



For and about FSU people

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FSU's Roper Gallery to Feature Fall 2020 Senior Exhibition, 'Manifest'

FSU's Department of Visual Arts will host the fall 2020 senior exhibition, "Manifest," which will open with a reception on **Saturday, Nov. 7**, from 2 to 4 p.m. at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition, which is free and open to the public, will be on display through **Wednesday, Nov. 18**.

Seniors exhibiting their work include *Najee Gordon-Moffett, Jamar Johnson, Kendall Lebherz, Paula Navarro* and *Ana M. Sines*.

Gordon-Moffett will graduate from FSU with a bachelor's degree in art and design; her focus studies include graphic design and illustration. After graduation, she plans to continue developing her designs and gain recognition through freelance work.

Johnson is a transfer student from Prince George's Community College. He is graduating with a bachelor's degree in art and design, with a focus on graphic design and photography. After graduation, he plans to continue freelance work and venture into the music industry.

Lebherz is graduating with a degree in art and design, with a major in ceramics and sculpture and a minor in art history. After receiving his degree, he plans to move forward with his ceramic career and open his own studio.

Navarro is graduating with a degree in art and design; she minored in art history while focusing on graphic design and printmaking. After graduation, she plans to pursue her master's.

Sines is a transfer student from Garrett College where she earned dual degrees in applied science in graphic/web design and computer business applications. She will graduate from FSU with a major in art and design and a minor in graphic design. After graduation, she plans to continue her education.

The Roper Gallery is open **Mondays and Wednesdays through Fridays** from 1 to 5 p.m., **Tuesdays** from 3 to 5 p.m. and for the exhibit opening reception on **Saturday, Nov. 7**, from 2 to 4 p.m. For info, contact the Department of Visual Arts at 301-687-4797.

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.

Help for Students

Spring 2021 Advising and Registration Tools

As you begin preparing for your spring 2021 advising appointments, remember that the Center for Academic Advising and Retention (CAAR) provides many useful resources to help students graduate in a timely manner.

One of the resources you may find most helpful is CAAR's collection of suggested Eight-Semester Plans of Study for each of FSU's majors. These plans are in alignment with the Undergraduate Catalog and are designed to provide students and advisors with a quick overview of essential courses to take each semester. The library of plans is available online through the [CAAR Office webpage](#). Once at the website, select the Academic Year in which you began college to view the plans available for you.

For info, visit CAAR's [Registration Frequently Asked Questions](#) page. If you have additional questions about registration or the suggested plan of study for your major, contact your academic advisor or email the CAAR Office at caar@frostburg.edu.

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.

Readings

FSU's Center for Literary Arts Presents Online Reading by Award-Winning Poet Adam Day



FSU's Center for Literary Arts will host an online reading by award-winning poet Adam Day on **Thursday, Oct. 29**, at 7:30 p.m. This event is free to view online.

A link to the reading can be found on the Center for Literary Art's Instagram page ([@fsuliteraryarts](#)) and Facebook group ([Frostburg State University Center for Literary Arts](#)).

Day is the author of "Left-Handed Wolf," "Model of a City in Civil War" and a chapbook of poetry, "Badger, Apocrypha." He is also editor of the anthology, "Divine Orphans of the Poetic Project." In addition, he publishes "Action, Spectacle," an online and print journal of art and culture, which is guest-edited by a changing lineup of writers, thinkers and artists.

Day is director of the Baltic Writing Residency, which was founded in 2008 to nurture the literary arts each year by offering individuals residencies for a month in Stockholm, Sweden; a week at a historic croft cottage in Brora, Scotland; and three months at Bernheim Arboretum and Research Forest, just outside Louisville, Ky.

This reading is sponsored by the Office of the President, the Office of the Dean of the College of Liberal Arts and Sciences, the Department of English and Foreign Languages and Literature, the Allegany Arts Council, the Maryland State Arts Council and the city of Frostburg.

For info, contact FSU's Center for Literary Arts at cla@frostburg.edu.

Music

Because of the coronavirus pandemic, musical performances before public audiences will not be held until conditions warrant. However, the Department of Music is planning a series of online presentations. Visit www.frostburg.edu/concerts and click an event to be directed to the FSU Localist Events page; click the red "Join Steam" button on the right side of page to join the livestream. For info, contact FSU's Department of Music at 301-687-4109.

If you miss the livestreams, Music Department recitals are available for viewing on YouTube: [Frostburg Music Department](#).

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.

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.

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.

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. The recital is free to view online.

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.

FSU Troubadours Tenor/Bass Choir to Be Joined by Flight 93 Memorial Chorus for Veterans Appreciation Concert

FSU's Department of Music, in conjunction with the FSU Veterans Services, will present the FSU Troubadours Tenor/Bass Choir and the Flight 93 Memorial Chorus in a virtual Veterans Appreciation Concert on **Friday, Nov. 13**, at 7 p.m. Titled "To Those Who Serve," the concert is free to view online.

