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StateLines

For and about FSU people

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Second Universal Testing Sept. 21-23

On **Monday, Tuesday and Wednesday, Sept. 21 through 23**, FSU will conduct its second population-level universal COVID testing. Check for an email from FSU COVID testing (info@baseline.mail.campuslabs.com), sent on Wednesday, Sept. 16, with signup information and instructions. (If you are a student who is entirely online and not on campus, an employee not coming to campus for the entire semester or you have previously tested positive for COVID-19 since July 1 and have documented your case with Brady Health Center or Human Resources, you are not required to test and will not receive an email.)

Outside of the group mentioned above, testing is required for **all** students, faculty and staff at the Frostburg campus.

The combination of surveillance testing and population-level testing is among the several key COVID-19 indicators the University is monitoring to determine the raising or lowering of our institutional recovery response levels.

If you have questions, email COVIDtesting@frostburg.edu.

Help for Students

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.

New Ask A Librarian Research and Reference Help Page From Ort Library

Got a research question? Need help finding sources? Not sure how to cite that article? Ask A Librarian!

Check out the new Ask A Librarian portal for research and reference help at libguides.frostburg.edu/ask or just click on "Ask A Librarian and FAQs" in the main menu of the Library webpage. There you can search FAQs, chat with a librarian, send an email or submit a question, or schedule a one-on-one research consultation.

Librarians are available to help students and faculty with any question related to the research process, including developing keywords and search strategies, navigating library databases and resources, and correctly citing sources.

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, "The Problem COVID-19 Presents for College Students Who Want to Vote in November," at <https://www.washingtonpost.com/education/2020/08/31/problem-covid-19-presents-college-students-who-want-vote-november>.

Readings

CLA Presents Online Reading by Poet Indran Amirthanayagam



Award-winning author Indran Amirthanayagam will open the 14th Annual Western Maryland Independent Literature Festival with a free virtual reading on **Friday, Oct. 2**, at 7 p.m. The festival, which is being held by FSU's Center for Literary Arts, will be held virtually this year.

The reading will be live at this link, <https://youtu.be/sH-jCq7bjZM>, which can also be found on the Center for Literary Art's Instagram page ([@fsuliteraryarts](https://www.instagram.com/fsuliteraryarts)) and Facebook group ([Frostburg State University Center for Literary Arts](https://www.facebook.com/FrostburgStateUniversityCenterforLiteraryArts)).

Amirthanayagam was born in Colombo, Ceylon (now Sri Lanka). He was raised in Sri Lanka, London and Honolulu. Amirthanayagam has authored numerous poetry collections, including "The Elephants of Reckoning" (1993), "Ceylon, R.I.P." (2001), "The Splintered Face" (2008), "Uncivil War" (2013) and "Coconuts on Mars" (2019). He writes, translates and publishes poetry and essays in English, Spanish, French, Portuguese and Haitian Creole. Amirthanayagam's poems have won a Paterson Poetry Prize and a Juegos Florales. His writing has appeared in the New York Times, the Kenyon Review, the New England Review, BOMB, Siempre, La Gaceta and other magazines. A U.S. diplomat, Amirthanayagam has lived in several countries, including Haiti, Belgium, Argentina and the Republic of Côte d'Ivoire.

Exhibitions

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.

Roper Gallery to Display Sculptural Ceramic Exhibit 'Puddles' by Maxwell Parker



"Puddle 16" by Maxwell Parker

FSU's Department of Visual Arts will host the sculptural ceramic work of Maxwell Parker. The exhibition, "Puddles," will open **Wednesday, Oct. 7**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This event, which is free and open to the public, will be on display through **Friday, Oct. 30**.

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.

Roper Exhibit, 'Silent Footsteps: Meditations and Meanderings,' Features 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, 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.

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.

