



StateLines

For and about FSU people

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Copy deadline: noon Wednesday, Candis Johnson at cvjohnson@frostburg.edu

For all events, FSU is following CDC guidance based on current area conditions. For current health and safety guidelines, visit www.frostburg.edu/COVID19.

FSU to Celebrate Student Achievements at Commencement Ceremony



FSU will celebrate the student achievements of its fall 2022 graduating class at the 161st Commencement Ceremony at 9:30 a.m. in a ceremony on **Wednesday, Dec. 21**, in the Cordts PE Center Main Arena.

University System of Maryland Regent Hugh Breslin will confer degrees, and **President Ronald Nowaczyk** will present diplomas to the class.

This year's commencement speakers are **Jenna Griffith Newlin**, from the College of Business; **Marie (Summer) Sabatino**, from the College of Education; and **Brian Records**, from the College of Liberal Arts and Sciences.

Newlin, of Oakland, will graduate with a bachelor's degree in accounting and a minor in business administration. She has been involved in numerous campus activities, including serving as vice president of the Residence Hall Association, president and marketing chair for the College of Business Accounting Association, vice president of Beta Gamma Sigma International Business Honor Society and chapter operations chair and chancellor for Delta Sigma Pi. She has completed three internships at AccountingTasks4U, The Rhodeheaver Group, P.C., and First United Bank and Trust.

Sabatino, of Hampstead, will graduate with a double major in early childhood/elementary education and psychology. In addition to her outstanding GPA, she serves as president of the Frostburg Association for Educators of Young Children, developing a strong program of professional development in collaboration with her fellow officers. She is also involved in the Alpha Sigma Alpha Greek organization on campus. She completed internships in kindergarten and first grade at South Penn Elementary in Cumberland, as well as served as a kindergarten long-term substitute.

Records, of Cumberland, will graduate with a bachelor's degree in theatre with a focus on acting and a minor in musical theatre. Records made the Dean's List every semester throughout his FSU career. He has been involved in various plays at Frostburg, performing in "Seven Keys to Baldpate," "Alice in Wonderland," "It's a Wonderful Life: A Live Radio Play," "The 25th Annual Putnam County Spelling Bee," "Social Media Massacre," "Silent Sky" and "Spring Awakening." Records also voluntarily served as the technical director and assistant director at Braddock Middle School for the past five years for the "Braddock on Broadway" theatre program. He served as the assistant fight director during the Cumberland Theatre's production of "August: Osage County" as well as the fight captain for "The Outsiders."

Tickets are required to attend Commencement.

For info, visit www.frostburg.edu/events/commencement. The ceremony will also be streamed live online. For the livestream link, visit www.frostburg.edu on the day of the commencement.

Help for Students

Tutoring Information for Fall 2022

Tutoring will be held through **Tuesday, Dec. 13**. Days and hours of operation are **Mondays through Thursdays** from 10 a.m. to 7 p.m. and **Fridays** from 10 a.m. to 2 p.m. Math and natural sciences tutoring will be held in Pullen 139, and business, computer science and writing tutoring will take place in Pullen 151.

For info and instructions, contact the FSU Tutoring Center at 301-687-3077 or 301-687-4066, email msmith@frostburg.edu or jlewis@frostburg.edu or visit <http://www.frostburg.edu/admin/provost/academic-success-network/tutor/?forceAbsoluteURLs=false&skipGA=false>.

Appointment-Based/In-person Tutoring Courses

Students use TutorTrac to make appointments.

Courses include ACCT 211/212, Academic Skills (textbook strategies, study skills, time management and notetaking), BIOL 109/149/160/321/322, CHEM 201/202, COSC 100/101/102/130/240/241, DVMT 095/099, ECON 201/202, EXSS 200/315, GEOG 103/104, ITEC 315/345, MATH 104/109/119/120/236/237, PHYS 215/216/261/262/263 and Writing.

NetTutor (Online Tutoring)

For classes not listed under appointment-based, email msmith@frostburg.edu.

This 24/7, third-party, online tutoring platform is accessible via Canvas. Students must send an email to msmith@frostburg.edu to gain access. Information about NetTutor is posted outside of Pullen 151.

