



One University. A World of Experiences.



For and about FSU people

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FSU Adds Major in Life-Cycle Facilities Management

FSU has received approval to offer a bachelor's degree in Life-Cycle Facilities Management, which applies environmental, societal and long-term sustainability goals to the construction and management of buildings, manufacturing processes and products.

The program is designed for students interested in entering the career path, as well as for career changers who are already working in the construction, manufacturing or related industries.

"Life-cycle facilities management is a way of thinking beyond the traditional process of production and manufacturing to build resilience and sustainability into projects," said Dr. Kim Hixson, dean of the FSU College of Liberal Arts and Sciences. "Employers in our mid-Atlantic region are looking for people with these skills that cross disciplines as construction and manufacturing companies are rethinking their conventional practices."

The interdisciplinary program builds on knowledge in project management, finance, engineering and sustainability.

"The growing awareness of the potential of sustainable construction and facilities management to positively impact the environment is pushing green practices to the forefront," said Dr. Thomas Cadenazzi, the program's coordinator. "Life-cycle facilities management graduates will look at a project from the design stage until the project's 'end-of-life' in a way that can positively impact the environment."

The Life-Cycle Facilities Management program prepares its graduates for careers in the industries of construction management, real estate, architectural engineering, manufacturing and technology solutions.

For info, visit www.frostburg.edu/LCFM, email FSUAdmissions@frostburg.edu or call 301-687-4102.

Help for Students

Have Issues or Concerns?

Be sure to continue to pass on your concerns to President Nowaczyk at president@frostburg.edu or, for specific academic issues, to Dr. Michael Mathias at provost@frostburg.edu. And email COVIDtesting@frostburg.edu for questions about COVID testing and Fall2020@frostburg.edu for general questions about the fall semester.

Virtual Support Group for Students

FSU's Counseling and Psychological Services is hosting a weekly virtual support group on **Fridays** at noon for students through the rest of the semester. You're invited to share your challenges/concerns in a safe and non-judgmental space. Access the support group at <https://frostburg.webex.com/webappng/sites/frostburg/meeting/download/53993dc6bea8870bce54d5114a3e2c89>.

And as always, CAPS is available for individual support for students if needed. Call 301-687-4234.

Free Online Tutoring via NetTutor

Just a reminder that online tutoring is available via NetTutor this semester. Students can ask a quick question, upload a paper (48- to 72-hour turnaround time) and/or receive live tutoring from professional tutors.

NetTutor is available 24/7.

Some of the subjects include accounting, anatomy, biology, business, chemistry, computer science, economics, literature, foreign languages, geology, history, logic, math, music, nursing, philosophy, physics, political science, psychology, sociology, student success and writing.

Students must request access to the Tutor Resources course in Canvas by emailing Mark Smith at msmith@frostburg.edu.

Theatre

Theatre and Dance Opens With Live Performance of ‘Charlotte’s Web’

Performances Open to Campus Community



FSU’s Department of Theatre and Dance, in partnership with CES, will present E.B. White’s classic “Charlotte’s Web,” adapted for the stage by Joseph Robinette. Performances will take place **Thursday, Oct. 22, through Saturday, Oct. 24**, at 7:30 p.m. in the F. Perry Smith Studio Theatre and are available to FSU students, faculty and staff. Because of the coronavirus pandemic, public tickets cannot be sold at this time.

The Children’s Literature Association named “Charlotte’s Web” “the best American children’s book of the past two hundred years.”

All the enchanting characters are here: Wilbur, the irresistible young pig who desperately wants to avoid the butcher; Fern, a girl who understands what animals say to each other; Templeton, the gluttonous rat who can occasionally be talked into a good deed; the Zuckerman family; the Arables; and, most of all, the extraordinary spider, Charlotte, who proves to be “a true friend and a good writer.”

Determined to save Wilbur, Charlotte begins her campaign with the “miracle” of her web in which she writes, “Some pig.” It’s the beginning of a victorious campaign that ultimately ends with the now-safe Wilbur doing what is most important to Charlotte.

