



*One University. A World of Experiences.*



# StateLines

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](mailto:statelines@frostburg.edu)

## Help for Students

### Free Online Tutoring Via NetTutor

Online tutoring is available via NetTutor this semester.

Students can ask a quick question, upload a paper (48- to 72-hour turnaround time) and receive live tutoring from professional tutors.

NetTutor is available 24/7.

Some 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](mailto:msmith@frostburg.edu).

As always, tutoring is free for FSU students.

### Counseling Services at FSU

FSU's counseling center, Counseling & Psychological Services (CAPS), is open to all students for support through a telehealth model. This means all support will be provided on a secure and confidential program over the internet. At the time of your appointment, you will receive an email from your counselor with the link to your session. Through telehealth, you will have the full benefits of counseling without having to take any additional health risks or use of a mask that might inhibit your communication with your counselor.

In addition to the clinical director, **Dr. Susan Mandell**, there are three other full-time clinical staff members. Their bios can be found at <https://www.frostburg.edu/student-life/campus-services/caps/staff.php>. If you would like to meet with one of the counselors, call the front desk at 301-687-4234 to set up an intake appointment. Business hours are 8 a.m. to 4:30 p.m. Mondays through Fridays. Do not complete any appointment paperwork before this appointment has been made and you have been given instructions to do so.

If you are in crisis and in need of immediate support, CAPS can also offer you this service over the telehealth model. In-person appointments will be a very rare exception and based solely on the clinician's judgment. Call the front desk at 301-687-4234 and ask to speak with the crisis counselor. Crisis services are also available outside of normal business hours by calling University Police at 301-687-4223 and asking to speak with the crisis counselor.

### Students With Medical Issues Who Need to Be Out of Class

Student Affairs will continue to be in touch with faculty when a student needs to be out for medical-related issues. Brady Health will disclose the name and the ID of the student to Student Affairs that, in turn, will notify professors that the student is under a doctor's care and will be out for a period of time (and what that period of time might be if known). Brady Health does not excuse absences,

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though. Students will be encouraged to be in touch with their professors to discuss makeup work and/or taking classes remotely as needed.

For info, see the Absences for Health Issues, Bereavement and Other Emergencies provision found on page 29 of the Undergraduate Catalogue at <https://www.frostburg.edu/files/pdfs/academics/107-regs-20-21.pdf#page=2>.

## 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](mailto: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](mailto: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.

## Mindfulness Sessions

### Mind-Body Skills Training to Be Offered to FSU Faculty, Staff, Students: Finding Peace in a Time of Pandemic

*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 for faculty and staff beginning **Tuesday, Sept. 1**, at 4:30 p.m. to practice mind-body skills.

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](mailto:tbowling@frostburg.edu) or Ruminski at [elruminski@frostburg.edu](mailto:elruminski@frostburg.edu).

*Jason Gaither*, an FSU alumnus, and Kristin Thomas, both graduates of the Human Service Program at Allegany College of Maryland, will lead an **eight-week** online group for students beginning **Monday, Sept. 14**. The group will meet weekly from 3:30 to 5:30 p.m. via Zoom. This group will hold an orientation on **Wednesday, Sept. 9**, from 3:30 to 4:30 p.m.

This session is open to all students. To sign up, complete the registration form at [https://docs.google.com/forms/d/e/1FAIpQLSdAzxPTgX2eKmlnCxRDRDnY6gmkip\\_5iGurzEG\\_sC3YouHk5Q/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdAzxPTgX2eKmlnCxRDRDnY6gmkip_5iGurzEG_sC3YouHk5Q/viewform?usp=sf_link) by **Monday, Aug. 31**, and then watch for session details by email. For info, contact Gaither at [Jgaither01@aurora.edu](mailto:Jgaither01@aurora.edu) or Thomas at [Kthomas18@aurora.edu](mailto:Kthomas18@aurora.edu).

This training is based on the Center for Mind-Body Medicine (CMBM) model of self-care and group support. Bowling, Ruminski, Gaither and Thomas 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, Ruminski, Gaither and Thomas 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.

### 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. 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](mailto:ammurtagh@frostburg.edu).

