

West Virginia University  
Parent Electronic News  
September 4, 2009

This week, we, as many campuses across the country, have experienced our first cases of H1N1. Please know that information has been and is continuing to be disseminated to students, and we will also continue to keep you, as parents, in the loop. Be sure to read below for the latest from our medical community in regards to these developments.

In other news on campus, we now have a week under our belts, and students around campus are settling into their routines. Class schedules are set, students are gearing up for football game day on Saturday, finding time to go the Rec Center, playing Frisbee on the Mountainlair Plaza, or hanging out with new friends at WVUp All Night. We hope that your student's move-in was as smooth as possible whether on or off campus and that the transition to college life and a new academic year has been successful thus far. To catch a peek of University Welcome where the incoming class was officially greeted and introduced to life as a Mountaineer, check out this video online: <http://www.wvu.edu/Redirect/?id=1111>.

This edition of Parent E-News is about staying actively connected. We explore connections through social media, to one of our colleges, wellness resources, connections to families through Parents Club programs, and the power of diversity. We hope that this information helps you stay connected to the University. In this edition of Parent E-News:

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**INFLUENZA UPDATE FROM WVU**

Two cases of H1N1 Influenza have been confirmed in West Virginia University students. There is a possibility that large numbers of students may become ill with either seasonal influenza and/or H1N1 influenza this fall. They are essentially indistinguishable illnesses, but getting one does not protect you from the other, and getting vaccinated for one does not protect you from the other. Seasonal Flu vaccine will be available free to all WVU students at the Student Rec Center from 3-7 pm on September 28 and October 6. Vaccine for H1N1 is expected to be available (and free) to WVU students by mid October, and dates and locations of distribution will be announced once the vaccine is

released by the manufacturer. WELL WVU strongly recommends that all students protect themselves by receiving both influenza vaccines this fall. WVU administrators, including housing, dining, faculty, and student services are all working together to provide for the ongoing needs of students.

WVU will be following national guidelines set by the Centers for Disease Control (CDC). The recommendations for preventing influenza are:

1. Get vaccinated for seasonal and H1N1 influenza.
2. Wash hands frequently with soap and water or an alcohol based sanitizer. (hand sanitizer dispensers are already in place or being placed in most WVU buildings)
3. COVER YOUR COUGH - with a tissue, then discard. Coughing into your elbow is recommended if a tissue is not available.
4. Stay at least 6 feet away from anyone who is ill.
5. Eat a balanced diet, drink extra fluids, exercise regularly and get plenty of sleep.

How to recognize Influenza:

1. fever  $>100.4^{\circ}\text{F}$
2. sudden onset of illness and body aches
3. congestion, cough, sore throat

What should I do if I think I have the flu?

1. Isolate yourself at home or in your University housing until your fever is gone for 24 hours.

- Talk to your RA about having meals brought in.
- Talk to your professors about missing class and how to make up work.

Most professors will allow for some absences associated with illness.

- If you are ill wear a mask if you must be around others. (available at residence halls main desks, Student Health, or local pharmacies).

Students who are well do not need to wear masks.

2. Try to maintain a good diet, but especially drink extra fluid.
3. Take acetaminophen for fever and body aches.
4. Get extra rest
5. Should you come down with the flu, in all likelihood your roommate has been exposed to the virus. Separating the two of you will not be effective. If you want to separate yourself from your roommate, you will need to go home or make arrangements to live someplace else temporarily. There is not separate WVU housing available to isolate students with the illness from those are well.
6. Most students with influenza should not go to a health care provider (increase risk of spreading the illness).

Call Student Health to speak with a nurse (304-293-2311), and determine if you should come to Student Health if:

- You have an underlying health problem such as asthma, heart or lung disease, diabetes.
- Are immunocompromised.
- Are not improving in 3-5 days.
- You have any questions or concerns.

## WELL WVU: Promoting Healthy Lifestyles and Activities

One part of your student's success in college is staying active and maintaining good health. To help students connect with and reach those goals, Well WVU is offering several new opportunities for students.

