



StateLines

For and about FSU people

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Three FSU Employees Given Staff Awards for Excellence



From left, Patrick O'Brien, Crystal Miller and William Patterson are presented with the FSU Staff Awards for Excellence by FSU President Ronald Nowaczyk.

FSU recently honored *Patrick O'Brien, Crystal Miller* and *William Patterson* with Staff Awards for Excellence. The annual Staff Awards for Excellence recognize exceptional

service to the institution. Recipients are nominated and chosen by their colleagues.

O'Brien, director of the Office of Civic Engagement, was honored in the Exempt (salaried) Employee category. He has worked at FSU since 2008. A 2007 graduate, he has grown in his position to become a regional and national leader in volunteerism, national service, service learning, civic learning and democratic engagement. His "footprint" over the years has included millions of dollars of grant funding and relationships with dozens of nonprofits, governmental and educational institutions in connection with the ASTAR in Western Maryland AmeriCorps program, along with playing a key role in events like Beautify the Burg, Relay For Life and the Maryland Special Olympic Games.

Miller, an administrative assistant for Student Affairs, won the award in the Nonexempt Employee category. After serving in Athletics and the Office of the President, she was hired in Student Affairs and immediately began making an impact on the physical, technological and communications environment in the office. She greets everyone with a smile while managing multiple projects and responding to students in need. She also co-chairs FSU's Maryland Charities Campaign and volunteers to support the Washington Children's Hospital.

Patterson was recognized in the Nonexempt Employee/Facilities/Maintenance category. A temperature control technician in the University's HVAC shop for Facilities and Maintenance, he has worked for the University since 1980. Over his tenure, his role has changed because of his willingness to take on new tasks and learn new systems, such as the new HVAC mechanical systems and the energy management system. His historical knowledge of FSU's HVAC systems and his natural leadership qualities have proved very valuable to the campus.

This year marks the 24th year the Staff Awards for Excellence have been presented.

Award recipients are given a plaque, a certificate commemorating their dedication and a monetary award.

Staff Awards for Excellence are funded by the FSU Foundation's Annual Fund Campaign.

For info, contact the FSU Office of Human Resources at 301-687-4105.

Help for Students

PAWS Pantry Fall 2021 Hours

The PAWS Pantry is open and available to all students. Students will complete a brief survey and paperwork to register as a pantry member during the first visit. During regular hours, students may come to the pantry and shop from a selection of non-perishable foods and hygiene products (when available).

Walk-up hours are 10 a.m. to 2:30 p.m. on **Mondays** and 1 to 6 p.m. on **Thursdays**.

Schedule an appointment at <https://outlook.office365.com/owa/calendar/FSUPAWSPantry@frostburg.onmicrosoft.com/bookings>. Hours by appointment are 10 a.m. to 2:30 p.m. on **Wednesdays**, 6 to 8 p.m. on **Thursdays** and 10 a.m. to 2:30 p.m. on **Fridays**.

A full-time AmeriCorps member, senior **Kat Reyes**, serves as the PAWS Pantry coordinator. PAWS Pantry is located in the Braddock House at 20 Braddock Road. For info, email pawspantry@frostburg.edu.

For the following events, FSU is following CDC guidance based on current area conditions. Currently, masks are to be worn indoors in the presence of others, regardless of vaccination status. Event attendees are encouraged to visit www.frostburg.edu/checkin for symptom monitoring. Users can display the portal's "Reduced Risk" badge on a mobile device for admission, or they may respond to symptom-check questions posted at events.

Theatre

FSU's Department of Theatre and Dance Warms Up the Holiday Season With 'It's a Wonderful Life: A Live Radio Play'



Pictured here are Brian Records (Jacob Laurents/George Bailey) and Grace La Count (Sally Applewhite/Mary).