This is a beautiful, knowing play about friendship and connection, something especially important during this time.

The cast consists of **Zoie Collins** (Charlotte), **Abby McLaughlin** (Fern), **Christian Scott** (Wilbur), **Mason “Kai” Wellons** (Narrator), **Dominique Little** (Goose, Fair President, Various), **Brendon McCabe** (Templeton the Rat, Avery, Various), **Hayden Shoemaker Davis** (Gander, Carter, Various) and **Kirk Squires** (Homer, Uncle the Pig, Old Sheep). The actors will perform in masks.

Members of the creative team include **Mairzy Yost-Rushton** (director), **Kasey Taylor** (assistant director), **Denise Adams** (stage manager), **Emily Hash** (choreographer), **Gordon Duguid** (scenic and props designer), **Gray Walters** (lighting and sound designer), **Grace Easterday** (costume designer) **Francis Sharkey** (gaffer) and **Darrell Rushton** (fight director).

Tickets are \$7 and reservations can be made online by visiting www.frostburg.edu/TheatreDance. Click “buy tickets.” Each show has a limited number of tickets that will be sold on a first-come, first-served basis. In-person ticket sales are not available for this production. For info, contact the box office at 301-687-7462.

To prevent the spread of the coronavirus, FSU follows state health guidelines requiring the wearing of masks and physical distancing from others. Visitors to campus must visit www.frostburg.edu/checkin for symptom monitoring before arriving on campus and be prepared to display the “Reduced Risk” badge.

Music

Because of the coronavirus pandemic, musical performances before live audiences will not be held until conditions warrant. However, the Department of Music is planning a series of online presentations. Links will be posted at www.frostburg.edu/concerts. For info, contact FSU’s Department of Music at 301-687-4109.

Up to 50 members of the campus community are invited to attend the following events in Pealer Recital Hall in person, masked and with social distancing.

FSU’s Chamber Singers to Perform at Organ Dedication at St. Ann’s Catholic Church in Grantsville



The FSU Chamber Singers, under the direction of **Dr. Scott Rieker**, will perform at the dedication of the newly installed pipe organ at St. Ann’s Catholic Church in Grantsville, Md., on **Friday, Oct. 23**, at 7:30 p.m. They will be accompanied by pianist **Dr. Joseph Yungen** and organist and FSU alumnus **Mark Steiner**.

The concert will feature a variety of sacred and secular choral music – including works by Joseph Haydn, Sergei Rachmaninoff, and FSU faculty and students – as well as repertoire for solo organ.

A free-will offering will be taken to support the Chamber Singers and the music ministry at Divine Mercy Parish.

Masks and social distancing will be required at all times. Further information for audience members will be available at music.frostburg.edu and divinemercymd.org closer to the event.

Chamber Singers and University Chorale in ‘Each New Day Is a Gift’

FSU’s Department of Music will present FSU’s Chamber Singers and University Chorale in a livestreamed concert, “Each New Day Is a Gift: A Choral Concert to Lift the Heart,” on **Sunday, Oct. 25**, at 3 p.m. They will be accompanied by pianist **Dr. Joseph Yungen**. The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

Directed by **Dr. Scott Rieker**, the concert will feature premieres of works by **Dr. Sally Stephenson**, a professor in the Department of Educational Professions at FSU, and FSU students **Hannah Polk** and **Ivan Godoy**.

Percussion Ensemble Will Perform Fall Concert

FSU’s Department of Music will present its Percussion Ensemble in a virtual fall performance on **Wednesday, Oct. 28**, at 7:30 p.m. The concert is free to view online. The link will be posted at www.frostburg.edu/concerts.

Directed by **Dr. Mackenzie Jacob LaMont**, the concert will feature Michael Udow’s “A Bird Whispered, ‘Your Children Are Dying,’” Anthony Cirone’s “Symphony No. 1 for Percussion” and David R. Gillingham’s “Point of Reckoning.”

