



ISSUES

Starbucks Coffee Soon to be Served On Campus



BY QUINN WILSON

OCTOBER 12, 2017

COMMENTS 2

Starbucks Coffee is being introduced to Fontbonne's on-campus life. A coffee shop is currently in the works as a means to build a stronger community among students, faculty and staff. This idea's inception began in the summer of 2015 when faculty members presented the Student Government Association (SGA) with a variety of concepts to bring to campus. Following a voting process, the option of bringing a coffee shop to campus was a strong favorite with members of SGA and the planning stages commenced.

Joe Deighton, Vice President of Student Affairs at Fontbonne, was interested in what the students thought would help build a better community at the university. "It's really not about coffee to me, it's more about building community," explains Deighton.



Photo by Quinn Wilson

Over the years, Fontbonne has made attempts to enrich its on-campus experience and once upon a time Starbucks Coffee was an experiment that did not go over so well.

Carla Hickman, Associate Vice President for Student Affairs, was on faculty for the first attempt at adding Starbucks Coffee to campus life about ten years ago. Starbucks equipment was implemented in the Griffin Grill as an extension of the already existing structure. Hickman describes this first experiment as not being ideal. “The DSAC wasn’t necessarily the place for it. The hours weren’t conducive to people wanting coffee. It just wasn’t the right atmosphere for it.”

The new coffee vendor is to be in the Jack C. Taylor Library on the main level. Joe Deighton describes the reasoning behind this location as, “We wanted a location that was central and we wanted to reach all of the populations we have coming to our campus. In addition to students living on campus, we’re interested in reaching our adult students and commuter students who are on campus at night.”



Artist's rendering of potential Starbucks vendor on campus. Not exact blueprints.

Members of the student body appear to be intrigued at the prospect of having Starbucks Coffee served on campus. Sophomore Max Conner displays optimism despite being unaware of the project's fruition until recently. “[This Starbucks] probably isn’t going to

be good for my bank account because I already know I'm going to be going there a lot," says Conner.

However, this spot will not be the only place on campus to get Starbucks coffee. According to Deighton, Starbucks' "House Blend" will be available in Ryan Dining Hall as well as DSAC in place of the previous coffees offered there.

According to Deighton, the location will simply be advertised as a "Starbucks Proudly Served" on campus, with no plans for any external advertising. "The menu for drinks will be almost identical, the training will be identical and hopefully we're going to try to create a feel that is somewhat close to a Starbucks," Deighton describes.

The proposed coffee spot will be run by an employee of Aladdin Food Management, Fontbonne University food-partner, with additional help from university work-study students. Food Service Director Phil Hoover will be overseeing the operation once it is up and running. The new coffee spot will also feature food and snacks provided by Aladdin.

When it comes to the time table of when the coffee will start being served, well, things get a little more complicated. Deighton explains there are "a couple of obstacles yet to go" but assures that the institution is committed to doing this.

While the project has Fontbonne's approval, it now hinges upon approval by the City of Clayton. Once approved by the City of Clayton, local contracting company KAI Design and Build will begin construction and estimates the process will take "10 to 12 weeks." Deighton claims that while an opening date before the end of the fall semester would be ideal, an opening by the start of spring the semester would be more realistic.

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ABOUT QUINN WILSON

I am a junior and a Professional Writing major.

2 COMMENTS ON "STARBUCKS COFFEE SOON TO BE SERVED ON CAMPUS"

Pingback: Starbucks Coffee Soon to be Served On Campus – Quinn Wilson



Vickie Logston

October 18, 2017

Thanks for sharing this information, Quinn. I had heard that Starbucks was coming to campus, but I appreciate the history and detailed information about what is happening with the project.

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ADVICE

Keep Calm and Prepare for Graduation



BY AMETHYST BROCK
OCTOBER 12, 2017

 COMMENTS 0



Close-up of a calendar. Photo by [Dafne Cholet](#). [Reproduced with Creative Commons License Attribution 2.0 Generic](#)

You made it. Through the years of group projects, late night cram sessions, low grades, and finals: You are finally in your senior year of university. Graduation day is quickly approaching. You may have realized that there are so many things you need to get done before then, but you don't know where to start.