The Department of Theatre and Dance at FSU will continue to present "It's a Wonderful Life: A Live Radio Play" **Thursday, Dec. 9, through Saturday, Dec. 11**, at 7:30 p.m. Directed by **Darrell Rushton**, performances will take place in the Drama Theatre of FSU's Woodward D. Pealer Performing Arts Center.

"It's a Wonderful Life" has become a beloved American classic since premiering on film in 1946. Adapted for the stage by Joe Landry and based on the story, "The Greatest Gift," by Philip Van Doren Stern, this 1940s radio play features an ensemble cast, live sound engineering and music of the season.

The show features performances by **Ashlee Casey** and **Casey Allison** (Foley artists), **Mason Wolf** (sound engineer), **Kenneth Heath** (Freddie Filmore/Joseph), **Brian Records** (Jake Laurents/George Bailey), **Grace La Count** (Sally Applewhite/Mary), **Jay Bryant** (Harry "Hepcat" Heywood/Clarence) and **Zoie Collins** (Lana Sherwood/Violet).

The design team consists of **Rebekah Reimer** (scenic designer), **Danielle Preston** (costume designer), **Xander Mulder** (lighting designer) and **Matthew "George" Georgeson** (sound designer). Assistant designers include **Brendon Eric McCabe** (assistant scenic design), **Kassidy Andris** (assistant costume design) and **Francis Sharkey III** (assistant sound design).

The creative team is led by Rushton (director), **Ebony Gennes** (stage manager), **Alyssa Bahner** (assistant stage manager) and Heath (dramaturg/historian/radio broadcast consultant).

Credited as "one of the best holiday shows around" by the Chicago Sun Times, "It's a Wonderful Life" is the perfect holiday event for families and friends.

Tickets can be purchased online by visiting <https://frostburgtix.universitytickets.com>. Tickets are \$7 for students, \$12 for FSU employees and senior citizens, and \$15 for general admission.

Performers will not wear masks while on stage and there will be a 12-foot distance between performers and audience members.

For info, call the Theatre and Dance box office at 301-687-7462, **Mondays through Fridays**, 9 a.m. to 12:30 p.m. and 1:30 to 3 p.m.

"It's a Wonderful Life: A Live Radio Play" can also be viewed via streaming service. The stream can be purchased and viewed on demand **through Friday, Dec. 31**. Click the following link for details: <https://www.broadwayondemand.com/series/j1Hld6VikCSb-its-a-wonderful-life---a-live-radio-play--frostburg-state-university-department-of-theatre-and-dance>.

Presentations

COB/ODEI to Present Virtual Presentation on 'Future Workplace'



FSU's College of Business, along with FSU's Office of Diversity, Equity and Inclusion (ODEI), will present Jason "Jay" Morwick in a virtual presentation on "The Future Workplace" on **Monday, Dec. 6**, at 6:30 p.m.. No registration is required. To view and participate in this presentation, visit <https://links.frostburg.edu/Futurework>.

Morwick is an author of several books on remote work, hybrid teams and work-from-home arrangements. To remain competitive, FSU students will need to know how to excel in virtual environments and how to work with and lead hybrid and virtual teams. Morwick, who has consulted for such organizations as the Internal Revenue

Service, the U.S. Treasury and the U.S. Patent and Trade Office, will cover some emerging trends along with best practices as they relate to remote work and telework.

Morwick is also among the few experts in the field to embed diversity, equity and inclusion (DEI) components into how remote work is impacting DEI initiatives.

Given the importance of this “new normal” of virtual and hybrid work arrangements, COB and ODEI have opened this speaking engagement up to all current students as well as FSU alumni.

Pocomoke Indian Nation Representatives to Share Aspects of Their Culture With FSU



On **Monday, Dec. 6**, at 7 p.m., members of the Pocomoke Nation will discuss their heritage and way of life via a livestreamed event. According to their website, they are an Eastern Woodland culture of the Algonquian language group, historically identified as the First People of the rivers of Pocomoke, Annessex and Manokin and the bay of Chincoteague. The event will be streamed via the Center for Literary Arts’ YouTube channel at <https://www.youtube.com/watch?v=DBaVffLUODc>.

