



## EMS COLLEGE DIGEST – September 12, 2022 Issue

### OFFICE OF THE DEAN

#### Reminder - Fall College Faculty and Staff Meetings

Fall College Faculty Meeting: Wednesday, September 21 from 3:00 – 4:30 pm (followed by a reception) in 603 Barron Innovation Hub and on Zoom at <https://psu.zoom.us/j/96983991998>.

The agenda will be distributed later today.

Fall College Staff Meeting: Thursday, September 29 from 9:00 – 10:30 am (followed by a brunch) in 603 Barron Innovation Hub and on Zoom <https://psu.zoom.us/j/99875383264>

#### Farewell to Sara Lobb, EMS HR Consultant – from John Barlett, EMS HR Strategic Partner

It is a bittersweet announcement to bid a fond farewell to Sara Lobb as she leaves EMS HR after a little over seven years with us. She is headed over to the College of Health and Human Development to be one of their two HRCs and her last day with EMS will be Sept 30<sup>th</sup>. In her new role, Sara will be focused primarily on the staff side of things, and she'll assist her counterpart who is focused on faculty concerns. She's excited for the new opportunity this brings to broaden her HR resume and get to learn how another unit operates here at UP. It's bitter for us, that we are losing Sara's warm personality, incredible depth of knowledge, and herculean work ethic, but sweet in that she will still only be a phone call or email away when we want to stay connected! We wish you all the best, Sara, and hope that HDD appreciates the true gem they just acquired! A search for a replacement HRC is underway with the hope of having someone on board as quickly as possible. If you know of anyone that is interested, please share with them our

posting: [https://psu.wd1.myworkdayjobs.com/PSU\\_Staff/job/University-Park-Campus/Human-Resources-Consultant--College-of-Earth-and-Mineral-Sciences- REQ\\_0000035540-1](https://psu.wd1.myworkdayjobs.com/PSU_Staff/job/University-Park-Campus/Human-Resources-Consultant--College-of-Earth-and-Mineral-Sciences- REQ_0000035540-1)

#### EMS 125th Anniversary Virtual Town Hall

Please join the anniversary committee for a virtual Town Hall: Wednesday, September 28 from 9:30 – 10:30 am.

Updates will be provided. Have your questions ready!

Join from PC, Mac, Linux, iOS or Android: <https://psu.zoom.us/j/91304205472>

Or iPhone one-tap (US Toll): +16468769923,91304205472# or +16469313860,91304205472#

Or Telephone:

Dial:

+1 646 876 9923 (US Toll)

+1 646 931 3860 (US Toll)

+1 301 715 8592 (US Toll)

+1 309 205 3325 (US Toll)

+1 312 626 6799 (US Toll)  
+1 564 217 2000 (US Toll)  
+1 669 444 9171 (US Toll)  
+1 669 900 6833 (US Toll)  
+1 719 359 4580 (US Toll)  
+1 253 215 8782 (US Toll)  
+1 346 248 7799 (US Toll)  
+1 386 347 5053 (US Toll)

Meeting ID: 913 0420 5472

International numbers available: <https://psu.zoom.us/j/admvk0a366>

## **Central Michigan Tickets Available (Saturday, September 24)**

On behalf of Dean Kump, the College of Earth and Mineral Sciences is offering **two pairs** of tickets (one pair per household) to this Saturday's noon game against the Central Michigan Chippewas! We are offering these complimentary tickets on a first-come, first-served basis, so please respond to Dagmar Caramello, Assistant Director of Stewardship, at [dic5042@psu.edu](mailto:dic5042@psu.edu) as soon as possible if you are interested. As a reminder, Penn State football tickets are now completely digital. Once attendance is confirmed, Dagmar will follow up with further information about the ticket transfer process.

## **Millennium Café**

The Millennium Café runs from 10:00 -11:00 am in the 3<sup>rd</sup> floor Café Commons of the MSC Bldg. Join researchers from across campus for a stellar cup of coffee and two <10 min interdisciplinary talks.

**The Social Determinants of Health - [Deb Ehrenthal](#)** | Director, Social Science Research Institute  
Infant mortality rates in the United States increase as counties become more rural. This mirrors the "rural mortality penalty" among adults, where those living in rural areas have higher mortality rates at every age than those in more urban settings. By analyzing linked and geocoded administrative data, we show that the higher infant mortality rates in rural counties are explained by higher rates of poverty and not by more-limited access to health care or high rates of tobacco use.

**'Peering Inside' Metallic Alloy Processing and Performance - [Darren Pagan](#)** | Materials Science & Engineering

Understanding how structural materials, particularly metallic alloys, are processed and perform is one of the oldest scientific pursuits and over the past two thousand years, a tremendous amount of empirical knowledge has been developed regarding how we can make and use these materials. However, the understanding we have gained has all been gathered without the ability to 'watch' how these materials evolve as they are being processed and used in-service. Due to this short-coming, we still can't precisely predict how a material will fail, leading to safety issues and economic waste. Similarly, our process of creating new alloy systems still requires a tremendous amount of old-fashioned trial-and-error. However, a new generation of X-ray techniques at synchrotrons and free electron lasers (particle accelerators) are allowing us to look inside these materials as they evolve in 3D. Combined with modern predictive modeling and machine-learning, we are on the precipice of revolutionizing how we use and design alloy systems.

