



StateLines

For and about FSU people

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Theatre and Dance Opens With Live Performance of ‘Charlotte’s Web’

Performances Open to Campus Community



FSU’s Department of Theatre and Dance, in partnership with CES, will present E.B. White’s classic “Charlotte’s Web,” adapted for the stage by Joseph Robinette. Performances will take place **Thursday, Oct. 22, through Saturday, Oct. 24**, at 7:30 p.m. in the F. Perry Smith Studio Theatre and are available to FSU students, faculty and staff. Because of the coronavirus pandemic, public tickets cannot be sold at this time.

The Children’s Literature Association named “Charlotte’s Web” “the best American children’s book of the past two hundred years.”

All the enchanting characters are here: Wilbur, the irresistible young pig who desperately wants to avoid the butcher; Fern, a girl who understands what animals say to each other; Templeton, the gluttonous rat who can occasionally be talked into a good deed; the Zuckerman family; the Arables; and, most of all, the extraordinary spider, Charlotte, who proves to be “a true friend and a good writer.”

Determined to save Wilbur, Charlotte begins her campaign with the “miracle” of her web in which she writes, “Some pig.” It’s the beginning of a victorious campaign that ultimately ends with the now-safe Wilbur doing what is most important to Charlotte.

This is a beautiful, knowing play about friendship and connection, something especially important during this time.

The cast consists of **Zoie Collins** (Charlotte), **Abby McLaughlin** (Fern), **Christian Scott** (Wilbur), **Mason “Kai” Wellons** (Narrator), **Dominique Little** (Goose, Fair President, Various), **Brendon McCabe** (Templeton the Rat, Avery, Various), **Hayden Shoemaker Davis** (Gander, Carter, Various) and **Kirk Squires** (Homer, Uncle the Pig, Old Sheep). The actors will perform in masks.

Members of the creative team include: **Mairzy Yost-Rushton** (director), **Kasey Taylor** (assistant director), **Denise Adams** (stage manager), **Emily Hash** (choreographer), **Gordon Duguid** (scenic and props designer), **Gray Walters** (lighting and sound designer), **Grace Easterday** (costume designer) **Francis Sharkey** (gaffer) and **Darrell Rushton** (fight director).

Tickets are \$7 and reservations can be made online by visiting www.frostburg.edu/TheatreDance. Click “buy tickets.” Each show has a limited number of tickets that will be sold on a first-come, first-served basis. In-person ticket sales are not available for this production. For info, contact the box office at 301-687-7462.

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.

FSU Goes Virtual for Homecoming 2020, Oct. 15-18



FSU alumni from across the country will be able to attend this year's Homecoming no matter where they are — It's virtual. The festivities can be accessed from FSU's Homecoming website and the FSU Alumni Association Facebook page **from Thursday, Oct. 15, to Sunday, Oct. 18.**

This year's events start off with a virtual presentation in appreciation of retired faculty and staff all day **Thursday, Oct. 15**, on the Facebook page ([@frostburgstatealumniassn](https://www.facebook.com/frostburgstatealumniassn)).

All day **Friday**, celebrate the Bobcat Athletics Hall of Fame over the years, as well as honor 2020's inductees and athletic programs celebrating anniversaries. Look for the celebration on Facebook.

Saturday will be filled with plenty of events to connect with fellow Bobcats, including an all-day Digital Alumni Welcome Center on the Facebook page. Yearbook memories, contests and prizes and a virtual check-in will be shared throughout the day. At 10 a.m. Saturday, the Jim Anderson Memorial Baseball Celebration will be featured on Facebook and the Homecoming website; the event will showcase memories of previous years. On Saturday afternoon, Bobcats are invited to decorate their porches, driveways or car trunks and join the Alumni Association for a virtual tailgating experience. Visit www.frostburg.edu/homecoming for info.

To wrap up Saturday's events, there will be an All-Alumni Reunion on Zoom. Members of student organizations, athletic teams and other alumni groups can reserve a virtual room on the Homecoming website. Participants will receive a recipe for a themed cocktail and a themed Zoom background.