Music

FSU Students Hannah Polk and Ryann Cooper to Perform Virtual Recital



Hannah Polk, left, and Ryann Cooper

FSU's Department of Music will present a livestreamed recital by student sopranos **Hannah Polk** and **Ryann Cooper** on **Saturday, Sept. 26**, at 7:30 p.m. They will be accompanied by pianist **Dr. Joseph Yungen**, baritone **Gregory Scott Stuart** and student tenor **Casey Swartz**. The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

Polk will perform "She Used to Be Mine" from the musical "Waitress" by Sara Bareilles, "Mandoline" from "En Sourdine" by Gabriel Fauré, "Ahi me! Dove trascorsi ... Che farò senza Euridice?" from "Orfeo ed Euridice" by Christoph Gluck, "Nachtwanderer" by Fanny Hensel Mendelssohn and "In der Frühe" by Pauline Viardot.

Cooper will sing "On the Steps of the Palace" from the fairy-tale musical "Into the Woods" by Stephen Sondheim, "I Cannot Tell What This Love May Be" from the comic opera "Patience" by Sir Arthur Sullivan, the popular Italian song "Con te partirò" by Francesco Sartori, "Voices of the Angels" from the musical "Amazing Grace" by Christopher Smith, "The Balcony Scene" from "West Side Story" by Leonard Bernstein, "All I Ask of You" from "The Phantom of the Opera" by Andrew Lloyd Webber and "Burn" from "Hamilton" by Lin-Manuel Miranda.

Polk and Cooper together will perform "What Is This Feeling?" and "For Good" from "Wicked" by Stephen Schwartz.

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.

Mindfulness Sessions

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.

Meeting link: <https://frostburg.webex.com/frostburg/j.php?MTID=m3cb34cfe6f27b72d9d1691e9f3c2d5f>

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 **Sept. 23** session will be "Nurture Through Nature" by Becky Wilson.

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 on this free series, contact Elizabeth Stahlman, administrator, City of Frostburg, at estahlman@frostburgcity.org or 301-689-6000, ext. 101. In case of inclement weather, check the city's website at www.frostburgcity.org or Facebook Page at www.facebook.com/frostburgcity for cancellations.

Points of Pride

Office of Sponsored Programs Successes/News

On Sept. 8, project director **Dr. Kara Rogers Thomas** (Sociology) was awarded \$4,750 in Appalachian Regional Commission funds by East Tennessee State University for the Appalachian Teaching Project, "Appalachian Maryland Agriculture: Lessons From the Past."

On Aug. 22, project director **Rita Hegeman** (Upward Bound Regional Math/Science Center) was awarded \$360,938 by the U.S. Department of Education for the TRIO program, "Upward Bound Math/Science (FedFY2021)." The program prepares high school students for postsecondary education programs that lead to careers in the fields of math and science.

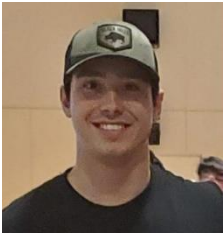
For info, see the Office of Sponsored Program's Successes/News webpage at <http://www.frostburg.edu/osp/successesnews.php>.

ECHOSTARS Clean Up the Town!



Over Labor Day weekend, 29 ECHOSTARS, Team Leaders and RisingSTARS operated a community cleanup in the Frostburg neighborhood from Water Street to Spring Street and Main Street to Braddock Road. A community member who saw them in action posted on social media, "I was blown away that a group of students would spend time on a beautiful Sunday afternoon cleaning up our neighborhood. These are the future leaders of our nation! These are the young adults who show integrity and responsibility! These young people give me hope, and I was so grateful and proud of them."

FSU Student Keegan Wolf Recognized With Outstanding Chapter President Award



FSU student **Keegan Wolf** was recently recognized with the Charles S. Rising Outstanding Chapter President Award from the Phi Mu Delta (PMD) National Fraternity. Wolf is a senior mechanical engineering major and president of the Mu Omicron chapter of PMD at FSU.