The event is co-sponsored by FSU’s Faculty Development and Sabbatical/Professional Research Leave Subcommittee, the University Council on Diversity, Equity and Inclusion and the Department of English and Foreign Languages.

For info, contact Dr. Amy Branam Armiento at abranam@frostburg.edu or 301-687-4293. For info about the Pocomoke, visit <https://www.pocomokeindiannation.org>.

Exhibits

Roper Gallery Presents BFA Senior Show, ‘The Voyage of Five Visionaries’



A Bachelor of Fine Arts Senior Show, titled “The Voyage of Five Visionaries,” will be on display in FSU’s Stephanie Ann Roper Gallery **through Saturday, Dec. 18**. Presented by FSU’s Department of Visual Arts, the exhibition features works from seniors *Courtney Chambers, Trent Montgomery, Sabrina Ruths, Robert Smallwood* and *Yi Zhou*.

Chambers is graduating from FSU with a bachelor’s in art and design, with a concentration in photography and a minor in graphic design and art history. After graduation, she plans to continue to develop her own photography business, CourtneyRenia Photography, and eventually specialize in boudoir photography.

Montgomery is a transfer student from Allegany College of Maryland, where he earned his associate degree, with a concentration in art. He will graduate from FSU with a bachelor’s in art and design, a concentration in graphic design and illustration, and a minor in marketing. After graduation, Montgomery plans to pursue a career as a graphic designer and illustrator.

Ruths is graduating early from FSU with a double major in graphic design and illustration and a minor in fine arts. After graduation, she intends to enter the graphic design industry.

Smallwood is graduating from FSU with a bachelor’s in art and design, with a dual focus in graphic design and illustration. After graduation, he plans to continue building his portfolio, freelance and venture into the music industry.

Zhou is an international student from China. She is earning her bachelor’s from FSU in art and design, with a minor in fine art. Her focus area is sculpture. After graduation, she will study for her master’s in sculpture.

For this show, the Roper Gallery is open **Sundays through Wednesdays** from 1 to 4 p.m. and will also be open from noon to 4 p.m. on **Dec. 18**, the final day of the exhibit and graduation day.

For info, contact the Department of Visual Arts at 301-687-4797.

Ort Library Special Collections Displaying Allegany Co. Historical Bridge Photographs



A photo of Folck’s Mill Bridge from 1890

The Western Maryland Historical Library has collaborated with the FSU David M. Gillespie Special Collections to curate a digital exhibit of Allegany County historical bridge photographs from the Mel Collins Collection (<https://digital.whilbr.org/digital/collection/p16715coll67>). Many of the bridges documented in the exhibit have been torn down. Learn about the Folck’s Mill Bridge east of Cumberland, a battle site during the Civil War, the (two) “Blue” Bridges connecting Cumberland with Ridgeley, W.Va., various historic bridges along the Narrows and many others. The Mel Collins Collection consists of several thousand photographs and exhibit materials primarily related to historic

buildings, structures and landmarks in Allegany County. Contact Liza Zakharova, Special Collections librarian/archivist, at ylzakharova@frostburg.edu for info about the collection.

Points of Pride

University Police and Frostburg City Police Participating in ‘No-Shave November’ to Raise Money for Foundation



From left are FPD Chief Nick Costello; FSUPD Sgt. Dan Dunn; FSU Ptl. Jordan Cook; FPD Sgt. Matt Beeman; FPD Ptl. Brooke McCarty; Candy Sandvick, David Sandvick and Patti House, all of “Holding Hands for Haley Foundation”; FSUPD Capt. John Ralston; FSUPD Cpl. Chad Robinette; and FPD Lt. Irvin Buskirk.

