From:	FSU News
To:	FSU News
Subject:	StateLines, v51, n1, 8/17/20: CARES Money for Housing, Mindfulness Sessions, "Silent Footsteps: Meditations and Meanderings" at Roper Gallery, Brownsville/Park Avenue Monument Dedication
Date:	Monday, August 17, 2020 6:59:09 AM
Attachments:	image.png image.png

For and about FSU people
A publication of Communications and Media Relations
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Copy deadline: noon Wednesday, Candis Johnson at statelines@frostburg.edu

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Help for Students

CARES Money for Housing

Residential and off-campus students are eligible for $375 from CARES Act funding toward their fall 2020 housing costs. Awards will be made after the 15-week Drop/Add date on **Friday, Aug. 21**. Students will be permitted to carry the $375 balance on their accounts until after they receive their award. You must apply to receive these funds.

> Students living on campus for fall 2020 (including Edgewood) – apply at https://cm.maxient.com/reportingform.php?FrostburgStateUniv&layout_id=25.
>
> Students living off campus for fall 2020 – apply at https://cm.maxient.com/reportingform.php?FrostburgStateUniv&layout_id=22. Under "amount of funds you are requesting," put "$375." In the "what kind of emergency" list, check "Housing." List "Fall 2020 Housing Costs" in all of the required description sections.

Students With Internships/Clinical Rotations

Guidelines for students doing course work off campus, such as in internships or clinical rotations, have been updated and can be found on the Provost's Office web page at https://www.frostburg.edu/about-frostburg/academic-affairs/CoronavirusFacultyResources.php.

For Students – Public Health Protective Factors

FSU has put together a number of public health protective factors to minimize COVID-19 exposure. Students are expected to be in compliance with the following:

When on Campus

You must wear a face mask when others are present. You must wear a mask in any campus building (including while you are in class or in a public area of your residence hall).

When outdoors, you must wear a mask when social distancing is not possible.

When in the Residence Halls

Residential students are permitted to have one guest in their room at any time. The guest must be an FSU student. No overnight guests are permitted. Guests, like all residential students, are required to wear a mask when in any public areas in the residence halls.

When off Campus

CDC guidelines suggest that guests in your home should be minimal. This means that having large gathering of 20 or more people creates opportunities to put yourself and others, including Frostburg community members, at risk. With that in mind, off-campus students are prohibited from having large gatherings of 20 or more people, or to engage in behavior that is inconsistent with local law and University policy.

For info, contact Carl Crowe at cwcrowe@frostburg.edu.

Students With Special Concerns

Students who have specific concerns regarding the fall semester are reminded to email fall2020@frostburg.edu. You will be assigned a contact person who will ensure your questions are being addressed by the right department. And continue to check the www.frostburg.edu/fall2020 website. It is being updated regularly.

Need to Find People and Places at FSU?

Need to find someone at FSU or a department or a phone number? Go to https://www.frostburg.edu and click on Contact/Directories in the upper right-hand corner, which will take you to University Directories and Maps. Then click on Campus Directory to go to Directory Search where you can search by first name, last name, phone, email, department or office location.

Getting Around Frostburg

The FSU Shuttle is a fixed route bus service operating when FSU is in session during the regular fall and spring semesters. FSU students, faculty and staff can use this service free of charge with current FSU ID. The general public may also use the FSU Shuttle; standard bus fares apply.

For the schedule, visit https://gov.allconet.org/1634/Bus-Schedule#fsuday.

FSU Makes Voting Easy

FSU makes sure you always know when elections are happening and have the information you need to vote with confidence. Sign up to receive election reminders, get registered to vote and apply for your absentee ballot at https://frostburg.turbovote.org.

FSU is monitoring election changes related to COVID-19. After signing up, visit https://alerts.howto.vote to find out what your state is doing to safeguard upcoming elections.