The choir, conducted by **Dr. Scott Rieker**, and the chorus, conducted by Jeff Avey, will be accompanied by collaborative pianist Robert Bittinger.

Featuring a wide variety of repertoire paying tribute to servicemembers, including patriotic and barbershop tunes, it will be an evening to recognize in song the service of our veterans.

This event is sponsored, in part, by Phi Mu Alpha Sinfonia.

Exhibitions

'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 **Mondays and Wednesdays through Fridays** from 1 to 5 p.m. and **Tuesdays** from 3 to 5 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's Andy Duncan Is Guest Speaker at Online Events



Andy Duncan and Marvel Comics writer Alyssa Wong

Andy Duncan, a professor in FSU's Department of English and Foreign Languages, was an invited guest speaker in October for several online events in the speculative-fiction community.

On Oct. 3, Duncan did a fiction reading for Confluence, a Pittsburgh SF convention that rebranded itself as C'monfluence this year.

On Oct. 17, Duncan was one of 13 team captains for a Speculative Fiction Trivia Night that raised \$3,200 in diversity scholarships for the Clarion West writers' workshop in Seattle.

On Oct. 17-18, Duncan had multiple roles for Capclave, a Rockville SF convention. He publicly interviewed former guest of honor Alyssa Wong, an award-winning Marvel Comics writer who is one of his former students at the Clarion writers' workshop at UC San Diego. He also did a fiction reading and spoke on two panels, "Ethics of Big Data" and "Best Fiction of 2020."

FSU Students Receive NSLS Scholarships



From left, Gabriela Oramas, Faith Tacey and Haley Viola

FSU students **Gabriela Oramas**, **Faith Tacey** and **Haley Viola**, along with approximately 500 students from across the United States, participated in the National Society of Leadership and Success (NSLS) National Summit held virtually on Oct. 17 and 18. Due to their engagement, participation and ability to use their leadership skills throughout the weekend, they were each granted a \$650 scholarship. Oramas, from Hyattsville, is a junior

majoring in graphic design and illustration; Tacey, from Columbia, is a junior majoring in elementary/middle education (math); and Viola, from Cumberland, is a sophomore majoring in biology.

Co-advisors **Keith Davidson** and **Clarissa Lang** also attended with the following students: **Morgan Winegardner**, **Angela Lowry**, **Desirae Shepard**, **Carwithian Hemsley**, **Brianna Ralston**, **Kayli Dunithan**, **Jazmyn Simpson** and **Alexis Nelms**. Davidson presented to approximately 75 students during a mentor session at this conference.

NSLS is the nation's largest leadership honor society, where students are selected by their college for membership based on academic standing or leadership potential. FSU's NSLS Chapter has the mission to provide leadership growth and connections among all members within the Frostburg community.

For info regarding FSU's NSLS Chapter, contact Davidson or Lang at www.nsls.org.

FSU's Wildlife and Fisheries Program Again Ranked in Top 10

FSU's Wildlife and Fisheries Program has again ranked in the top 10 in the nation. BioExplorer.net stated that FSU's location in the mountains of Maryland, surrounded by easily accessible state forest lands, is ideal for wildlife and fisheries research and classes. The site highlighted the independent research and internship opportunities available to students; the many supporting minors available, such as biology, geography, animal behavior and sustainability; and the facilities, such as the natural history museum, teaching and research collections and research-ready laboratories for genetics and molecular biology.

For info, visit <https://www.bioexplorer.net/wildlife-biology-degree-programs.html>.

Take Note

December Commencement News

In a year unlike any other, FSU has had to make the difficult decision to postpone its commencement ceremonies. The December ceremony will be rescheduled at a future date when it is safe to hold large gatherings. FSU does not yet know when that will be or the details and format of that ceremony, but you will be provided with at least a month's notice when it is scheduled. FSU email accounts of graduating students will remain activated through that time, so continue to check your email for messages. FSU will also announce any further details on FSU social media and www.frostburg.edu and www.frostburg.edu/commencement.

Those who cannot make it to that rescheduled ceremony, but who still wish to walk in commencement, may join in any of the subsequent commencements through 2022. Your position in the 2020 graduating class will be announced at that ceremony. You only need to send a notification to commencement@frostburg.edu, preferably a month before the ceremony you have chosen.

Beginning on **Monday, Dec. 7**, FSU will celebrate an interactive virtual "Grad Week" on social media, allowing graduates to participate in celebrating their achievements and receive congratulations from friends, family, faculty and the FSU community.