### Try It Event

West Virginia University is encouraging students to try something new at the University's first-ever Try-It event. On Sunday, September 13 from noon-5:00 p.m., WELL WVU: The Student's Center of Health will be showcasing the wide array of fun, outdoor activities that the state and University have to offer. Students will have the chance to try kayaking, biking, canoeing, yoga and many other fun activities, all free of charge. Also, WVU's Dining Services will be providing healthy foods for students to try and providing tips on how to stay healthy in the cafeteria.

The event will be held at the Hazel Ruby McQuain Park Amphitheater, located downtown on the Monongalia River. In coordination with WVU's Transportation Week, the PRT will be open on Sunday to provide transportation for students to attend the event. Students should take the PRT to the Walnut station. After exiting the station, they should walk downhill toward the river and then turn left onto University Avenue. After crossing Pleasant Street, balloons will be visible to lead students to the river. Please pass this information on to your students, so they don't miss out on this opportunity to explore new activities. For more information, please contact Colleen Harshbarger at 304-293-5054 or by e-mail at [colleen.harshbarger@mail.wvu.edu](mailto:colleen.harshbarger@mail.wvu.edu).

### Fight Like A Girl Class

Parents of female students, encourage your daughters to learn to "Fight Like a Girl!" This three-hour self defense class for women is designed to teach them practical skills to prevent sexual assault. Given that a woman is attacked every two minutes in the United States, these are good skills to know. We are encouraging parents to encourage their daughters to get this training. Their lives and safety could depend on it. The fee is \$40. Classes will take place September 19 from 1-4 or September 20 from 11-2. For information or to sign up, students should contact Colleen Harshbarger at 304-293-5054 or [colleen.harshbarger@mail.wvu.edu](mailto:colleen.harshbarger@mail.wvu.edu).

### HOLIDAY BUS SCHEDULES: Keeping Your Students Connected to Home

The WVU Mountaineer Parents Club holiday bus schedules are now available online. WVU is currently offering buses to Allentown, PA; Hagerstown, MD; Secaucus, NJ; and Philadelphia, PA. The Northern VA, Central MD, and Long Island, NY, Mountaineer Parents Clubs are also offering buses to those areas. Online reservations began on September 1, so keep checking on the Parents Club website. For information on making reservations or to review the complete schedule and details, please go to <http://www.wvu.edu/Redirect/?id=1112>. No phone reservations for the buses will be taken.

Please note: While we do our best to accommodate viable departure and safe arrival times for all students and parents, we realize that some students may have classes that meet after the scheduled departure time. All professors give students a syllabus at the beginning of the semester that details their attendance policy and how many days the student can miss. Ultimately, it is the student's responsibility to discuss missing class with their professors. The holiday bus services are provided as a service for those able to work within these time constraints.

#### FALL FAMILY WEEKEND: Keeping You Connected to Campus

The Mountaineer Parents Club is excited to host WVU families and students on campus this fall for the official Fall Family Weekend. You and your student can enjoy activities that range from a kick-off welcome reception, a unique dining experience at Hatfield's, Mountaineer Idol, to WVUp All Night. Check out the nationally renowned performance of RAIN: The Beatles Experience. Don't miss this exciting opportunity to experience campus life with your student. Be sure to see the complete schedule of activities at <http://www.wvu.edu/Redirect/?id=1113>.

#### MPC NEWSLETTER DATE CORRECTIONS

On page 7 of the fall 2009 edition of the MPC Newsletter, there are two dates listed incorrectly. The first is the closing of the halls for Thanksgiving Break. The halls will close on Friday, November 20 at 7:00 p.m. The second is the date for the opening of the residence halls for the spring semester. The halls will reopen on Saturday, January 9 at noon. Please make these corrections to your calendars. Sorry for any confusion! You can check the fall semester academic calendar at <http://www.wvu.edu/Redirect/?id=1114>. You can check the spring semester academic calendar at <http://www.wvu.edu/Redirect/?id=1115>. You can check the housing calendar for the academic year at <http://www.wvu.edu/Redirect/?id=1116>.