## GRADUATE EDUCATION AND RESEARCH

### Annual Effort Certification

Thank you to all Principal Investigators and Department/Institute Heads for your timely approval of Effort Certifications. With two weeks remaining until the **9/30/2022 deadline**, we are in excellent shape to complete this requirement. Department and Institute Admin Assistants have been provided a list of Effort Certifications that are still outstanding, and they will be contacting PIs directly to ensure all remaining approvals are completed.

Our status as of 9/16/2022:

Fully Certified: 416 😊

Awaiting PI Approval: 34

Awaiting Dept/Inst Head Approval: 5

### Limited Submission - Quantum Sensing Challenges for Transformational Advances in Quantum Systems (QuSeC-TAQS) (NSF 22-630)

Click on the link below to view more information. Thank you.

- **Internal Submission Deadline:** Monday, October 10, 2022
- **NSF Pre-Proposal (required) Deadline:** Friday, December 16, 2022 at 5:00 pm
- **Funding Organization's Deadline:** Monday, April 3, 2023
- **Cycle:** 2022
- **Discipline/Subject Area:** Quantum-enabled Science and Technology
- **URL:** <https://www.nsf.gov/pubs/2022/nsf22630/nsf22630.htm>
- **Awards Details:** Each project team may receive support of up to a total of \$2,500,000 over the project duration of 4 years. It is not expected that all awards will receive the maximum amount; the size of awards will depend upon the type of research program proposed.
- **Funding Organization's Deadlines:** Preliminary Proposal (required): December 16, 2022 5:00pm EST
- **Institutional Limit:** Up to two (2) preliminary proposals and up to two (2) invited full proposals may be submitted per lead institution contingent to the requirement the proposed projects are in substantially different research areas.
- **Synopsis of Program:**

The Quantum Sensing Challenges for Transformational Advances in Quantum Systems (QuSeC-TAQS) program supports interdisciplinary teams of three (3) or more investigators to explore highly innovative, original, and potentially transformative research on quantum sensing. The QuSeC-TAQS program supports coordinated efforts to develop and apply quantum sensor systems, with demonstrations resulting in proof of principle or field-testing of concepts and platforms that can benefit society. The QuSeC-TAQS program aligns with recommendations articulated in the strategy report, [Bringing Quantum Sensors to Fruition](#), that was produced by the National Science and Technology Council Subcommittee on Quantum Information Science, under the auspices of the National Quantum Initiative.

**Program Description:**

Competitive proposals are expected to present interdisciplinary and collaborative projects that identify a need and describe a sound scientific and engineering approach for developing a novel sensing system with enhanced performance compared to classical technologies. Successful proposals should make a compelling case for how the proposed research project has potential to deliver breakthroughs in quantum sensing technologies that could impact society.

Proposed projects should pursue either or both of the following tracks:

1. Explore new ideas using for enhanced sensing functionalities using quantum information science and engineering principles. Proposals should describe how the project will result in experimental tests or a proof of principle for new concepts, platforms, or approaches for enhanced sensing.
2. Translate quantum information science and engineering discoveries into scalable quantum sensor systems or networks. Proposals should describe how the project will demonstrate advantages for targeted applications as a result of applying fundamentally quantum phenomena.

Competitive proposals will come from interdisciplinary research teams led by at least three (3) investigators who collectively contribute synergistic expertise from domains such as engineering, computer science, mathematical and physical sciences, biology, or geoscience. Competitive proposals should also address the QuSeC-TAQS **programmatic considerations** described below, such as the potential for transformative advances on a targeted quantum sensor technology, the potential for interdisciplinarity and convergence in the research process, plans for experimental demonstration, and the potential for broader impacts such as educational and training opportunities, partnerships, or international collaboration, student mobility and exchanges.

#### **QuSeC-TAQS Programmatic Considerations:**

The following features are deemed important under this research solicitation:

- **Quantum Sensing:** It is expected that proposed research projects will focus on quantum sensing, leveraging both fundamental understanding of quantum phenomena and novel application concepts. Clear rationale as to the novelty and the potential for enhanced capabilities as compared to classical sensors and systems should be addressed.
- **Interdisciplinarity and Convergence:** Progress in this field may benefit from research that draws upon expertise in multiple disciplines including (but not limited to) physics, chemistry, biology, mathematics, geoscience, computer science, and engineering. Proposals should describe how the project will facilitate scientists and engineers to work together in research teams involving theory, modeling, design, characterization, device fabrication, and testing.
- **Experimental Demonstration:** Proposals should describe how the project will realize a proof-of-concept for novel quantum functionalities, characterize quantum device properties, or system performance in relevant conditions for potential applications.

The QuSeC-TAQS program also encourages diverse activities with the potential to increase the impact of projects:

- **Education and Training:** Proposals that in addition to research create education, training, and workforce development opportunities in areas of quantum information science and engineering related to quantum sensing are encouraged.

