

## UPCOMING EVENTS AND ACTIVITIES

### Tuesday:

#### **Mississippi Valley Blood Drive**

This week Fontbonne University will be hosting a blood drive in the DSAC Gymnasium from 11 AM - 4 PM in partnership with Mississippi Valley Regional Blood Center. With 38% of the population eligible to donate blood less than 10% actually do. We encourage you to help us change this by joining us and donating. Blood is needed by patients at our local hospitals for medical treatments to trauma and everything in between. Donating blood only takes an hour of your day and doesn't cost a thing but has the impact of saving so many lives. [Click here](#) to schedule your appointment today! Anyone who attempts to give will receive a gift card or retro-inspired t-shirt courtesy of Mississippi Valley Regional Blood Center. Join us in earning some community service hours, hang with friends, enjoy some free snacks, and save some lives!

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## ANNOUNCEMENTS AND UPDATES

### **Spring 2021 Schedule**

The Spring 2021 course schedule is now viewable in GriffinNet. As a reminder, registration for Spring 2021 begins Monday, November 2<sup>nd</sup>.

### **Register for your Snowcoming 2020 Care Pack Today!**

The University Programming and Omicron Delta Kappa want to make sure we have the best Virtual Snowcoming Concert, ever! So [click here](#) to secure your awesome winter care pack to be used during this event! We have 125 care packs available – so first-come, first-served or until 10/16/2020.

### **Free Flu Shots**

Severe Getting the flu shot this year is more important than ever. By getting this vaccine not only will you protect yourself and the people around you from flu, you are helping to reduce the strain on our healthcare system by helping them respond to the COVID-19 pandemic.

SSM and BJC are offering FREE FLU SHOTS!

Thank you for getting your flu shot. If you have any addition questions or concerns, please see me!

BJC [https://www.bjc.org/flu-shots?](https://www.bjc.org/flu-shots?utm_medium=web+link&utm_source=newsroom+BJH&utm_campaign=flu+shots#622310-sunday-oct-11)

[utm\\_medium=web+link&utm\\_source=newsroom+BJH&utm\\_campaign=flu+shots#622310-sunday-oct-11](https://www.bjc.org/flu-shots?utm_medium=web+link&utm_source=newsroom+BJH&utm_campaign=flu+shots#622310-sunday-oct-11)

SSM <https://www.ssmhealth.com/newsroom/2020/9/ssm-health-stl-free-drive-thru-flu-shots>

Carla Hagan  
Campus Nurse  
[chagan@fontbonne.edu](mailto:chagan@fontbonne.edu)  
314-889-4784

## Dining Service Hours

### Ryan Dining Cafeteria:

Monday – Friday  
Breakfast: 7:30 to 9 a.m.  
Lunch: 11 a.m. to 2 p.m.  
Dinner: 4:30 to 6:30 p.m.  
Saturday – Sunday  
Closed

### Griffin Grill:

Monday – Friday  
Breakfast: 9 to 11 a.m.  
Lunch/Dinner: 11 a.m. to 10 p.m.  
Saturday – Sunday  
Breakfast/Lunch: 10:30 a.m. to 4 p.m.  
Dinner: 4 p.m. to 10 p.m.

### The Coffee House:

Monday – Thursday  
7:30 a.m. to 6:30 p.m.  
Friday  
7:30 a.m. to 12 p.m.

## Online Student Athlete Inclusion and Diversity Committee

Fontbonne Athletics is excited to announce our new organization starting up this fall! SAID, Student Athlete Inclusion and Diversity Committee will be a safe space for athletes to express their concerns surrounding campus life, faculty and staff interactions, and the overall wellbeing of the diverse Fontbonne student body. SAID will work together to bring light to Fontbonne's administration about inequalities or injustices happening to our students around campus. Fontbonne University is committing to hearing the voices of students and fighting for what is important to our student body. This committee will be led by students who will work closely with the Athletics Diversity and Inclusion Committee (the staff version of this same organization) to make the meaningful changes to campus, policies and procedures. Let us be your ally! Students interested in being a part of SAID at Fontbonne can send an email to Karl Brown (Head Cheerleading Coach) at [kbrown@fontbonne.edu](mailto:kbrown@fontbonne.edu).

