FEBRUARY 2011 VOLUME 1 ISSUE 6

HOME OF THE BUSINESS LIVING LEARNING COMMUNITY

STEPHENSON SUITES

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Questions? Contact your PACERS

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What is a PACER

- Serve to assist both first and second semester students and new transfer.
- Help academic adjustment and personal acclimation to college and campus.
- Leadership experiences, communication and interpersonal skills, academic success.
- Foster a peer relationship with students

GET INVOLVED!!!!

History About Velentine's Day

Every year, the fourteenth day of the month of February has millions across the world presenting their loved ones with candy, flowers, chocolates and other lovely gifts. In many countries, restaurants and eateries are seen to be filled with couples who are eager to celebrate their relationship and the joy of their togetherness through delicious cuisines.

It is not exactly known why the 14th of February is known as Valentine's Day or if the noble Valentine really had any relation to this day. The history of Valentine's Day is impossible to be obtained from any archive and the veil of centuries gone by has made the origin behind this day more difficult to trace. It is only some legends that are our source for the history of Valentine's Day.

Today, even though the history of Valentine’s Day is unclear, it has become one of the most popular holidays among lovers and florists! The common symbols of Valentine’s Day in this era are cupids, hearts, roses, teddy bears, and words of adoration. Children exchange valentine cards decorated with current comic and cartoon icons. Adults have continued this tradition of card giving which makes this day, behind Christmas, the second largest card-sending holiday of the year.

Fun Facts about Valentine’s Day

- 73% of people who buy flowers for Valentine's Day are men, while only 27% are women.
- 15% of U.S. women send themselves flowers on Valentine's Day.
- The red rose was the favorite flower of Venus, the Roman goddess of love.
- Red roses are considered the flower of love because the color red stands for strong romantic feelings.
- 189 million stems of roses are sold in the U.S. on Valentine's Day.
- Over $1 billion worth of chocolate is purchased for Valentine's Day in the U.S

FEBRUARY 2011

Up and Coming Events

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FEBRUARY:

Community Involvement Fair
Wednesday, February 16 Crimson Event Center 11am- 3pm

WestPACS Math & Science Interview Day
Friday, February 18 CCAC Boyce Campus 9 am- 3pm
**** Please Register before attended this event****

Speed Networking/Interviewing
(for College of Education & College of Fine Arts students)
Wednesday, February 23 Crimson Events Center 6pm- 8pm

Summer Job & Internship Fair
Wednesday, February 23 HUB Ohio Room 11am- 2pm

MARCH:

Nights for Networking
Monday, March 7 Philadelphia, PA 5:30pm- 7:30pm
Wednesday, March 9 Washington, DC 5:30pm- 7:30pm

Speed Networking/Interviewing
(for Eberly College of Business, and College of Natural Science & Mathematics students)
Tuesday, March 15 Crimson Events Center 6pm- 8pm

PNC/Davie Huddleston Diversity Career Conference
Friday, March 18 Kovalchick Complex 10am- 3pm

Spring WestPACS Job & Internship Fair
Wednesday, March 23 Monroeville Convention Center 9am- 3pm
*** Please Register before attended this event****

Disney College Program
Wednesday, March 23 and Thursday, March 24 Kovalchick Complex 6:30pm- 8pm

PERC Teacher Job Fair
Wednesday, March 30 Monroeville Convention Center 9am- 3pm
*** Please Register before attended this event****

Click links to check out Events:

WestPACS Math & Science

www.clarion.edu/188024

Spring WestPACS Job & Internship Fair

www.westpacs.org

PERC Teacher Job Fair

www.percjobfair.org

IUP Sports Business Conference

http://www.iup.edu/newsItem.aspx?id=104488&blogid=2667

APRIL:

Speed Networking/Interviewing
(for College of Humanities & Social Sciences and College of Health & Haman Services students)
Wednesday, April 6 Crimson Events Center 6pm- 8pm

Criminology & Government Career Fair
Wednesday, April 6 HUB Ohio Room 10am- 3pm

Into the Streets
Saturday, April 16 HUB Monongahela Room 5pm

Chacivity/ Volunteer Reception
Wednesday, April 20 Crimson Event Center 6pm

For more information, questions, or concerns about these events, please fill free to come to the PACER office and we will be happy to help you the best we can, or simply just visit:

The Career Development Center
Located: Pratt Hall, Room 302
Email: career-development@iup.edu
Website: www.iup.edu/career
Phone Number: 724-357-2235

NATIONAL WEAR RED DAY

Tips for a Healthier Heart

- **Stop smoking**
- **Cut down on salt**
- **Watch your diet**
- **Get active**
- **Get your blood pressure and cholesterol levels checked by your Doctor**
- **Learn to manage your stress levels**
- **Make sure you can recognize the early signs of coronary heart disease**

IUP Health Services

Suites on Maple East
901 Maple Street

Phone: 724-357-2550

health-inquiry@iup.edu

Patient care hours 9:00 a.m. to 4:00 p.m.

February 4th is National WEAR RED DAY, a day in which. Americans nationwide will take women's health to heart by wearing red to show their support for women's heart disease awareness. Join the organization The Heart Truth, on National Wear Red Day to help spread the critical message that, "Heart Disease Doesn't Care What You Wear—It's the #1 Killer of Women." Everyone can participate in the national movement by wearing their favorite red dress, shirt, tie, or The Heart Truth's Red Dress Pin on Friday, February 4, 2012.