- **Partnerships:** The creation or development of partnerships with industry, National Laboratories, or other academic institutions can be valuable for developing new concepts and platforms, for scaling up, and subsequently for commercialization of technologies based on quantum sensor concepts. Such partnerships are therefore encouraged where appropriate.
- **International Collaboration and Student Mobility and Exchange:** Collaboration with international scientific teams who are leaders in the field is welcome. Travel support for principal investigators, research personnel and students may be considered. Opportunities for developing student exchange are encouraged in order to develop a globally engaged workforce for QIS technologies.

#### **Internal Nomination Process:**

Interested applicants should upload the following documents in sequence in one PDF file (File name: Last name\_NSF-22-630\_2022 no later than 4:00 p.m. on the internal submission deadline:

##### **1. Cover Page (1 page, pdf):**

1. Descriptive title of proposed activity
2. PI name, departmental affiliations(s) and contact information
3. Senior Personnel names and departmental affiliation(s) (minimum of three senior personnel must participate)
4. Names of other key personnel
5. Participating institution(s)
6. Number and title of this funding opportunity

##### **2. Project Description (no more than two pages, pdf) identifying the project scope that addresses the key aspects and elements of the sponsor's solicitation:**

7. **Approach and Methodology:** Describe the approach and methodology that will be used to achieve the research vision and goals.
8. **Relevance to Quantum Sensing:** Describe how the project leverages and/or promotes advances in quantum sensing. Please address the expected performance advantage of the quantum sensor system proposed over classical sensing systems.
9. **Broader Impacts:** Describe how the proposed project will benefit society, for example by enabling advances in science and technology in various disciplines, and training individuals to work with quantum technologies.

##### **3. 2-page CV's of Investigators**

###### **Formatting Guidelines:**

Font/size: Times New Roman (12 pt.)

Document margins: 1.0" (top, bottom, left and right)

Standard paper size (8 ½" x 11)

Questions concerning the limited submissions process may be submitted to [limitedsubs@psu.edu](mailto:limitedsubs@psu.edu).

### **Limited Submission - EERE Industrial Efficiency and Decarbonization FOA (DE-FOA-0002804)**

Click on the link below to view more information and submit an application. Thank you.

- **Internal Submission Deadline:** Tuesday, September 27, 2022
- **Funding Organization's Deadline:** Tuesday, December 20, 2022

- **Cycle:** 2023
- **Discipline/Subject Area:** Energy Efficiency, Decarbonization
- **Funding Available:** 0
- **URL:** <https://www.grants.gov/web/grants/view-opportunity.html?oppld=343375>
- **Awards Details:** Individual awards may vary, ranging between up to \$750,000 and up to \$10 million, depending on Topic Area and Tier, as outlined in the table in section II.A.i of the FOA
- **Funding Organization's Deadlines:** Concept Paper: 10/12/2022, 5:00 PM; Full Applications: 12/20/2022, 5:00PM. Only applicants who have submitted an eligible Concept Paper will be eligible to submit a Full Application.
- **Institutional Limit:** An entity may only submit one Concept Paper and one Full Application for each topic area of this FOA.
- **Background:**  
The research, development, and demonstration (RD&D) activities to be funded under this FOA will support the government-wide approach to the climate crisis by driving the innovation that can lead to the deployment of clean energy technologies, which are critical for climate protection. Specifically, this FOA will fund high-impact, applied research and development and prototype or pilot-scale technology validation and demonstration projects in order to expedite the adoption of transformational industrial technology necessary to increase energy efficiency across industry and in high GHG-emitting industrial subsectors, reducing both energy usage and GHG emissions. This includes cross-sector industrial decarbonization approaches via opportunities in energy efficiency; industrial electrification; low carbon fuels, feedstocks and energy sources; and industrial carbon capture and utilization. This FOA and its associated projects are separate from any forthcoming efforts to be funded under the Bipartisan Infrastructure Law, including activities related to Industrial Emissions Demonstration Projects.

### Topic Areas

An entity may only submit one Concept Paper and one Full Application for each topic area of this FOA. See the full FOA for more detail.

- **Topic Area 1: Decarbonizing Chemicals**
  - Topic 1 will focus on the development, validation, and demonstration needed to accelerate the commercial readiness of emerging low carbon unit operations to decarbonize the full supply chain of the chemicals sector. Technologies with potential for significant reductions in carbon emissions that increase energy efficiency for manufacturing high-volume chemicals are of interest, as are technologies that consider sustainable chemistry practices as defined in Topic 1 Background.
- **Topic Area 2: Decarbonizing Iron and Steel**
  - This topic will initiate or accelerate novel technology innovations for iron and steel industry operations; applicants should develop and achieve advances in technologies leading to commercial readiness of low carbon or net-zero carbon process technologies for the iron and steel industry. All applications should include an Industry Partner on the team. The term “Industry Partner” includes non-profit and for-profit entities engaged in iron and steel production or processing, or a related industry. Applications submitted under this topic must address at least one of the areas of interest stated in the FOA.