## Online Suicide Prevention Training

Ask Listen Refer is a statewide online suicide prevention training program created for campuses throughout Missouri. All Fontbonne students and staff have access to this training at no cost. See link and select Fontbonne in the drop-down menu.

<https://www.asklistenrefer.org>

## Free Online Nutrition Education and Counseling Sessions

The Department of Family and Consumer Sciences at Fontbonne University is offering free online nutrition education and counseling sessions to any parents with children six-months old to eighteen. This opportunity will provide general nutrition education and support to parents with children, while providing dietetic interns practical, real-life experience. The dietetic interns will be supervised by an FCS instructor who is a Registered and Licensed Dietitian.

All sessions will be conducted via live Zoom sessions on the following Fridays: September 11, 18, 25, October 2, 23, 30, November 6, 13. If interested in setting up an appointment or have any questions, please contact Elizabeth Cowie at [ecowie@fontbonne.edu](mailto:ecowie@fontbonne.edu)

## RENTAL TEXTBOOK RETURN

Students! If you have Rental Textbooks from the Bookstore, please be aware that you MUST return those books no later than December 10<sup>th</sup>.

With classes going remote starting after Thanksgiving break, you will want to plan now on how to return your books:

1. You can return your books prior to Thanksgiving break if they will no longer be needed when classes transition to virtual learning.
2. The bookstore will be open after Thanksgiving break so you can bring your books to campus prior to December 10<sup>th</sup> and drop them off at the Bookstore.
3. You can ship your books back to the bookstore (at your own cost). When you ship them back to the bookstore be sure to include your name, email address, and phone number.

If you have any questions regarding rental textbook return, please contact the bookstore directly.

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## STAY CONNECTED

### Virtual Speed Sketchers Event – Register for your spot today!

Click the link to secure a spot for our “Virtual Speed Sketchers” Event on October 29 at 7PM. By the end of the event, each student will have a virtual caricature drawn and e-mailed – and since it’s Week of Haunt, our artist will add a spooky costume along the way! Stop in for some Halloween fun! Sponsored by University Programming. Space is limited – click here to register: <http://bit.ly/FONTBONNEdraw>

### Student Flu Shot Clinic

Influenza is very contagious; a Flu shot may prevent you from getting sick and missing classes or sports. Get your Flu shot yearly, strains of influenza change from year to year. Protect the ones you love, avoid passing the virus to others!

**Thursday, Oct. 29, 2020**

11 am to 1 pm

Medaille Hall

Cost: \$25, health insurance should cover 100%

Contact Carla Hagan by Tuesday, October 27, to reserve your spot in line, 314-889-4784 or

[chagan@fontbonne.edu](mailto:chagan@fontbonne.edu)

### Submit Event Flyers/Images to post on the “FontbonneEvents” Instagram Account

The @FontbonneEvents Instagram account aims to post information the day of an event taking place or a registration beginning. If you would like to have something featured on the Fontbonne Events Instagram page, [please fill out this form](#)

### Taylor Aspen Young Leaders Fellowship

The Aspen Institute’s Aspen Young Leaders Fellowship is now accepting 2020-2021 applications for a new cohort of fellows in St. Louis. Five Fontbonne students participated in the 2019-2020 cohort! The Fellowship is seeking young people ages 18-22 who are ready to invest in their leadership development, grow their network, and have a tangible impact in our community. Applications received by October 15 will receive priority consideration. Join us for an online information session to learn more about AYLF on Wednesday, October 14 from 11:00-noon via Zoom.

Join Zoom Meeting

<https://aspeninst.zoom.us/j/95157640646?pwd=N29oWS9qMkNHZ2lqNFM1Y0NIRnN0UT09>

Meeting ID: 951 5764 0646

Passcode: 031412

### Taylor Library Live Chat

Got questions? 24/7 Chat is now available. Look for the chatbox on the library website: <https://library.fontbonne.edu>.

### Registration is now live for GriffinTHON 2021!

GriffinTHON is going places next year and we want all of you to come with us! Our journey to raise money FOR THE KIDS in our two Children’s Miracle Network of Greater St. Louis hospitals is starting now with discounted registration for all members of the Fontbonne Community. This year, we are looking to get the entire Fontbonne Family involved – so you can either join a “team” that is already established or work with your athletic team, student organization, classmates, floormates, etc. to create one of your own! Contact GriffinTHON President, Blake Klenke ([wklenk00302@fontbonne.edu](mailto:wklenk00302@fontbonne.edu)) with questions!