PAWS Pantry Institutes Safety Measures

Under direction from the Maryland Food Bank and Maryland Department of Health, the FSU PAWS Pantry at 20 Braddock Road has transitioned to a pre-packed bag style pantry to maintain proper social distancing. Currently, only one person is permitted at the door at a time. When visiting the pantry, wait at the bottom of the ramp until it is clear. Be sure to maintain 6 feet of space between you and others who are waiting. Be mindful of who was here before you and the order in which customers have been waiting. If you are a student in need of food assistance or would like more information, contact the PAWS Pantry at pawspantry@frostburg.edu or 301-687-7598 Mondays and Thursdays from 11 a.m. to 6 p.m. and Wednesdays and Fridays from 10 a.m. to 4 p.m.

Problems With the Internet?

The FSU Help Desk is ready to help you with FSU-related applications such as Canvas, PAWS and email issues at helpdesk@frostburg.edu or 301-687-7777.

For Medical Assistance

Call Brady Health at 301-687-4310 to schedule a telehealth appointment Mondays through Fridays from 9 a.m. to 4 p.m.

Hours for ID Service

Regular operating hours are 8 a.m. to 4:30 p.m. Mondays through Fridays in Pullen 101.

Mindfulness Sessions

Mind-Body Skills Training to Be Offered to FSU Faculty, Staff, Students

Dr. Tom Bowling, vice president of Student Affairs emeritus, and ***Dr. Elesha L. Ruminski***, professor of Communication Studies and coordinator of Leadership Studies, will lead an **eight-week** online group beginning **Tuesday, Sept. 1**, at 4:30 p.m. to practice mind-body skills. This training is based on the Center for Mind-Body Medicine's (CMBM) model of self-care and group support. Bowling and Ruminski recently completed the center's Professional and Advanced trainings and are now able to offer these valuable and timely skills to you through this program. Sessions will run for eight consecutive weeks for two hours, each session focusing on specific stress-relieving skills, including meditation, guided imagery, creative expression, movement and mindful eating.

CMBM was founded by Dr. James Gordon, a Harvard-educated psychiatrist who is internationally recognized for using self-awareness, self-care and group support to heal population-wide psychological trauma. Gordon is a clinical professor at Georgetown Medical School and was chair of the White House Commission on Complementary and Alternative Medicine under Presidents Clinton and G.W. Bush. The training Bowling and Ruminski received was part of an Allegany College of Maryland-led effort to spread these skills throughout Western Maryland and was supported by a grant from the Maryland Opioid Operational Command Center.

This session is open to all faculty and staff. To sign-up, complete the registration form at https://docs.google.com/forms/d/e/1FAIpQLSeg7AZ-mrOESvU2vUCjJXqfUDTY2Oh-3kKrVd-yEz1uyWISXw/viewform by **Monday, Aug. 24**, and then watch for session details by email. For info, contact Bowling at tbowling@frostburg.edu or Ruminski at elruminski@frostburg.edu.

Mindful Mondays for Faculty, Staff and Students

Sessions to discuss and practice mindfulness will be led by ***Dr. Anne Murtagh***, an associate professor in FSU's

Department of Psychology, and others **every Monday** from 1 to 1:45 p.m., beginning **Aug. 17**. This is an open, drop-in group available online through Webex for students, faculty, staff and community members. Mindfulness is not limited to any particular cultural or religious tradition; it is a helpful self-care practice. In college settings, it has been shown to help manage stress, improve learning and increase empathy toward others. Specific practices include mindfulness of the body and breath, self-compassion and compassion, coping with difficult emotions, cultivating joy and gratitude, and more. No need to register – just click on the link below to join. For info, contact Murtagh at ammurtagh@frostburg.edu.

Meeting link: https://frostburg.webex.com/frostburg/j.php?MTID=m3cb34fcfe6f27b72d9d1691e9f3c2d5f

Meeting number: 120 589 0997

Password: b72aXd3mj7P

More ways to join

Join by video system: Dial 1205890997@frostburg.webex.com. You can also dial 173.243.2.68 and enter your meeting number.