Walk-In/Group Tutoring

Walk in, sign in and get assistance: BIOL 321 – **Fridays**, noon to 2:50 p.m., Compton 326; CHEM 201 – **Wednesdays**, 6 p.m., Compton 328; CHEM 202 – **Wednesdays**, 5 p.m., Compton 328; CHEM 311/321 (organic), **Thursdays**, 7 to 8 p.m., Compton 358; CHEM 455 (biochemistry), **Tuesdays**, 7 to 8 p.m., Compton 358; PHYS 215/216/261/262/263 – **Mondays and Wednesdays**, 2 to 3 p.m., Compton 236, **Wednesdays**, noon to 1 p.m., Compton 236, and **Tuesdays and Thursdays**, noon to 1 p.m., Compton 234; PSYC 155 and 201 – **Thursdays**, 3 to 4 p.m., Guild 120, and **Fridays**, 3 to 4 p.m., Guild 121.

PAWS Pantry Hours

FSU's PAWS Pantry provides food and basic necessities to FSU students at no cost. The pantry aims to decrease the impact that food insecurity has on the academic success of students through hunger alleviation and increased education in the areas of personal budgeting, nutrition and wellness.

Hours for the fall semester are **Mondays** from 1 to 7 p.m., **Wednesdays** from 1 to 5:30 p.m., **Thursdays** from 11:30 a.m. to 3 p.m. (by appointment only) and **Fridays** from 1 to 5:30 p.m. If the pantry's regular hours do not work for you, email pawspantry@frostburg.edu to set up an appointment.

The pantry recently updated its Intake and Liability Waiver form at <https://bit.ly/3PPmVeg>. All customers (new and returning) will need to complete this form before using the pantry.

Have you been exposed to COVID and/or are symptomatic? Email PAWSPantry@frostburg.edu to request a delivery, and a pantry representative will be in touch to coordinate a delivery day and time with you. Only those who have been exposed to the virus, have been informed to self-quarantine and/or are symptomatic should use this option.

National Suicide Hotline

If you or someone you know is in distress, you can reach the National Suicide Hotline by dialing 9988 from an on-campus landline phone or 988 from an off-campus phone. (The previous number, 800-273-8255, can still be used, indefinitely.) This line serves veterans in crisis as well. As always, you can also reach University Police at 301-687-4223 if you are in distress.

For info, visit <https://988lifeline.org/faq> and <https://www.frostburg.edu/about-frostburg/Administrative-Offices/university-police/index.php>.

Theatre and Dance

Department of Theatre and Dance Presents Tony Award-Winning Musical 'Spring Awakening'



From left, Emily Snyder (Wendla), Brian Records (Melchoir) and Hayden Shoemaker-Davis (Moritz) will perform in "Spring Awakening."

FSU's Department of Theatre and Dance will continue its production of "Spring Awakening," a Tony Award-winning musical, **Thursday, Dec. 8, through Saturday, Dec. 10**, at 7:30 p.m. Directed by *Shea-Mikal Green*, with music direction by *Joshua Ruppenkamp*, performances will take place in the Drama Theatre of FSU's Woodward D. Pealer Performing Arts Center.

“Spring Awakening” is a coming-of-age rock musical with music by Duncan Sheik and a book and lyrics by Steven Sater. It is based on the 1891 German play “Spring Awakening” by Frank Wedekind. Set in late 19th-century Germany, the musical tells the story of teenagers discovering the inner and outer tumult of adolescent sexuality and whose struggles stem from their inability to find a voice.

In the musical, alternative rock is employed as part of the folk-infused rock score.

“Spring Awakening” is recommended for mature audiences.

The cast includes *Emily Snyder* (Wendla), *Kassidy Andris* (Ilse), *Dominique Little* (Marta), *Whitney O’Haver* (Thea), *Grace LaCount* (Anna), *Ronnie Breitfeller* (Adult Man), *Emilia Porter* (Adult Woman), *Brian Records* (Melchior), *Hayden Shoemaker-Davis* (Moritz), *Caleb Friend* (Hanschen), *Carson Luther* (Ernst), *Ashlee Casey* (Otto), *Leo Manocchio* (Georg) and *Erick Alas, Efrain Santiago, Casey Allison* and *Grace Stevenson* (ensemble/understudies).