On the final day of events, **Sunday, Oct. 18**, a virtual Golden Anniversary "Brunch" for the class of 1970 will be held at 11 a.m. to celebrate the 50th anniversary of their graduation year.

There will also be opportunities leading up to Homecoming to connect with fellow Bobcats. **From Monday, Oct. 12, to Friday, Oct. 16**, Alumni Relations and the Career and Professional Development Center will host a career readiness week. For info, contact Clarissa Lang at calang@frostburg.edu.

In addition, there will be a Homecoming Alumni Networking Series facilitated by Recreation and Parks Management faculty, **Monday, Oct. 12, to Wednesday, Oct. 14**. For info, contact Dr. Martin Barrett at mbarrett@frostburg.edu.

For info or to RSVP for any event, visit www.frostburg.edu/homecoming, call 301-687-4068 or email alumni@frostburg.edu. The RSVP deadline is **Monday, Oct 12**.

Help for Students

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 also 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.

Get Ready for the November Election With TurboVote!

Register to vote online in a matter of minutes at <http://frostburg.turbovote.org>!

You can verify voter registration and update voter information, request absentee ballot forms by mail and receive text message and email reminders for upcoming elections.

Be sure to check out the Washington Post article: "College Students Upended by the Pandemic Wrestle With yet Another Challenge: How to Vote This Fall?" at https://www.washingtonpost.com/politics/college-student-vote-coronavirus/2020/10/05/e725a744-fde5-11ea-8d05-9beaaa91c71f_story.html.

Music

Because of the coronavirus pandemic, musical performances before live audiences will not be held until conditions warrant. However, the Department of Music is planning a series of online presentations. Links will be posted at www.frostburg.edu/concerts. For info, contact FSU's Department of Music at 301-687-4109.

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

Dr. Brent Weber to Perform 'Distancing' in Online FSU Faculty Artist Series Concert



FSU's Department of Music will present a virtual Faculty Artist Series concert by saxophonist **Dr. Brent Weber** on **Saturday, Oct. 17**, at 7:30 p.m. He will be accompanied by pianist **Dr. Joseph Yungen**. The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

Titled "Distancing," the concert will begin with "Fantasia for Soprano Saxophone and Orchestra" by the Brazilian composer Heitor Villa-Lobos, written in 1948. The Fantasia is Villa-Lobos's only composition featuring the saxophone as soloist and amounts to a small concerto in three movements: "Animé," "Lent" and "Tres Animé." Nationalistic musical elements of Brazil highlight this work.

Weber will next perform a piece from 2002, "Garden of Love" by the Dutch composer Jacob ter Veldhuis. His compositions are based on the recognition of the pitches of voice, transcribing them and composing around them. A poem by William Blake was the inspiration for "Garden of Love."

"Mai" (1975) by Ryo Noda, a Japanese composer, is a unique piece of work for solo saxophone that was strongly influenced by Japanese music. The story behind this work concerns the ghost of a Japanese samurai. When his wife asks why he left her behind to fight in a war, he tries to justify his choices. Most of the work depicts the struggle within the mind of the samurai.

After intermission, Weber will play "Sonata in C-sharp Minor for Alto Saxophone and Orchestra" by Fernande Decruck, a French composer who wrote more than 40 works for the saxophone. Best known is this sonata, which was dedicated to the French classical saxophonist Marcel Mule. The piece consists of four movements: "Tres modéré, expressif," "Noël," "Fileuse" and "Nocturne et Rondel."

Last on the program is "Billie," also by ter Veldhuis, which was written in 2003, originally just for alto sax. The music is based on the voice of jazz singer Billie Holiday, taken from various interviews during her career.

This recital was recorded in closed session following COVID-19 guidelines as set forth by the University of Colorado, Boulder, study on aerosols produced by wind instruments.

FSU String Ensemble Will Present Fall Concert

FSU's Department of Music will present a livestreamed concert by FSU's String Ensemble on **Sunday, Oct. 18**, at 3 p.m. The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

Directed by **Dr. Karen Lau**, the String Ensemble consists of **Graceann Heaberlin** on violin; **Evelyn Shanholtz** on viola; **Maeci Curtis**, **Maggie Malat** and **Miranda Moss** on cello; and **Sara DiDonato** and **Morgan Sayer** on double bass. They will be joined by guest artists **Emma Lepore**, **Hannah Polk**, **Brice Simpson** and **Casey Swartz**.

