



StateLines

For and about FSU people

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Voting Is Happening Now!



Maryland residents who want to vote early may do so **through Monday, Nov. 2**, at their early voting center. The early voting center in Allegany County is the Allegany County Office Complex at 701 Kelly Road, Room 100, in Cumberland (7 a.m. to 8 p.m.). For a list of early voting centers, go to <https://elections.maryland.gov/elections/2020/2020%20Early%20Voting%20Centers.pdf>.

Voting by Mail in Maryland?

Check out the vote-by-mail step-by-step video at <https://bit.ly/3itxNxW> to learn about the mail-in voting process, or check your voter status, track your mail-in ballot and more at

<https://bit.ly/2FOfRRm>.

Remember that all Maryland mail-in ballots must be postmarked or placed in a ballot box by **Tuesday, Nov. 3**. The Frostburg ballot box is located at Mountain Ridge High School. For a list of all other Maryland ballot box locations, visit [https://elections.maryland.gov/elections/2020/PG20 Drop%20Box%20Locations.pdf](https://elections.maryland.gov/elections/2020/PG20%20Drop%20Box%20Locations.pdf).

Did You Forget to Register? Forget to Request a Mail-In Ballot?

It's not too late! All Maryland residents can register to vote and vote provisionally on Election Day.

If you register to vote on Election Day, you will need your driver's license or an official piece of mail with your name on it to confirm your address (utility bill, bank statement, etc.). **If you register that day of or are registered to vote in a county other than Allegany, on election day, you can vote at any Maryland voting center with a provisional ballot, and your vote will be counted.** The Frostburg voting center is Mountain Ridge High School.

Help for Students

Bobcat Voter Shuttle

SafeRide is sponsoring a Voter Shuttle on Election Day, **Tuesday, Nov. 3**, to the local polling location at Mountain Ridge High School.

Shuttles will run from 8 a.m. to 8 p.m. and depart from the Pealer Center lot. Masks are required!

Spring 2021 Advising and Registration Tools

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

One of the resources you may find most helpful is CAAR's collection of suggested Eight-Semester Plans of Study for each of FSU's majors. These plans are in alignment with the Undergraduate Catalog and are designed to provide students and advisors with a

quick overview of essential courses to take each semester. The library of plans is available online through the [CAAR Office webpage](#). Once at the website, select the Academic Year in which you began college to view the plans available for you.

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

Have Issues or Concerns?

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

Virtual Support Group for Students

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

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

Free Online Tutoring via NetTutor

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

NetTutor is available 24/7.

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

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

Music

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

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

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

FSU Department of Music to Present Vocal Studio Recital

The FSU Department of Music will present a livestreamed recital by students from its vocal studios on **Monday, Nov. 2**, at 7:30 p.m. The recital is free to view online.

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

Piano Studio Will Perform Recital

FSU's Department of Music will present its Piano Studio in a livestreamed fall recital on **Sunday, Nov. 8**, at 7 p.m. The concert is free to view online.

Music majors studying piano under **Dr. Jay DeWire** will perform works by Claude Debussy, Sergei Rachmaninoff, Béla Bartók and more!

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

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

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

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

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

Jazz Combo to Perform in Virtual Fall Concert

FSU's Department of Music will present its Jazz Combo in a virtual fall concert on **Saturday, Nov. 14**, at 7:30 p.m. The concert is free to view online. The link will be posted at www.frostburg.edu/concerts.

Directed by **Tom Harrison**, the FSU Jazz Combo consists of **Brice Simpson** on trumpet, **Andrew Hartnett** on piano, **Shawn Zimmerman** on guitar, **Ryan Barber** on drums and Harrison on bass.

The stylistic theme for the concert leans toward the hard bop and soul jazz styles that gained popularity during the late '50s and the '60s and have influenced the genre to the present. This type of music incorporates elements of gospel, soul and blues, with memorable melodies and repeated funky rhythms. This makes the jazz style more accessible to the general public, while still allowing room for musicians to display their talent for improvisation.

Some swing, Latin and a ballad will also be included in the concert.

"The Jody Grind" is from the 1956 album of the same name by Horace Silver that reached number 8 on the Billboard Jazz Album chart. The original recording featured Pittsburgh drummer Roger Humphries who still performs in the Pittsburgh area.

"Recordame," written by saxophonist Joe Henderson when he was 15 years old, has become a jazz standard.

"Ladybird," composed by pianist Tadd Dameron, is one of the most frequently performed songs in jazz. The Jazz Combo arrangement incorporates a John Coltrane chord progression to substitute for parts of the song.