On **Friday, Dec. 11**, a special commencement site with "on-demand" ceremony features (not a live event), such as personalized slides of each graduate, will be online and available to view by the public. **December and August Graduates: Watch your FSU email and home mailing address for further details and instructions on this.**

December and August Graduates: As stated in emails sent to you previously, upon approval by the Registrar's Office, your cap and gown will be mailed at no charge directly to you from Oak Hall, to be received on or about **Monday, Nov. 16**, as long as submitted by the due date of Oct. 25. **Any orders submitted after the due date may take up to two weeks for processing and delivery.** Note: Although not required, if you'd like to have your cap and gown to wear for the slideshow photo submission mentioned above, you should order as soon as possible. If you have not done so already, order your cap and gown online at <http://bookstore.frostburg.edu>; select Graduation Tab, then Order Graduation Attire and click Let's Get Started to begin the order.

For info, email commencement@frostburg.edu.

Call for Choose Civility Videos – 'I Wear a Mask Because ...'

With the COVID-19 pandemic, wearing a mask has become a controversial topic. As part of its mission, Choose Civility: Allegany County encourages mask-wearing to show kindness and care for others, and will compile a video in which community members explain why they wear a mask, then share it with the Choose Civility community network.

Join in this effort by submitting a short video of why you wear a mask. While wearing a mask, record yourself completing the following in one or two sentences in relation to how your reason(s) reflects Choose Civility principals: "I wear a mask because ..."

Visit <https://www.alleganycountylibrary.info/choose-civility> for info about Choose Civility: Allegany County, including civility principles. Then create and upload your video by **Saturday, Oct. 31**, at <https://bit.ly/3k7HVxP>.

Videos might be used in a compilation video on Choose Civility social media, in promotions and more. Be sure to check out this first "Masks of Civility" video the Allegany County Library System made at <https://www.youtube.com/watch?v=z85W9Fm8hQc>.

FSU is a partner of the Allegany County chapter of Choose Civility. For info, contact chapter steering committee member Dr. Elesha L. Ruminski at elruminski@frostburg.edu.

Registration for Intersession Has Begun



Students! Be sure to make the most of your time this winter break and catch up, keep up or get ahead with Intersession.

This is a great option for those who want to get caught up without having to increase their spring workload, athletes in need of extra credits or a GPA boost to maintain eligibility, and any student who wants to start a path to early graduation.

For details and course options, visit www.frostburg.edu/intersession.

Healing the Heart of Democracy Discussion to Be Held After the Presidential Election

Be sure to join the second of two virtual discussions facilitated by the Communication Leadership Lab about "Healing the Heart of Democracy During a Divisive Election Year" on **Tuesday, Nov. 10**, at 6 p.m. via Zoom. This mindful virtual discussion will again draw on excerpts from Parker J. Palmer's inspiring book, "Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit" (2011) and offer some mind-body skills practice. Discussion will also focus on how to manage any anxieties, emotions or concerns that citizens might have about election outcomes this fall, including exploring civic engagement opportunities and implementing civil public demonstration and coalition-building strategies.

This Choose Civility session is being cosponsored by FSU's Leadership Studies program; Voter Engagement Committee; Office of Civic Engagement; Office of Diversity, Equity and Inclusion; Lewis J. Ort Library; Student-Athlete Advisory Council (SAAC) Community Engagement Subcommittee; The Bottom Line; Student Government Association; and Mindful Well-Being Group; as well as ACM's Democracy Commitment Committee, Peace Club and Mind-Body-Wellness Group.

Register in advance for the virtual meeting at <https://is.gd/lo1bsG>. For info on the Choose Civility chapter of Allegany County, visit <https://www.alleganycountylibrary.info/choose-civility>. For event info, contact Dr. Elesha L. Ruminski, Communication Leadership Lab coordinator, at elruminski@frostburg.edu, or Kayli Dunithan, lab assistant, at krdunithan0@frostburg.edu.

Nemacolin Yearbook Collection Now Available Online



FSU Special Collections announces that the entire Nemacolin yearbook collection (1935-1989) is digitized and available on the Institutional Repository escholarship@frostburg.edu – <https://mdsoar.org/handle/11603/16209/browse?type=dateissued>. The Nemacolins are a great resource for alumni or anyone with a connection to FSU. escholarship@frostburg.edu is also seeking faculty, student and staff scholarly works. Contact Liza Zakharova at ylzakharova@frostburg.edu for information on how to submit your materials or questions about the online campus publications available through MD-SOAR.

HEDS Diversity and Equity Campus Climate Survey

In a time of great division, FSU pledges to make this University a place of unity, where diversity is welcomed and respected. The members of the University Council on Diversity, Equity and Inclusion want this feeling of unity to reside in FSU's classrooms; among all of its students, faculty and staff; and in the Frostburg community. Understanding the climate of the FSU campus is crucial to ensuring this feeling of unity. Therefore, UCDEI asks that you help make FSU the safest, most inclusive campus it can be by completing the HEDS Diversity and Equity Campus Climate Survey.