PMD is a small, national fraternity founded in 1918 at the Universities of Connecticut, New Hampshire and Vermont. The brotherhood consists of more than 18,000 initiates and 12,000 living alumni across the nation and around the world. Membership in PMD carries with it the dedication to long-term traditions and the ideals of brotherhood, service and democracy. The FSU chapter of PMD chartered in April 2008 and has

consistently remained active on campus for the past 11 years.

For info about the FSU chapter of PMD, contact Wolf at kpwolf@frostburg.edu or chapter advisor Keith Davidson at kedavidson@frostburg.edu.

Corrections to One of Last Week's Stories

Last week's Points of Pride item about the public art installation in Frostburg created by FSU engineering students gave the students' middle names instead of first names. The students are **Hunter Frank**, **Nathaniel Owens**, **Joshua Smith**, **Kyle Sharpless** and **Nicholas Harris**. We apologize for the error.

Take Note

Virtual Homecoming 2020



A virtual Homecoming is scheduled for **Thursday, Oct. 15, through Sunday, Oct. 18**, and the Office of Alumni Relations and Office of Student and Community Involvement are planning a series of great virtual events.

The Office of Alumni Relations has launched a short schedule of virtual events to engage alumni. View the schedule here:

https://www.frostburg.edu/alumni/files/pdf/FSU_Homecoming_2020_Schedule.pdf. In addition, the office will start announcing social media campaigns to capture the memories and creativity of alumni and friends and contests to boost engagement, as well as give them ways to receive FSU goodies to enhance their virtual experience.

If you have an idea, virtual event or a group of alumni (sports team, Greek organization, etc.) that you would like help in "getting together" virtually that weekend, be sure to reach out to Brooke Kirchner at brkirchner@frostburg.edu and Shannon Gribble at slgribble@frostburg.edu.

Updates will be provided via the Homecoming webpage at <https://www.frostburg.edu/alumni/homecoming.php> as they become available.

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.

Starting **Tuesday, Sept. 29**, 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!

CoLAB Virtual Career Fair – Find an Internship or a Job!

The very first Capital CoLAB Virtual Career Fair will be held on **Monday, Sept. 21**. Since the University is a Capital CoLAB partner, FSU students have exclusive access to participate in this event. They will have an opportunity to meet directly with recruiters from a number of the Capital Region's leading companies, including T. Rowe Price, Capital One, EY, Northrop Grumman and many others.

To reserve your spot, register today at

https://app.brazenconnect.com/events/jwvWS1?utm_medium=Email&utm_source=Newsletter&utm_content=newsletter+email&utm_campaign=Career+Center+Contacts. For info, contact Amy Shimko in the Career and Professional Development Center at alshimko@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=0V75uBggRkKBBAOmdHjTo1C8qOQNbRRDqVJDUEZpF8dUNzVNR1VMTDRUSVpSNzgwWEw2T1JQUUJGMi4u>. 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:

“Live United” in Frostburg (**Sept. 23**)

A Plan to Increase Young Voter Turnout (**Sept. 30**)

Videos and Votes (**Oct. 7**)

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**)

Explore the Weather on Other Planets With Zula Patrol

The FSU Planetarium presents “Zula Patrol: Under the Weather.” The virtual September Sky Tour is up as well. To check them out, go to <https://www.frostburg.edu/multimedia-learning-center>.

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.

Because so many voters have signed up to serve as election judges, many local boards can now staff all of their voting locations. They are now looking for voters who can serve as substitute judges in case other judges cannot serve. There are a few local boards that need election judges from certain political parties. **Allegany County is looking for Democratic election judges.**

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 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 or 410-269-2840, or you can contact the Student Government Association at SGA@frostburg.edu or 301-687-4304.

