



For and about FSU people

A publication of Communications and Media Relations

Volume 51, Number 7, September 28, 2020

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

FSU's Center for Literary Arts Hosts 14th Annual Indie Lit Fest

The FSU Center for Literary Arts will host its 14th Annual Western Maryland Independent Literature Festival on **Saturday, Oct. 3**, from 10 a.m. to 6 p.m. This event will be held on Zoom, and links will be posted to the Center for Literary Art's Instagram page at [@fsuliteraryarts](https://www.instagram.com/fsuliteraryarts) and Facebook group at [Frostburg State University Center for Literary Arts](https://www.facebook.com/FrostburgStateUniversityCenterforLiteraryArts). The Indie Lit Fest is free to view online.

This event will include readings, discussions and panels by Jacob Appel, Edward Doyle-Gillespie, David Fulcher, Sebastian Matthews, **Gerry LaFemina**, Todd Sanders and Heather Scarbro Dobson.

Appel is the director of Ethics Education in Psychiatry at Mount Sinai's Icahn School of Medicine. He is also the author of literary novels, short story collections and more. His talk will explore some of the ethical challenges raised by COVID-19 and how these challenges will continue to affect the post-pandemic world.

Doyle-Gillespie is a longtime Baltimore resident and police detective. He has written three books of poetry, and another book is forthcoming. His talk will focus on the intersection of race and literature.

Fulcher is an author of horror, science fiction, fantasy and poetry. He edits and publishes the literary magazine Samsara, which has showcased the work of writers and poets for more than a decade.

Matthews is the award-winning author of a memoir, two poetry books, a collage novel and a recent memoir-in-essays, "Beyond Repair: Living in a Fractured State." He and other writers will discuss white privilege and what writers can do to be anti-racist.

In addition, LaFemina, Sanders and Dobson, all contributors to the horror anthology, "Exhumed: Thirteen Tales too Terrifying to Stay Dead," recently published by Devil's Party Press, will read their work. Devil's Party Press is a small press that publishes exclusively work by poets, fiction writers and memoirists who are over the age of 40.

LaFemina is a poet, fiction writer and essayist. He is a professor in the Department of English at FSU, and his latest book is a new volume of prose poems, "Baby Steps," for Doomsday Prepping (Madville, 2020). His discussion will focus on meaningful song as a foundation for an essay – be it a memoir or a more exploratory meditation.

Sanders is a poet, translator, short-story writer and graphic designer. He has designed book covers, written poetry and translated books for Air and Nothingness Press. His discussion will focus on arranging a first short-story collection.

Dobson is the author of "Memoirs of a Future Ghost." Her second book, "Recollections of a Future Ghost," is set to release on Saturday, Oct. 31. She will discuss her experiences from years of investigating ghosts.

Follow the Center for Literary Arts on social media for up-to-date information and links.

Help for Students

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.

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>.

Music

Jacob Dalager and the Parkway Brass to Perform in Online FSU Faculty-Guest Artist Series Concert



FSU's Department of Music will present **Jacob Dalager** and the Parkway Brass in a livestreamed Faculty-Guest Artist Series concert on **Sunday, Oct. 4**, at 3 p.m. The recital is free to view online. The link will be posted at www.frostburg.edu/concerts.

The group will perform "Fanfare" from "La Péri" by Paul Dukas, arranged by Wayne Barrington; "Sonata From Die Bänkelsängerlieder" by an unknown composer, edited by Robert King; "Fancies, Toys and Dreames" by Giles Farnaby, arranged by Elgar Howarth; "Canzona Bergamasca" by Samuel Scheidt, arranged by Conrad DeJong; "Five Pieces" by Anthony Holborne, edited by Robert King; "Ancient Airs and Dances, Suite No. 1" by Ottorino Respighi, arranged by Dalager; "El Gato Montés" by Manuel Penella, arranged by Jay Lichtmann; and "Quintet No. 1" by Victor Ewald.

"La Péri" is a 1912 ballet in one act by French composer Dukas about Iskender (the Persian name for Alexander the Great) searching for immortality and his encounter with a mythological Peri (winged spirit).

"Sonata From Die Bänkelsängerlieder" was found among some music sheets bought in the auction of the effects of a Dr. Gehring. The title "Die Bänkelsängerlieder" means "The Bench Singer," the itinerant musician who is singing about the stories he witnesses every day.

Farnaby, who graduated from Oxford in 1592, is most noted for his 52 pieces contained in the Fitzwilliam Virginal Book. These pieces, from which “Fancies, Toyes and Dreames” are selected, are known as “genre pieces,” whimsical portraits of common, everyday things and feelings and very different from the religiously devout music of the period.

Scheidt, a German composer, organist and teacher of the early Baroque era, is best known for his “Canzon Bergamasca,” played by brass quintets all over the world.

Holborne, a gentleman at the court of Elizabeth I, composed for many different instruments and was the most prolific of English composers of dance music at the end of the 16th century. This collection of dances for consort (a small group of instruments) was published in 1599.

The Russian composer and teacher Respighi never forgot his studies of historical music, and in 1917 he orchestrated his first “Suite of Ancient Airs and Dances.” He arranged very old music in the modern clothes of the 20th-century orchestra. This suite is based on collections of Italian lute music that had been printed in the 1880s.

“El Gato Montés” (“The Wild Cat”) is an opera in three acts composed by Penella, who also wrote the Spanish-language libretto. It premiered in 1916 in Valencia and has been popular in Spanish-speaking countries.