In addition to Green and Ruppenkamp, creative team members include *George Georgeson* (scenic design), *Brendon McCabe* (costume design), *Xander Mulder* (lighting design), *Haley Henry* (stage manager) and *Mackenzie Guynes* (assistant stage manager), as well as musicians *Zach Dodge* and *Shawn Zimmerman* (guitar), *Emery Martin* (bass guitar), *David Michael Armbruster* (drums), *Leah Boggs* (violin), *Maggie Malat* (cello), *Brandy Dumas* (viola) and Ruppenkamp (piano).

Tickets are \$18 for general admission, \$15 for FSU employees and senior citizens, and \$7 for students. Online tickets can be purchased at frostburgtix.universitytickets.com.

For info, call 301-687-7462.

Mountain Maryland Theatre Festival

Fourth FSU Theatre Experience for Grades 8 to 12



The Department of Theatre and Dance at FSU will host the Fourth Annual Mountain Maryland Theatre Festival on **Friday, Jan. 20, 2023**, and **Saturday, Jan. 21**, in FSU’s Pealer Performing Arts Center.

This year’s theme – “YOUR VOICE HERE!” – focuses on the individual power and spirit of the human voice through singing, speaking, movement, creativity, thinking and art. The weekend features exciting engagements for young artists in acting, design and technology, and stage management. There will be professional workshops in all areas, including a radio event with 91.9 WFWM radio; one-act and scene presentations; a Tech Olympics challenge; adjudication opportunities in acting, stage management, and design and technology; a keynote experience; an awards ceremony; and a karaoke dance party.

The Mountain Maryland Theatre Festival promotes and supports regional performing arts programs by creating development and networking opportunities for young artists and their teachers. MMTF is open to kids in grades 8 to 12. In 2022, artists from 11 regional schools attended the festival.

For a glimpse into last year’s festival, go to <https://www.frostburg.edu/profile/f22/mmtf.php> to enjoy the feature article from Profile Magazine, “A Flair for the Dramatic” by *Ty DeMartino*.

The cost of the festival is \$40. Meals and refreshments on Friday and Saturday, a festival t-shirt and other fun items will be provided for registrants.

For info, contact the Department of Theatre and Dance at 301-687-4145 or theatreanddance@frostburg.edu.

For online registration, visit www.frostburg.edu/TheatreDance and click on “Mountain Maryland Theatre Festival.”

The Mountain Maryland Theatre Festival is made possible due to generous support from the FSU Foundation Woodward and Virginia Pealer Endowment Fund and the Allegany Arts Council.

Music

Unless otherwise noted, performances will take place in Pealer Recital Hall and are free and open to the public. These events will also be livestreamed; the link will be posted at www.frostburg.edu/concerts. For info, contact FSU’s Department of Music at 301-687-4109.

Brass and Trumpet Ensembles Will Perform Tonight

FSU’s Department of Music will present its Brass Ensemble and Trumpet Ensemble in concert on **Monday, Dec. 5**, at 7:30 p.m.

Directed by *Joshua Bishop*, the performers are *Martin Harden, Joseph Orr, Kael Sorensen* and *Morgan Tichnell* on trumpet; *Brice Simpson* and *Sam White* on horn; *Deandre Cook, Zach English* and *Casey Swartz* on trombone; *Alex Frye* and *Zoe Wenstrand* on euphonium; and *Doug Holtz* and *Robert Moffett* on tuba.

The program will include “Vienna Philharmonic Fanfare” by Richard Strauss, “Novorossiysk Chimes” by Dmitri Shostakovich, “Venus” and “Saturn” from “The Planets” by Gustav Holst, “Trumpet Salutations” by Nigel Coombes, “Finale” from “Symphony No. 5” by Pyotr Tchaikovsky and the traditional Christmas carols “Deck the Halls,” “The First Noel” and “Adeste Fideles.”

Strauss composed his “Vienna Philharmonic Fanfare” (“Wiener Philharmoniker Fanfare”) in 1924 for the Vienna Philharmonic Orchestra. The fanfare opened the orchestra’s inaugural benefit ball to raise money for the musicians’ pension fund. It is still performed each year.

“Novorossiysk Chimes” (also known as “The Flame of Eternal Glory” or “The Fire of Eternal Glory”) was written by Shostakovich in 1960 for the war memorial in the city of Novorossiysk. The piece consists, mainly, of material Shostakovich had originally written in 1943 as an entry in a contest to compose a new national anthem for the U.S.S.R. “Novorossiysk Chimes” has been playing nonstop at

Heroes Square in Novorossiysk since its opening in 1960. The song’s opening phrases have also been used as introductory music for Moscow Radio’s late-night news program “CKACWH.”