First, take a deep breath.

Here are some tips that may help you to prepare for graduation.

Talk to your advisor

If you are unsure about what you need to get done academically, go schedule an appointment to speak with your advisor. They should be able to help you figure out if you are on the right track to graduation. They may be able to also give you some advice on what to do if you have any other concerns about graduation.



Fontbonne student talking to a representative from Abstrakt Marketing Group.

Step up your networking

It is important to start building up your LinkedIn profile and [Purple Briefcase](#) profile. Tracy Grundy, talent acquisition and retention specialist from Soft Surroundings, says that potential employers look for a strong profile that is related to the field that you are interested in. These websites are also a great way to connect with others and perfect for networking. For a more personal approach to networking, Christine Keller, director of Career Development at Fontbonne, says that you should put yourself out there, like volunteering or going to job fairs. Go talk to other people because you never know who you might meet.

Get an idea of what you want to do

It is helpful for you to have an idea of what you want to do with your major after you graduate. It will help you hone in on a job that interests you. Also, this is the time to think about the possibility of grad school.

If you have no idea what you want to do—do not fret! Here at Fontbonne, we have a [Career Development office](#) that can help you. They offer assessments that can help you figure out what direction you may want to take. Also, if you just have anxiety for the job

search and what comes after, or you feel like you are just stuck, they can talk about that with you.

Create effective job searching documents

Cover letters and resumés are important tools you will need to use in your job search. Almedina Veletanlic, a campus recruiter from Northwestern Mutual, mentions that potential employers look to make sure these documents are strong and free of grammatical errors. It does not bode well for you if you use the wrong “there, their, or they’re” in your cover letter. Make sure you read over these documents. If you need help with organization or anything related to them, again, go see the Career Development office during their walk-in hours. They can help you put together strong and effective job search documents.

Begin applying now

Do not wait until after you graduate to start applying for jobs. Depending on the field you are interested in, you may want to start applying as early as 6 months in advance or around 3-4 months in advance. Keller says that the job search can be difficult and there is rejection. In between sending out your cover letters and attending interviews, learn to reward yourself for your hard work. An example of rewarding yourself would be if you set a goal to send out 3 cover letters in one day, your reward could be getting to take the next day off from your job search.

Lastly, remember to breathe

It may feel like there is pressure to find your dream job right out of college, but it does not need to be that way. While there are some people who do find their dream job right out of college and stay with them for the rest of their lives, that is not the case for everyone—and that is okay! “You are choosing your first step, not the rest of your life,” says Keller. So take another deep breath and remember that things will work out if you are persistent and open to all opportunities.



ADVICE

5 Tips for Studying for Midterms



BY CHELCIE LEWIS
OCTOBER 12, 2017

COMMENTS 0



The month of October brings many things: cooler weather, pumpkin spice lattes, the beginning of the holiday season, Halloween and...midterms.

Yes, midterms indicate that we are halfway through the semester. What better way to celebrate than by endless amounts of projects, papers and tests? Although those tests aren't as intense as finals, they still contribute to a large percentage of your grade, and that can be a bit stressful. To help lower your stress levels, here are 5 tips to help you study for your midterms this semester.

1. **Get some sleep...or some coffee**

[Studies](#) show that getting a good amount of sleep is important to prevent sleep deprivation. Lack of an adequate amount of sleep can affect your short-term memory, which is important for success during midterms. Unfortunately, sleep is not always an option, so the next best thing is coffee! [Studies](#) also show that drinking about 2 cups of coffee helps boost your memory for up to 24 hours.

2. **Study more effectively**

Try studying in a group! You're more likely to pick up information you might have missed, and discussing the material is beneficial to the brain for better memorization. If you prefer to study alone, take your location into consideration. A change of scenery helps the brain function better for many [reasons](#).

Another way to study smarter is to disconnect. As a generation very attached to social media, our phones can provide a lot of distractions. Therefore, it's best to turn it off during your study time.