University Police have teamed up with the Frostburg City Police for “No-Shave November” this year to raise money for the Holding Hands for Haley Foundation. They plan to continue their fundraising through the end of December.

No-Shave November is a nationwide campaign started years ago that is devoted to growing cancer awareness and raising funds to support cancer prevention, research and education. Over the years, law enforcement agencies have joined the efforts and during the month of November have abandoned their clean-shaven policies so officers can grow beards. Officers donate the estimated money they would typically spend on shaving and grooming supplies toward a cancer charity.

This year, University Police and Frostburg City Police chose to support a local organization, the Holding Hands for Haley Foundation, to assure the donations stay local and help families whose children have cancer. The foundation’s mission is to raise awareness and funds for pediatric cancer research and to spiritually, financially and emotionally support families of children who are fighting cancer in Allegany County or any of the contiguous counties. Since 2016, the foundation has helped more than 30 local families, and the financial assistance to those families totals nearly \$50,000. Additionally, thousands of dollars have been sent to cutting-edge research facilities looking for a cure for the deadly disease.

For info regarding the Holding Hands for Haley Foundation, go to www.holdinghandsforhaleyfoundation.org. If you would like to donate, send a check made payable to F.O.P. Lodge No. 147 to Captain John C. Ralston Jr., 101 Braddock Road, Frostburg, MD 21532.

Biology Students Take Top Prize at Alaska Bird Conference

Three FSU undergraduates virtually presented the findings of their research that they performed during the summer and fall semesters at the Alaska Bird Conference, held in Homer Nov. 15 to 18. **Zachary Barnard** and **Gavin Studds**, wildlife and fisheries students, presented a poster on the intestinal parasite communities of seabirds, a study they developed with **Dr. Kate Sheehan** for their general ecology project this fall. **Patrycja (Trish) Przybyl**, interpretive biology and natural history student, presented a poster on the parasites infecting the kidneys and gall bladders of seabirds; this was in partial fulfillment of an internship that started in June. Barnard and Studds won best poster. They will receive the traditional ABC prize, a handmade coffee mug adorned with birds.

The posters and corresponding videos can be viewed at <https://www.alaskabirdconference.org/scientific-program>.

Students and Faculty Participate in Roundtable Hosted by Congressman Trone and Interior Secretary Haaland



Colin Eason (back row, fourth from right), Lauren Lohff (back row, furthest right) and Dr. Tianna Bogart (front row, second from right) at the roundtable

On Nov. 29, Congressman David Trone and U.S. Department of Interior Secretary Deb Haaland visited Maryland’s Sixth District to tour the C&O Canal National Historical Park. The visit highlighted infrastructure and the Build Back Better agenda, especially as it relates to climate change and equity. The visit closed with a roundtable discussion with environmental justice advocates focused on how climate change adversely affects underserved communities.

FSU students **Lauren Lohff** (geography, climate science minor) and **Colin Eason** (earth sciences, climate science minor) and **Dr. Tianna Bogart**, an associate professor in FSU’s Department of Geography, participated in the roundtable.

Office of Sponsored Programs Successes/News

On Oct. 15, FSU received a \$400,000 Seed Community Development Anchor Institution Fund grant from the Maryland Department of Housing and Community Development. Funds will help support the redevelopment of the former Hill Street School/Frostburg Museum into market-rate apartments for professionals in and near the University, which will administer the grant funds for this public-private partnership. **Troy Donoway**, vice president for Administration and Finance, will serve as FSU’s project director.

On Nov. 4, project director **Dr. Holly Currie**, an associate professor in the Department of Chemistry and director of the Center for Teaching Excellence, was awarded \$1,500 by Campus Compact Mid-Atlantic in support of the 11th Annual Regional Conference on Teaching, Learning and Scholarship.

On Nov. 9, the Mid Atlantic Arts Foundation awarded project director **Melanie Moore**, associate director of CES, a \$4,100 Jazz Touring Network grant in support of an engagement with Alicia Olatuja.

