

UPCOMING EVENTS AND ACTIVITIES

Tuesday:

Coats and Cocoa

Bring your gently used coats to Coat's and Cocoa! Campus Ministry will be handing out free hot cocoa and collecting gently used coats for the "One Warm Coat" Project.

Date: Tuesday, October 27th

Time: 10am – 12pm

Location: The Golden Meadow

Sponsored by Campus Ministry

Thursday:

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!

Date: Thursday, October 29th

Time: 11am – 1pm

Location: Medaille Hall

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

Contact Carla Hagan by Tuesday, October 27th to reserve your spot in line. (314)889-4784 or chagan@fontbonne.edu

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 Black Student Union and University Programming. Space is limited – click here to register: <http://bit.ly/FONTBONNEdraw>

Friday:

Ghouling Pianos

Join Omicron Delta Kappa and the Black Student Union for this Halloween party where you control the entertainment! Dueling Pianists will be on-campus, accepting your requests, while you can hang out and celebrate this great Week of Haunt! Prizes will be awarded for Best Costume – individual, duo, and group! Contact Dyllan Haggard (dhagga00045@fontbonne.edu) or Raven Venegas (venegasr@fontbonne.edu) with questions.

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 2nd.

Reconnect with the WING Leaders!

All students are invited to stop by the Golden Meadow on Monday, 11/2/2020, to learn about some exciting developments coming from Orientation and Student Engagement in the 2021 season! Connect with the new members of the Pro-Team, get information on steps needed to become a WING Leader, and grab some dessert from The Sweet Divine Cupcake Truck! Contact Blake Klenke (wklenk00302@fontbonne.edu) with questions.

StrengthsDiscovery

Are you looking to get more involved on campus or learn about your five strengths that make you a good leader? This interactive virtual workshop will help you to gain knowledge of your own strengths, and how you can utilize these strengths in your future careers as students and beyond. **Completion of this inventory and workshop is required for all potential WING Leader Applicants, is highly encouraged for future Disney Leader Applicants, and is a wonderful opportunity to enhance leadership development for all Fontbonne Students!**

Date: Friday, November 13th

Time: 1pm – 3pm

Location: Virtual

Here is the link to reserve your spot: <https://forms.office.com/Pages/DesignPage.aspx?fragment=FormId%3DB0hl-YTnSUy0iCRpmvdAXUp4Pnt5hixFlwd-YoTIsW5UOTFJRFNZUklaUzA3RzNUUjIDMk5QVEUwVi4u%26Token%3Df249a43faecd49b786a0ff8ec3f3aa29>

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

314-889-4784

Doctoral Student Interview Participants Requested

Dear Student,

My name is R. Lauren Miller, and I am a student in the Doctor of Education Program here at Fontbonne University. I worked as an adjunct instructor at Fontbonne from spring 2018 to spring 2020. I will be conducting research this fall in order to complete my dissertation.

I am currently conducting research on the impact that courses moving online during the spring semester of 2020 due to COVID-19 had on nontraditional students. The working title of this study is "Higher Education and COVID- 19: Impact on non-traditional students following a traditional path."

I am seeking adults who are at least 25 years old, enrolled at least 6 credits at Fontbonne, and were enrolled in at least 6 credits during the spring 2020 semester to participate in a virtual interview. You will be compensated for your time with a \$20 Amazon gift card.

If you meet these criteria and are interested in participating, then please complete this online form:

https://docs.google.com/forms/d/e/1FAIpQLScmmAsjxtllG4640h5vHOMdDMH3NhO4azmEGvWKXigwEj4DEw/viewform?usp=sf_link

Or email rmiller@fontbonne.edu for more information.

This study will consist of an interview to be conducted via Zoom. I believe this interview will take about 60 minutes. Your interview responses will be kept fully confidential and used only for research purposes. Detailed information regarding the study and confidentiality can be found in the first page of the online form (letter of consent). Participation in this study is voluntary. After reviewing your interview transcript for accuracy, you will receive a digital \$20 Amazon gift card. This study has been approved for human subject

participation by the Institutional Review Board at Fontbonne University (FBUIRB09012021-

RLM). The information gained in this study may aid university faculty in better supporting the learning outcomes for nontraditional students. If you have any questions, please respond to this email or call (262)995-8347.