For more information on how to get involved, visit the website -- National Wear Red Day toolkit which provides useful information and resources that you can use to help celebrate National Wear Red Day in your community.

February 2011

No Glove No Love

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Prevention Tips for STDs

- Always use a condom. It doesn't matter if you're having vaginal sex, anal sex, or oral sex -- use a condom. And use condoms consistently and properly
- Before you have sex with a new partner, have an open and honest discussion about your sexual past. Ask them if they have HIV/AIDS or any other type of STD.
- If you are having sex with more than one person, you need to have pelvic exams (according to your doctor's advice) for STDs, including HIV.

Facts about College Students and STDs

One in four college students has an STD.

Over 45% of college freshmen who have been binge drinking and under the influence of alcohol failed to consider the usage of contraceptive aids when engaging in sexual intercourse. 15% of these students contracted and/or spread STD's amongst other college students with 7% of these infected students unaware of their condition

A 2004 survey conducted by CDC researcher Dr. Sarah Forhan tested 838 teen girls for four STDs. Of these girls, 18 percent had the Human Papillomavirus, 4 percent had Chlamydia, 2.5 percent has Trichomoniasis and 2 percent had the Herpes Simplex Virus.

Only 54 percent of students regularly use condoms during vaginal intercourse, 29 percent during anal intercourse and only 4 percent during oral sex

80% of people who have a sexually transmitted disease experience no noticeable symptoms

Overall, the CDC estimates that 19 million new sexually transmitted infections occur each year, almost half among 15- to 24-year-olds

More than half the participants in a study done among college students believe they can tell if someone has an STI just by looking at them

One study of college students showed that in 91 percent of women with new HPV infections, HPV became undetectable within two years.

87% of men know how to use a condom correctly and but only 60% of women know how to use a condom correctly

Top 5 Ways To Stay Warm This Winter

5. Be sure to wear warm clothes. Tank-tops are especially NOT acceptable) while traversing the campus. Who wouldn't want to sacrifice fashion to not get frostbite? Always consider wearing layers that you can leave in a friend's room when you get to a final destination!

4. Travel in big packs of people! Huddling is the best way to stay warm!

3. Pregame for the upcoming basketball and other sport events close to where you plan on going out. With all of the winter snowstorms behind and ahead of us, there's always going to be ice and you're more prone to slipping if you have to travel farther to your location!

2. Wear an old coat or sweatshirt out so it doesn't fall into the mysterious black hole that eats any and all coats with which it comes into contact. Be sure that when you put your coat down, you tie the sleeves together with your friends' coats!

1. Take the Bus! Stay warm and safe in the bus.

Meet Dr. Gracey

Assistant Dean for Student and Alumni Services

A few words from Dr. Gracey:

I earned my bachelor's degree in Business Administration with a concentration in Accounting from Robert Morris University, and a Master's degree in Business Education from Indiana University of Pennsylvania, as well as Pennsylvania K-12 teaching certification in Business, years of experience in the business world as an accountant, manager, corporate officer, and owner of two companies. After working in the business world, I wanted to connect with youth and work in an academic environment. After I completed my Masters, I took a position as full-time temporary faculty with the Department of Technology Support and Training, and taught there for 41/2 years.

Last summer I completed my Doctorate of Education in Curriculum and Instruction from IUP. I was hired in August, 2010 as the Assistant Dean of Student and Alumni Services for the Eberly College of Business and Information Technology. One of the best parts of my new position is that I am the liaison for the Business Learning Community. I am excited to see the potential of the community unfold and I encourage students to take advantage of the connections between Eberly and Stephenson Hall.

Super Bowl XLV

VS

Quarter	Time on Clock	Team	Scoring Play	Time of Possession	Steelers	Packers
1	3:51	Green Bay Packers	Touchdown (Nelson 29 yard pass from Rodgers); PAT good	4:33	0	7
1	3:34	Green Bay Packers	Interception for Touchdown (Collins 37 yard return); PAT good	—	0	14
2	11:53	Pittsburgh Steelers	Field Goal (Suisham, 33 yards)	7:12	3	14
2	2:31	Green Bay Packers	Touchdown (Jennings 21 yard pass from Rodgers); PAT good	2:04	3	21
2	0:39	Pittsburgh Steelers	Touchdown (Ward 8 yard pass from Roethlisberger); PAT good	1:45	10	21
			Half Time Score		**10**	**21**
3	10:22	Pittsburgh Steelers	Touchdown (Mendenhall 8 yard run); PAT good	2:20	17	21
4	12:03	Green Bay Packers	Touchdown (Jennings 8 yard pass from Rodgers); PAT good	2:53	17	28
4	7:34	Pittsburgh Steelers	Touchdown (Wallace 25 yard pass from Roethlisberger); 2-point conversion good (Randle El run)	4:23	25	28
4	2:07	Green Bay Packers	Field Goal (Crosby, 23 yards)	5:27	25	31
			Final Score		**25**	**31**

Here is the puzzle. Good luck!

View on-line at

http://www.websudoku.com/

Sudoku

8			5			6	1	
3								
1	6	9		7	4		5	
	4	5		2				
9		3					4	
6	2	1			8	9		
		8	1					
4				6				
				3	9	8		