The campus-climate survey asks a series of questions about the state of the campus in terms of its ability to effectively create, maintain and support a welcoming environment. The questions will ask you to rate FSU based on its efforts to uphold diversity, equity and inclusion, as well as its handling of discrimination and harassment incidents. Additionally, you will be asked questions about your personal demographics that will allow UCDEI to better understand the make-up of the campus community.

The results from this survey will allow UCDEI to highlight areas for improvement while also furthering its mission to create a unifying campus environment.

To access the survey, go to https://heds.az1.qualtrics.com/jfe/form/SV_0c8KQDSR6Nujgi1.

Toys for Tots – On-Campus Competition



The FSU Veterans Center is sponsoring a campus-wide competition to see which department or organization can collect the most toys for the Toy Thunder – the Toys for Tots Program serving Allegany County.

The winning department or organization that collects the most donations in new unwrapped toys or donations for families in the area will receive a lunch for its department/organization during finals week or at another preferred time.

The competition runs through **Monday, Nov. 16**. If you want to just donate toys without entering the competition, toys can be dropped off at the Veterans Center at any time up to **Sunday, Dec. 20**.

For info, email vets@frostburg.edu or contact Danielle Dabrowski at dldabrowski@frostburg.edu.

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.

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.

FSU Pool – Additional Open Swim Times

Additional open swim times have been added to the pool schedule. Be sure to continue to adhere to the COVID-19 policies in place for this area.

Wednesdays, through Nov. 18, 10:30 a.m. to noon

Fridays, through Nov. 20, 10:30 a.m. to noon

Mondays, Nov. 2 and 9, open swim from 10:30 a.m. to noon

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.

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 through the month of October. 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.

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=0V75uBggRkKBBAOmdHjTo1C8qOQNbRRDqVJDUEZpF8dUNzVNR1VMTDRUSVpSNzgwWEw2T1JQUUIGMi4u>. 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:

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.

The last UCDEI Talk of the semester will be "Free Speech vs. Hate Speech" on **Nov. 5**.

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. The last virtual session of the semester will take place on **Friday, Nov. 6**, at 3:30 p.m. Email Kara Hotchkiss at kjhotchkiss@frostburg.edu to sign up for the session of your choice.

FSU-TV3

FSU-TV3 Airs FSU String Ensemble Concert



FROSTBURG STATE UNIVERSITY

The last Department of Communication, FSU-TV3 and Department of Music collaboration was with the FSU String Ensemble filmed on Oct. 18. The performance will air on FSU-TV3 on **Wednesday, Oct. 28**, at 12:30 p.m. It is also available on the FSU-TV3 website at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

Health and Safety Messages

Just How Dangerous Is Halloween?

A Lot of Really Bad Things Are More Likely to Happen on Halloween



Halloween is associated with elaborate costumes, haunted houses and candy, but it's also linked to a number of risks, including pedestrian fatalities and theft or vandalism. **Oct. 31** may be one of the most dangerous days of the year for children, homes, cars and health.

The average Halloween night results in more pedestrian deaths than other nights of the year, and children aged 4 to 8 are especially at risk. Researchers suggest kids wear reflective patches on their costumes. Also, limiting on-street parking could make it easier to see pedestrians.

Halloween also brings 17 percent more crime-related home insurance claims than any other day of the year. Homeowners should ensure homes are lit and show some activity to deter vandals and thieves from breaking in. Use timers for inside and outside the home, as well as garages and sheds. Sometimes, lighting is just enough to deter somebody from targeting your home.

And don't leave lit candles inside a pumpkin or any place they're unattended.

For info, visit <https://www.marketwatch.com/story/halloween-isnt-just-scary-its-dangerous-2018-10-30>.

Happy, Healthy, Hip!



Mental Health Monday Tip: Maintain Motivation

<https://nickwignall.com/stay-motivated>

Tell Yourself Tuesday Tip: Try New Things

<https://www.psychologytoday.com/us/blog/happiness-in-world/201004/trying-new-things>

Wacky Wednesday Tip: Welcoming Wisdom

<https://operationmeditation.com/discover/5-effective-ways-to-increase-wisdom>

Thankful Thursday Tip: Transform Thoughts

<https://youtu.be/ICE4BygCUtw>

Fun Friday Tip: Food Festivals!

<https://msa.maryland.gov/msa/mdmanual/01glance/foods/html/foodfest.html>

Social Saturday: Share Stories

<https://www.bustle.com/articles/191893-10-spooky-campfire-stories-to-tell-your-friends-in-the-dark>

Self-Love Sunday: Successful Self-Esteem

<https://youtu.be/iDqik1-U3is>

Don't Forget to Wear Your Mask!



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.