Percussion Ensemble students include **Ryan Barber, Jacob Hunt, Kamonte Johnson, Nora Kopit, Preston Leshinskie, Joseph Louise, Reiss Mikula, Matthew Payne** and **Julia Seddon**.

In Udow’s “A Bird Whispered, ‘Your Children Are Dying,’” four performers playing crotales encircle the audience, accompanying an opening marimba solo, which then moves into a melodic cross-rhythmic section for chimes and four hand clappers/slapsticks. This dissolves into the final section where the quintet moves to marimba playing in the style of an African mbira (thumb piano). Retired from The Santa Fe Opera and the University of Michigan, Udow has a distinctive compositional voice, and quite often, his rhythmically engaging complex contrapuntal lines with dense timbres weave effortlessly with memorable melodic lines.

Cirone’s “Symphony No. 1 for Percussion” was written in 1971 during his long tenure as a percussionist at the San Francisco Symphony and a professor at San Jose State University. Some of his most lasting contributions to the world of percussion, besides his compositions, teaching and performance history, are his many educational method books.

Originally composed for string orchestra, Gillingham’s powerful “Point of Reckoning” has been scored for percussion ensemble by Nathan Daughtrey. Inspired by the hymn “O for a Thousand Tongues to Sing,” the work begins quite frantically and in confusion with motives of the hymn occurring sporadically. A slow, lyrical section follows, again using motives of the hymn within a texture of rich diatonic clusters. The tempo of the first section segues with the frantic confusion, returning only to be overwhelmed by a dramatic presentation of the hymn accompanied by a very rhythmic ostinato. The work progresses to a joyous coda. A professor of music at Central Michigan University, Gillingham has an international reputation for the works he has written for band and percussion.

Dr. Scott Rieker’s Compositions Presented in Faculty Artist Series Concert, ‘Some Fruits of COVID’

FSU’s Department of Music will present compositions by **Dr. Scott Rieker** in a livestreamed Faculty Artist Series concert, “Some Fruits of COVID,” on **Friday, Oct. 30**, at 7:30 p.m. The concert is free to view online. The link will be posted at www.frostburg.edu/concerts.

Guest artists will include pianist **Dr. Joseph Yungen**, soprano **Francesca Aguado**, saxophonist **Dr. Brent Weber**, violinist **Hanna Livingston** and FSU choral artists.

The concert will consist of inspiring compositions for choir, saxophone, violin, solo voice and piano written by Rieker, FSU’s director of Choral Activities and Choral Music Education, during the first four months of the COVID-19 pandemic.

FSU Department of Music to Present Vocal Studio Recital

The FSU Department of Music will present a livestreamed recital by students from its vocal studios on **Monday, Nov. 2**, at 7:30 p.m. (This is a change from the previously scheduled dates of **Monday, Oct. 19**, and **Tuesday, Oct. 20**.) The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

Students of classical singing, as well as those with a musical theatre minor, are from the vocal studios of **Gregory Scott Stuart** and **Francesca Aguado**. They will be accompanied by pianist **Dr. Joseph Yungen**. The recitals will feature art songs; musical theatre selections, including many well-known songs from the contemporary musical theatre repertory; and opera and oratorio arias.

Exhibitions

Sculptural Ceramic Exhibit ‘Puddles’ by Maxwell Parker on Display in Roper Gallery



“Puddle 16” by Maxwell Parker

FSU’s Department of Visual Arts will host the exhibition, “Puddles,” featuring the sculptural ceramic work of Maxwell Parker, through **Friday, Oct. 30**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This event is free and open to the public.

The show will feature amalgamation-type artworks made with ceramics, metals and glazes that explore impulse, repulsion and balance. Through multiple rapid firings, Parker builds the composition by layering glazes, shards, chunks, bars, nuts, bolts and “really anything that is not too combustible.”

Parker has shown work nationally, including a recent show at The Museum of Science and Industry. Parker is a New York native and received his Bachelor of Fine Arts from the State University of New York at Plattsburgh. He lives and works in Tampa, Fla., and is pursuing his Master of Fine Arts from the University of South Florida.

