE FAFSA EARLY

Kutztown University's priority filing deadline for scholarships and campus-based aid is February 15. The Free Application for Federal Student Aid [FAFSA] must be filed to be considered for university-based scholarships and various aid programs including the Stafford loan, Perkins loans, an SEOG grant, and Work Study. If students meet the filing deadline, they will be evaluated for Pell grants, PHEAA state grant, and Stafford loan. May 1 marks the deadline for the PHEAA state grant program for Pennsylvania residents.

First-time aid applicants must file the original FAFSA while most former applicants may file the renewal FAFSA that is mailed to them.

The FAFSA is used to apply for all forms of federal, state and institutional aid offered at Kutztown University. KU scholarships and student employment are also determined by FAFSA. A student can file the FAFSA electronically by completing and submitting the application online at www.fafsa.ed.gov.

The U.S. Department of Education requires students to sign their FAFSA either on paper or by a personal identification number [PIN], which serves as an electronic signature. If a student does not have a PIN, one can be applied for at: www.pin.ed.gov

If a student is required to provide parent information, then a parent's signature is also required. Parents can apply for a PIN on the same website. Printing and mailing a paper signature page is not necessary.

Students who wish to apply for a Stafford loan for the 2006-07 academic year need to answer "yes" to question number 27 on the FAFSA. This will initiate the processing of the Stafford loan; therefore, it is no longer necessary to pick up the application from the lender.

Parents interested in applying for PLUS loans must continue to pick up their application through the bank previously used. Loan processing for incumbents will begin after Spring 2006 grades are posted to determine eligibility. Loans are processed in the order in which they are received.

Students should remember that eligibility for financial aid is determined by the results of the FAFSA, and continuing students must meet the satisfactory academic progress requirements. Federal regulations require a university to establish an academic progress policy as part of eligibility requirements for all federal financial aid programs. [Note: PHEAA grants are state aid with different eligibility requirements.]

The Financial Aid Services staff is available to answer any questions by phone at 610-683-4077 or in person at 209 Stratton Administration Center. Office hours are 8 a.m. to 4:30 p.m., Monday through Friday; with extended hours on Tuesdays from 8 a.m. to 6:30 p.m.

Students, need a job? Don't forget to visit KU's student employment website: www.kutztown.edu/employment.



Rec Center Update

With excellent weather moving along major building projects on campus, the \$13.8 million recreation center is right on schedule for a fall 2006 opening. The new structure is being built across from the Keystone Field House and will provide more space for physical fitness activities and sports clubs.

The building project, funded through a student recreation fee, also includes an expansion of recreational activities campus-wide.

According to recent surveys, more than 80 percent of students exercise regularly. Ray Ignosh, coordinator of Recreational Services and Intercollegiate Athletics, said more than 50 percent of the students use KU recreational facilities to keep fit. To address the growing need, the Recreational Services Department has expanded

the availability of group exercise programs, intramural sports, and pool hours.

"I have worked for Kutztown University for more than six years, and the interest in physical fitness or getting out to participate in sports-related activities continues to grow," Ignosh said. This fall semester, 18 new intramural sports activities from badminton tournaments to power lifting, kickball and roller hockey competitions were introduced into the lineup.

Flu Shot Update

The single best way to prevent the flu is to get vaccinated each fall. Every year in the United States, on average:

- 5-20 percent of the population gets the flu,
- more than 200,000 are hospitalized from flu complications, and
- approximately 36,000 people die from flu.

Some, such as the elderly, young children, and persons with certain health conditions, are at high risk for serious flu complications. There are 2 types of vaccines:

- The "flu shot" is an inactivated vaccine that is given with a needle.
- The nasal-spray flu vaccine is approved for use in healthy persons 5 to 49 years of age who are not pregnant.

About 2 weeks after vaccination, antibodies develop that protect against influenza virus infection. The vaccine will not protect against influenza-like illnesses caused by other viruses.

Since the influenza viruses change from year to year, the vaccines must be updated annually. There is a very tight timeline for selecting

the influenza vaccine virus strains, preparing the vaccine, and distributing the vaccine. The Center for Disease Control and Prevention and its partners have been planning for the upcoming influenza season since January 2005. CDC will recommend appropriate guidance when more is known about this season's vaccine supply.

October and November is the best time to get vaccinated. However, the pre-booking process for influenza vaccine has been challenging due to the uncertainty of its supply. The supply distribution of the vaccine has been modified the last two years to support the recommendations of the CDC, and the vaccine was reserved to only those classified as "high risk." It may be necessary to prioritize people who should receive the vaccine first on the basis of their risk for serious influenza-related complications. It should be noted that the nasal-spray flu vaccine is always an option for healthy persons and should be available even during shortages of the flu shot.

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