#### SOCIAL MEDIA @WVU: Keeping You Connected and Informed

Social media has exploded over the past few years, and WVU is definitely in the mix. We are sure that your students have already been exploring these sites, but they are also a great way for you to stay connected to WVU! You can follow WVU news, developments, and events on and off campus by linking to several social media websites such as Facebook, Twitter, and YouTube. WVU has also enhanced its online presence and experience with the launching of the new WVU Today site, a WVU application for iPhone, and a mobile WVU site for web-capable mobile devices. See all of the exciting developments below:

##### Facebook

Do you have a Facebook account? Facebook is all about social networking and has become a very powerful tool in uniting the Mountaineer Nation on campus and around the globe. At [facebook.wvu.edu](http://facebook.wvu.edu) you can find links to WVU's Facebook page, become a fan of WVU on Facebook, or find some of the various WVU groups on the site. There

are also some important tips to remember when using Facebook or networking sites in general. For more information visit <http://facebook.wvu.edu/> (<http://www.wvu.edu/Redirect/?id=1117>).

#### Twitter

Tweets. Twitterverse. Tweeple. These are just some of the terms derived from the growing Twitter movement. What is Twitter? Twitter describes itself as a "real-time short-messaging system." Tweets are short and sweet. The catch is that you only have 140 characters to make your point or share your information. It could be what you are doing at the moment, an interesting link to a news article, a philosophical quotation, etc. The Twitter world is still evolving, and it is up to you what to add or how to use the information. You can follow WVU coaches, professors, various University offices, colleges, WVU News, and more. Check out a comprehensive list of those at WVU on Twitter at <http://twitter.wvu.edu/> (<http://www.wvu.edu/Redirect/?id=1118>).

#### YouTube

The evolution of entertainment, news, and information is happening on the Internet; no longer is television the king. YouTube provides a ton of user-generated video and information. WVU has established some YouTube "real estate" by establishing the West Virginia U Channel. Check out messages from University officials, WVU television commercials, lectures from professors and guest speakers, student video diaries, and much more on YouTube. For our YouTube channel please visit <http://www.youtube.com/user/WestVirginiaU> (<http://www.wvu.edu/Redirect/?id=1119>).

#### WVU Today

WVU Today (the University's news site) has recently been transformed into a multimedia, interactive daily news source, designed to bring you breaking news and important information. The site will feature stories through a variety of platforms, including written articles, audio and video podcasts, live webcasts, archived video programming, documentary photography and narrative imagery. To see and interact with the new site, please visit <http://wvutoday.wvu.edu> (<http://www.wvu.edu/Redirect/?id=1120>).

#### WVU iPhone Application

WVU has now launched an application for iPhone. Jared Crawford a junior WVU engineering student created the application. The app allows users to, among other things, browse an interactive campus map, stream the U92 radio station, link to Bill Stewart's Twitter feed and find updated dining hall menus. It can be downloaded from Apple's iTunes. For more information about the new app, you can read the press release at <http://www.wvu.edu/Redirect/?id=1121>.

#### Mobile WVU Website

WVU recently launched a mobile site, perfect for your web-capable mobile device such as an iPhone, Smartphone, or PDA. To visit on your mobile device, launch your web browser and go to [m.wvu.edu](http://m.wvu.edu). You will need a web/data plan from your carrier or a WiFi connection. You can also preview the smartphone version of the site from your desktop or laptop by visiting <http://m.wvu.edu/> (<http://www.wvu.edu/Redirect/?id=1122>).

#### EBERLY MAGAZINE: Keeping You in Touch With Our Largest College

The Eberly College of Arts and Sciences is the largest and most diverse of the colleges and schools at West Virginia University. Twice a year the college produces its magazine, Eberly, with a spring/summer edition in May and a fall edition in November. If your student is a part of this college, the magazine is a great way to stay connected to the student activities, professors, research, and news. In this edition of Eberly, readers can explore the ramifications of our actions within the social, political, biotic, technological, and intellectual worlds and search for solutions to our most pressing problems. The spring 2009 edition of Eberly can be found at <http://www.wvu.edu/Redirect/?id=1123>. Archived editions of the magazine can be found at <http://www.wvu.edu/Redirect/?id=1124>.