The Roper Gallery is open **Wednesdays through Fridays** from 1 to 4 p.m. For info, contact the Department of Visual Arts at 301-687-4797. Visitors must wear masks, adhere to social distancing and use the [check-in portal](#) in advance.

Points of Pride

FSU Student Jessica Thayer Named Newman Civic Fellow



FSU student **Jessica Thayer** of Oakland, Md., has been named a Newman Civic Fellow, which recognizes and supports community-committed students. Thayer is a senior double majoring in law and society and political science and minoring in philosophy and is the Student Government Association (SGA) vice president.

She was nominated this spring by President Ronald Nowaczyk for her work with SGA and within the community. Thayer was nominated for her work to expand the SGA constitution to increase diversity, equity and inclusion within the organization’s ranks.

Thayer said her focus during her time with the fellowship is on campus-community relations. Her goal is to create a dialogue between the campus and community, allowing opportunities to communicate differences to heal any divides between the two.

Thayer’s other roles and accolades on campus include membership in the Phi Eta Sigma national honor society, participation in the Sloop Institute for Excellence in Leadership, serving as a student Bobcat Ambassador, president of the University Debate team, membership on the University’s Judicial Board and participation in the President’s Leadership Circle.

The Newman Civic Fellowship “recognizes and supports community-committed students who are changemakers and public problem-solvers at Campus Compact member institutions.” Members are nominated by their president or chancellor on the basis of their potential for public leadership. The Newman Civic Fellowship is a part of Campus Compact, a national coalition of more than 1,000 colleges and universities.

Throughout the Newman Civic Fellowship, students are provided with training and resources to help them learn and grow within their own passions. The year-long program features virtual learning experience and networking opportunities.

For info on the Newman Civic Fellowship, visit <https://compact.org/newman-civic-fellowship>.

FSU’s Dr. Artie Lee Travis to Serve on EACUBO Panel

Dr. Artie Lee Travis, vice president for Student Affairs, will serve on a panel at the upcoming Eastern Association of College and University Business Officers annual meeting. The panel is “The CBO as Partner in Diversity, Equity and Inclusion Work,” and he will serve with panelists from Harvard, Haverford College and Anne Arundel Community College. The panel will share best practices and experiences on diversity, equity and inclusion work in higher education, the importance of creating metrics to guide our work and how CBOs can be partners.

For info, visit <https://www.eacubo.org/Programs-and-Events/Annual-Meeting-2020/Program-Detail-2020>.

Office of Sponsored Programs Successes and News

On Sept. 28, the U.S. Department of Education awarded the final portion of an \$805,690 award for year two of the project, “Maryland Accelerates (MA): Teacher-Leader Residency for Inclusive Excellence.” Under the direction of **Dr. Boyce Williams**, dean, College of Education, and in partnership with Garrett County and Frederick County public school systems, the project’s purpose is to increase the number of certified teachers in Maryland schools, especially in the sciences, mathematics and computer science, as well as to provide a career path for established teachers to mentor new educators.

For info, see the Office of Sponsored Program’s Successes/News webpage at <http://www.frostburg.edu/osp/successesnews.php>.

FSU Students Spruce Up Frostburg Lamp Posts and Streets



ECHOSTARS members and other volunteers have been working with the city of Frostburg and the Lamp Post Committee to scrape and paint the lamp posts on Main Street. This is the first time they have been able to do all the Main Street posts in one year because of the unique opportunity created by COVID restrictions elsewhere.

Over the past two weeks, the ECHOSTARs have been serving a couple of afternoons to start the project, focusing on the downtown area, and over a recent weekend members of Pi Lambda Phi and Alpha Phi Omega scraped and painted all of the lamp posts from Center Street down to Mountain Ridge High School. The next step will be to finish the lamp posts from Bealls Lane to the Frostburg Freeze.

In addition, Iota Phi Theta did a street cleanup the weekend of Oct. 10 to 11.