The program will include "Liebe und Wein, Op. 50, No. 5" by Felix Mendelssohn, a German composer, pianist, organist and conductor of the early Romantic period; "Allegretto," the popular second movement from "Symphony No. 7" composed by Ludwig van Beethoven between 1811 and 1812; "Minuet in G Major," a movement from a suite for harpsichord by Christian Petzold, which used to be attributed to Johann Sebastian Bach; "Allegro in F Major" by Hasan Huseyin Yilmaz; "Twinkle, Twinkle, Little Star," the most familiar melody associated with Wolfgang Amadeus Mozart; "Wasserfahrt, Op. 50, No. 4" by Mendelssohn, based on the poem "Sea Voyage" by Heinrich Heine; "Rock 'n' Blues" by Cajun cellist Sean Grissom; and "Serenade" by Carol D. Critelli.

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. (This is a change from the previously scheduled dates of **Monday, Oct. 19**, and **Tuesday, Oct. 20**.) The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

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

FSU's Chamber Singers to Perform at Organ Dedication at St. Ann's Catholic Church in Grantsville



The FSU Chamber Singers, under the direction of **Dr. Scott Rieker**, will perform at the dedication of the newly installed pipe organ at St. Ann's Catholic Church in Grantsville, Md., on **Friday, Oct. 23**, at 7:30 p.m. They will be accompanied by pianist **Dr. Joseph Yungen** and organist and FSU alumnus **Mark Steiner**.

The concert will feature a variety of sacred and secular choral music – including works by Joseph Haydn, Sergei Rachmaninoff, and FSU faculty and students – as well as repertoire for solo organ.

A free-will offering will be taken to support the Chamber Singers and the music ministry at

Divine Mercy Parish.

Masks and social distancing will be required at all times. Further information for audience members will be available at music.frostburg.edu and divinemercymd.org closer to the event.

Chamber Singers and University Chorale in 'Each New Day Is a Gift'

FSU's Department of Music will present FSU's Chamber Singers and University Chorale in a livestreamed concert, "Each New Day Is a Gift: A Choral Concert to Lift the Heart," on **Sunday, Oct. 25**, at 3 p.m. They will be accompanied by pianist **Dr. Joseph Yungen**. The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

Directed by **Dr. Scott Rieker**, the concert will feature premieres of works by **Dr. Sally Stephenson**, a professor in the Department of Educational Professions at FSU, and FSU students **Hannah Polk** and **Ivan Godoy**.

Exhibitions

Sculptural Ceramic Exhibit 'Puddles' by Maxwell Parker on Display in Roper Gallery



"Puddle 16" by Maxwell Parker

FSU's Department of Visual Arts will host the sculptural ceramic work of Maxwell Parker. The exhibition, "Puddles," will be on display through **Friday, Oct. 30**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This event is free and open to the public.

The show will feature amalgamation-type artworks made with ceramics, metals and glazes that explore impulse, repulsion and balance. Through multiple rapid firings, Parker builds the composition by layering glazes, shards, chunks, bars, nuts, bolts and "really anything that is not too combustible."

Parker has shown work nationally, including a recent show at The Museum of Science and Industry. Parker is a New York native and received his Bachelor of Fine Arts from the State University of New York at Plattsburgh. He lives and works in Tampa, Fla., and is pursuing his Master of Fine Arts from the University of South Florida.

The Roper Gallery is open **Wednesdays through Fridays** from 1 to 4 p.m. For info, contact the Department of Visual Arts at 301-687-4797. Visitors must wear masks, adhere to social distancing and use the [check-in portal](#) in advance.

Points of Pride

FNP Grads Pass Board Certification Exam



From left, FNP students **Jessica Miller**, **Shannon Martin**, **Amy Ratke**, **Ruby Sabina** and **Stephanie McVicker** posed for a group photo when they were on campus a few semesters ago.

The Department of Nursing announces that its first five Family Nurse Practitioner students not only graduated this summer but passed their board certification exam on their first attempt!