<https://events.dancemarathon.com/event/griffinthon2021>



Don't forget to connect with us on social media!  
Fontbonne University: [Facebook](#) and [Instagram](#)  
Fontbonne Events: [Instagram](#)

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## CAREER CORNER

### Fontbonne University Presents Exhibition on the Life and World Legacy of Mahatma Gandhi

Fontbonne University presents “My Life is My Message,” an exhibition commissioned by the Mahatma Gandhi Center in St. Louis ([www.gandhicerterstlouis.org](http://www.gandhicerterstlouis.org)) celebrating the 150th anniversary of Gandhi’s birth (October 2, 1869).

The exhibition presents the story of Gandhi’s life, education, major achievements, and global influence on leaders such as Martin Luther King, Jr., Malala, and Greta Thornberg. The genius of Gandhi was his very specific and relevant marches, in which he insisted on peaceful behavior and words. The exhibition presents a timeline of Gandhi’s life and special features on his Satyagrahas (peaceful protests exemplifying the force of truth), Constructive Programs for the poor, the “Quit India” Movement for independence, the Dandi Salt March against unfair taxation, his writings and publications, and the men and women who worked along with him to achieve human rights and India’s independence.

The exhibition is on view in the Jack C. Taylor Library at Fontbonne University October 2 – December 1, 2020.

### Work Study and On-Campus Jobs

There are still a limited amount of on campus jobs available. Students please create an account in purple briefcase to (<https://app.purplebriefcase.com/pb/account/login/>). Select my jobs and type in the keyword Fontbonne. You will then see all available on campus jobs.

#### Students Hot Jobs

On – Campus Federal Work Study Job (Beverage Attendant in the cafeteria)

Off – Campus Edward Jones has posted 6 new internship positions

All additional details can be found in the purple briefcase. (link above)

### First Year Career Foundation Students

Students please complete the second part of the FCF program. You must schedule a second appointment with Career Development. Our virtual workstation is arranged in Medaille Hall, outside of the Student Affairs office. Contact Davis Moore (314) 889-4579 or [dmoore@fontbonne.edu](mailto:dmoore@fontbonne.edu) for an appointment.

### Human Subjects Research Ethics Training

If you are preparing an IRB proposal or are a faculty supervisor of a student who is preparing an IRB proposal and need to take the ethics training quiz, you will notice that the site we have been using is no longer offering the quiz and certificate of completion.

In compliance with the U.S. Department of Health and Human Services requirements for protecting human research participants, Fontbonne University's IRB Committee is publishing its own curriculum and ethics quiz. The quiz will be available on Canvas beginning October 1, 2020.

In order to access the curriculum and quiz, send a request by completing the form found at this

link: [https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-](https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUy0iCRpmvdAXa0pmh9QumNJuiQy3fSHJNUNzFTSIA3N0U4T1JPMTgzRjQ4OEpdUTQ5MS4u)

[YTnSUy0iCRpmvdAXa0pmh9QumNJuiQy3fSHJNUNzFTSIA3N0U4T1JPMTgzRjQ4OEpdUTQ5MS4u](https://forms.office.com/Pages/ResponsePage.aspx?id=B0hl-YTnSUy0iCRpmvdAXa0pmh9QumNJuiQy3fSHJNUNzFTSIA3N0U4T1JPMTgzRjQ4OEpdUTQ5MS4u)

For questions, contact Joanne Fish at [jfish@fontbonne.edu](mailto:jfish@fontbonne.edu).

## Career Development

Location Career development has added its second Graduate Intern. Zach Handy is a Graduate Student seeking a master's degree in Counseling from UMSL. Students please continue to contact Career Development to schedule your second appointment related to the FCF program. The October deadline is approaching fast.

Contact (314) 889-4579 or [ginternss@fontbonne.edu](mailto:ginternss@fontbonne.edu)

## Announcing the Council of Regents Mentoring Program

Fontbonne's Council of Regents, a group of St. Louis corporate leaders, is launching a Mentoring Program during the Spring 2021 semester to offer sophomores, juniors, and seniors an opportunity to talk to a professional about the skills they need for internships and future careers.