After that, the process begins of cleaning the wreaths for the lamp posts and beginning the process of replacing lights on them. Each year in early November, Pi Lam assists the city in hanging the wreaths on approximately 50 lamp posts in downtown Frostburg.

Phi Kappa Phi Chapter Conducts Food Drive for PAWS Pantry



The FSU chapter of Phi Kappa Phi recently conducted a food drive for the PAWS Pantry as its fall service project. The chapter collected more than 50 pounds of food as part of the drive. Pictured is chapter president **Linda Steele** presenting the donation to pantry employee **Pauline Pascariello**.

Take Note

Sidewalk Closure: Cordts PE Center to Lane University Center



The sidewalk between the Lane University Center and the Cordts PE Center will be closed through the duration of construction of the new Education and Health Sciences Center. **Refer to the map, which shows alternate options.**

Use the outside walkway and stairwell along the west side of the Hitchins Building. Look for signs directing you to the stairwell.

For those with special needs, use the elevator within the Hitchins Building (enter or exit on the first-floor doors facing the Lane Center and enter or exit through the main entrance of Hitchins on the second floor). This option is only available during regular business hours.

Proceed between Pullen Hall and Hitchins or around the south side of Pullen Hall.

FSU Virtual Career and Internship Fair



On **Wednesday, Oct. 21**, FSU will host its Career and Internship Fair virtually from 11 a.m. to 2 p.m. through Handshake. Attend a group or one-on-one sessions with any of the 30+ employers looking for FSU students. Click on the email sent to your FSU student email account from Handshake or go to <https://frostburg.joinhandshake.com> to register and join the fair.

For info, call 301-687-4403, email careerservices@frostburg.edu or stop by the Career and Professional Development Center in Pullen 110.

Recommended Professional Development Opportunities for Staff and Faculty

Be sure to take advantage of the Professional Development Resource with more than 16,000 learning modules at <https://www.linkedin.com/learning>. For October, the following diversity and inclusion training is recommended.

Inclusive Mindset

Creating an inclusive environment is not a passive act. Rather, it is a skill that can be learned and improved upon with humility, bravery and dedication. Inclusive communicators are better able to recruit, retain talent, navigate conflict and develop buy-in in their work environment. In this course, learn about the importance of fostering an inclusive mindset in the workplace and how to implement beneficial changes in your organization. Examine the research about the critical roles that diversity and belonging play in business. Find out how to cultivate spaces that are safe by acknowledging common challenges that can come from privilege, mistakes, ignorance or insensitivity. Discover how to promote allyship. Dereca Blackmon covers each of these areas to help you grow as an individual and support others.

https://www.linkedin.com/learning-login/share?forceAccount=false&redirect=https%3A%2F%2Fwww.linkedin.com%2Flearning%2Finclusive-mindset%3Ftrk%3Dshare_ent_url&account=58635657

Sponsor-a-Family: Thanksgiving Baskets

Through FSU's annual Sponsor-a-Family program, organizations and individuals on campus can help a local family in need by donating a Thanksgiving meal in a basket.

Baskets will be collected on **Tuesday, Nov. 17**, at the PAWS Pantry and handed out to the families by the Western Maryland Food Bank and Frostburg Interfaith Food Pantry.

Students, faculty, staff, organizations and offices on campus are encouraged to participate.

The campus provided Thanksgiving baskets to more than 100 families last year! Can we get to 110?

If your office or organization is interested in sponsoring a family for the Thanksgiving holiday, email Misty Schurg at mdschurg@frostburg.edu to receive an information packet and details on how to sign up.

For info, contact the Office of Civic Engagement at 301-687-4210.

SALUTE Ceremony to Celebrate Student Veterans and Military Service Members

The Fall 2020 SALUTE National Honor Society Induction Ceremony and Graduation Reception will be held on **Tuesday, Nov. 17**, from 5 to 9 p.m. at the Cumberland Outdoor Club at 31 Thomas St. FSU alumni, faculty, military service members, staff and student veterans are invited to attend. This ceremony will celebrate the academic achievements of FSU student veterans and military service members from the spring, summer and fall terms of 2020.