Most importantly, DON'T CRAM. Cramming for a test doesn't help your brain realize the importance of the information you want to memorize. Instead, try studying a little bit everyday leading up to your test. *New York Times* science reporter [Benedict Carey](#) states, "When you are cramming for a test, you are holding that information in your head for a limited amount of time. ... But you haven't signaled to the brain in a strong way that it's really valuable."

3. **Quiz yourself**

What does help is testing yourself. [Dr. Jason Finley](#) of the Behavioral Science Department stated “Psychology research has shown that people generally remember better when they have actively retrieved information from memory, rather than simply reading and re-reading it. Every time you retrieve a memory, you strengthen that memory. So, the most effective way to study is to QUIZ YOURSELF!” Instead of doing excessive amounts of reading, try creating practice questions or reviewing old tests and quizzes.

4. Eat better

Skipping meals and filling up on junk food is not recommended, ever, but especially during midterms. Try planning time for meals in between studying. If you absolutely can't make time for a full meal, go for snacks that are considered super foods. Super foods help your brain function better. Berries, avocados, and dark chocolate are just a few. You can find a list of these “brain foods” [here](#).

5. Talk to your professors

Take time to visit your professors during office hours, which can usually be found in the syllabus. Ask questions about anything you aren't fully grasping, follow up on the material that's been covered so far and, enquire about if there are certain topics that should be focused on more than others. Professors are there to help, so take advantage of that.

ISSUES

Fontbonne Promise Provides Opportunity to Low-Income Students



BY ASHLEY SCHIMMELPFENNIG
OCTOBER 12, 2017

COMMENTS 0

THE FONTBONNE PROMISE

Debt-free college education can now be a reality for incoming college freshmen at Fontbonne. The school announced last month that they will be awarding at least 30 incoming freshmen full tuition and fees beginning for the Fall 2018 semester.

The news that Fontbonne would be providing full tuition to students who qualify came shortly after [The University of Missouri announced a similar program](#). Beginning next year, Mizzou promises that they will provide full payment and fees to their institution for any Missouri resident who qualifies for a full Pell grant.

Fontbonne will be offering a similar program in which low-income or first generation college students will be given the opportunity to attend college debt-free. This is an especially lucrative opportunity for students living in and around the Saint Louis area who, Fontbonne President J. Michael Pressimone [noted to the St. Louis Post Dispatch](#),

“aren’t likely to get up from St. Louis, South City or North County and drive two hours away. They have obligations that are keeping them here.”

Full scholarships are nothing new for a handful of lucky students here on campus. Sophomore student Michael Brennan, an applied math and computer science major here at Fontbonne, is one of two students awarded a Presidential Scholarship during his senior year of high school in 2016. The Presidential Scholarship is an award given to up to five incoming freshman based on merit.

Even though the Presidential Scholarship and The Fontbonne Promise are two separate programs, the opportunities that arise from these programs are similar. Both will allow for students to attend college without the hassle and worry of paying for tuition or the burden of paying off loans once they graduate. The benefits for this type of scholarship can be invaluable to students who would otherwise not be able to afford the rising costs of college, including tuition, room and board, and the cost of books. Many students—wanting the college experience but lacking the funds to do so—[will end up working long hours and falling behind on their studies](#). Opportunities, such as these scholarships, can help to ease the stress that comes along with working and going to school at the same time.



Image by DonkeyHotey. Creative Commons license Attribution 2.0 Generic, some rights reserved.

Receiving an education with a strong value system is something that is important for many Fontbonne students. President Pressimone echoed these sentiments when discussing the Promise saying:

“We believe at Fontbonne we can play a significant role in changing communities through our strong foundation in values-based education. We recognize that many recipients of The Fontbonne Promise will be the first in their family to attend college. This is about providing access to education. By creating positive change in individual families, we are delivering on our promise to the community and the Sisters of St.

Joseph of Carondelet, our founders, to serve the dear neighbor without distinction, something that benefits the entire St. Louis region.”



Image by [Md saad andalib](#). Creative Commons license [Attribution 2.0 Generic](#), some rights reserved.

“We recognized that part of the problem is a perceived lack of access to higher education,” says Joseph Havis, Vice President for Enrollment Management. “We know that we offer significant financial aid and resources to our neediest students, but many feel like the system precludes them from engaging.”