- **Topic Area 3: Decarbonizing Food and Beverage Products**
  - This topic will accelerate novel technology innovations for food and beverage operations; applicants should develop and demonstrate new advances in processes to accelerate the commercial readiness of emerging, low carbon or net-zero carbon process technologies for the food and beverage industry. All applications should include an Industry Partner on the team. The term “Industry Partner” includes non-profit and for-profit entities engaged in food and beverage production or processing, or a related industry. Applications submitted under this topic must address the area of interest stated in the FOA.
- **Topic Area 4: Decarbonizing Cement and Concrete**
  - This topic will accelerate technology innovations for cement and concrete operations. Applicants should develop and demonstrate advances to accelerate the commercial readiness of emerging, low carbon or net-zero carbon process technologies for the cement and concrete industry, in order to provide energy savings, carbon emissions reduction, and other benefits such as reduced complexity and improved process efficiency/optimization in the cement/concrete production sector. Decarbonization pathways of interest include energy efficiency, LCFES, and carbon capture and utilization technologies. All applications should include an Industry Partner on the team. The term “Industry Partner” includes non-profit and for-profit entities engaged in cement and concrete production or processing, or a related industry. Applications submitted under this topic must address at least one of the areas of interest stated in the FOA.
- **Topic Area 5: Decarbonizing Paper and Forest Products**
  - This topic will accelerate novel technology innovations for paper and forest products industry operations; applicants should develop and demonstrate new advances in processes to accelerate the commercial readiness of emerging, low carbon or net-zero carbon process technologies for the paper and forest products industry. All applications should include an Industry Partner on the team. The term “Industry Partner” includes non-profit and for-profit entities engaged in paper and forest products production or processing, or a related industry. Applications submitted under this topic must address at least one of the areas of interest stated in the FOA.
- **Topic Area 6: Cross-sector Decarbonization Technologies**
  - This AOI focuses on developing and using enabling technologies to demonstrate novel high operating temperature storage (HOTS) thermal systems to harvest, store, and utilize waste heat generated from industrial manufacturing processes. The long-term goal of this focus area is to aid in decarbonizing the industrial manufacturing sector. Waste heat generated and exhausted from medium and high-temperature industrial processes (such as blast furnaces used in iron and steel production) are target applications. The thermal storage mediums may be solid, liquid, phase-change, granular, or thermo-chemical. The heat should be stored at relatively high temperatures (400°C and above) for use over the span

of 10 or more hours. The stored thermal energy must be used in an industrial application, such as petrochemicals manufacturing, iron and steel production, food and beverage processing, or used to generate a flexible and transportable energy source, such as electricity.

**Cost Sharing:**

For Tier 1 project applications, the cost share must be at least 20% of the total allowable costs (i.e., the sum of the government share, including FFRDC costs if applicable, and the recipient share of allowable costs equals the total allowable cost of the project) for research and development projects.

Tier 2 project applications should be organized into at least one of the three distinct phases and must include activities in Phase 2 or Phase 3: research and development (Phase 1); design and testing (Phase 2); and installation and demonstration (Phase 3). The cost share for Phase 1 and Phase 2 must be at least 20% of the total allowable costs. For Phase 3, the demonstration phase, the cost share must be at least 50% of total allowable costs. Applications must clearly identify what work and which costs are associated with each phase.

**Internal Nomination Process:**

Interested applicants should upload the following documents in sequence in one PDF file (File name: Last name\_DE-FOA-0002804\_2023) no later than 4:00 p.m. on the internal submission deadline:

**1. Cover Letter** (1 page, pdf):

- Descriptive title of proposed activity
- PI name, departmental affiliation(s) and contact information
- Co-PI's names and departmental affiliation(s)
- Names of other key personnel
- Participating institution(s)
- Number and title of this funding opportunity
- Topic Area and Area of Interest of Proposal

**2. Project Description** (no more than two pages, pdf) identifying the project scope that addresses the key aspects and elements of the sponsor's solicitation, principal investigators, collaborators, and partner organizations. References may be included on an additional page.

**3. Estimated Budget** (1 page, including cost share details, if applicable)

**4. 2-page CV's of Investigators**

**Formatting Guidelines:**

Font/size: Times New Roman (12 pt.)

Document margins: 1.0" (top, bottom, left and right)

Standard paper size (8 ½" x 11)

Questions concerning the limited submissions process may be submitted to [limitedsubs@psu.edu](mailto:limitedsubs@psu.edu).

**Limited Submission - Johnson & Johnson Women in STEM<sup>2</sup>D Scholars Program (WiSTEM<sup>2</sup>D Scholars Program).**

Click on the link below to view more information. Thank you.

- **Internal Submission Deadline:** Wednesday, September 21, 2022
- **Funding Organization's Deadline:** Friday, September 30, 2022
- **Cycle:** 2022

- **Discipline/Subject Area:** STEM, Education, Training, Physical Sciences & Engineering, Math, Computational, & Data Sciences
- **Funding Available:** 0
- **URL:** <https://www.jnj.com/wistem2d-university-scholars>
- **Institutional Limit:** Penn State can support and recommend one applicant per each STEM2D discipline. Therefore, each university and/or academic Institute can support a total of 6 applicant submissions (one for Science, one for Technology, one for Engineering, etc.)