"Cantaloupe Island" is one of the most popular tunes composed by Herbie Hancock in 1964 while he was a member of the Miles Davis Quintet. It appeared on Hancock's "Empyrean Isles" album.

"A Quiet Summer" is a pensive jazz ballad written by Simpson and reflects on the summer of 2020.

"Smile Meditation" was written by Woody Goss of Vulfpeck, a group that has gained wide appeal among younger audiences with its jazz-, funk- and R&B-influenced music.

"Invitation," composed by Bronislaw Kaper with lyrics by Paul Francis Webster, was used in the 1950 film "A Life of Her Own." Because of its exotic melody and structure, the song has been a favorite of jazz and Latin jazz artists.

"Cold Duck Time," a soul jazz tune by Eddie Harris, a Chicago jazz multi-instrumentalist and composer of "Freedom Jazz Dance," was first performed at the Montreux Jazz Festival in Switzerland in 1969.

Exhibitions

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

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

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

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

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

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

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

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

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

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

Points of Pride

‘Baby Steps in Doomsday Prepping,’ Prose Poem Collection by FSU’s Gerry LaFemina, Released Just as Pandemic Arrived



FSU English professor **Gerard LaFemina** released his book of prose poems, “Baby Steps in Doomsday Prepping,” in February, just as COVID-19 was arriving in the United States. Now in the midst of the pandemic, he said his choice of title was “prescient.”

The title came about during a conversation with a fellow poet, to whom the title poem is dedicated.

“I think we all are taking baby steps to our eventual doomsdays, but we don’t panic. We take our times to get there,” LaFemina said. “I think the book – I think all art – asks us to slow down and not rush. Read the poems. Take your time. Take baby steps to the end of the book.”

He continued, “Of course, then a global pandemic hit. But even this is not the end of the world.”

LaFemina said writing prose poems, prose writing that uses poetic techniques, opens doors that he would not normally open in his poetry or fiction.

Janet Lowery, editor of “By the Light of a Neon Moon” writes in her review, “The poems in Gerry LaFemina’s new book enchant the senses and succeed in stopping time – or at least pausing time – so that we might examine the things of this world with love and intelligence, so that we might hear them speak to us again.”

LaFemina’s previous works include “Points South” (2019), “The Story of Ash” (2018) and “Little Heretic” (2014). He also published a textbook, “Composing Poetry: A Guide to Writing Poems and Thinking Lyrically.” To learn more about LaFemina, visit gerrylafemina.com.

Take Note

December Commencement News

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

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

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

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

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

For info, email commencement@frostburg.edu.

Registration for Intersession Has Begun



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

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

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

Presidential Campaign Memorabilia on Display at Ort



In honor of the presidential election on **Tuesday, Nov. 3**, the Ort Library is exhibiting presidential election buttons, posters, newspaper front pages and other presidential campaign memorabilia from 1888 to the present. Most of the materials are from the Albert and Angela Feldstein Collection. Al Feldstein is a local historian who has been collecting campaign and social movement memorabilia since the 1970s. Last October, the Beall Archives received his extensive collection of presidential campaign memorabilia. A highlight is the presidential campaign buttons shown here.

Buttons and posters from the collection of George Meyers, a local labor activist and member of the Communist Party USA, have also been made available, highlighting third-party candidates in U.S. presidential elections. The materials are on display throughout the library and will remain up **through December**.

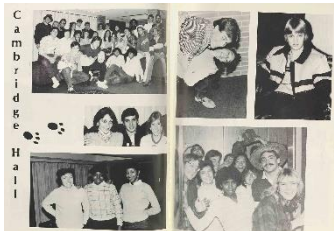
Healing the Heart of Democracy Discussion to Be Held After the Presidential Election

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

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

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

Nemacolin Yearbook Collection Now Available Online



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

HEDS Diversity and Equity Campus Climate Survey

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

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

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

To access the survey, go to https://heds.az1.qualtrics.com/jfe/form/SV_0c8KQDSR6Nujg1.

Toys for Tots – On-Campus Competition



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

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

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

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

Sponsor-a-Family: Thanksgiving Baskets

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

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

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

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

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

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

SALUTE Ceremony to Celebrate Student Veterans and Military Service Members

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

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

FSU Pool – Additional Open Swim Times

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

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

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

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

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

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

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

UCDEI Virtual Campus Conversations

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

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

Brady Health Conducting Flu Vaccine Clinics



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

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

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

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

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

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

FSU-TV3

Chamber Singers and University Chorale Concert Airing on FSU-TV3



FROSTBURG STATE UNIVERSITY

The next Department of Communication, FSU-TV3 and Department of Music collaboration was with the FSU Chamber Singers and FSU University Chorale filmed on Oct. 25. The performance will air on FSU-TV3 **Wednesday, Nov. 4**, at 12:30 p.m. and is available on the FSU-TV3 website at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

Deadlines

Withdrawal Deadline Extended

The deadline for withdrawing from any undergraduate course (15-week session or 7-week session II) with a "W" has been extended to **Wednesday, Nov. 18**.