Although the new Promise is not available to current Fontbonne students, it is a cause that still resonates with Brennan: “The Fontbonne Promise is more about Catholic charity and providing opportunity where there wouldn’t otherwise be opportunity.”

[The Promise](#) will be made possible through a combination of “state and federal aid, Fontbonne aid, and donor partnerships.” Plus, there are a few requirements to become eligible for this once-in-a-lifetime opportunity. In addition to being a first-year college student, [to qualify students must](#):

- Have a \$0 EFC (expected family contribution) on FAFSA filed by February 1 of graduating year
- Be a Missouri resident as defined by Missouri Access eligibility
- Qualify for enrollment and full-time admission to the institution

“By advertising a free tuition model, we hope that all who thought a private, four-year degree was out of reach [will see that it] is now achievable,” adds Havis. “It all started with the reality that students who have done all that has ever been asked of them, stay out of trouble and do well in school, are left without a path to move forward despite their success. Now that perception has to change!”

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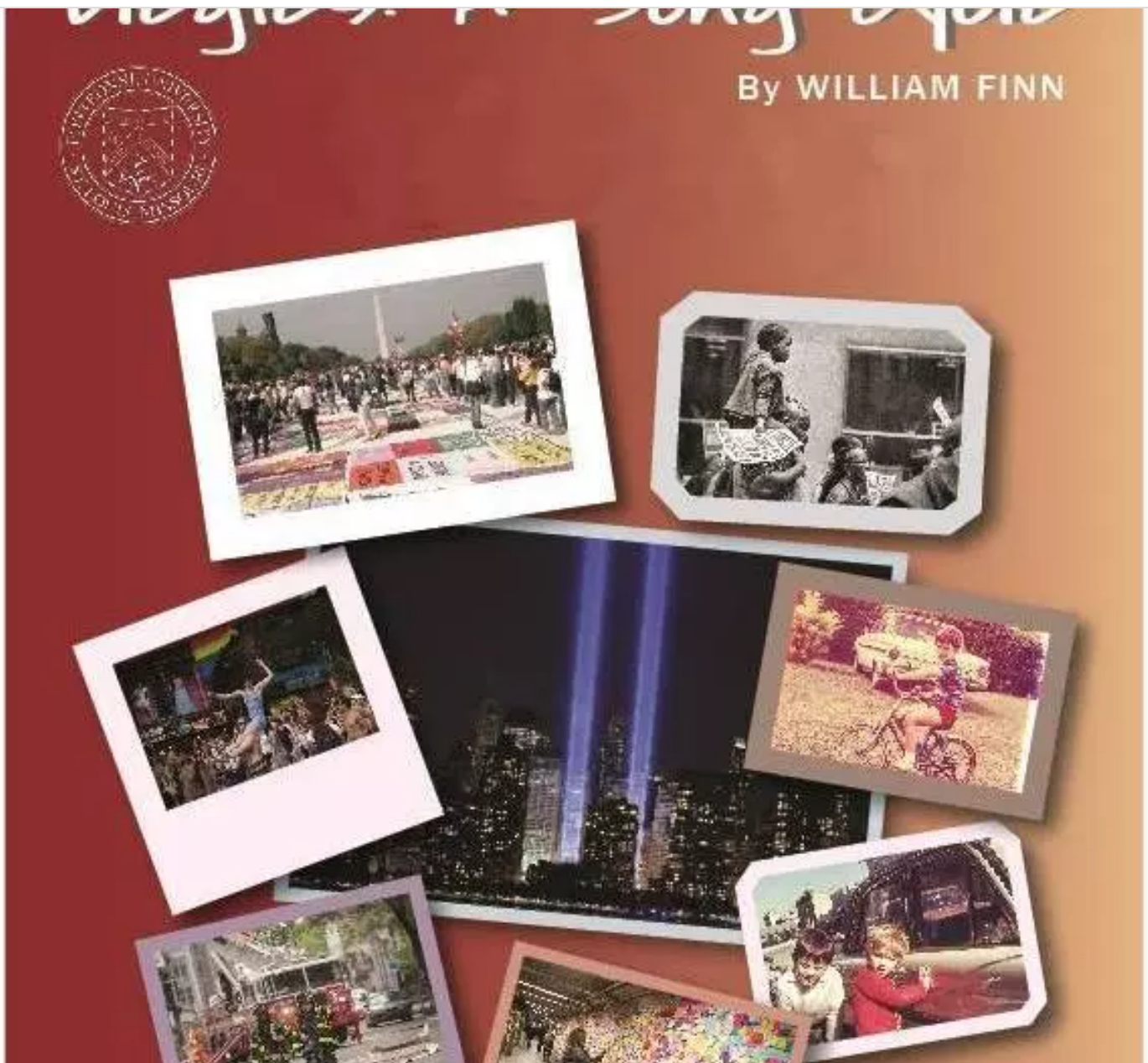
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ABOUT ASHLEY SCHIMMELPFENNIG