Ewald was a Russian engineer, architect and composer of music, mainly for conical brass instruments. He composed “Quintet No. 1” in 1890.

Parkway Brass is a brass quintet based in the Washington, D.C.-Baltimore corridor. The group performs throughout Maryland and the greater D.C. metro area and is the brass quintet in residence at Christ Lutheran Church in Baltimore. As teachers themselves, the musicians value education and perform educational outreach programs at schools. The quintet specializes in new music, having performed a dozen new compositions and arrangements in the last year. Parkway Brass consists of Dalager and Philippe Brunet on trumpets, Clinton Soisson on horn, Amanda Holmes on trombone and Sam Baronowsky on tuba. Dalager is also a lecturer in FSU’s Department of Music. For info on Parkway Brass, visit <https://www.parkwaybrass.com>.

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.

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. Visitors must wear masks, adhere to social distancing and use the [check-in portal](#) in advance.

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.

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

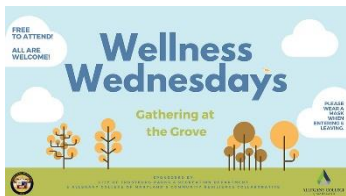
Password: b72aXd3mj7P

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



The final Wellness Wednesday: Gathering at the Grove will be held **Wednesday, Sept. 30**, 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. The **Sept. 30** session will be "Counting Our Blessings" by the Allegany College of Maryland's Community Resilience Collaborative Team. This event is free and open to the public.

The Grove provides a beautiful space that will allow us to physically distance while we come together as a community during this unprecedented time. Be sure to bring lawn chairs or a blanket and don't forget your mask.

For info, contact Elizabeth Stahlman, administrator, City of Frostburg, at estahlman@frostburgcity.org 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

Dr. Beth Smolko's Op-ed Published in Business Insider

Dr. Beth Smolko, director of FSU's Physician Assistant program, had an op-ed published in Business Insider on the confluence of the COVID-19 pandemic and flu season and the importance of being prepared and getting the flu vaccine.

Be sure to read her article at <https://www.businessinsider.com/2020-flu-season-covid-19-vaccine-health-patients-death-2020-9>.

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.

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.

Appalachian Festival Events Posted to Webpage

The recordings of Appalachian Festival live events and live workshops and discussions have been posted to the webpage at www.frostburg.edu/events/afestival. All other links, including the music and storytelling performances and puppet show, remain active, so be sure to visit them if you haven't had the chance!

ACS on Campus – Interest Session

Formerly known as Colleges Against Cancer, ACS on Campus, the American Chemical Society's premier outreach program, works to bring the fight against cancer to campus. On **Tuesday, Sept. 29**, at 8:30 p.m., the organization will host an interest session where you can learn how ACS on Campus fights cancer, raises money for the American Cancer Society and educates the campus community.

This event will be hosted on WebEx. Access information will be sent in the Volunteer Services email next week. Those interested can also email amdaniels@frostburg.edu to request login information.

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!

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 Issue 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 Communication and the Communication Leadership Lab. Be sure to register in advance to receive your session link. For info, contact Dr. Elesha L. Ruminski at elruminski@frostburg.edu, lab coordinator, or Kayli Dunitan, lab assistant, at krdunithan0@frostburg.edu.

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

Two virtual discussions about "Healing the Heart of Democracy During a Divisive Election Year" will be held on **Monday, Oct. 12**, and **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.

The sessions will be facilitated by FSU's Communication Leadership Lab and are being cosponsored by the FSU Voter Engagement Committee and the Mindful Well-being Group. Information about Palmer's book is available at The Center for Courage and Renewal's website at <http://www.couragerenewal.org/democracy>. Zoom event registration links will be available soon.

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

Call for Programs

The members of the University Council on Diversity, Equity and Inclusion are soliciting applications for mini-grants to support department events and/or programs that support the mission of the council:

The mission of the University Council for Diversity, Equity and Inclusion is to promote harmonious human interaction that results in a campus community where we value and embrace our genders, our races/ethnicities, our languages, our sexual orientations, our ages, our faiths, our cultural and social class contexts, and our intellectual and physical abilities.

There is a rolling deadline; however, events must occur during the fall 2020 through spring 2021 semesters.

For info or an application, email UCDEI@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:

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**)

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.

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. 9 and 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!

Virtual Study Abroad Week 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.

Health and Safety Message

Pick-Me-Up Colors for Your Room and Home

Red

Red adds instant vitality and drama to a room. It’s a statement color that can stimulate your space and mind.

Orange

A blend of energizing red and happy yellow, orange is a radiant, uplifting color.

Yellow

For people who are feeling lost or depressed, yellow can lift your spirits.

Green

Shades of green — ranging from muddy olive to nearly neon — are easy to layer in the home, because there are so many variations of green mixed together in the natural world. Juxtaposing the shades is an easy and organic way to give a space depth.

Blue

From the sky to the water, blue is one of the most ubiquitous colors in nature. Because of this, although it is considered a calming color, blue is also a fabulous neutral.

Purple

Used judiciously, purple can enhance a variety of moods, depending on the shade.

Pink

Pink, no longer associated solely with the feminine, conjures nurturing feelings.

For the complete article, visit https://www.washingtonpost.com/lifestyle/home/best-paint-colors-to-boost-your-mood-during-coronavirus-and-beyond/2020/09/15/348b97b8-e951-11ea-970a-64c73a1c2392_story.html?hpid=hp_lifestyle1-8-12_pandemic-paint-0917%3Ahomepage%2Fstory-ans.

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.