Take Note

Virtual Career Fair Is Coming!



The very first Mountain East Conference Virtual Career Fair will be held on **Friday, Oct. 16**. Since FSU is a Mountain East Conference partner, FSU students have exclusive access to participate in this event. They will have an

opportunity to meet directly with recruiters from 80+ companies, including Equitable Advisors, Ernst & Young LLP, FBI Criminal Justice Information Services Division, Genesis Healthcare Corp and many others.

Register at <https://uncp.webex.com/uncp/onstage/g.php?PRID=454571ecb0e4cdc8cc29de0012081796> (or on Handshake). For info, contact the Career and Professional Development Center in Pullen 110.

National Student Exchange Virtual Fair – Oct. 19-23



The National Student Exchange Virtual Fair will take place **from Monday, Oct. 19 through Friday, Oct. 23**. Students can connect with more than 60 NSE campuses! Pay your FSU tuition and study at one of almost 200 universities in the U.S.

See the fair schedule and register at www.mynseadventure.org/nse-virtual-fair. For info, contact Amy Shimko in the Career and Professional Development Center in Pullen 110 or email alshimko@frostburg.edu.

Ort Library Celebrates Brownsville Day

David M. Gillespie Special Collections is honoring the sixth anniversary of Brownsville Day with an exhibit on the third floor of the Ort Library at the library entrance. The governor of Maryland and mayor of Frostburg declared Oct. 11, 2014, “Brownsville Day” to honor the residents and descendants of Brownsville, an African American community founded by Tamar Brown in 1866 that was displaced through the growth of the University. A monument was recently installed on the Upper Quad where Brownsville once stood. For info, see “Being Black in Brownsville” by Lynn Bowman, available in library stacks and Special Collections. The exhibit will remain up for the rest of this month.

Virtual Homecoming Weekend Activities From Ort Library

Join Ort Library this Homecoming weekend to celebrate FSU’s past and present with virtual activities. Activities will be available every day during the weekend. Check out libguides.frostburg.edu/libraryhomecoming to join the fun!

‘Healing the Heart of Democracy’ Discussions to Be Held Before and After the Presidential Election

Join the first of two virtual discussions about “Healing the Heart of Democracy During a Divisive Election Year” on **Monday, Oct. 12**, at 6 p.m. (The second will be **Tuesday, Nov. 10**, at 6 p.m.) These mindful virtual discussions will 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), as well as offer mind-body skills practice and state of Maryland voter registration information to help participants address the anxieties, emotions and questions they have about voting and election outcomes this fall.

These Choose Civility sessions will be facilitated by FSU’s Communication Leadership Lab and are 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 Committee Community Engagement Subcommittee; The Bottom Line; Student Government Association; Mindful Well-Being Group; and ACM’s Democracy Commitment Committee, Peace Club and Mind-Body-Wellness Group. Information about Palmer’s book is available at The Center for Courage and Renewal’s website at <http://www.couragerenewal.org/democracy>. Register in advance for the **Oct. 12** meeting at <https://bit.ly/3ixL5cP>. For event details, see the Facebook page at <https://fb.me/e/4vKU9q5Rf>.

For info, contact Dr. Elisha L. Ruminski at elruminski@frostburg.edu, Communication Leadership Lab coordinator, or Kayli Dunitan, lab assistant, at krdunithan0@frostburg.edu.

Anti-Bias Discussions Planned to Draft Department of Communication Code of Ethics

The Department of Communication will host two virtual conversations to invite input on the drafting of a department code of ethics to hold ourselves accountable as we strive toward an anti-racist and anti-sexist learning environment in which we work to address all forms of bias. Students, alumni, faculty and staff from the Communication Studies and Mass Communication programs of the Department of Communication, as well as prospective majors and their parents, are invited to join these discussions. Two virtual sessions will be held during the following classes to give everyone flexibility to join. Register to attend when you can, or join both sessions if you are able:

Wednesday, Oct. 14, at 11 a.m., during *Dr. Chelsea Daggett’s* CMST 451 Issues and Responsibilities of Communication class: https://us02web.zoom.us/meeting/register/tZMvd-CqgTooH9a0Jzv8Vy_AZKAVMfbZ2PRP