“The Planets” is a seven-movement orchestral suite by the English composer Holst, written between 1914 and 1917. Each movement of the suite is named after a planet of the solar system and its supposed astrological character. The innovative nature of Holst’s music caused some initial hostility among a minority of critics, but the suite quickly became and has remained popular, influential and widely performed.

“Trumpet Salutations for Six B-flat Trumpets to the Irish Guards Fanfare Trumpeters” is approximately 90 seconds in length. It was given by the composer to the International Trumpet Guild and published in 2002 by the guild. Coombes is the staff arranger of the HM Band of the Irish Guards London.

“Symphony No. 5” by Tchaikovsky was composed in 1888. The piece is a cyclical symphony, and the recurring main theme is used as a device to unify the symphony’s four movements. This motto theme, sometimes dubbed “fate theme,” has a funereal character in the first movement, but gradually transforms into a triumphant march, which dominates the final movement.

“Deck the Halls” (originally titled “Deck the Hall”) is a traditional Christmas carol. The melody is Welsh, dating back to the 16th century and belongs to a winter carol, “Nos Galan,” while the English lyrics, written by the Scottish musician Thomas Oliphant, date to 1862. “The First Nowell,” also known as “The First Noel” (or “Noël”), is a traditional English Christmas carol with Cornish origins, most likely from the early modern period, although possibly earlier. “O Come, All Ye Faithful” (originally written in Latin as “Adeste Fideles”) is a Christmas carol that has been attributed to various authors and anonymous Cistercian monks.

Department of Music Presents Holiday Concert, ‘Music for the Season’

FSU’s Department of Music will present its Holiday Concert, “Music for the Season,” on **Sunday, Dec. 11**, at 3 p.m.

Performers will include FSU Choral Artists, conducted by *Dr. Scott Rieker*, the FSU Wind Ensemble, conducted by *Dr. Ash Glenn*, as well as the FSU Brass Ensemble, FSU Saxophone Ensemble, FSU String Ensemble, FSU Percussion Ensemble and FSU Jazz Combo. The faculty and student soloists and duets will perform a variety of holiday and seasonal music.

In addition, a Prelude Performance by the FSU Jazz Orchestra, directed by *Dr. Brent Weber*, will take place at 2:15 p.m. in the lobby.

Exhibits

Roper Gallery to Feature Fall 2022 Senior Exhibition, ‘Immersion’



From left, FSU art and design students Mohammed Aldawsari, Amaya Hatcher, Carol Lusk, Shawna Hawkins and Draven Kidwell

FSU’s Department of Visual Arts will host the fall 2022 Senior Exhibition, “Immersion,” at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. The opening will be held on **Saturday, Dec. 10**, from 2 to 4 p.m., and the exhibit will run through **Wednesday, Dec. 21**. This event is free and open to the public.

The following art and design students will exhibit their artwork:

Mohammed Aldawsari is an international student from Saudi Arabia. He will graduate from FSU with a bachelor’s in art and design with a focus in graphic design, a secondary focus in ceramics and a minor in fine art. After graduation, he plans to open his own ceramic studio and work as a graphic designer.

Amaya Hatcher is graduating with a bachelor’s in art and design with focus areas in illustration and graphic design, as well as minors in art history and theatre. After graduating, she plans to find work and continue to improve her portfolio and promote herself as an individual.

Shawna Hawkins will graduate from FSU with a bachelor’s in art and design with a focus in painting, a secondary focus in ceramics and a minor in art history. After graduation, she plans to continue her education and earn her master’s in art therapy.

Draven Kidwell is graduating from FSU with a bachelor’s in art and design with a concentration in photography and a minor in art history. After graduation, he plans to pursue a career as a professional photographer doing commercial and freelance work.

Carol Lusk is a transfer student from Allegheny College of Maryland where she graduated summa cum laude with an associate degree in secondary education. Lusk will graduate from FSU with a bachelor’s in art and design, a concentration in painting and printing, and a minor in art history. After graduation, she plans to teach, illustrate, write children’s books and continue to build her portfolio for gallery shows.