The Mentoring Program includes acclimating students to a corporate culture, exploring options for a career path, and learning from the Mentor's expertise, personal experience, and connections.

Students will be matched with a Mentor based on shared academic, career, and personal interests as well as time availability.

To apply, students must complete this survey

<https://www.surveymonkey.com/r/FontbonneMenteeApplication> by 5 pm on Monday, October 19, 2020.

Space is limited. Students will be notified by email if they are accepted.

Learn more at: Fontbonne Career Development. If you have any questions, contact Davis Moore, Director of Career Development, [dmoore@fontbonne.edu](mailto:dmoore@fontbonne.edu) or 314.889.4579.

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## COVID CORNER

Do you have specific questions you would like to ask anonymously about the virus or pandemic? Check out The COVID Corner, a place where you can ask confidential questions related to the Coronavirus and pandemic. Email me your questions, I will answer them confidentially.

Here is our first question: What should I do if I think I have been exposed to someone who has COVID-19?

Answer: You first need to determine if you meet the description as defined by The CDC for 'close contact'. Did you spend over 15 minutes and were you within 6 feet of someone (with or without a mask) recently diagnosed with COVID-19? If the answer is 'yes', the CDC recommends a quarantine period of 14 full days. During this time, you will monitor for symptoms of COVID-19, stay home and away from other members of your household or residence hall. If feel you have had a close contact, email Carla Hagan for further instructions.

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## LIVING OUR MISSION

Amongst these challenging times, we must continue to live our mission and serve thy dear neighbor.

### A Prayer Before the Election

By Sr. Quincy Howard, OP (adapted)

Most merciful and providential God, as people of faith, we come to you in a spirit of humility and hope. Help us to elect leaders who will promote the common good, equality and inclusion, and protection to the disempowered. We know that every human being is a person of dignity and worth, created in Your image and likeness.

Deliver us from cynicism, hatred, fear.

God of humanity open our eyes to the rightful priority of people over money and power.

God of abundance, let the wisdom of our democracy be guided by the richness and diversity of The American people.

God of conversion, soften our hearts and open them to needed reforms in our democratic progress

God of unity energize people of goodwill across our nation.

God of righteousness help us create a democracy that address the needs of the silenced and the marginalized.

God of truth restore our faith in truth and democracy.

God of reconciliation help us to above all remember that with Rights...comes Responsibility....

Responsibility to vote, to engage in civic life, to think critically, act ethically, and serve responsibly.

**Volunteer From Home:** There are volunteer-from-home opportunities (such as reading newspapers for individuals who are visually-impaired, writing grants, creating websites, calling isolated senior citizens, etc.) which can be found at <https://www.stlvolunteer.org/volunteerfromhome>. The United Way continues to update this site as more organizations are offering virtual volunteer opportunities. If a Fontbonne Community member does not already have an STLvolunteer account, the attached document describes how to sign up!

**Pause for Peace:** Campus Ministry is continuing the "Pause for Peace" program via social media and email. We invite people to spend 1 min in silence to reflect on internal, local, national, and international peace from noon - 12:01 on Mondays.

**Mass:** Join us for Sunday Mass each week at 7PM in the Doerr Chapel. Masks and Social Distancing are required.

**Prayer during this Difficult Time:** Holy One, I need You in this time of turmoil. I ask that You would grant me that peace that surpasses understanding. I need that kind of peace that rules over my mind and heart despite the fear I experience due to the pandemic and the intense social unrest. I know I cannot go through all of this on my own, and I know that with You, nothing is impossible. Always remind me that You are always there beside me, Holy One wherever I am and whatever comes my way.

Stay informed about **Campus Ministry** news and events [here](#).

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Stay up to date with the most recent communications about our Griffin Return Protocols and resources available to you by clicking [here](#)

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Have news to share in an upcoming issue of this mailer?  
Email Janelle Julian at [jjulian@fontbonne.edu](mailto:jjulian@fontbonne.edu) by Fridays at noon.

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**Janelle A. Julian, Ph.D.**

Assistant Vice President for Student Affairs

**Pronouns: She/Her/Hers**

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