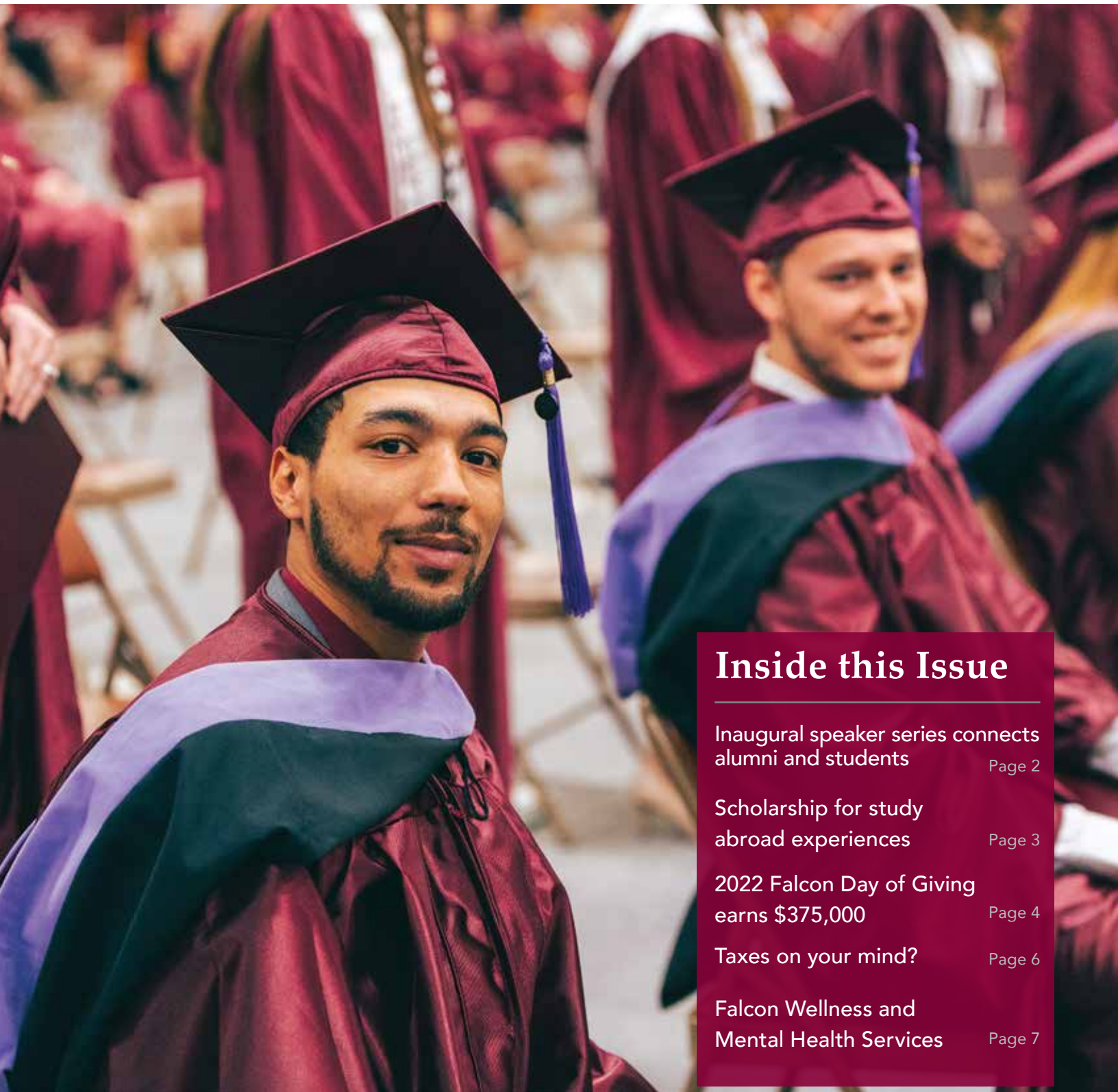


The gift of education changes the future.

FOUNDATION NEWS

Official Newsletter

January 2023



Inside this Issue

Inaugural speaker series connects alumni and students Page 2

Scholarship for study abroad experiences Page 3

2022 Falcon Day of Giving earns \$375,000 Page 4

Taxes on your mind? Page 6

Falcon Wellness and Mental Health Services Page 7

Foundation brings alumni and students together in first Homecoming speaker series events

The Fairmont State Foundation hosted eight alumni for an inaugural Speaker Series during the 2022 Homecoming Week.

The speaker series, prepared in collaboration with University faculty and leadership, highlighted distinguished alumni who have made a major impact in their fields by inviting them back to campus to share insight from their careers with the next generation of Falcons.