Join by phone: +1-408-418-9388 (U.S. toll). Access code: 120 589 0997.

Wellness Wednesdays

Wellness Wednesday: Gathering at the Grove begins **Aug. 19** and continues through **Sept. 30**. Each Wednesday from 6:30 to 7:30 p.m. in Hoffman Park at 11300 Hoffman Hollow Road SW in Frostburg, local residents trained by the Center for Mind-Body Medicine will present simple skills designed to mitigate the negative impacts of chronic stress on our minds and bodies. Presentations will include guided imagery, movement, mindful eating, meditation and creative expression. The first session, "Mindfulness, Meditation and Movement," will be led by ***Dr. Tom Bowling*** and Susan Stewart.

This free series is sponsored by the City of Frostburg Parks and Recreation Department and Allegany College of Maryland's Community Resilience Collaborative. The Grove provides a beautiful space that will allow us to physically distance while we come together as a community during this unprecedented time. Be sure to bring lawn chairs or a blanket and don't forget your mask. For info, contact Elizabeth Stahlman, administrator, City of Frostburg, at estahlman@frostburgcity.org or 301-689-6000, ext. 101.

Exhibitions

Roper Gallery to Feature Multimedia Exhibit 'Silent Footsteps: Meditations and Meanderings' by Two Local FSU Alums

A watercolor by Dr. Charles McElfish, left, and "Rusted Ram" by Martin Heavner

FSU's Department of Visual Arts will host a multimedia exhibition by two local FSU alumni titled "Silent

Footsteps: Meditations and Meanderings" in the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. The exhibit, which is free and open to the public, will open on **Friday, Sept. 11**, and will be on display **through Friday, Oct. 2**.

The exhibit will feature paintings, drawings and sculpture from ***Dr. Charles "Bud" McElfish*** and photographs from ***Martin Heavner***. Both artists are Cumberland natives who grew up together on Bedford Road before graduating from FSU, McElfish with a bachelor's in chemistry in 1977 and Heavner with a master's in business administration in 1992.

The show offers reflective scenes of pastoral landscapes, structures, still lifes and people, with echoes of a simpler time. The gallery visitor sees the enduring beauty and dignity of these subjects from the perspective of a silent, contemplative witness.

McElfish, whose Hunt Club Dentistry practice is based in Short Gap, W.Va., has been working in nearly all kinds of artistic media since childhood. His favorite media during the past several years have been pen-and-ink sketches and pastels. Heavner has been active in photography for more than 35 years, exhibiting his work at galleries in suburban Washington, D.C., and Western Maryland.

The Roper Gallery is open Mondays, Thursdays and Fridays from 1 to 4 p.m. For info, contact the Department of Visual Arts at 301-687-4797.

Music

Calling All Musicians – Openings Available in FSU Ensembles

The Department of Music has a wide variety of ensembles for various interests and talents, and all are accepting new members. Rehearsals for most will be held in the Pealer Recital Hall to provide ample space for the recommended distancing of instrumentalists and vocalists. The following ensembles are open to anyone with music experience, no permission required: Wind Ensemble (MUSC 330, TR, 3:30 to 5 p.m.) and University Chorale (MUSC 319, TR, 12:30 to 1:45 p.m.).

The following ensembles may require permission of the instructor and possibly an audition: Chamber Singers (MUSC 340, MWF, 1 to 1:50 p.m.), Percussion Ensemble (MUSC 339, MWF, noon to 12:50 p.m.), String Ensemble (MUSC 335, MW, 7 to 7:50 p.m.), Guitar Ensemble (MUSC 336, TBA), Opera Theatre (MUSC 321, MWF, noon to 12:50 p.m.) and Jazz Combo (MUSC 327.002, TBA). (The TBA ensembles' meeting times are scheduled around student schedules.)

Plus, the department also offers private instruction on most instruments, depending on instructor availability (for safety many are online on Zoom or Webex lessons). Lessons are available for 1 credit (half-hour lesson each week) and 2 credits (one-hour lesson each week). There is a fee of $200 per credit.