For this show, the Roper Gallery is open **Mondays through Fridays** from 11 a.m. to 5 p.m.

For info, contact the Department of Visual Arts at 301-687-4797.

'My Body, No Choice' Interactive Response Piece



At the culmination of the performance of “My Body No Choice,” some participants and audience members created an interactive response piece, pictured here. This piece is now temporarily housed in the lobby of the Fine Arts Building, where it will continue to evolve. Feel free to stop by to view the piece and/or to contribute your thoughts on the overturning of Roe v. Wade, and encourage interested students to do the same.

For info, contact Dr. Angie Luvara at alluvara@frostburg.edu.

Points of Pride

COE Among 55 Educator Prep Programs Recognized for National Excellence

FSU’s College of Education was recently granted national accreditation by the Council for the Accreditation of Educator Preparation (CAEP). The fall 2022 review by the CAEP Accreditation Council resulted in 55 educator preparation providers receiving accreditation, bringing the total to 507 providers approved under the CAEP Accreditation Standards – rigorous, nationally recognized standards that were developed to ensure excellence in educator preparation programs. FSU was one of the 55 providers from 28 states and the United Arab Emirates to receive accreditation for their educator preparation programs.

CAEP is recognized by the Council for Higher Education Accreditation. Accreditation is a nongovernmental activity based on peer review that serves the dual functions of assuring quality and promoting improvement. CAEP is a unified accreditation system intent on raising the performance of all institutions focused on educator preparation. More than 600 educator preparation providers participate in the CAEP Accreditation system, including some previously accredited through former standards.

FSU passed the peer review of the CAEP standards that included the two principles:

Solid evidence the provider’s graduates are competent and caring educators

Solid evidence the provider’s educator staff have the capacity to create a culture of evidence and use it to maintain and enhance the quality of the professional programs they offer

Dr. James Saku Is Winner of Distinguished Mentor Award

On Nov. 4, *Dr. James C. Saku*, a professor in FSU’s Department of Geography, was a recipient of the Bill Kory Distinguished Mentor Award at the 2022 Annual Meeting of the Pennsylvania Geographical Society in Johnstown, Pa.

Andy Duncan Will Be Instructor at Writers’ Workshop

Andy Duncan, a professor in FSU’s Department of English and Foreign Languages, has been announced as the Week One instructor of the 2023 Clarion Science Fiction and Fantasy Writers’ Workshop at the University of California San Diego. Subsequent instructors at the six-week workshop, which draws seriously aspiring English-language writers from around the world, include Alaya Dawn Johnson, Tochi Onyebuchi, Anjali Sachdeva, Charles Coleman Finlay, Rae Carson and faculty director Jac Jemc.

Founded in 1968 by Robin Scott Wilson at Clarion State College in Pennsylvania, the Clarion Workshop has convened since 2007 at UCSD, where it is supported by the Arthur C. Clarke Center for Human Imagination. This will be Duncan’s fourth summer as a Clarion instructor. The 2023 application period opened Dec. 1.

For info on the Clarion Workshop, visit <http://clarion.ucsd.edu>.

Office of Sponsored Programs Successes/News

On Oct. 5, project director *John Short*, vice president for University Advancement, was awarded a \$100,000 Program Open Space Award by the Allegany County Government for the FSU Bobcat Track Resurfacing Project. The project was approved for funding by Allegany County in July 2020.

On June 27, project director *Dr. Kate Sheehan*, an assistant professor in FSU’s Department of Biology, was awarded a \$26,850 Research Publication Grant in Engineering, Medicine and Science by the American Association of University Women for the project, Influence of a Pathogenic Yet Intermittent Bacterium on the Microbiome of Seabirds.

For info, visit the Office of Sponsored Program’s Successes/News webpage at <https://www.frostburg.edu/osp/Successes%20News.php>.

Take Note

FSU Foundation Scholarships

Online Scholarship Selection Process

Blackbaud Award Management (Academic Works) will be used for awarding FSU Foundation scholarships and awards for the 2023-2024 academic year. The system was launched on Nov. 15, two months earlier than last year.