COVID-19 guidelines will be followed and observed. Because of reduced capacity (limited space), RSVPs are requested by **Monday, Nov. 2**, at vets@frostburg.edu.

Consider an Upper-Division Course in U.S. History for Spring 2021

Do you like American history? Do you need a 300-400 course to graduate? HIST 467 U.S. in the 20th Century: 1945-Present is the course for you! This upper-division class examines the key social, cultural and political questions facing U.S. society since the end of World War II, including the Cold War, the politics of the civil rights movement, changing gender norms, the war in Vietnam and the anti-war movement, the counterculture, the increasingly conservative turn and polarization of U.S. politics since the 1970s, and the Sept. 11 attacks and the "war on terror." Students will work with themes and sources related to history, politics and popular culture. This course is offered from 11 a.m. to 12:15 p.m., TR.

For info, contact Dr. Greg Wood at gwood@frostburg.edu.

National Student Exchange Virtual Fair – Oct. 19-23



The National Student Exchange Virtual Fair will take place **Monday, Oct. 19, through Friday, Oct. 23**. Students can connect with more than 60 NSE campuses! Pay your FSU tuition and study at one of almost 200 universities in the U.S.

See the fair schedule and register at www.myseadventure.org/nse-virtual-fair. For info, contact Amy Shimko in the Career and Professional Development Center in Pullen 110 or email alshimko@frostburg.edu.

Ort Library Celebrates Brownsville Day

David M. Gillespie Special Collections is honoring the sixth anniversary of Brownsville Day with an exhibit on the third floor of the Ort Library at the library entrance. The governor of Maryland and mayor of Frostburg declared Oct. 11, 2014, "Brownsville Day" to honor the residents and descendants of Brownsville, an African American community founded by Tamar Brown in 1866 that was displaced through the growth of the University. A monument was recently installed on the Upper Quad where Brownsville once stood. For info, see "Being Black in Brownsville" by Lynn Bowman, available in library stacks and Special Collections. **The exhibit will remain up for the rest of this month.**

Student Voter Engagement Competition Series

Prizes Include \$250, \$150 and \$100 Stipends

The J. Glenn Beall Institute for Public Affairs, in conjunction with the Office of Civic Engagement, is hosting a series of competitions focused around encouraging students and young people to vote and engage in civic projects. Each **Wednesday** this semester leading up to the election there will be one or more competition topics sponsored by academic departments and groups on campus. The sponsoring group will review the submissions and select first-, second- and third-place winners. These students will be awarded a stipend from the J. Glenn Beall Institute for Public Affairs of \$250, \$150 and \$100, respectively. Submissions for all competitions should be submitted through

<https://forms.office.com/Pages/ResponsePage.aspx?id=0V75uBggRkKBBAOmdHjTo1C8qOQNbRRDqVJDUEZpF8dUNzVNR1VMTRU SVpSNzgwWEw2T1JQUUIGMi4u>. Students are encouraged to be creative and use social media and other online platforms when appropriate. There is no limit to submissions, and students are encouraged to take part in multiple competitions.

For info, contact the office of Civic Engagement at civicengagement@frostburg.edu or 301-687-4210.

Upcoming Competitions:

Your View of Our Democracy (**Oct. 21**)

J. Glenn Beall Jr./George Beall and Civic Responsibility (**Oct. 28**)

Motivational Democratic Engagement Speech (**Oct. 28**)

UCDEI Virtual Campus Conversations

One of the initiatives of the University Council for Diversity, Equity and Inclusion this year is to engage the campus community in conversations around DEI. Providing a platform to engage in what can be difficult conversations may help in creating a campus cultural environment that is safe and inclusive for all. Volunteer Services has hosted the **Thursday** Times Talks from 12:30 to 2 p.m. every other week for a while. This semester, the UCDEI Talks are on alternate weeks. UCDEI hopes to have a strong student voice during these conversations. Your help is needed in joining in and encouraging your peers and students to do the same. Watch for the weekly email from Volunteer Services to get the topic, article and login link.