If you're interested in learning the guitar, the department also offers Class Guitar 1 (MUSA 111, Friday, 1 to 2:40 p.m.). The class is open to all, with no permission required. For more info, contact the guitar instructor, Isaac Greene, at jigreene@frostburg.edu.

For info on joining any of the ensembles or private instruction, contact the Music Office at 301-687-4109 or the department chair at 301-687-4116, or email music@frostburg.edu.

Points of Pride

FSU Awarded an Inaugural Resilient Maryland Pilot Grant

Clean Energy Innovator Len Jornlin Named Entrepreneur-in-Residence

FSU has been awarded an inaugural Resilient Maryland pilot grant of $100,000 dollars from the Maryland Energy Administration (MEA) to plan a campus-scale microgrid that will bolster campus energy resilience, further sustainability goals and provide students with real-world applied learning opportunities.

FSU is partnering with Optimize Renewables, an energy-systems planning, design, development and finance firm, to be able to leverage the project to help displaced Allegany County workers and others in the region transition to the clean energy industry. The University has named Optimize president Len Jornlin an Entrepreneur-in-Residence.

The Resilient Maryland grant program was developed to drive economic growth through innovative clean energy technology that will enable essential organizations such as FSU to resist power disruptions and outages.

It begins with the Appalachian Workforce Training and Renewable Energy Project Collaborative. This public-private partnership, which will be headquartered in the Center for Applied Research and Innovation (CARI), is a unique consortium of universities, nonprofits and Maryland business and training experts who are coming together in support of Gov. Hogan's goal for an aggressive workforce training and job creation initiative in Western Maryland.

It is this linking of workforce development training to actual real-world, real-time projects that makes this workforce development effort notable to ensure access to applied education opportunities and maximize the ultimate job placement of trainees. Projects – including microgrids – will be designed to optimize a mix of technologies providing resiliency, cost savings and/or simplified energy management for regionally beneficial applications, including solar, combined heat and power, energy storage, wind, biogas, geothermal, free-flow hydropower and energy management software.

In a related move, FSU announced that renewable-energy pioneer Jornlin has been named Clean Energy Entrepreneur-in-Residence at the University.

Jornlin's lifelong passion and career focus has been on solving meaningful societal problems profitably, sustainably and at-scale. He and the teams that he has led have developed and financed more than 2.5 GW of clean energy technology projects worldwide.

The last three of his companies have been Maryland-based and two have been headquartered in Western Maryland. Together, these companies have created more than 600 jobs in Maryland.

For the complete article, visit https://www.frostburg.edu/news/2020/07/Frostburg-State-University-Awarded-an-Inaugural-Resilient-Maryland-Pilot-Grant.php.

Andy Duncan's New Short Story and Collection Published

Duncan Also Participates in Summer Reading Series, Speaks on Public Performance for Writers and Moderates Panel

Andy Duncan, a professor in FSU's Department of English, had a busy nine days in June. His new short story, "The All Go Hungry Hash House," was published June 18 in the original anthology "Galactic Stew," edited by David B. Coe and Joshua Palmatier, an ebook and trade paperback from Zombies Need Brains, LLC.

He read from that story June 23 as the first event of the 2020 Virtual Summer Reading Series sponsored by Clarion West, a Seattle nonprofit that helps new voices in science fiction and fantasy. The one-hour video of the live public reading and Q&A that followed is archived at https://www.youtube.com/watch?v=RBiQyhRl6xQ.

On June 21, moreover, he spoke to Clarion West students on the topic of public performance for writers at the launch of the organization's 2020 Summer Craft Talk series. The 40-minute video of that live event is archived at https://www.youtube.com/watch?v=OechRYNj0tg.

He then moderated a June 27 panel on how short-fiction writers read short fiction for the virtual Locus Awards Weekend sponsored by the Locus Science Fiction Foundation in Oakland, Calif. The panel included Amal El-Mohtar and Cadwell Turnbull and was titled "Amal, Cadwell and Andy in Conversation."