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

Meeting number: 120 589 0997

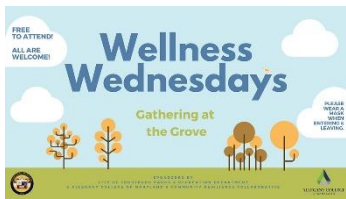
Password: b72aXd3mj7P

More ways to join

Join by video system: Dial [1205890997@frostburg.webex.com](tel:1205890997). 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



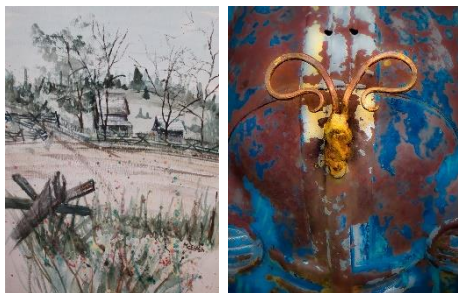
Wellness Wednesday: Gathering at the Grove continues through **Sept. 30**. Each Wednesday from 6:30 to 7:30 p.m. in Hoffman Park at 11300 Hoffman Hollow Road SW in Frostburg, local residents trained by the Center for Mind-Body Medicine will present simple skills designed to mitigate the negative impacts of chronic stress on our minds and bodies. Presentations will include guided imagery, movement, mindful eating, meditation and creative expression. The **Aug. 26** session is “Using Food to Feed the Soul” by Pam Jan.

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](mailto:estahlman@frostburgcity.org) or 301-689-6000, ext. 101. In case of inclement weather, check the city’s website at [www.frostburgcity.org](http://www.frostburgcity.org) or Facebook Page at [www.facebook.com/frostburgcity](https://www.facebook.com/frostburgcity) for cancellations.

## 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](mailto: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](mailto:music@frostburg.edu).

## Take Note

### FSU College of Business Offers Post-Baccalaureate Certificates



#### Programs in Business Analytics, Healthcare Management and Management

FSU now offers Post-Baccalaureate Certificates (PBCs) in business analytics, healthcare management and management as online programs.

PBCs, which require half the coursework, tuition and time of a traditional master's degree, can strengthen business skills, provide an opportunity to go deeper into subject areas and enhance knowledge for career advancement, marketability or additional graduate studies.

The Business Analytics Certificate can be completed in three semesters, while Healthcare Management and Management certificates can be obtained in only two semesters.

The PBC program is perfect for those who want to enhance their skills and desire the flexibility of distance learning.

Students who successfully complete the PBC with a 3.0 GPA or higher are able to continue on to the FSU MBA program and will have Graduate Record Examination and Graduate Management Admission Test requirements waived. The certificate coursework will also count toward their MBA degree.

The PBC program is open to those with bachelor's degrees, regardless of their undergraduate major.

Projections by the U.S. Bureau of Labor and Statistics predict an increase of more than 15,000 new and additional positions in business analytics and over 9,000 positions in healthcare management in the state of Maryland within the next five years.

FSU's online MBA program is accredited by the Association to Advance Collegiate Schools of Business International and has been ranked in US News and World Report as a top MBA program and recognized by GetEducated.com as a Best Buy among AACSB online programs. For info, visit [www.frostburg.edu/MBA](http://www.frostburg.edu/MBA) or email [gradservices@frostburg.edu](mailto:gradservices@frostburg.edu).

For the complete article, visit <https://www.frostburg.edu/news/2020/08/FSU-CollegeofBusiness-Offers-Post-Baccalaureate-Certificates.php>.

### Brownsville/Park Avenue Monument Dedication

On **Tuesday, Aug. 25**, at 2:30 p.m. on the Upper Quad, FSU will dedicate the Brownsville/Park Avenue Monument, which recognizes the African American community that was displaced over a number of decades as the school that became FSU grew.

The event is free and open to the public (masks and social distancing required), and it will be livestreamed at [www.facebook.com/frostburgstatealumniassn](https://www.facebook.com/frostburgstatealumniassn).

This is a project led by faculty, students, staff and community members that has been many years in the works. More opportunities will occur in the future to recognize this community and educate the campus and region about its legacy.

### Education and Health Sciences Groundbreaking

On **Friday, Aug. 28**, at 11:30 a.m., FSU will hold a groundbreaking for the Education and Health Sciences Building, which is being built between the Cordts PE Center and the Lane University Center. This event is open to the public (masks and social distancing required) and will be livestreamed at [www.facebook.com/frostburgstatealumniassn](https://www.facebook.com/frostburgstatealumniassn).

This event is part of a daylong series of events highlighting developments and recognizing state and local support at the three higher education institutions in Allegany and Garrett counties, FSU, Allegany College of Maryland and Garrett College. Garrett College will host a groundbreaking at 9 a.m. for its Community Education and Performing Arts Center, and ACM will host a construction site visit and project update on its Western Maryland Corrections Institute Training Center.



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## Faculty and Staff: Be Sure to Sign Up for LinkedIn Learning!

As part of its goal to provide meaningful and accessible professional development opportunities, the Office of Human Resources is re-introducing the LinkedIn Learning platform for faculty and staff.