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

Take Note

CES Event Cancellation: Russian National Ballet

The Russian National Ballet has cancelled its 2022 U.S. tour, which includes its presentation of “Swan Lake,” scheduled to take place at FSU on **Tuesday, March 8**.

Ticket purchasers will receive automatic credit card refunds.

University Box Office Holiday Hours

Box Office holiday hours are as follows:

Monday, Dec. 6, through Friday, Dec. 10: 10 a.m. to 4 p.m.

Saturday, Dec. 11, through Sunday, Dec. 19: Closed

Monday, Dec. 20, through Wednesday, Dec. 22: 10 a.m. to 4 p.m.

Thursday, Dec. 23, through Sunday, Jan. 2, 2022: Closed

Online purchases can be made at any time by visiting the CES ticket portal at <https://frostburgtix.universitytickets.com/w/default.aspx?cid=167>.

Community Course in Basic Ceramics



FSU’s Department of Visual Arts will offer a non-credit community course in basic ceramics this spring semester. The class will be held on **Tuesdays, Jan. 25 through March 15**, from 6 to 9 p.m. in Fine Arts 107. Work can be picked up **Tuesday, March 29**.

This eight-week course will provide an introduction to the basic ceramic processes, including hand-building, and the pottery wheel. The course will be taught by ceramic artists Bobby Croft and Alexis Thorner.

The cost is \$180, plus the cost of clay. (Pay in the Billing Office in Pullen 148.) Tools are provided. Students under the age of 18 must be accompanied by an adult who is also registered for the class.

For info, contact the Department of Visual Arts at 301-687-4797, or email Jacqueline Brown at jbrown@frostburg.edu.

Looking for an Elective?

Are you looking for an upper-division elective to round out your spring 2022 schedule?

Check out these available courses in the Department of History. Spaces remain in the following classes:

HIST 341 Modern and Contemporary Middle East, *Dr. Alemseged Abbay*, 9:30 to 10:45 a.m., Tuesdays and Thursdays, #1678

HIST 376 Modern Europe, *Dr. Daniel Filer*, 4:30 to 5:45 p.m., Mondays and Wednesdays, #1679

HIST 445 History of Maryland, *Dr. Eleanor McConnell*, 3:30 to 4:45 p.m., Tuesdays and Thursdays, #1681

HIST 458 History of China, *Dr. Haiyun Ma*, 3 to 4:15 p.m., Mondays and Wednesdays, #1680

HIST 465 Gilded Age America, *Dr. Greg Wood*, online, #1682

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

Register Now for Intersession!

**CATCH UP, KEEP UP,
GET AHEAD!**
INTERSESSION – REGISTER NOV. 1–JAN. 4



Encourage students to take advantage of their downtime this winter break with Intersession.

This is a great option for students who want to get caught up without having to increase their spring course load, athletes who need to maintain eligibility or any student who wants to start a path to early graduation.

Register now through **Tuesday, Jan. 4, 2022**.

For info, visit www.frostburg.edu/intersession.

Want to Learn About Current, Trending Topics in the Workplace?

Register for any of the classes below for the spring 2022 semester to prepare for life in the workplace.

These general-interest topics are presented by faculty and invited guests. Multiple themes have been chosen under the supervision of the instructor and/or College of Business, with timely relevance to management needs. No prerequisites are required, except for MGMT 391.601.