This month, his collection, "An Agent of Utopia: New and Selected Stories," published in 2018 by Small Beer Press, is part of the Innovative Worlds StoryBundle, a 10-book omnibus of ebooks curated by Tenea D. Johnson to benefit Mighty Writers, a teen literacy nonprofit in Philadelphia. For info on the StoryBundle, which is available **until Thursday, Aug. 27**, visit https://storybundle.com/worlds.

Commentary by Dr. Holly Currie Addresses Positive Impact of Mindfulness on Student Learning

Dr. Holly Currie, an assistant professor in FSU's Department of Chemistry, recently had a commentary published in the "Journal of Chemical Education" on the positive impact that mindfulness and well-being can have on student learning. The commentary explores the effects of stress and anxiety on learning and how the coronavirus pandemic has amplified the stress that students feel. Currie provides advice to instructors who want to use mindfulness in their courses. She has incorporated mindful practices into her courses, including a new course that helps students develop better learning strategies. To read her commentary, visit https://pubs.acs.org/doi/full/10.1021/acs.jchemed.0c00777.

For info, contact Currie at hncurrie@frostburg.edu.

Students Chosen for President's Leadership Circle

The students chosen for this year's cohort of the President's Leadership Circle are ***Samuel Bankole***, ***Jordan Beachy***, ***Keyonna Biggs***, ***Abreeya Darda***, ***Noah DeMichele***, ***Lydia Maffley***, ***Brianna Ralston***, ***Caitlyn Rund*** and ***Morgan Winegardner***. ***Robert "Coop" Cooper*** will coordinate PLC this year.

Take Note

Brownsville/Park Avenue Monument Dedication

The Brownsville/Park Avenue Monument Dedication will take place on **Tuesday, Aug. 25**, at 2:30 p.m. on FSU's Upper Quad.

Confirm your attendance by emailing alumni@frostburg.edu.

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.

Daily Check-ins

Everyone – including students, faculty, staff and guests to campus – is expected to do a daily check-in at https://itoc.frostburg.edu/checkin. It can also be found on the Fall 2020 web page at https://www.frostburg.edu/fall2020.

Free New York Times Digital Subscription Program!

The NYTimes.com Free Digital Subscription program is the result of a collaborative effort from multiple areas on campus to promote student engagement and education in current events, the democratic process and international news. As part of this subscription, there is also an "inEducation" resource for faculty and staff that contains articles searchable by educational topics and includes learning outcomes, discussion questions and more provided by faculty from across the nation.

User Registration Procedure

Current students, faculty and staff will register to access The New York Times via a link on the Ort Library's A-Z Databases webpage. Point your web browser to http://libguides.frostburg.edu/az.php and select the New York Times/NYTimes.com – Account Creation Required link. Off-campus users will need to enter the barcode number on their FSU ID card and last name to proceed. You will then be prompted to register for an account on the NYTimes.com website using your FSU email address. Detailed registration instructions may be found at https://tinyurl.com/yc3r7ooa.

Instructional Resources for Faculty

In addition to campuswide access to NYTimes.com, FSU will also have access to the value-added InEducation academic resources available at www.nytimesineducation.com. Teaching resources and curricular activities are available for more than 10 broad subject areas. Click on Register at the top right of the InEducation website to access this resource. You will need to use your FSU email address to create an account.

For info regarding account registration, contact the Ort Library Main Services Desk at 301-687-4395 or libref@frostburg.edu. All other program inquiries can be directed to Bill Mandicott at wmandicott@frostburg.edu or 301-687-4881.

SGA Holding Interviews the Week of Aug. 17

The Student Government Association will hold interviews **the week of Aug. 17** for many open positions. Stay updated on important information through Twitter @FrostburgSGA and Instagram @SGA_Frostburg.