Volunteers are needed to serve on the Institutional Scholarship Review Committee. If interested, contact Mariah Brodbeck, Financial Aid counselor in the Financial Aid Office, at 301-687-4301 or mlbrodbeck@frostburg.edu. Department scholarship committees that need it can receive training and support for learning the scholarship review process using Academic Works by contacting Brodbeck. Also, department chairs should send the list of people serving on their committee to Brodbeck no later than **Friday, Dec. 16**.

All institution and department scholarship applications must be submitted through Blackbaud Award Management (Academic Works) unless previous arrangements have already been made. Students eligible for any scholarship award should be directed to complete the online application process at <https://frostburg.academicworks.com>. Students will need to sign in with the same username and password they use in the PAWS system.

Students will continue to receive announcements through email, social media and other forms of communication to encourage applications. **Anyone over the minimum 2.5 GPA requirement should apply.**

The Financial Aid Office has provided the following deadlines:

Tuesday, Jan. 3, 2023, at 11:59 pm – Deadline for students to complete the first round of online applications.

Friday, Jan. 20 – Deadline for online review of applicants by scholarship selection committee(s) and ranking sheets returned to the Financial Aid Office.

Wednesday, Feb. 1 – System reopens for second round of applications

Tuesday, Feb. 28, at 11:59 pm – Deadline for students to complete second round of online applications. Note students who completed the application by **Jan. 3** do not need to resubmit unless they have updated information.

Friday, March 17 – Deadline for online review of applicants by scholarship selection committee(s) and ranking sheets returned to the Financial Aid Office. Any scholarships that were not awarded during the first round or didn't have at least five eligible recipients for the ranking sheets should be reviewed again at this time.

Monday, March 27 – System reopens for final round of applications. Ongoing awarding will occur for all remaining scholarship dollars.

Should your department need assistance in meeting these deadlines or if your department is unable to devote the time necessary to complete this process in a timely manner, contact Brodbeck.

Recipients will be verified by Financial Aid, and the FSU Foundation will make notifications to recipients as soon as possible after the **Jan. 20** and **March 17** deadlines. Recipients will be asked to accept the awards by **Feb. 28** or **Monday, May 1**. Acceptances for new students will require a deposit.

Financial Aid will distribute the funds to as many eligible students as possible. The actual award provided to a given recipient will be communicated to departments by the FSU Foundation. Final selection will be confirmed by Financial Aid and announced only by the Foundation, as funding may not be available or the ranked student may be ineligible for reasons unknown to the department. Therefore, faculty/staff should not promise any student a scholarship or a specific amount of an award until formal notification is received from the Foundation.

The Foundation Board of Directors adopted a policy that Foundation funds shall not be used to exceed the actual cost of attendance when combined with other scholarship and/or grant monies.

For info, contact Janelle Moffett at 301-687-4493 or Lynn Ketterman at 301-687-4090.

Toys for Happiness Collection

The Office of Civic Engagement and the ASTAR AmeriCorps program are collecting unwrapped new toys between now and **Tuesday, Dec. 20**, to donate to Toys for Happiness. Toys can be dropped off at the Office of Civic Engagement in Lane 234 and the CLAS Dean's Office in Compton 241 any day during regular business hours or brought to the President's Holiday Reception on **Dec. 20** from 2 to 4 p.m. in Lane Manicur Hall.

Proposals for CTE's Regional Conference

Instructors can submit proposals through **Monday, Dec. 12**, for FSU's Center for Teaching Excellence's 12th Annual Regional Conference on Teaching, Learning and Scholarship.

Information on presenting at the conference can be found at <https://www.canva.com/design/DAFR8mw2NYQ/R1sQKDrnOiLS1pnYIt02iA/view?website=#1>.

The conference website link is <https://cteregionalconference.my.canva.site>.

Bikes for Rent!



The Department of Recreation and Parks Management now has bikes for rent! There are 12 bikes available. The only requirement is a valid FSU student ID.

Bikes are available to rent individually, or for a group or organization. The bikes are located in the Cordts PE Center. All bike rentals are free for an allotted time, and by appointment only.

For info, contact Rachel West in room 270 of the Cordts PE Center or email rtwest@frostburg.edu.

Intersession Registration Has Begun



Students! Make the most of winter break with Intersession!

Intersession 2023 will be held **Tuesday, Jan. 3, 2023, through Monday, Jan. 23**. Register **through Wednesday, Jan. 4**.