Lynda.com was upgraded to LinkedIn Learning in late 2019. Although some of you may be using LinkedIn Learning, many have not had an opportunity to log in and browse the wealth of learning/training content.

If you have not already done so, log in to LinkedIn Learning to set up your account. During account setup, you will be asked to select your learning preferences; this will help LinkedIn Learning recommend weekly learning resources. Feel free to begin any trainings that interest you. Also, the Office of Human Resources will work with you and your supervisor to help create specific learning pathways to assist in your professional development.

All faculty and staff are requested to log in to LinkedIn Learning by **Wednesday, Aug. 26**, at <https://www.linkedin.com/learning>.

For info, contact Heather Killeen at [hjkillen@frostburg.edu](mailto:hjkillen@frostburg.edu) or Chris Everett at [cseverret@frostburg.edu](mailto:cseverret@frostburg.edu).

## Focus on Your Future: Virtual Professional Development Conference



FSU's seventh annual Professional Development Conference, which will be held as a virtual half-day event this year, will take place on **Friday, Sept. 18**, from 8:30 a.m. to noon. Registration and additional details will be sent out shortly. This event is sponsored by the Office of Human Resources and is free and open to FSU faculty and staff.

For info, contact Heather Killeen at [hjkillen@frostburg.edu](mailto:hjkillen@frostburg.edu).

## Consider Serving as an Election Judge!

The 2020 general election will be held on **Tuesday, Nov. 3**. In accordance with state law, voters will be able to cast their ballots by mail, during the eight days of early voting (**Monday, Oct. 26, through Monday, Nov. 2**) or in person on election day.

Due to the coronavirus pandemic, the State Board of Elections is experiencing a shortage of election judges to staff the polls. Election judges play a critical part in the democratic process. This presents a unique opportunity for members of Bobcat Nation to participate in the democratic process while helping the citizens of Maryland!

Under Maryland law, you can serve as an election judge if you are:

- Age 16 or older
- A registered voter in Maryland
- Physically and mentally able to work at least a 15-hour day
- Willing to work outside your home precinct
- Able to sit and/or stand for an extended period
- Able to speak, read and write English

Election judges are temporary, paid employees of local election officials trained to handle all aspects of voting and are responsible for proper and orderly voting at polling locations. Tasks include:

- Setting up the polling location and election equipment
- Verifying voter qualifications
- Assisting voters
- Distributing ballots
- And more!

If interested, visit the State Board of Elections website at [https://elections.maryland.gov/get\\_involved/election\\_judges.html](https://elections.maryland.gov/get_involved/election_judges.html) to sign up to become an election judge. With the election fast approaching, be sure to sign up as soon as possible. Questions can be submitted to SBE at [info.SBE@maryland.gov](mailto:info.SBE@maryland.gov) or 410-269-2840, or you can contact the Student Government Association at [SGA@frostburg.edu](mailto:SGA@frostburg.edu) or 301-687-4304.

## Parking Information

As a general reminder, be sure to abide by the University parking regulations that can be found at <https://www.frostburg.edu/about-frostburg/Administrative-Offices/university-police/parking.php#par>.

**University Police will begin to issue parking citations campus-wide this week for vehicles found to be in violation of FSU's parking regulations.**

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## Daily Check-ins

**Everyone** – including students, faculty, staff and guests to campus – is expected to do a daily check-in at [www.frostburg.edu/checkin](http://www.frostburg.edu/checkin). It can also be found on the Fall 2020 webpage at <https://www.frostburg.edu/fall2020>.

## Free New York Times Digital Subscription Program!

The [NYTimes.com](http://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/yc3r70oa>.

### Instructional Resources for Faculty

In addition to campus-wide access to NYTimes.com, FSU will also have access to the value-added InEducation academic resources available at [www.nytimesineducation.com](http://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](mailto:libref@frostburg.edu). All other program inquiries can be directed to Bill Mandicott at [wmandicott@frostburg.edu](mailto:wmandicott@frostburg.edu) or 301-687-4881.

## 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](http://www.frostburg.edu/multimedia-learning-center).

## Fall 2020 Library Hours

Fall semester hours are as follows:

**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](mailto: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>.

## Study Abroad

### Study Abroad: Start Planning Your Experience for Fall 2021

Join the Center for International Education for a study abroad information session to learn more about study abroad. Each virtual session takes place at 3:30 p.m. on the following **Fridays** throughout the semester: **Aug. 28** and **Sept. 11 and 25**. Email Kara Hotchkiss at [kjhotchkiss@frostburg.edu](mailto:kjhotchkiss@frostburg.edu) to sign up for the session of your choice.

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## Get a Clue Fight the Flu!



## Get Your Flu Shot Today

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### 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](http://www.frostburg.edu/strategicplan).