Take to the Skies With the Ancestors of Modern Day Birds

The FSU Planetarium presents "Dinosaurs at Dusk: The Origins of Flight." The August Sky Tour is up as well. To check them out, go to www.frostburg.edu/multimedia-learning-center.

Sponsored Programs Launches Successes/News Webpage

The Office of Sponsored Programs announces the launch of its Successes/News webpage at https://www.frostburg.edu/osp/successesnews.php.

Be sure to visit the webpage to read about the latest external grants and other funding received by FSU's faculty and staff.

The webpage will be updated weekly to include new awards and announcements from the Office of Sponsored Programs.

Updated Mail Room Hours

Starting **Monday, Aug. 17**, mail delivery and pickup across campus will resume for **Mondays, Wednesdays and Fridays only**. If an office is closed, pickup and delivery will be skipped until the office opens.

Billing Office Hours

The University & Student Billing Office is open **Mondays through Fridays** from 8 a.m. to 4:30 p.m. Parking permits are not being sold anywhere else this semester to limit exposure to COVID-19.

Fall 2020 Library Hours

Semester hours begin **Monday, Aug. 17**:

Mondays through Thursdays – 8 a.m. to 9 p.m.

Fridays – 8 a.m. to 6 p.m.

Saturdays – 11 a.m. to 6 p.m.

Sundays – 1 to 9 p.m.

Library hours are posted on the Hours page of the library webpage at https://libguides.frostburg.edu/libhours.

Due to the COVID-19 health crisis, some of the library's services, spaces and policies have been updated to protect the health and safety of the University community. Refer to the Library COVID-19 Response page at https://libguides.frostburg.edu/covid19 for more information.

The library is open to current FSU faculty, staff and students; all others must schedule an appointment, including community members, retired faculty and non-FSU researchers. Masks and social distancing are required for access to the library building. Food and drinks are not permitted this semester.

For info, contact the Library Services Main Desk at 301-687-4395 or email libref@frostburg.edu. Online resources remain accessible via the library's webpage at https://www.frostburg.edu/library, and online reference and research help is available at https://frostburg.libanswers.com.

Additional Information about the library's study spaces, collections and policies can be found at https://www.frostburg.edu/library and the full Library Code of Conduct is available at https://libguides.frostburg.edu/circulation/conduct.

FSU-TV3

FSU Has Its Own Cable Channel!

FROSTBURG STATE UNIVERSITY

Did you know FSU has its own cable channel? FSU-TV3 is available on Comcast channel 3 on campus, in Frostburg, Mount Savage and Lonaconing. The channel offers a variety of programming, so tune in to see what's on.

For programming information, log on to https://www.frostburg.edu/fsu-tv3/programming-information/1programming.

Follow FSU-TV3 activities on https://www.facebook.com/FSUTV3, https://twitter.com/fsutv3 and https://instagram.com/fsutv3.

Eligible for Federal Work-Study?

FSU-TV3 and the Department of Communication have a couple of openings for this school year, including equipment room monitors and a graphic designer. The pay is $10.10 an hour.

Visit the Financial Aid Office to see if you qualify for a federal work-study. For info, contact Melanie Lombardi at 301-687-3011 or mlombardi@frostburg.edu.

Jobs

Fall Work-Study Jobs

The Financial Aid Office has received approval to award and move forward with the federal work-study program for the fall semester.

Federal and state work-study jobs will be advertised on the Financial Aid Office webpage during the first week of fall classes. For info, visit https://www.frostburg.edu/admissions-and-cost/financial-aid.

Get Involved

Cru Welcomes You

Frostburg Cru welcomes all Bobcats to Frostburg! Whether you are a first-year student or a returning student, Cru looks forward to getting to know you. For the fall semester, Cru will meet on **Thursdays** at 8 p.m. at Mountain City Church (19 Beall St.). These meetings will be a mix of Bible studies and open discussion times about religion, faith and Christianity. Cru's first meeting will be on **Aug. 20**. Masks will be required. For info, contact Jordan Beachy at jbeachy0@frostburg.edu.

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.