- **Description:**

The Johnson & Johnson Scholars Award Program aims to fuel development of STEM<sup>2</sup>D leaders and feed the STEM<sup>2</sup>D talent pipeline by awarding and sponsoring early career faculty at critical points in their careers, in each of the STEM<sup>2</sup>D disciplines: Science, Technology, Engineering, Math, Manufacturing, and Design.

The awards will fund one per STEM<sup>2</sup>D discipline who has completed an advanced degree, who is working as an assistant professor (or global equivalent faculty position) and who is not yet tenured at an accredited university, institution or design school.

**Eligibility:**

The following award criteria applies ([see the J&J Award criteria for further important eligibility criteria](#)):

- You must be working in the field(s) of Science, Technology, Engineering, Mathematics, Manufacturing and Design (STEM2D).
- You must be an assistant professor or global equivalent faculty position at the time of application at an accredited academic university, institution or design school.
- The scholar should have a minimum degree for the appropriate field:
  - Science; M.D., Ph.D.
  - Technology; Ph.D.
  - Engineering; Ph.D.
  - Math; M.S., Ph.D.
  - Manufacturing; Ph.D.
  - Design; M.A., M.S., MDes, MArch, MFA, MLA, Ph.D.

**Internal Application Procedure:**

Any interested faculty applicants should complete the notification form in InfoReady and optionally upload a draft of their J&J proposal by 4:00PM on the internal application deadline.

Questions concerning the application process and other Johnson & Johnson-related questions should be directed to Jade Honey, Director of Corporate Engagement, Penn State College of Medicine ([jhoney@pennstatehealth.psu.edu](mailto:jhoney@pennstatehealth.psu.edu)).

Questions concerning the limited submissions process may be submitted to [limitedsubs@psu.edu](mailto:limitedsubs@psu.edu).

## EARTH AND MINERAL SCIENCES LIBRARY

### Farewell to Elise Gowen, Earth and Mineral Sciences Librarian – from Linda Musser, Distinguished Librarian and Head, Earth and Mineral Sciences Library

Elise Gowen has accepted a new position as Science Librarian at Smith College. Elise's last day at Penn State will be on October 4, 2022. Please update your contacts and refer your questions to Linda Musser ([lrm4@psu.edu](mailto:lrm4@psu.edu)). We will be having a farewell for Elise in the Fletcher L. Byrom

EMS Library (105 Deike Building) on September 29<sup>th</sup> at 1pm. You can also sign our virtual farewell card here <https://www.groupgreeting.com/sign/17320313f8a6e28>

## **INFORMATION TECHNOLOGY**

### **New Email Security Feature**

Continuing the theme of email security: the Office of Information Security (OIS) enabled a new email security feature on Tuesday. The feature, Email First Contact Safety Tip, adds a warning message to emails received from new or infrequent contacts. The goal is to help you spot spoofed senders, potential spam, and other miscreants. More information about the feature can be found in KB0018527 at [https://pennstate.servicenow.com/kb\\_view.do?sysparm\\_article=KB0018527](https://pennstate.servicenow.com/kb_view.do?sysparm_article=KB0018527). You can add senders to your Safe Sender List to suppress this message with Microsoft's procedure at <https://nam10.safelinks.protection.outlook.com/?url=https%3A%2F%2Fsupport.microsoft.com%2Fen-us%2Foffice%2Fadd-recipients-of-my-email-messages-to-the-safe-senders-list-be1baea0-beab-4a30-b968-9004332336ce&data=05%7C01%7Cnmk17%40psu.edu%7C867d10056f5342d4a3e208da97ee235e%7C7cf48d453ddb4389a9c1c115526eb52e%7C0%7C0%7C637989346299589621%7CUnknwn%7CTWFpbGZsb3d8eyJWljojMC4wLjAwMDAiLCJQIjoiV2luMzliLCJBTiI6IjEhaWwiLCJXVCi6Mn0%3D%7C3000%7C%7C%7C&sdata=KNhtqZVlxxnBXo5aiM0ogcRyaly3MdlJBk8KVF8QTzY%3D&reserved=0>

### **Windows 11 preparation**

Microsoft will discontinue support for Windows 10 in October 2025, only 3 years from now. Windows 11 brings additional system requirements including a specific type of security hardware known as Trusted Platform Module (TPM) 2.0 . Many computers purchased in the past 5 years include this module at the correct version and should be able to upgrade to Windows 11. IT staff are evaluating existing Windows 10 systems and will be in touch if your systems are incompatible with Windows 11. If your computer is more than 5 years old, this is a good time to begin planning for replacement prior to October 2025; please consult with IT staff for assistance with system specifications and quoting. The Associate Dean for Graduate Education and Research operates a matching funds program to support faculty computer replacements on a 5-year period. Check with your department's administration for information about this program and to apply. University policy AD95 states that "[a]ll University-owned devices must run an Operating System which still receives security updates from the vendor (e.g. Microsoft, Red Hat, Apple)." An exception process is available for computers which require older operating systems. These are evaluated by the Office of Information Security (OIS) on a case-by-case basis. Exceptions are intended to allow critical software to continue to function when cost or vendor support limits compatibility with a new operating system. All exceptions will require compensating controls to reduce risk balanced against the functional requirements of the system.