Thursday, Oct. 15, at 12:30 p.m., during *Annie Danzi’s* MCOM 205 Mobile Media Production class: <https://us02web.zoom.us/meeting/register/tZcrcO2vrzstG91wUBEMIT9njacU9L12sInf>

These discussions will be facilitated by students and faculty from the Department of Communication and the Communication Leadership Lab in consultation with the Office of Diversity, Equity and Inclusion. Be sure to register in advance to receive your session link. For info, contact Dr. Elisha L. Ruminski at elruminski@frostburg.edu, lab coordinator, or Kayli Dunitan, lab assistant, at krdunithan0@frostburg.edu.

Student Voter Engagement Competition Series

Prizes Include \$250, \$150 and \$100 Stipends

The J. Glenn Beall Institute for Public Affairs, in conjunction with the Office of Civic Engagement, is hosting a series of competitions focused around encouraging students and young people to vote and engage in civic projects. Each **Wednesday** this semester leading up to the election there will be one or more competition topics sponsored by academic departments and groups on campus. The sponsoring group will review the submissions and select first-, second- and third-place winners. These students will be awarded a stipend from the J. Glenn Beall Institute for Public Affairs of \$250, \$150 and \$100, respectively. Submissions for all competitions should be submitted through

<https://forms.office.com/Pages/ResponsePage.aspx?id=0V75uBggRkKBBAOmdHjTo1C8qOQNbRRDqVJDUEZpF8dUNzVNR1VMTDRUSVpSNzgwWEw2T1JQUUIGMi4u>. Students are encouraged to be creative and use social media and other online platforms when appropriate. There is no limit to submissions, and students are encouraged to take part in multiple competitions.

For info, contact the office of Civic Engagement at civicengagement@frostburg.edu or 301-687-4210.

Upcoming Competitions:

Endorse a Candidate (Oct. 14)

Your View of Our Democracy (Oct. 21)

J. Glenn Beall Jr./George Beall and Civic Responsibility (Oct. 28)

Motivational Democratic Engagement Speech (Oct. 28)

UCDEI Virtual Campus Conversations

One of the initiatives of the University Council for Diversity, Equity and Inclusion this year is to engage the campus community in conversations around DEI. Providing a platform to engage in what can be difficult conversations may help in creating a campus cultural environment that is safe and inclusive for all. Volunteer Services has hosted the Thursdays Times Talk on **Thursdays** 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.

Below are the dates and topics for the rest of the semester:

Oct. 22: "Performative Allyship"

Nov. 5: "Free Speech vs. Hate Speech"

Earn the Digital Tech Credential



Are you interested in developing skills to further your future career? Then sign up for the Capital CoLAB's Digital Tech Credential. The Digital Tech Credential is a curated selection of courses and professional development opportunities that help students of all backgrounds develop the skills necessary to thrive in today's fast-paced economy. The Credential program gives enrolled students unparalleled professional opportunities and a pathway to highly skilled jobs at some of the region's most prestigious and sought-after employers.

To learn more and sign up, visit <https://capitalcolab.com/community>. Under "How did you hear about us?" choose Student Ambassador.

Brighten Someone's Day With a Letter Against Isolation!



Join the National Society of Leadership and Success Frostburg Chapter in participating in a community service event, Letters Against Isolation. Write an encouraging letter, share a nice quote or create a cheerful card to send to individuals who are in isolation due to health concerns surrounding COVID-19. These messages will be sent to nursing homes and care facilities around the country to bring a little bit of happiness to someone's day, especially during these times when they cannot visit with family and friends.

For info about Letters Against Isolation, go to www.lettersagainstisolation.com. Be sure to drop off letters and cards at the collection box at Pullen 110. For info regarding the project, contact Caley Neville, VP/Community Service chair, at crneville0@frostburg.edu.