This is a great option for students who want to get caught up without increasing their spring course load, athletes who need to maintain eligibility or any student who wants to start a path to early graduation.

For info and to register, visit www.frostburg.edu/intersession.

Catch Snowflakes This Winter, Not the Flu!



The Brady Health Center is still offering the quadrivalent vaccine. This vaccine protects against four strains of the influenza virus – two type A strains and two type B.

Vaccinations are by appointment only. You must call 301-687-4310.

The cost is \$25. Student can pay by cash, check or Bobcat Express, or the bursar can bill the student's PAWS account.

Faculty and staff can pay by cash or check.

You must be over 18 years of age. Don't forget to wear short sleeves!

Announcements About Weather-Related Closings and Delays

Here's how to find out if FSU will be closed, have a delayed opening or close early on bad weather days. **The following applies to in-person classes and activities and on-campus employees only, and for the FSU campus only.** See the note below for teleworkers and online classes.

If the campus is closed:

In-person classes are canceled.

In-person employees and hybrid teleworkers who are scheduled to be on campus the day of the closure should not report to work.

Essential personnel are required to report to work at their scheduled time.

If a delay is announced:

In-person classes scheduled before the announced opening time are cancelled. Classes after that time occur as scheduled.

In-person employees and hybrid teleworkers scheduled to be on campus that day should begin their shifts at the announced opening time.

Essential personnel are required to report to work at their scheduled time.

If an early closure is announced:

In-person classes scheduled after the announced closure time are cancelled. Classes before that time occur as scheduled.

In-person employees and hybrid teleworkers scheduled to be on campus that day should end their shifts at the announced closure time.

Essential personnel are required to remain at work until their scheduled time.

Teleworkers/online classes:

Fully online classes will continue regardless of campus status.

Teleworkers, whether regular or hybrid, who are scheduled that day to work remotely will follow their regular schedule. (Those who do not work must use accrued leave time.)

Payroll/personnel information:

Essential personnel are required to report to work in the event of any cancellation or delay. These individuals have been notified of their "essential" status by their department heads. If you are unsure of your status, check with your supervisor.

Personnel compensation for closures or delays (in-person only) will be based on the appropriate cancellation/delay message as presented on the FSU voicemail system.

The most reliable information regarding delayed openings and cancellations will be from FSU-controlled outlets (email, Burg Alerts, University voicemail, website). Notification of delays or closures will be made through these outlets:

Via Burg Alert (<https://www.frostburg.edu/information-technology/Services/burg-alerts.php>) text and email alerts. More information is below.

Through campus email.

Main University number (301-687-4000, option 2) after 6 a.m.

On the top of the main page of the FSU website (www.frostburg.edu).

Through local radio stations.

Via Twitter (twitter.com/frostburgstate).

On the FSU Facebook page (www.facebook.com/frostburgstateuniversity).

Everyone with an FSU email is automatically signed up for Burg Alerts **to that email**. Burg Alerts, in addition to weather notifications, alert the campus in an emergency.

You may also opt to have alerts sent as text messages to your cell phones (standard texting rates apply) and to other email addresses. To sign up, click <https://www.frostburg.edu/computing/fsualert> or click the Emergency link at the bottom of the FSU front page. Follow the instructions, using your FSU username and password to access the site. You have the option of having alerts sent to two cell numbers and six email addresses. (You may add your family members, or they may create their own accounts at the link above.) **Make sure to follow the validation steps to activate your choices.**

If you spend any time in the Frostburg area, it is highly recommended that you sign up for the text alerts to ensure you are notified of emergencies or weather-related schedule changes.

Unless FSU closure is announced on the outlets above, we are open. The final decision regarding your safety resides with you. If, in your judgment, it is not safe for you to come to work while the University is still open, you must contact your supervisor and provide this information. In the event that liberal leave is announced for employees, it is expected that everyone will make an effort to report to work. Employees who take liberal leave will be charged for the appropriate leave time. **The announcement of liberal leave does not cancel classes, nor does it relieve essential employees of their need to report to work during inclement weather.**

Here are some ways you can check on conditions if you have to travel:

FSU campus weather cam on Weather Bug: <https://www.weatherbug.com/weather-camera/frostburg-md-21532> (Other regional cams can be found here, too.)