I am a senior at Fontbonne majoring in Literary Studies. I enjoy napping, dogs, and napping with dogs.



VOICES

6 Things to Do for the Arts Lover in You



BY MIRACLE WILLIS
OCTOBER 12, 2017

COMMENTS 0

The air may be getting colder, but that doesn't mean you should slow down! There's no place that is quite as unique as Saint Louis. Dozens of festivals, exhibitions and live performances are making their way into town that you don't want to miss.

1. Hamlet

- October 11th – November 5th, 2017
- Repertory Theatre of St. Louis Mainstage, Webster University
- Tickets starting \$18.50
- [event website](#)

Come see one of William Shakespeare's most famous plays, Hamlet, at Webster University. In this tragedy, Prince Hamlet seeks revenge on his uncle because he is suspected of killing the prince's father (and basically a ghost told him to). This production is directed by Paul Mason Barnes and stars Jim Poulos as Hamlet.

2. Next to Normal

- October 13th – October 15th, 2017 & October 19th – October 21st, 2017
- Southampton Presbyterian Church
- \$20 pre-order general admission & \$30 VIP tickets.
- [event website](#)

Next to Normal is an American rock musical that focuses on a mother who struggles with worsening bipolar disorder and how the management of her illness and the illness itself affect her family.

3. St. Louis International Film Festival

- November 2nd – November 12th, 2017
- Various locations
- Ticket price varies
- [event website](#)

The St. Louis International Film Festival (also known as Cinema St. Louis) is an annual film festival that has been running since 1992. The festival aims to “promote the art of cinema and to expand the variety and availability of cinema experiences by presenting the St. Louis International Film Festival, screenings, programs, and educational opportunities.” Films will be shown at several different theaters and auditoriums in the Saint Louis area including the Tivoli Theater and the Plaza Frontenac Cinema.

4. The Golden Hour

- September 16th – October 26th, 2017

- Art Saint Louis
- **FREE**
- [event website](#)

This visual art exhibition features 49 artworks by 39 artists from the Saint Louis area, including Fontbonne's very own Lorraine Cange. Each artwork focuses on a specific time of the day, either right after sunrise or before sunset. This is known as The Golden Hour because of the color of the light.

5. Concerts in The Loop

- Dates and ticket price vary
- [The Pageant](#) – [Delmar Hall](#) – [The Duck Room](#)

The Delmar Loop offers several different kinds of events for everyone including live music, art or comedy shows and so much more. This fall there will be **a lot** of different live performances including Hoodie Allen, Krewella, Vesperteen, Whitney Cummings, and Issues just to name a few. Check out the calendars above to see what other artists are coming to town.

6. Elegies

- November 2nd – 5th, 2017
- Mustard Seed Theater, Fontbonne University
- \$10 adult and FREE for Fontbonne students/faculty/staff
- [event website](#)

Fontbonne University Theatre Department Presents: *Elegies* by William Finn. This song cycle is about the deaths of friends and family and written in response to the 9/11 terrorist attacks. Fontbonne's production of *Elegies* is directed by Master of Arts in Theatre student Justin Chaipet and music directed by Ron Robinson.