### **Network Time Protocol (NTP) Service Changes**

NTP is used to coordinate computer clocks over a network from high precision time sources. Correct clocks are important for many internal functions of modern systems, especially common encryption techniques used to protect communications. The University recently deployed several new NTP servers. In most cases, these are now automatically

configured when you connect to a wired or wireless University network. If you have manually configured NTP on your computer you may wish to verify that your server list is current. A list of current NTP servers is available in KB0018180 at [https://pennstate.service-now.com/sp?id=kb\\_article\\_view&sysparm\\_article=KB0018180](https://pennstate.service-now.com/sp?id=kb_article_view&sysparm_article=KB0018180). The college also operates an NTP server. In an effort to reduce duplicated effort we will retire this service later this week. IT staff spent time over the summer to identify computers using this server and reconfigured those computers instead to use the University's servers.

## UPCOMING EVENTS AND COLLOQUIA

### FROM THE EARTH AND ENVIRONMENTAL SYSTEMS INSTITUTE (EESI)

For more information go to <https://www.eesi.psu.edu/seminars-conferences/seminars-conferences-week>

### EarthTalks Series Returns With Exploration of Solar Energy Development - September 19

The Earth and Environmental Systems Institute's Fall 2022 EarthTalks series will explore the development of solar energy through multiple, and intersecting, lenses. The seminar series resumes on September 19 (**TODAY**) and continues through November 14. Talks will take place at 4:00 pm on Mondays in 112 Walker Building on Penn State's University Park campus. As the effects of climate change grip the planet, and the globe continues to warm, current sources of energy production may no longer continue to be adequate. The Fall 2022 EarthTalks series is titled "Exploring the Multiple Dimensions of Solar Energy."

**Stephanie Buechler**, associate research professor, Ag Sciences Global, will give the Sept. 19<sup>th</sup> talk: "An Energy Justice Framework for Applied Research on Women, Solar Energy Use and Agriculture."

The series also can be viewed via Zoom. To find more information visit the [fall 2022 EarthTalks series webpage](#).

Press release: <https://www.psu.edu/news/earth-and-mineral-sciences/story/earthtalks-series-returns-sept-19-exploration-solar-energy>

#### **An Energy Justice Framework for Applied Research on Women, Solar Energy Use and Agriculture**

Tuesday, September 20, 4:00 - 5:00 p.m. | 22 Deike Building/Zoom

Speaker: Roberto Fernández, Penn State

Series: [Geosciences Colloquium Speaker Series](#)

#### **North Atlantic Predictability Without Ocean Dynamics**

Wednesday, September 21, 3:30 - 4:30 p.m. | 112 Walker Building

Speaker: Timothy DelSole, George Mason University

Series: [Meteorology and Atmospheric Science Colloquium](#)

#### **An overview of the role of climate on the decline of wild bees in Pennsylvania**

Wednesday, September 21, 11:15 a.m. - 12:15 p.m. | 529 Walker Building

Speaker: Margarita Lopez-Urbe, Penn State

Series: [Climate Dynamics Seminar Series](#)

## **Trust Games and Food Accessibility: Characterizing A Bayesian Nash Equilibrium in Food Access with Varying Levels of Trust and Prices**

Wednesday, September 21, 12: 00 - 1:15 p.m. | [Zoom](#)

Speaker: Jared Grant, University of Georgia

Series: Energy and Environmental Economics and Policy Seminar Series

Series Contact: Katerina Kostadinova, [klk5327@psu.edu](mailto:klk5327@psu.edu)

## **HEALTH AND WELL-BEING RESOURCES**

### **From Lynn Persing, EMS Health and Wellness Ambassador**

It's hard to believe that September is already upon us, that fall is approaching, and that we are amidst another academic year! As your well-being Ambassador, I have some great information and news to share with you as the chilly mornings and evenings approach.

### **FOREST BATHING (SHINRIN-YOKU)**

The Office of Student Affairs is offering Shinrin-Yoku (the Japanese practice of forest "bathing") for faculty, staff, and students between October 6 and November 3. The 1-hour sessions will start at 4:00 pm and 5:15 pm and will be held in Hartley Woods at The Penn State Arboretum. You can attend as many sessions as you want. Participants can register at [https://bit.ly/Shinrin-Yoku\\_2020](https://bit.ly/Shinrin-Yoku_2020).

### **WW WEIGHT WATCHERS**

For those of you who don't want to wait for the New Year to being your resolution to obtain a healthy weight and healthy body mass index (BMI), the fall is a great time to get outdoors and enjoy the cooler weather to walk or hike, bike, or even kayak. Being outdoors is a great way to boost your vitamin D (the body makes Vitamin D from sunlight) and a great way to boost your mood and to get your body moving. For those struggling to include more movement into their daily routines, a new study announced that walking around 4,000 steps a day may reduce dementia risk by 25% while increasing to just under 10,000 steps can reduce that risk by 50%. So, I encourage all of you to get out there and move when possible!

If you need to work on maintaining a healthy weight, please review the attached WW Weight Watchers promotion and newsletter for the month of September. Remember that Penn State provides a subsidy of 50% of the regular cost of membership in WW.

