

CONCORD UNIVERSITY

December 2021

Calendar

Thursday, Dec. 2

Senior Dinner
6-8 p.m. Ballroom

Monday, Dec. 6 -

Friday, Dec. 10

Fall Semester Exams

Tuesday, Dec. 7

Late Night Breakfast
9-10:30 p.m.

Dining Hall

Friday, Dec. 10

Commencement
Master's Degrees Candidates
6 p.m.

Carter Center

Main Gym

Saturday, Dec. 11

Commencement
Undergraduate Candidates
10 a.m., 2 p.m.

Carter Center

Main Gym

Tuesday, Dec. 21

First Day of Winter

Thursday, Dec. 23 -

Friday, Dec. 31

Holiday Break

Campus Closed

Saturday, Jan. 1

Happy New Year!

Welcome to the December *E-News*

With December's arrival the holiday season glides into full swing. To celebrate this special time of year, the campus community teamed up with our neighbors in town to unveil the inaugural Athens-Concord Holiday Social on Nov. 30.

This expanded version of Concord's popular Holiday Open House offered guest favorites like visits with Santa, cookies and toasty hot cocoa, and seasonal musical performances while adding tours of the President's House and a community tree lighting ceremony. Photographs of the fun and festivities are included in this month's E-News.

Turning the calendar to December also takes us to commencement time. As we conclude another semester and the Fall class looks toward graduation, congratulations are in order for our soon-to-be graduates and all on campus who helped make their degree attainment a reality.

Our graduating students will be honored at the Senior Dinner on Thursday, Dec. 2. This is always a special evening with a delicious meal, time for fellowship with family and friends, and door prizes for the graduates.

Commencement ceremonies for master's degree candidates will be held on Friday, Dec. 10 at 6 p.m. Ceremonies for those receiving bachelor's degrees are scheduled for Saturday, Dec. 11 with a morning program at 10 a.m. and an afternoon program at 2 p.m. All ceremonies will be held in the Carter Center's main gym. Best Wishes Class of 2021!

Happy Holidays!

Staff of *Campus E-News*



**FIRST-GENERATION
COLLEGE CELEBRATION**

Campus Community Celebrates First-Generation Day

Concord joined colleges and universities across the state and nation for First-Generation Day on Nov. 8. First-Generation Day is held to celebrate college graduates and students who grew up in a home where neither parent earned a four-year degree. Many of these individuals have overcome barriers to higher education while seeking their goal of degree attainment.

Concord's celebration was spearheaded by the University's First-Generation Committee, made up of TRiO program directors and a first-generation faculty member. The committee includes: Kristen O'Sullivan, Director of Student Support Services; Dr. Rodney Klein, Director of McNair Scholars; Michael Craighead, Director of Upward Bound; Kristen Williams, Director of Veterans Upward Bound; and Dr. Shawn Allen, Assistant Professor of Social Work.

To celebrate First-Generation Day at Concord first-generation students, staff and faculty wore their "I'm First Gen" T-shirt, and first-generation faculty and staff displayed a certificate on their office door.

A compilation of First-Generation stories has been collected from the Concord campus community and is available [here](#).



Athens-Concord Holiday Social Rings in the Season



A new event for Concordians and our neighbors in the Town of Athens welcomed the holiday season in holly jolly style. The first-ever Athens-Concord Holiday Social offered a delightful night of fun and festivities on Tuesday, Nov. 30.

Activities were spread across campus and into the town. Children visited with Santa and Concord musicians entertained in University Point. The President's House welcomed guests offering tours and good cheer. Homes, shining in their holiday best, competed for bragging rights as the best decorated. A tree lightening ceremony in town added to the hometown ambiance.