Speakers gave classroom presentations, led group discussions, participated in one-on-one student and faculty meetings, and hosted Q&A sessions.

"Fairmont State was wonderful for me," said Dr. Jude Black, President of the Appalachian Life Enrichment Counseling Center in Fairmont. "It was big enough that I could get lost in, but small enough that I could stay grounded when I needed to."

Dr. Black, 1990 graduate of the College of Liberal Arts with a degree in Criminal Justice, presented career advice and career optimization to students in psychology courses and the Student Veterans Organization. She credits Fairmont State as the birthplace of her independence and confidence as an entrepreneur of a prominent local business.

"I loved the foundation that I got through Fairmont State. It's where learning clicked for me," said Black. "I really had to learn how to apply myself and that helped me with a lot of my business decisions. I never knew I could fail because it wasn't something I considered."

Dr. Mitch Sokolosky, a 1988 graduate with a degree in Biology from the College of Science and Technology and the Associate Professor of Emergency Medicine at Wake Forest School of Medicine in Winston-Salem, North Carolina, presented biology and healthcare management to students in biology courses and the Tri-Beta Biology Honors Association. He attributes the experiences he had as a Falcon in shaping his career in emergency medicine.

"I took an emergency medical technician elective. It wasn't required for my degree, but it allowed me the opportunity to volunteer in a local ambulance service and later become a paramedic in Fairmont," said Sokolosky. "Fairmont State is the reason I became an emergency physician."

Bill Black, 1989 graduate of the College of Liberal Arts and Vice President of Operations at Appalachian Life Enrichment Counseling Center, presented leadership lessons and career advice to

students in the National Security and Intelligence program, the Student Government Association and the Student Veterans Organization.

Danijel Velicki, 2000 graduate of the College of Business and Aviation and Founder and CEO of Sqwire, a company which conducts financial wellness courses, presented on financial literacy and business leadership with the men's basketball team and students in business ethics courses.

Ryan Weld, 2003 graduate of the College of Liberal Arts with a degree in Political Science and West Virginia State Senate Majority Whip, presented leadership lessons and career advice to students in the National Security and Intelligence program and the Student Government Association. Weld, a former member of the Men's Swimming team also took time to meet with members of the current Men's and Women's Swimming teams to share experiences from his time as a student athlete.

Gerard Schmidt, 1971 graduate of the College of Liberal Arts with a degree in Psychology and Chief Operations Officer of Valley Healthcare System, an institution designed to treat patients facing addiction, mental illness, and disabilities, presented leadership lessons and shared advice on mental health nursing to students in the Nursing program.

Robert Hawkins, 1970 graduate with a Bachelor of Arts Degree and Retired Director of Faculty Professional Education at Defense Acquisition University, presented to students on the value of a degree in education. He also gave his presentation "Elements of Change: How Learning is Being Redefined" to faculty in the College of Education Health and Human Performance.

Roberta Stronsider, 1967 graduate of the College of Education, Health, and Human Performance and Professor Emerita in Special Education at Towson University and Co-Director of the Institute on Executive Functioning, presented to education faculty and students on accelerating students' executive growth the utilizing explicit instruction of metacognitive strategies.

"It's difficult to express how much we appreciate the investment of each of these alumni making time to come back and pour into our students. The value that they provided with their years of insight and experience has been incalculable," said Tim Liebrecht, Director of Development. "We are so proud to be able to help connect alumni back to our current students and faculty and we look forward to more of these events in the future."

West Virginia family creates scholarship supporting study abroad experiences

A Marion County family has created The Midge Teahan Travel Scholarship for Fairmont State University students who wish to study abroad. The \$25,000 endowed scholarship honors the life Margaret Murphy "Midge" Teahan and her love of world travel.

Midge, the wife of Fairmont State University English professor John Michael Teahan, loved being involved in the academic community, which furthered her goal of becoming a continuous learner of other cultures and experiences.

"This gift from the Teahan family ensures that students can broaden their educational exploration with immersive travel experiences that complement their fields of study. Opportunities to study abroad can be life-changing for college students, providing invaluable perspectives and fostering curiosity," said Rae Dyer, Fairmont State Foundation President. "Each student who benefits from this scholarship will honor Midge's love for exploration and learning. We celebrate the Teahan family for providing this opportunity at Fairmont State University."

Teahan's children Julie Teahan, Margaret Teahan, and John Teahan wish to share with students the love of learning and exploration that inspired their mother to travel around the world.

"You only grow when you're uncomfortable, and often you need to leave what you know to grow," said Julie Teahan. "We thought this scholarship would give students an opportunity to experience a different culture, place, and from that grow."