FSU-TV3

Music Events Will Be Livestreamed to YouTube



FROSTBURG STATE UNIVERSITY

The Department of Communication and FSU-TV3 are collaborating with the Department of Music to livestream select performances to YouTube. Student intern **Jay Hinnant**, with assistance from Cable Channel Manager **Melanie Lombardi** and Chairperson **Dr. Keith Terry**, streamed the first performance with pianist **Dr. Jay DeWire** in a Faculty Artist Series on Sunday, Sept. 13. To watch the performance, visit <https://www.youtube.com/watch?v=Gu8sF95Ca40>. The performance will air on FSU-TV3 **Monday, Sept. 28**, at 12:30 p.m. and will be available on the FSU-TV3 webpage at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

UCM

UCM Anti-Racism Focus: Equality ≠ Controversy

United Campus Ministry discussion groups will meet on Mondays in Cook Chapel at 7:45 p.m. You can also join on Zoom at that time. Join the Zoom meeting at <https://bwcumc.zoom.us/j/96465485962> or by Cell One (tap mobile: +13017158592,96465485962#).

Everyone is welcome!

The entire schedule follows. **If you miss any, be sure to watch online at www.UCMatFSU.org.**

Aug. 31 – “What is Racism?”

Sept. 7 – “Where Does Racism Come From and How to Address It (Global, National and Personal)?”

Sept. 14 – “All Lives Matter and/or Black Lives Matter”

Sept. 21 – “When and How to Resist Injustice With God’s Wisdom”

Sept. 28 – “How to Make a Difference”

UCM also has a September calendar of activities, “30 Days of Anti-Racism,” with small ways you can participate all month. If you would like a copy, email Chaplain Cindy at c.zirlott@frostburg.edu.

National Day of Prayer

United Campus Ministry and First Congregational Church (at the corner of Bowery Street and College Avenue) will team up on **Saturday, Sept. 26**, for a time of prayer, repentance and healing on the National Day of Prayer.

UCM will set up its “Equality ≠ Controversy Listening Posts.” You will be encouraged to create your anti-racist flags and share your stories. You can also choose to tell your story with a videographer to help create “Our Stories” that will be sent to community and

governmental officials. There will also be prayer stations where you can pray for the nation and racial healing. In observance of the National Day of Prayer, the church will be open for prayer from noon to 5 p.m. All are invited to participate – FSU and the wider community. Note that COVID guidelines must be followed.

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: **Sept. 25** and **Oct. 9 and 23** and **Nov. 6**. Email Kara Hotchkiss at kjhotchkiss@frostburg.edu to sign up for the session of your choice.

Safety Message

It's More Important Than Ever to Get Your Flu Shot!

Doctors and health officials are urging Americans to get vaccinated against influenza in record numbers this fall to avoid a dreaded scenario: flu colliding with a coronavirus pandemic. Having flu and COVID-19 circulating at the same time could complicate diagnoses and make treatment challenging, and tens of millions of flu-related illnesses could overwhelm hospitals, doctor offices and laboratories.

There is also a concern that the predominant flu strain this season might turn out to be H3N2, which is associated with more complications, hospitalizations and deaths, especially among children, people 65 and older, and people with certain chronic conditions.

Because of the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. CDC has worked with vaccine manufacturers to have extra flu vaccine available this flu season. Manufacturers have already begun distributing flu vaccine and will continue to distribute vaccine throughout the season. CDC recommends getting a flu vaccination in **September or October** but getting vaccinated at any time during the flu season can help protect you.

Symptoms of flu and COVID-19 are similar, but patients with influenza typically experience the most severe symptoms during the first week of illness, while patients with COVID-19 may experience symptoms over a longer period of time, with a peak during the second or third week of illness.

To find out where to get vaccinated near you, go to <https://vaccinefinder.org>.

For info, visit <https://www.cdc.gov/flu/season/index.html> and https://www.washingtonpost.com/health/covid-flu-season-collide/2020/09/04/23254d68-eb98-11ea-99a1-71343d03bc29_story.html.

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.