### **FLU VACCINATION CLINICS**

The CDC recommends the Annual flu vaccination is recommended for everyone 6 months and older, with [few exceptions](#) as has been the case since 2010. For your convenience, Penn State is offering flu clinics at all campuses, beginning this month. These flu clinics are free for all employees, regardless of part-time/full-time status. If you are unable to attend a clinic at your campus, you have two additional options: Employees and covered dependents with Penn State Health insurance may also get a flu shot at any participating pharmacy or their primary care physician office; employees who are not benefits-eligible or who do not have insurance under a Penn State group policy may also download or call Health Advocate for a voucher to be used at one of six different pharmacies. For Student workers should consult with University Health Services to receive their flu vaccine.

## **PUBLIC SERVICE LOAN FORGIVENESS PROGRAM/SAVI**

Fall is also the perfect time to think about your financial well-being! Penn State Human Resources is reminding employees that they may be eligible for the Public Service Loan Forgiveness (PSLF) Program. This program allows qualifying federal student loans to be forgiven after 120 qualifying payments (10 years), while working for a qualifying public service employer. Penn State qualifies as a public service employer and one of the benefits of working at Penn State, is that employees and their family members have this tool available to them to navigate the Public Service Loan Forgiveness (PSLF) program. Penn State's alternate retirement provider, TIAA, has partnered with Savi, a social impact technology company, to offer resources and assistance to help Penn State employees take advantage of programs like PSLF.

TIAA is offering two 30-minute webinars for employees to see how to use the Savi tool, how it works to reduce monthly payments, and how to get started. Employees interested in learning more about this program and its service, can sign up for one of the free workshops below or read more on the attached flyer or financial well-being webpage at <https://hr.psu.edu/public-service-loan-forgiveness>.

- Thursday, Sept. 22 | 4 p.m. ET: <https://www.eventbrite.com/e/penn-state-student-loan-forgiveness-workshop-powered-by-savi-tickets-404906625617>
- Thursday, Oct. 6 | 12 p.m. ET: <https://www.eventbrite.com/e/penn-state-student-loan-forgiveness-workshop-powered-by-savi-tickets-404911219357>

## **SUSTAINABLE WELLNESS COMMUNITY ACTIVITIES:**

- Join the Sustainable Wellness Community on Insight Timer to participate in the weekly Monday 12:15 PM EST guided meditations in October: [Re-Centering In Times Of Uncertainty](#)
  - If you do not have an Insight Timer account, it's free to create one.
  - *Note: guest membership requests will be denied for privacy/security reasons. If you prefer to use a screen name, send an email to Tonya at [trf122@psu](mailto:trf122@psu) (e.g. Hey Tonya, I signed up for an Insight Timer account, but I prefer to be called "Willow Tree" on social media. Please approve my request to join; it's not spam).*
- If you would like to participate in a small group well-being continuous improvement initiative, please complete this form: [Well-Being Continuous Improvement Focus Group Membership Request](#)
  - Form responses will be accepted up until this Friday, September 16, 2022, at 5:00 PM EST.
  - The small group will meet once or twice per month October through December with a goal to improve the five essential elements of well-being according to Tom Rath and Jim Harter. If you want to join the group, please consider the following commitments:
    - You will need to purchase, on your own, a copy of the book, *Wellbeing: The Five Essential Elements*. You must purchase a book WITH the access code.

- **Note: if you need financial assistance, I will personally provide up to three \$20 Amazon gift cards to individuals who would like to participate but cannot afford the book/access code; you will need to provide a valid email address for an electronic gift card to be sent to you.**

- [Rath and Harter Wellbeing: The Five Essential Elements](#)

- You will need to commit to one or two meetings per month, October through December, during daytime hours (e.g. lunch hour or late afternoon).
- You will need to complete the well-being assessment using the code provided with book purchase before October 1.
- You will need to practice vulnerability and humility by openly discussing your well-being results and personal continuous improvement goals with the small group.
- You will need to provide support and availability to other group members as needed.
- Though not required, it is recommended to read the book prior to October 1; the assessment can be completed prior to reading the book.

- If you prefer one-stop shopping, including downloadable calendar events, please join the [Sustainable Wellness Community on BAND](#).

### **WELL-BEING PROGRAMMING**

Last, but certainly not the least, we've heard about several incredible health and well-being programs going on at difference campuses this month including:

*FREE yoga and meditation sessions* are being held at University Park during fall semester. The sessions will start this week and will be held M, W, and Th from 5:15 to 6:15 in Pasquerilla Spiritual Center. Please feel free to print, post and share the attached flyer.

More information on additional Health and Well-being to come in the near future!

### **FOR MORE INFORMATION ABOUT THE EMS DIGEST:**

- Please contact Nicola Kiver at [nmk17@psu.edu](mailto:nmk17@psu.edu) or Olivia Butts at [orr3@psu.edu](mailto:orr3@psu.edu).