Veterans Salute Features CU Alum as Keynote Speaker

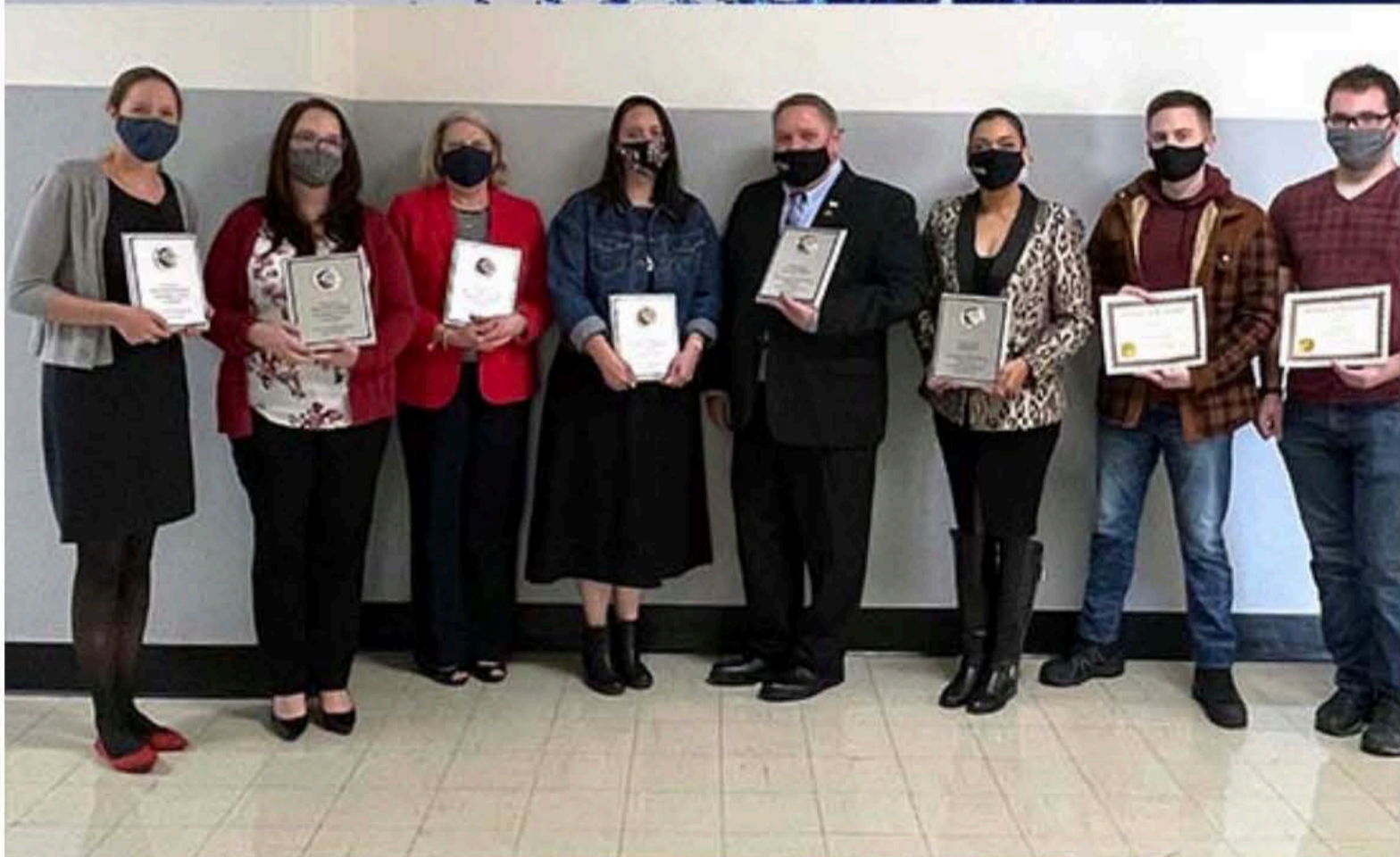


Veterans were saluted in a special program on Nov. 12 in the Wilkes Family Chapel in University Point. Baylee McKinney, a member of the West Virginia Air National Guard and recent graduate of CU's Psychology program, served as the keynote speaker.

McKinney shared his thoughts on the meaning of service and talked about his deployment to Kuwait. He recalled the "swift wind and unfathomable temperature" of the desert where he was stationed.

"I'm grateful for my time as a CU Mountain Lion and a native Appalachian," he said. The Princeton High School JROTC presented the colors. CU music student Taylor Perry performed the national anthem. She is a member of the West Virginia Air National Guard. The program was sponsored by Concord's Office of Veteran Services and CU Veterans Upward Bound.

Service to Student Veterans Honored with Special Awards





Members of the campus community who have provided exceptional service to Concord's student veterans this year were recognized during a luncheon following the Veterans Day program on Friday, Nov. 12. The gathering took place in the third floor conference room in the Student Center.