Thank you for your time,

Lauren Miller

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.

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

RENTAL TEXTBOOK RETURN

- When are textbooks to be checked-in?
 - Rental books for the fall are due to the bookstore by Friday, December 10, 2020.
- Can I check-in my textbook early if I do not need it to complete the course or for the final exam?
 - Yes
- Finals are remote December 7th – December 10, 2020 and I do not live nearby, can I mail my rental check-in to the store?
 - Yes, you are responsible for mailing your textbook to the store if you are not able to return them in person. Log into your textbook account on the bookstore website for a packing list to include when sending in your rental books. If you are not able to obtain a packing list, include your patron ID, name, phone number and email address with your rental check-in.
Fontbonne University Bookstore
6800 Wydown Blvd.
St. Louis, MO 63105
- I live nearby and would like to return my rental books in person, can I do that?
 - Yes, the bookstore will be open following Thanksgiving break, visit www.fontbonneshop.com for hours and updates.
- I rented a book that I would like to keep, what should I do?
 - You can do a convert to purchase in the store or online prior to the rental due date. To do a convert to purchase on the bookstore website select the person icon and then the rental tab, you will then have the option to check-in your book or pay the difference to convert to purchase.
- I bought a book that I do not need after I finish my course, will you buy it back?
 - Book buyback depends upon need and is largely determined by the orders we receive from faculty for the upcoming semester. Bring your unwanted textbooks to the bookstore and we will scan them to see if we are able to buy them back. You must have a Fontbonne Student ID in order for us to buy books back from you.
- I can't come to the store to do a book buyback, what are my options?
 - Scroll to the bottom of our website www.fontbonneshop.com where you will find a tab that says sell your textbook, click the link and you will be directed to an online book buyback site. For additional information please contact the store, bookstore@fontbonne.edu or 314-889-1420

Nutrition for Cancer Prevention

In honor of Breast Cancer Awareness Month, dietetic interns Carlee Cornin and James Malloy have created a newsletter that offers simple and evidence-based tips on lifestyle and nutrition for cancer prevention. They hope that you will find

easy ways to live and eat better! In addition, do not forget to take the short survey after you finish the newsletter. Thank you for your participation!

Click to view the newsletter here:

https://www.canva.com/design/DAELK32NkrE/QW1owLPQJv7mQ!Ont0bDEA/view?utm_content=DAELK32NkrE&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

Survey link:

<https://forms.gle/BhNazHqEW1ZoSpJi6>

Want to keep up with Fontbonne's dietetics program? Follow @FontbonneCP on Instagram!

STAY CONNECTED

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 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) 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.gandhicenterstlouis.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)

Career Development (2nd Mentoring Program)

Networking. Mentoring.

Leadership.

Kick start your career as a WICT

student member.

Career Development is sponsoring an additional mentoring program. WIC is a Mentoring program for all Communication related majors. This program is open to all students. Its member mentors include representatives from companies that include Spectrum, Charter Communications, Comcast NBC Universal, just to name a few.

Want to learn more about WICT?

Visit the Midwest Chapter website at WICTmw.org.

Ready to join WICT?

Go to the WICTnow.org to learn more and click Join WICT.

Please Contact Davis Moore in Career Development for additional information.
(314) 889-4579 or dmoore@fontbonne.edu

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 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-YTnSUy0iCRpmvdAXa0pmh9QumNJuIqY3fSHJJNUNzFTSIA3N0U4T1JPMtgzRjQ4OEpDUTQ5MS4u>

For questions, contact Joanne Fish at jfish@fontbonne.edu.

Career Development Announcement

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

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 or 314.889.4579.

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.

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](#).

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

**Have news to share in an upcoming issue of this mailer?
Email Janelle Julian at jjulian@fontbonne.edu by Fridays at noon.**



Janelle A. Julian, Ph.D.

Assistant Vice President for Student Affairs

Pronouns: She/Her/Hers

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