The Teahan family believes in the words of Irish poet W.B. Yeats to describe the life experiences of Midge and those they wish for Fairmont State University through the Midge Teahan Travel Scholarship, "There is another world, but it is in this one."

"This scholarship presented by the Teahan family will open doors for many Fairmont State students to step into the international world and experience new communities and cultures," said Coordinator of Educational Pathway for International Centers and Students Sarah Sakaguchi. "As a university, it is our mission to create global citizens and even more, global leaders. Students who travel abroad are more likely to graduate, to succeed, and have higher marketability in the job market. As we are revitalizing Study Abroad in a post pandemic world, understanding international cultures and fostering relationships is incredibly important and we are so grateful for this opportunity that the Teahan family has provided."

The Midge Teahan Travel Scholarship will be available for undergraduate and graduate students who are enrolled full-time and have applied for a study abroad program. Preference will be given to undergraduate students. Students must be a resident of West Virginia and maintain a grade point average of 3.0 or higher.



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West Virginia residents may obtain a summary of the registration and financial documents from the Secretary of State, State Capitol, Charleston, West Virginia 25305. Registration does not imply endorsement. A portion of all donations is used to further advancement efforts on behalf of Fairmont State University.



Day of Giving earns more than \$375,000 for Fairmont State University

For the fourth year in a row, Fairmont State University embarked on its annual Falcon Day of Giving on Thursday, October 27. During this 24-hour fundraising marathon, 891 alumni and friends joined together to raise more than \$375,000 supporting 44 colleges and programs throughout campus. During this year's Day of Giving, donors provided nearly \$109,000 for scholarships, and \$174,000 for athletic programs.

"We are so grateful for the alumni, students, faculty, staff, and community that came together to make this year's Falcon Day of Giving a success" said Fairmont State Foundation President, Rachel Rae Dyer. "This year we've seen record engagement and record giving. It takes the entire Falcon Community coming together to support the important work of Fairmont State University. The generosity demonstrated on Day of Giving is a clear indication of the transformational impact Fairmont State University has had on the lives of so many. We want to ensure that everyone who participated knows how meaningful their gifts were. The results are both humbling and inspiring."



Academic units raised close to \$70,000 for departments, programs, and special initiatives. An additional \$77,347 in gifts were earmarked for academic scholarships this year.

"The Day of Giving contributions have become a meaningful financial boost to each of the academic units. These dollars help support various needs across the campus such as scholarships, faculty development, teaching and/or learning enhancements," according to Dr. Timothy Oxley, Interim Provost and Vice President for Academic Affairs. "Regardless of the initiatives or programs these very generous contributions support, the focus is centered on improving the students' learning experience. We are grateful to those who see the Day of Giving as a worthwhile endeavor."



The College of Liberal Arts raised the most dollars for a college or school this year, earning \$30,710 for several programs, including the Academy for the Arts and the Community Arts program.

"The Academy for the Arts and Community Arts programs at Fairmont State University are so incredibly grateful for all of the very generous donors we had on Falcon Day of Giving," Leigh Anne Bolyard, Director of Performing Arts Outreach and Development expressed. "The support from our community during our Falcon Day of Giving kickoff concert and Falcon Day of Giving was incredible. These donations will help us continue to provide the top-notch performing arts experiences that our community is accustomed to seeing at Fairmont State University."

Gifts for the Academy for the Arts program will provide scholarships for students, fund the Youth Theatre Company Spring Musicals, and support visiting artists for youth masterclasses. Donations for Community Arts will go toward the purchase of microphones for use during theatre productions and audio/visual monitor system

upgrades. These gifts will also help to offset the cost of the Town and Gown Community plays and musicals and allow for visiting artists to perform free community concerts.

Athletics raised \$174,271 for team sports and athletic programs, and an additional \$31,455 for athletic scholarships. These gifts will allow the department to increase scholarships for deserving student-athletes, permit the purchase of specialized training equipment, and help offset the cost of increased travel expenses.

"I can't say enough about the support the Athletics Department received on Day of Giving. The generosity of our Falcon Fans was evident to all," said Greg Bamberger, Director of Athletics. "Ultimately, your gifts will help to enhance our programs in many ways. Whether you are a parent, a student-athlete (past or present), University staff or faculty, alum, or a friend of the Fighting Falcons, your generosity is greatly, greatly appreciated."

"What a day our Day of Giving was!" Dr. Dianna Phillips, Fairmont State's Interim President, said. "Once again, this community showed its generosity and its commitment to our shared mission of making educational and professional dreams come true. I am so grateful for this community—each year on our Day of Giving we rally together to manifest a shared responsibility to sustain and enrich the life-changing experience of a Fairmont State education."