Students are strongly encouraged to consult with their advisor to discuss possible academic implications before withdrawing from a course.

Students receiving financial aid or scholarships should also contact the Financial Aid Office (fsufinaid@frostburg.edu) to determine what impact a "W" grade might have on their financial aid status.

Student-veterans should confer with the Veterans Services Office (vets@frostburg.edu) to discuss possible implications for military educational benefits.

Student-athletes should consult the Athletic Compliance Officer (emseifarth@frostburg.edu) regarding possible implications for athletic eligibility.

Students can withdraw themselves from a course via their PAWS account. For assistance, contact reginfo@frostburg.edu.

Note that the University will not be modifying its grading standards this semester. The Student Government Association recently presented a proposal to adopt PC/NC grading, like last spring. SGA leadership discussed the proposal with the University's Academic Standards Subcommittee (the faculty committee charged with oversight of the University's academic standards). However, the subcommittee unanimously recommended that the proposal not be adopted in light of a number of important differences between the spring term and this fall term. The subcommittee's recommendation to maintain FSU's normal grading standards was accepted by the University's academic leadership. The extension of the withdraw deadline to the last day of classes was determined to be a reasonable response to these concerns.

Study Abroad

Study Abroad: Start Planning Your Experience for Fall 2021



Elmer Orellana – Germany, Spring 2020

Join the Center for International Education for an information session to learn more about study abroad. The last virtual session of the semester will take place on **Friday, Nov. 6**, at 3:30 p.m. Email Kara Hotchkiss at kjhotchkiss@frostburg.edu to sign up for the session of your choice.

UCM

United Campus Ministry Events

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

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

You are invited to join the **Monday** night UTC Bible Study and Discussion at 7:45 p.m. in Cook Chapel, or you can join on Zoom at <https://bwcumc.zoom.us/j/96465485962> or by Cell One tap mobile: +13017158592,,96465485962#. Anyone is welcome to join the discussion.

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

Health and Safety Messages

Customized Emergency Kits Help You Stay Safe



The Centers for Disease Control and Prevention reports that **48 percent of Americans do not have emergency kit supplies**. Building a basic emergency kit for evacuations or stay-at-home orders will help to keep your family safe.

You might already know the basic 31 items that should be in every home emergency kit (<https://www.erieinsurance.com/blog/home-emergency-kit>). But when it comes to survival kits, one size doesn't fit all. Here are a few ways to personalize yours.

Emergency Kit for Power Outages

When the power goes out, immediate concerns involve food and safety. If a power outage is two hours or less, don't worry about losing your perishable foods; an unopened fridge will keep foods cold for about four hours. Here are some helpful things to have on hand:

Inexpensive Styrofoam coolers preserve food when packed with ice.

Digital quick-response thermometers check your foods' internal temperatures to ensure they remained cold enough to consume.

Generators are especially essential if you live with someone who depends on electric-powered, life-sustaining equipment.

Flashlights guide you through a dark house and prevent fires from candles.

Emergency Kit for Winter Storms

During a nasty winter storm, staying warm and safe take priority. Make sure you have these safety items:

Sand, rock salt or non-clumping cat litter make walkways and steps less slippery.

Warm coats, gloves, mittens, hats, boots, extra blankets and warm clothing are essential for all household members.

Fireplaces or wood- or coal-burning stoves provide necessary alternative heat. No matter which heating source you use, keep a smoke detector, a carbon monoxide detector and a fire extinguisher in the same room it's in.

For info, go to www.erieinsurance.com/custom-kits.

Happy, Healthy, Hip!



Mental Health Monday Tip: Move Yourself Monday

<https://www.healthline.com/nutrition/10-benefits-of-exercise>

Tell Yourself Tuesday Tip: Try Talking

<https://youtu.be/yjqfJutZU8U>

Wacky Wednesday Tip: Welcoming Worship

<https://paththroughthenarrowgate.com/the-beautiful-benefits-of-worship>

Thankful Thursday Tip: Triumph Truthfulness

<https://youtu.be/hkUSjaGiGzk>

Fun Friday Tip: Feeling Friendship

<https://www.lifehack.org/articles/money/fun-things-with-your-friends-without-spending-much.html>

Social Saturday Tip: Improve Social Skills

<https://youtu.be/4nm3vvg8k-0>

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.