MGMT 391.001 Sex and Workplace Relationships, TuTh at 11 a.m., *Dr. Rebecca Chory*

MGMT 391.002 Essentials of Negotiation, MWF at 11 a.m., *Dr. Ken Levitt*

MGMT 391.003 Small Business in Appalachia, TuTh at 2 p.m., *Dr. Stacy Wassell*

MGMT 391.601 Intro to Data Analytics, TuTh at 12:30 p.m., *Dr. JoAnna Shore* (blended class), Math 109 required

MGMT 391.701 Manage Change in Turbulent Times, online, *Dr. Martha Mattare*

MGMT 391.702 Project Management, online, Shore

MGMT 391.703 Health in the Workplace, online, Wassell

MGMT 391.704 E-Commerce and E-Business Management: Practical Application and Strategies, online, *Dr. Ryan Kentrus*

MCTA Winter Farmers Market



Mountain City Traditional Arts, at 25 E. Main St. in Frostburg, will host the Frostburg Winter Market **through April 2022**. The market will be held **the first and third Saturdays** of each month from 10 a.m. to 1 p.m. Brightside Farm, Brookstree Farm, Rice's Orchard, Fish Holler Farm, Wynter's Haven and more will bring their locally grown and sourced products to Frostburg so you can still eat local through the holidays.

For specific event dates and farm updates, follow "Frostburg Winter Market" on Facebook at <https://www.facebook.com/frostburgwintermarket>.

Brady Health Offering Flu Vaccine



Brady Health is still administering the quadrivalent vaccine. The vaccine protects against four strains of the influenza virus – two type A strains and two type B.

Vaccinations are by appointment only. Call 301-687-4310 to schedule an appointment.

You must be over 18 years of age. The cost is \$25. Payment can be made by cash or check. Be sure to wear short sleeves!

It's Snowing! Should I Stay or Should I Go?

Here's how to find out if the campus will be closed or have a delayed opening on bad weather days. **The following applies to in-person classes and activities and on-campus students and employees only**, and for the FSU campus only. See note below for teleworkers and online classes.

If the campus is closed:

In-person classes are canceled.

In-person employees and hybrid teleworkers who are scheduled to be on campus the day of the closure should not report to work.

Essential personnel are required to report to work at their scheduled time.

If a delay is announced:

In-person classes scheduled before the announced opening time are cancelled. Classes after that time occur as scheduled.

In-person employees and hybrid teleworkers scheduled to be on campus that day should begin their shifts at the announced opening time.

Essential personnel are required to report to work at their scheduled time.

Teleworkers/online classes:

Fully online classes will continue regardless of campus status.

Teleworkers, whether regular or hybrid, who are scheduled that day to work remotely will follow their regular schedule. (Those who do not work must use accrued leave time.)

The most reliable information regarding delayed openings and cancellations will be from FSU-controlled outlets (email, Burg Alerts, University voicemail and website). Notification of delays or closures will be made through these outlets:

Via Burg Alert (<https://www.frostburg.edu/information-technology/Services/burg-alerts.php>) text and email alerts. More information is below.

Through campus email.

Main University Number (301-687-4000, option 2) after 6 a.m.

On the top of the main page of the FSU website (www.frostburg.edu).

Through local radio stations.

Via Twitter (twitter.com/frostburgstate).

On the FSU Facebook page (www.facebook.com/frostburgstateuniversity).

Everyone with an FSU email is automatically signed up for Burg Alerts **to that email**. Burg Alerts, in addition to weather notifications, alert the campus in an emergency.

You may also opt to have Burg Alerts sent as text messages to your cell phones (standard texting rates apply) and to other email addresses. To sign up, click <https://www.frostburg.edu/computing/fsualert> or click the Emergency link at the bottom of the FSU front page. Follow the instructions, using your FSU user name and password to access the site. You have the option of having alerts sent to two cell numbers and six email addresses. (You may add your family members, or they may create their own accounts at the link above.) Make sure to follow the validation steps to activate your choices.

If you spend any time in the Frostburg area, it is highly recommended that you sign up for the text alerts to ensure you are notified of emergencies or weather-related schedule changes.

Unless an FSU closure is announced on the outlets above, we are open. Likewise, the message under option 2 at the main University number will announce the closure or announce, “There are no delays or closures at this time.” (If you study or work at a facility outside of Frostburg, officials from that facility will determine closures for those locations.)