Special events leading up to Falcon Day of Giving included a mini-golf tournament hosted by the College of Business and Aviation, a kick-off concert hosted by the Community Arts program, and a happy hour event hosted by the Fairmont State Foundation and the Marion County Chamber of Commerce.

During Day of Giving festivities, the Sweet Taste of Victory challenge was held again this year. 9 of the 17 coaches were rewarded with a pie in the face for having 40 or more donors support their respective teams. Additionally, Athletic Director Greg Bamberger received a pie in the face in recognition of the number of donors surpassing 300 for athletics overall.

A dunk tank challenge was introduced this year, allowing willing participants to risk a plunge in exchange for dollars toward their preferred department or program. Courageous volunteers included Dr. Alyssa Schwartz on behalf of the Marching Band, Dr. Paul Reneau on behalf of Health & Human Performance, Jeff McCormick on behalf of the Police Academy, Justin Rader on behalf of Student Government and Spencer Flanagan on behalf of the Staff Council Scholarship. In celebration of meeting the goal, Dr. Dianna Phillips took the plunge herself on Friday afternoon.

Fairmont State University and the Fairmont State Foundation wish to thank all of our donors, ambassadors, and volunteers for participating in the 2022 Falcon Day of Giving.



TAXES on your MIND?

High taxes are not inevitable

Often the threat of taxes makes big news, but the ways of lowering them does not. We have tools to help you not only lower your tax burden, but also create benefits you may never have considered.

Charitable gift annuity	Fund a gift annuity with us and receive an income tax deduction this year and fixed payments for life.
Charitable remainder unitrust	Fund a unitrust and receive payments on a schedule and at a rate (within limits) of your choosing. Receive an income tax deduction and provide for you and your spouse.
Gift of stock	If you have appreciated assets, such as stock, you can reduce capital gains taxes by funding one of the vehicles above, or by simply transferring it to our mission. You must never sell the stock or asset but transfer it directly to us.
IRA charitable rollover	If the thought of paying income taxes on a required minimum distribution (RMD) is a bad idea to you, consider transferring money from your IRA (up to \$100,000) and satisfy your RMD without paying income tax on the transfer.

Reduce your high taxes

If higher taxes are on the horizon, don't worry. We have what you need to reduce taxes and keep your life and your plans on track.

We can give you details on these and other ideas

All are designed to lower your income and capital gains taxes. In some cases, you will create new tax-advantaged payments!

Call or email us to learn how we can help you and your financial advisor meet your goals and minimize taxes.

Phone 304.534.8786 E-mail fsf@fsufoundation.org Web www.fsufoundation.org

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Falcon Wellness and Mental Health Services

The Falcon Wellness Center, home base of Falcon Wellness and Mental Health Services, is located on the third floor of the Falcon Center. The new central location allows for students to receive physical or mental healthcare in full confidentiality.

"Our mission is to see the student as a whole mind-body connection, so that they can be healthy both physically and mentally and can excel and graduate from Fairmont State University," said Chelsea Collins, Director of Falcon Wellness and Mental Health Services. "It's really important that we recognize that we must be a safe place for our students and that students know they can come here for whatever they may be dealing or struggling with."

Falcon Wellness and Mental Health Services is staffed with general practitioners, nurses, and licensed counselors, all prepared to help students succeed both physically and mentally in all environments encountered throughout the college experience.

An uncharted environment students faced in recent years was the COVID-19 pandemic. COVID-19 not only created a physical health crisis, but cultivated a mental health crisis as well, especially for young adults. According to a 2020 CDC survey, 25% of young adult respondents ages 18-24 reported having "seriously considered suicide."

The survey results also concluded that "an increased risk for psychological distress and unhealthy coping can inform policies to address health inequity, including increasing access to resources for clinical diagnoses and treatment options."

"We heard the statistics, but we also listened to our faculty. It was that combination of things that drove us to prioritizing our students' physical and mental health and the creation of the new Falcon Wellness Center that we are about to break ground on," said Collins.

Suicide prevention measures have been at the forefront of the Falcon Wellness and Mental Health Services after the death of forensic science student Kaitlynn Towson. Falcon Wellness and Mental Health Services sponsored runners for the Kickin' it for Katy 5K run and walk, a suicide awareness and prevention fundraiser benefiting the Kaitlynn Towson Forensic Memorial Award.

"We really encouraged the community outreach portion of that event in getting as many partners in the community that provide some type of mental health service or suicide prevention as possible to get people out there and to have the community be aware of the services that are available to them and not just within Fairmont State University, but within the Fairmont community as well," said Shannon Ackerman, Mental Health Counselor.

Additional information from the Falcon Wellness and Mental Health Services can be found at <https://www.fairmontstate.edu/falconcenter/health-services> or by calling (304) 367-4155.

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