Maryland DOT statewide cams: <https://chart.maryland.gov/trafficcameras/index.php#>

I-68 Exit 33 cam: <https://chart.maryland.gov/video/video.php?feed=7200276f018000a8005dd336c4235c0a>

Do not call University Police or the computer help desk for weather-related announcements.

Do check your FSU email, call the University switchboard at 301-687-4000, option 2, or check the FSU website at www.frostburg.edu.

Local Radio/TV Stations

The following local radio/television stations will be notified in the event of a closing or delay:

WFRB “Froggy” – 105.3 FM

WFRB “Willie” – 560 AM/106.7 FM

WKHJ – 104.5 FM Oakland

WTBO – 1450 AM/97.9 FM

WCBC – 1270 AM/107.1 FM

WWHQ – 92.3 FM Oakland

WRQE “Rocky” – 106.1 FM

WMSG – 1050 AM Oakland

WVMD – The Wolf (100.1/99.9 FM)

WDYK – Magic (100.5 FM)

WQZK – 94.1 FM Keyser

WDZN – 99.5 FM

TV: WDVM-TV Hagerstown

WTAJ-TV Altoona

Note: If there are mixed messages in the media (one station says we're open, another says we're closed), call the University number (301-687-4000, option 2) for clarification. That number will always be the final authority in case of confusion from other sources.

Jobs

Upward Bound Summer 2023 Residential Program Employment Opportunities

The Upward Bound Program at FSU is seeking tutor/counselors and a head resident (bachelor's degree required – May 2023 graduation acceptable) for the Upward Bound Summer Program 2023.

Upward Bound is a federally funded program for qualified Allegany County high school students who plan to enroll in college. Upward Bound provides fundamental support to participants in their preparation for college entrance. The program provides opportunities for participants to succeed in their precollege performance and ultimately in their higher education pursuits.

Duties include:

- Tutoring and mentoring high school students
- Creating a welcoming residential and learning environment
- Planning fun and engaging activities and events and chaperoning field trips
- Assisting students with social growth

The head resident supervises all residential staff and is responsible for all activities that occur outside of the classroom.

Benefits include:

- Room and board for the duration of the program (three to five weeks plus training week)
- Supervisory experience
- Working with academic professionals
- Improving problem-solving and conflict-resolution skills

To learn more about the Upward Bound Program at FSU, visit www.frostburg.edu/upward-bound.

For info, call Cassie Weese, assistant director, Upward Bound, at 301-687-4994 or email upwardbound@frostburg.edu.

Health and Safety Messages

Practice Ladder Safety This Holiday Season



Every year, hospital emergency rooms treat thousands of people who are injured from falls involving holiday decorations.

Here are some tips to make your holiday decorating safer:

- Use the right ladder for the task at hand.
- Inspect the ladder for any damage before using it.
- Never use furniture as a ladder.

Follow the 1-to-4 rule for extension ladders: for every 4 feet the ladder rises, move the base out 1 foot from the structure.

Always keep three points of contact on the ladder: two hands and one foot, or two feet and one hand.

And remember that decorating is much easier and safer to do if the task is not left to one person!

Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: Mental Health During the Holidays: Five Tips to Ease the Struggle

<https://www.mentalhealthfirstaid.org/external/2020/12/mental-health-during-the-holidays-five-tips-to-ease-the-struggle>

Tell Yourself Tuesday Tip: Twenty Mental Health Affirmations for Strength and Recovery

<https://www.thegoodbody.com/mental-health-affirmations>

Wacky Wednesday Tip: Why Trees Can Make You Happier

https://greatergood.berkeley.edu/article/item/why_trees_can_make_you_happier

Thankful Thursday Tip: How Holiday Celebrations Can Bring You Happiness

<https://centerstone.org/our-resources/health-wellness/how-holiday-celebrations-can-bring-you-happiness>

Fun Friday Tip: Seventy-One Best Christmas Movies of All Time, Ranked

<https://www.goodhousekeeping.com/holidays/christmas-ideas/g1315/best-christmas-movies>

Social Saturday Tip: Merry-land Holiday Festivities

<https://www.visitmaryland.org/list/merry-land-holiday-festivities>

Self-Love Sunday Tip: Twelve Ways to Treat Yourself This Holiday Season

<https://walnuts.org/blog/balanced-lifestyle/12-ways-to-treat-yourself-this-holiday-season>

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.