# Yoga and Meditation Classes

August 22 - December 7

**M | W | Th**

5:15-6:15pm in Pasquerilla

## Mondays:

Instructor: Latisha Franklin

*RYT 200, Biochemistry and Molecular  
Biology doctoral student*

107 Pasquerilla

## Wednesdays:

Instructor: Sima Farage

*RYT 200, MBA, CHC, CEE*

Pasquerilla, Frizzell Room

## Thursdays:

Instructor: Sima Farage

*RYT 200, MBA, CHC, CEE*

Pasquerilla, Frizzell Room



No experience is necessary, and yoga supplies will be available for use.  
All are welcome!



**PennState**  
Student Affairs

Health Promotion and Wellness | Center for Spiritual and Ethical Development

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# Get a Fresh Start on Your Weight-Loss Goals

We know this season is all about changes—whether it’s the leaves, the temperature, or your routine. Take advantage of this moment to refocus on your health with support from our wellness partner, WW.



JOIN WW BY 10/31 AND

## Get a FREE WW Mystery Box<sup>†</sup>

FILLED WITH THE GEAR YOU NEED  
TO KICK-START YOUR JOURNEY.

Don't miss out on your discount through **Penn State** for  
**as low as \$8.48 per month<sup>\*\*</sup> —50% off** the retail price on select plans!

Visit [WW.com/PSU](https://www.ww.com/psu) to sign up.

Then, get your WW Mystery Box at [WW.com/mysterybox](https://www.ww.com/mysterybox).



—WW member  
Cat B., lost  
83 pounds\*

Then

Now\*

“Other WW members live all across the country, but it feels like we’re a close group. Being part of that community really helps me.”

\*People following the WW program can expect to lose 1-2 lbs/week.

<sup>†</sup>**FREE WW Mystery Box Offer:** Get a free kit when you buy an eligible WW plan between 9/1/22-10/31/22. Available only where WW plans are offered through your employer/health plan, in participating areas only. 1 kit/member. Redeem kit by 11/12/22. While supplies last. U.S. addresses only. Allow approximately 4-6 weeks for delivery. Offer not available to current members. Can't be redeemed for cash. Nontransferable. Offer subject to change without notice.

<sup>\*\*</sup>**As low as** price reflects WW Digital plan for your organization's employees. Monthly payment required in advance. You'll be automatically charged each month in accordance with company pricing until you cancel, your employment with your organization terminates, or the agreement between your employer and WW terminates.

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## Highlight of the Month

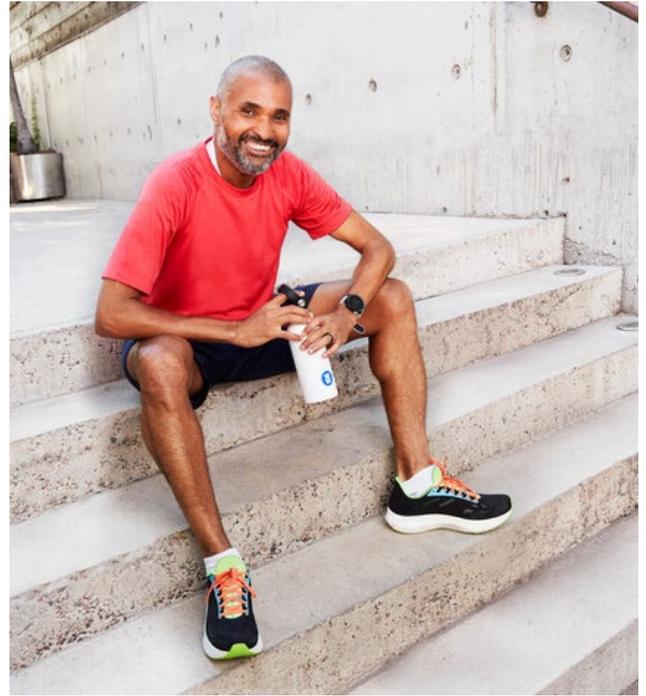
### Create a Successful Morning Routine

The season and “back to school” feeling is all about changes – whether it’s the temperature, leaves, or your routine. Take this moment to refocus on *your* health with a morning routine that’ll set the tone for the day.

#### Ideas for creating a morning routine:

1. Don’t hit snooze. An irregular sleep schedule can impact your energy, so try waking up and going to sleep at the same time.
2. Have a healthful breakfast. Load up on nutrient-rich foods in the morning to help encourage healthy eating for the remainder of the day.
3. Get moving. Starting the day with any kind of movement helps boost your energy, mood and decision making.
4. Make a list. A written plan of action can help you be more productive throughout the day.

The key to sticking with healthy habits? Start small, get prepared and be patient – it takes people *at least* 18 days to form a healthy habit. You got this!



### Gift for New WW Members

#### Get a FREE Mystery Box

What’s inside? Here’s a hint below! Once you sign up, redeem for your Box at [ww.com/mysterybox](http://ww.com/mysterybox)



### Recipe of the Month

#### Classic Israeli Salad

Here’s a colorful, easy, and fresh salad to have in your back pocket all year round. [Click here!](#)



Ready to start feeling your best?

Join WW through PSU for as low as \$8.48 per month –  
that’s 50% off the retail price!

Select plan purchase required.

Learn more at [ww.com/PSU](http://ww.com/PSU).