#### TIPS FROM THE TRENCHES - “The Value of Diversity for a Mountaineer”

by Elissa Evans, Program Coordinator for Minority Recruitment, Undergraduate Student Recruitment

Greetings parents and families! I am Elissa Evans, Program Coordinator for Minority Recruitment at West Virginia University. I assist students from under-represented groups as they move through the application process. I also share information about diversity-related initiatives, programs, student organizations, resources, and more, with prospective and current students, staff, parents, and alumni. Parents and families often rest easier knowing that their student feels a sense of belonging on campus, and that they also have opportunities to interact with students from places and with backgrounds different from their own. After all, this kind of interaction greatly enriches the college experience and prepares students for the increasingly diverse workforce!

At WVU, our students, faculty and staff are gathered from every state and 99 countries, and from a wide variety of backgrounds, cultures, and experiences. With more than 300 student organizations, our campus is a reflection of great academic, cultural, political, and religious diversity. This creates very exciting opportunities for students to not only celebrate their own interests, heritages, and perspectives, but discover and explore many others. Encourage your student to take advantage of these opportunities by joining a student organization, attending the International Festival and other Diversity Week activities, checking out a brown bag lunch film and discussion event at the Gluck Theater, attending the annual Martin Luther King Commemoration, our National Pan-Hellenic fraternity/sorority Step Show, Festival of Ideas events, performances through the University Arts Series, or a multitude of other opportunities for cultural enrichment.

Being engaged with students from diverse backgrounds not only promotes personal growth and improved student relationships, but academic success! Research shows that exposure to diversity promotes better critical thinking and leadership skills, cognitive development, and even higher GPAs! WVU offers many unique opportunities to study cultural issues, history, and diversity across many disciplines, on campus and abroad. Encourage your student to take a course in Women's Studies, Africana Studies, Foreign Languages, Native American Studies, Political Science, History, Sociology, Religious Studies, or other area of study. If your student is adventurous, encourage them to explore the many opportunities WVU provides to study abroad, or across the United States through the National Student Exchange Program.

Our students are not only members of our campus community, but citizens of the community of Morgantown. Our unique college town setting, with its diverse dining, shopping, arts, and recreational opportunities, has much to offer. Encourage your student to venture off campus to taste Kenyan, Mediterranean, or Indian cuisine, or natural and local foods.

Tell them to visit galleries downtown, and visit the Monongalia Arts Center or the Metropolitan Theatre for a taste of our local arts. Ask them to take in the beauty of their surroundings by heading down to the rail trail or making a trip to Cooper's Rock State Forest.

Our bond as one Mountaineer family links all of our diverse perspectives, goals, and experiences together. The Mountaineer spirit known and felt by hundreds of thousands is truly one of a kind. How sweet it is that a Mountaineer can be home-grown in the quiet hills of West Virginia, from a bustling metropolis, or a country halfway around the world. Each new Mountaineer makes our distinctive spirit even more unique and valuable. By not only being who they are but sharing it with others, our students can play a part in another's success!

Katie Utterback - Parent Advocate  
Tommy Napier - Graduate Assistant  
Parent Advocate Office  
West Virginia University  
WVU Parents Club Helpline: 1-800-WVU-0096  
[parentadvocate@mail.wvu.edu](mailto:parentadvocate@mail.wvu.edu)

#### REMOVAL FROM THE LISTSERV AND MOUNTAINEER PARENTS CLUB

If you wish to be removed from the Parent E-Newsletter Listserv and the Mountaineer Parents Club, please simply reply to this e-mail. Please include your name, your student's name and, if you'd like, your reason for requesting removal (i.e., student graduated, student transferred, etc.). You may also call the Mountaineer Parents Club directly at 304-293-2506 to make this request.