Below are the dates and topics for the rest of the semester:

Oct. 22: "Performative Allyship"

Nov. 5: "Free Speech vs. Hate Speech"

Earn the Digital Tech Credential



Are you interested in developing skills to further your future career? Then sign up for the Capital CoLAB's Digital Tech Credential. The Digital Tech Credential is a curated selection of courses and professional development opportunities that help students of all backgrounds develop the skills necessary to thrive in today's fast-paced economy. The Credential program gives enrolled students unparalleled professional opportunities and a pathway to highly skilled jobs at some of the region's most prestigious and sought-after employers.

To learn more and sign up, visit <https://capitalcolab.com/community>. Under "How did you hear about us?" choose Student Ambassador.

Brighten Someone's Day With a Letter Against Isolation!



Join the National Society of Leadership and Success Frostburg Chapter in participating in a community service event, Letters Against Isolation. Write an encouraging letter, share a nice quote or create a cheerful card to send to individuals who are in isolation due to health concerns surrounding COVID-19. These messages will be sent to nursing homes and care facilities around the country to bring a little bit of happiness to someone's day, especially during these times when they cannot visit with family and friends.

For info about Letters Against Isolation, go to www.lettersagainstisolation.com. Be sure to drop off letters and cards at the collection box at Pullen 110. For info regarding the project, contact Caley Neville, VP/Community Service chair, at crneville0@frostburg.edu.

Academic Calendar for Spring Semester Has Been Modified

In anticipation of the COVID-19 pandemic continuing through the end of the 2020-21 academic year, FSU will modify its academic calendar for the spring 2021 semester. Key dates will be:

Monday, Jan. 25: Classes Begin

Friday, April 30: Last Day of Classes

Saturday, May 1: Common Finals

Monday, May 3, to Friday, May 7: Final Exams

The complete academic calendar for the spring 2021 semester is available at [https://www.frostburg.edu/academics/Calendar%20Interession Spring2021 ver%20final.pdf](https://www.frostburg.edu/academics/Calendar%20Interession%20Spring2021_ver%20final.pdf). The calendar for the January 2021 Interession will remain unchanged, with classes beginning **Monday, Jan. 4**, and ending **Friday, Jan. 22**.

To mitigate health risks associated with the virus, there will be no scheduled spring break. By keeping students on campus through the semester, FSU will reduce their risk of exposure and the potential for a virus surge on campus and in the local community. University leadership will discuss the feasibility of an impromptu "staycation" break for the campus community.

Like this fall semester, most courses will be offered in a blended format. All other courses will be offered fully online.

Registration for the spring 2021 semester will begin on Monday, Oct. 19. Students who want a fully online schedule must work with their academic advisor to identify and enroll in courses that are scheduled to be taught online.

For info, contact the Office of the Provost at provost@frostburg.edu.

Brady Health Conducting Flu Vaccine Clinics



Brady Health will administer the quadrivalent vaccine again this year. A quadrivalent influenza vaccine protects against four flu viruses, including two type A viruses and two type B viruses.

Clinics will be held at Brady Health Mondays through Fridays from 9 a.m. to 4 p.m. They are open to students, faculty and staff.

You must call 301-687-4310 to schedule an appointment.

The cost is \$20. (No insurance.)

You must be over 18 years of age. Be sure to wear short sleeves and your mask!

Even healthy people can get the flu, so don't forget to get your flu shot this year!

UCM

United Campus Ministry Events

The Safe and Snug program will be accepting new coats (with tag attached) for area children in need. Contact Chaplain Cindy Zirlott at c.zirlott@frostburg.edu to donate coats or bring to her office in Hitchins 308. For info, you can also contact Tony Crosby at acrosby@frostburg.edu.

Every **Sunday** there will be an Evening Prayer Service With UCM at 6 p.m. in Cook Chapel (following COVID guidelines) or you may join on Facebook live at <https://www.facebook.com/ucmatfsu>.