Academic Calendar for Spring Semester Has Been Modified

In anticipation of the COVID-19 pandemic continuing through the end of the 2020-21 academic year, FSU will modify its academic calendar for the spring 2021 semester. Key dates will be:

Monday, Jan. 25: Classes Begin

Friday, April 30: Last Day of Classes

Saturday, May 1: Common Finals

Monday, May 3, to Friday, May 7: Final Exams

The complete academic calendar for the spring 2021 semester is available at https://www.frostburg.edu/academics/Calendar%20Interession_Spring2021_ver%20final.pdf. The calendar for the January 2021 Interession will remain unchanged, with classes beginning **Monday, Jan. 4**, and ending **Friday, Jan. 22**.

To mitigate health risks associated with the virus, there will be no scheduled spring break. By keeping students on campus through the semester, FSU will reduce their risk of exposure and the potential for a virus surge on campus and in the local community. University leadership will discuss the feasibility of an impromptu “staycation” break for the campus community.

Like this fall semester, most courses will be offered in a blended format. All other courses will be offered fully online.

Registration for the spring 2021 semester will begin on Monday, Oct. 19. Students who want a fully online schedule must work with their academic advisor to identify and enroll in courses that are scheduled to be taught online.

For info, contact the Office of the Provost at provost@frostburg.edu.

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 every **Tuesday** from 1 to 4 p.m. and every **Wednesday** from 9 a.m. to noon. They are open to students, faculty and staff.

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

The cost is \$20.

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

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

UCM

United Campus Ministry Events

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

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

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

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

Study Abroad

Study Abroad: Start Planning Your Experience for Fall 2021

Join the Center for International Education for an information session to learn more about study abroad. Each virtual session takes place at 3:30 p.m. on the following **Fridays** throughout the semester: **Oct. 23** and **Nov. 6**. Email Kara Hotchkiss at kjhotchkiss@frostburg.edu to sign up for the session of your choice.

Virtual Study Abroad Week

Join the Center for International Education for its first Virtual Study Abroad Week, which will take place **Tuesday, Oct. 20, through Thursday, Oct. 22**. A variety of live events, hosted by third-party program providers, FSU partner institutions and more will be scheduled each day through Microsoft Teams. Connect with different campus offices and departments to learn how to prepare for your study abroad experience.

Visit <https://www.frostburg.edu/academics/study-abroad.php> to see the schedule of events. For info, contact the Center for International Education in Fuller House, call 301-687-4747 or email fsuinternational@frostburg.edu.

Baltimore Guitar Duo Will Air on FSU-TV3



The last Department of Communication, FSU-TV3 and Department of Music collaboration was with the Baltimore Guitar Duo filmed on Friday, Sept. 18. The performance will air on FSU-TV3 **Monday, Oct. 12**, at 12:30 p.m. The link is available on the FSU-TV3 website at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

Health and Safety Messages

Grinding Your Teeth at Night?

Watch your posture. Hunched over your computer all day? Awkward body positions that cause you to hunch your shoulders forward, curving the spine, can translate into a grinding problem at night.

Get a nighttime mouth guard.

Start exercising.

Relax right before bed.

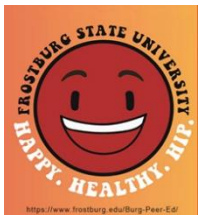
Massage your jaw muscles.

Become more conscious of grinding your teeth during the day and relax your jaw.

Stop chewing everything but food. No gum, no ice!

Avoid chewy foods like steak, popcorn and taffy.

HHH – Happy, Healthy, Hip!



Mental Health Monday Tip: Monday mantra.

https://youtu.be/sbbzZYJ_oJ4 ,

Tell Yourself Tuesday Tip: Be in the present.

<https://positivepsychology.com/present-moment>

Wacky Wednesday Tip: Embody open-mindedness.

<https://youtu.be/4vgI3v8rjj8>

Thankful Thursday Tip: Start a gratitude journal.

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

Fun Friday Tip: Volunteer!

<https://www.volunteermatch.org/search/orgs.jsp?r=20.0&l=Cumberland%2C+MD%2C+USA>

Social Saturday: Online connection.

<https://www.insider.com/online-games-activities-to-try-with-long-distance-friends-family-2020-3>

Self-Love Sunday: Sing a song!

<https://www.tendacademy.ca/using-music-self-care>

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.