For Employees

Essential personnel are required to report to work in the event of any cancellation or delay. These individuals have been notified of their “essential” status by their department heads. If you are unsure of your status, check with your supervisor.

Personnel compensation for closures or delays (in-person only) will be based on the appropriate cancellation/delay message as presented on the FSU voicemail system.

If, in your judgment, it is not safe for you to come to work or to class while the University is still open, you must contact your supervisor and provide this information. In the event that liberal leave is announced for employees, it is expected that everyone will make an effort to report to work and class. Employees who take liberal leave will be charged for the appropriate leave time. The announcement of liberal leave **does not** cancel classes, nor does it relieve essential employees of their need to report to work during inclement weather.

For Students

The announcement of liberal leave for employees **does not** cancel classes. If you have concerns about your ability to make it to class in bad weather, discuss them with your faculty members before the weather turns nasty. (If you are a student at a facility outside of Frostburg, officials from that facility will determine closures for those locations.)

Depending on the severity of the weather, **the Lane University Center, Ort Library and the Cordts PE Center** may open with limited hours and services on days that in-person classes are cancelled. This service is for students living on campus and within walking distance. Do not attempt to drive to campus if the weather is severe enough to warrant closing the University, for your own safety and for the sake of those who must work to clear parking lots and sidewalks. **When it is determined that it is safe to open these buildings, announcements will be made via student FSU email.**

For Everyone

Here are some ways you can check on conditions if you have to travel:

FSU campus weather cam on Weather Bug: <https://www.weatherbug.com/weather-camera/frostburg-md-21532> (Other regional cams can be found here, too.)

Maryland DOT statewide cams: <https://chart.maryland.gov/trafficcameras/index.php#>

I-68 Exit 33 cam: <https://chart.maryland.gov/video/video.php?feed=7200276f018000a8005dd336c4235c0a>

The final decision regarding your safety resides with you. Stay warm and be safe.

Do not call University police or the computer help desk for weather-related announcements.

Do call 301-687-4000, option 2, check your email or check the FSU website at www.frostburg.edu.

Local Radio/TV Stations

The following local radio/television stations will be notified in the event of a closing or delay:

WFRB “Froggy” – 105.3 FM

WFRB “Willie” – 560 AM/106.7 FM

WKHJ – 104.5 FM Oakland

WTBO – 1450 AM/97.9 FM

WCBC – 1270 AM/107.1 FM

WWHQ – 92.3 FM Oakland

WRQE “Rocky” – 106.1 FM

WMSG – 1050 AM Oakland

WVMD “The Wolf” – 100.1/99.9 FM

WDYK “Magic” – 100.5 FM

WQZK – (94.1 FM Keyser

WDZN – 99.5 FM

WDVM-TV Hagerstown

WTAJ-TV Altoona

Note: If there are mixed messages in the media (one station says we’re open, another says we’re closed) –call the University number (301-687-4000, option 2) for clarification. That number will always be the **final** authority in case of confusion from other sources.

Deadlines

Graduate Grade Changes

The last day for graduate grade changes, including the removal of incomplete grades for the spring 2021 and summer 2021 semesters is **Friday, Dec. 10**.

FSU-TV3

FSU-TV3’s Final Fall Episode of ‘Good Morning Frostburg’



Tune in to see the latest episode of “Good Morning Frostburg” that aired on Dec. 1 at 9 a.m. with hosts *Leila Covington* and *Reggie E. Morton III*. Tune in to see guests from the Office of Diversity, Equity and Inclusion – *Robin Wynder*, assistant vice president for Student Affairs, and *McKenna Booker*, program management specialist – as they discuss how FSU is making the campus more equitable and inclusive.

FROSTBURG STATE UNIVERSITY

See the show again on **Wednesday, Dec. 8**, at 9 a.m. on Comcast channel 3. It is ready to watch today on Facebook at www.facebook.com/FSUTV3 or YouTube at <https://www.youtube.com/watch?v=YSFdmZKfpBc>.