You are invited to join the **Monday** night UTC Bible Study and Discussion in Cook Chapel or you can join on Zoom at <https://bwcumc.zoom.us/j/96465485962> or by Cell One tap mobile: +13017158592,,96465485962#. Anyone is welcome to join the discussion.

There will be a Women of Faith Bible Study on **Wednesdays** at 6 p.m. on Zoom at <https://bwcumc.zoom.us/j/95592582322> or phone (Meeting ID: 955 9258 2322, One tap mobile phone +13017158592,,95592582322# US).

Study Abroad

Study Abroad: Start Planning Your Experience for Fall 2021

Join the Center for International Education for an information session to learn more about study abroad. Each virtual session takes place at 3:30 p.m. on the following **Fridays** throughout the semester: **Oct. 23** and **Nov. 6**. Email Kara Hotchkiss at kjhotchkiss@frostburg.edu to sign up for the session of your choice.

Virtual Study Abroad Week

Join the Center for International Education for its first Virtual Study Abroad Week, which will take place **Tuesday, Oct. 20, through Thursday, Oct. 22**. A variety of live events, hosted by third-party program providers, FSU partner institutions and more will be scheduled each day through Microsoft Teams. Connect with different campus offices and departments to learn how to prepare for your study abroad experience.

Visit <https://www.frostburg.edu/academics/study-abroad.php> to see the schedule of events. For info, contact the Center for International Education in Fuller House, call 301-687-4747 or email fsuinternational@frostburg.edu.

Health and Safety Messages

Safety Tips for Fall Driving



Be Aware of Poor Visibility

Falling leaves, while beautiful, can obscure your vision, as can rain and fog. Shorter days are part of the fall season, making it more difficult to see people walking and riding bicycles.

Slow Down on Wet Pavement

In many areas of the country, rain is common during autumn. If it's raining, slow down and keep a safe distance from the car in front of you.

When wet leaves are on roadways, they make the pavement slippery, and it can be difficult for drivers to get good traction.

Be Prepared for Bright Sunlight

When sunrise occurs later in the morning, it can also present challenges for drivers. Keep a pair of sunglasses in the vehicle.

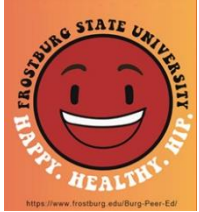
Use Headlights When Required

You must use your headlights at least 30 minutes after sunset to 30 minutes before sunrise. Headlights must also be in use when visibility is less than 1,000 feet. Headlights are required whenever you use your windshield wipers or in fog.

Watch Out for Wildlife

With the weather turning colder, it's the deadliest time of the year for deer and a very dangerous time for drivers: rutting season. If you see a deer cross the road in front of you, there are probably more right behind it. Stopping – not swerving – is the safest way to avoid deer who dart into the road. Watch out for bears, too.

HHH – Happy, Healthy, Hip!



Mental Health Monday Tip: Mellow Monday

<https://thepopularteen.com/four-ways-to-mellow-out-and-relax>

Tell Yourself Tuesday Tip: Treat Yourself

<https://www.lifehack.org/379347/30-ways-to-treat-yourself-no-matter-what>

Wacky Wednesday Tip: Willingness

<https://youtu.be/0tqq66zwa7g>

Thankful Thursday Tip: Appreciate More

<https://www.forbes.com/sites/womensmedia/2016/07/08/8-ways-to-have-more-gratitude-every-day/#a9ecee51d546>

Fun Friday Tip: Build a Bonfire!

<https://youtu.be/eR306GYbXyY>

Social Saturday Tip: Join a Club!

<https://www.frostburg.edu/student-life/campus-services/center-for-student-diversity-equity-and-inclusion/student-organizations.php>

Self-Love Sunday Tip: Serenity

https://www.huffpost.com/entry/getting-to-serenity-10-daily-habits-for-inner-peace_b_7184830

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.

Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."

Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

STRATEGIC GOALS

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit www.frostburg.edu/strategicplan.