The award recipients are:

Outstanding Veterans Ambassador

Dr. Sarah Beasley
Andrew Sulgit
Melanie Farmer
Dr. Sheila Womack
Dr. Kathryn Liptak

Exceptional Veterans Services

Lucinda Gonderman
Emily Brown

Outstanding Job Performance

Dr. George Williams
Sophia Kelly
Steven Kennedy
Charles Kelly
Donald Stowers

Participation

Taylor Perry
Henry Wallace
Hunter White

WVSP Forensic Expert Presents Fingerprinting Class





Mr. Dave Castle, Forensic Trainer and Crime Scene Coordinator for the West Virginia State Police Academy, visited Ms. Lori Pace's Crime Scenes class on Nov. 9 providing a Fingerprinting class. The criminology students were joined by Ms. Tiffany Everette's Social Work class to understand the history, processing, analysis, and court testimony protocols around this type of evidence, particularly latent fingerprints. Mr. Castle demonstrated an iodine process to reveal prints on paper, level II discriminations in classification, and provided brushes and powder for the students to practice discerning hidden prints and lifting prints effectively.

Student Jamie Woods shared, "I really appreciated the time Mr. Castle took to come to our class and enjoyed learning about the specific technique to apply the powder to the finger/palm prints. Such an awesome experience."

"These community partnerships are integral to providing the students real world skills and inform different career trajectories that they may never have considered," Ms. Pace said. "The generosity of the WV State Police with their time and resources is much appreciated and provides value added to my classes."

Submitted by: Lori Pace, Criminology Instructor

HR Corner December 2021

Merry Christmas to all and to all a good night...

Christmas. The word "Christmas" ignites feelings, strong feelings. Fond memories are often mixed with sorrow and loss or feelings of overwhelming stress. Elvis is not the only one who will be having a "Blue Christmas" this year. It might be you; it might be me. But there are ways to beat the blues!

The stress of the hustle and bustle of the season can outweigh the joy of the season and help bring on sadness and the blues. I got the blues, I got the blues, the old holiday stress filled blues... Don't get me wrong. I love the blues, the I, IV, V, the 12-bar blues. But don't you hate having the old bummed out melancholy heartsick blues? The kind of blues that lead to depression and despair "ain't got no place" in the holidays.

So, how can we banish the blues in twelve bars – rather in a dozen simple steps?

Elizabeth Beasley gives us twelve tips to beat the blues in her article, "12 Smartest Holiday Stress Relievers." Let's Pick up the beat and get into the Blues Bustin' Blues rhythm. Try on one or more of these tips.

1. Escape Outside – getting out into the great outdoors will boost your vitamin D and help you feel less stress. You know you want to get out there.
2. Look at lights – As a child we would get dressed up to go to town and see the lights in Beckley. While they were not comparable to the Griswold's, we thought it was great!
3. Go slow and say no – don't accept every invitation to Parte'. Schedule some time for yourself. I have plans...
4. Take a one-minute timeout – a mental break – inhale good; exhale bad. The famous line, "Let it go" comes to mind. Beasley says to repeat, "I am at peace."
5. Sip on something soothing – Hot chocolate hits the spot. Warm tea frees the mind.
6. Sing a song. My personal favorite – open up and sing it like you mean it. The louder the better. Be a willing participant in a sing along.
7. Hang out with family and friends – one-on-one. If the crowds bother you, then you can limit the confab to one or two. Focus on someone you love.
8. Rethink family traditions – be creative – Bob Evans and Cracker Barrel have carry-out meals to go.
9. Learn something new – say a new riff, or how to cope with stress, how to play chess, or how to whittle...
10. Sniff holiday scents – The Christmas season has a smell of its own – think apple pie and cinnamon; pine trees, etc. Scents trigger memories, hopefully fond memories.
11. Start your new year plan – take a little time to think about what you would hope to do in the new year.
12. Outsource your chores – What household chore really bums you out? Take a break and have someone else take a load off your mind.

Last Updated: November 11, 2020 [Healthgrades.com](https://www.healthgrades.com)

Submitted by:

Daniel Fitzpatrick

Vice President and Chief Operating Office

Chief Human Resources Officer



CAMPUS E-NEWS SUBMISSION REMINDER

Please submit items to be considered for publication in the January 2022 issue to sdalton@concord.edu by 4 p.m. on Wednesday, December 15, 2021. Thank you.

Please note that it is up to the discretion of the Office of Advancement as to which items will be published and that items may be edited due to space, style guidelines, timeliness, content, and appropriateness.

Also, if a photograph is submitted, it is understood that the Office of Advancement has permission from all persons appearing in the photograph to publish the photograph.



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