Study Abroad

Study Abroad Trip to Puerto Rico, May 23-29, 2022



Dr. Greg Wood, professor and chair, FSU’s Department of History, will lead a study abroad trip to Puerto Rico **Monday, May 23, through Sunday, May 29, 2022**.

For info, contact Wood in Dunkle 107 and at gwood@frostburg.edu. You can also visit efcollegestudytours.com/2423413zp.

Costa Rica – Pura Vida Trip, May 26-June 3, 2022



Explore ecotourism principles in the context of a country that is considered to be the ecotourism capital of the world. This study abroad experience is integrated as the experiential component of RECR 448 Principles of Ecotourism during summer session 2022. The dates of travel are **Thursday, May 26, through Friday, June 3, 2022**. The trip is open to any FSU student.

Students will engage in hands-on experiences as they board canal boats, kayaks, rafts and zip-lines to get an up-close and personal look at the ever-changing landscapes and unparalleled animal and plant life. The trip includes visits to five national parks in Costa Rica.

For info, contact the faculty trip leader, *Dr. Natalia Buta*, an associate professor in FSU’s Department of Kinesiology and Recreation, at nbuta@frostburg.edu or 301-687-4458, or visit <https://www.frostburg.edu/student-life/campus-services/center-for-international-ed/study-abroad/student-abroad-programs.php>.

Health and Safety Messages

Running on Fumes This Holiday Season?



Fatigue is a common symptom of many illnesses, including diabetes, heart disease, arthritis, anemia, thyroid disease and sleep apnea. Talk to your doctor if you feel unusually tired. Many medications can also contribute to fatigue. These include some blood pressure medicines, antihistamines and diuretics. If you begin to experience fatigue after starting a new medication, tell your doctor.

The last thing you may feel like doing when you're tired is exercising. But many studies show that physical activity boosts energy levels. Yoga may be especially effective for boosting energy.

Drink plenty of water. Dehydration zaps energy and impairs physical performance and has also been shown to decrease alertness and concentration.

Lack of sleep increases the risk of accidents and is one of the leading causes of daytime fatigue. Get to bed early enough for a full night's sleep. If you do fall short on shut-eye, take a brief afternoon nap. Napping restores wakefulness and promotes performance and learning. A 10-minute nap is usually enough to boost energy. Don't nap longer than 30 minutes, though, or you may have trouble sleeping that night.

Good for your heart, omega-3 oils may also boost alertness.

Individual differences in daily energy patterns are determined by brain structure and genetics, so they can be tough to change. Instead, become aware of your own circadian rhythms. Then schedule demanding activities when your energy levels are typically at their peak.

Losing extra weight can provide a powerful energy boost. Cut back on portion sizes and eat balanced meals.

For info, check out <https://www.webmd.com/balance/features/get-energy-back>.

Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: The More You Know

<https://www.bestcolleges.com/resources/top-5-mental-health-problems-facing-college-students>

Tell Yourself Tuesday Tip: It Will Be Okay

<https://thoughtcatalog.com/henrietta-jamal/2014/08/6-ways-to-tell-yourself-everything-will-be-okay>

Wacky Wednesday Tip: Focus and Be Aware

<https://www.youtube.com/watch?v=6tH5RIG0foU>

Thankful Thursday Tip: Gratitude Meditation

<https://www.youtube.com/watch?v=nCq5MkNem6k>

Fun Friday Tip: Study Break

<https://www.eliteprep.com/blog/6-study-break-ideas>

Social Saturday Tip: Make Studying Fun

<https://mansfieldhall.org/2021/03/01/5-great-ideas-for-college-group-study-sessions>

Self-Love Sunday Tip: Practice It

<https://www.mindbodygreen.com/0-12428/10-wonderful-ways-to-practice-selflove.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.