

For and about FSU people
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MCTA to Host ‘An Irish Christmas’



John Doyle, left, and Mick McAuley

FSU’s Mountain City Traditional Arts will present “An Irish Christmas With John Doyle and Mick McAuley” on **Monday, Dec. 11**, at 7 p.m. at 25 E. Main St. in Frostburg. Join them for an evening of traditional Irish music, songs and stories that will transport you to the villages of rural Ireland. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Doyle and McAuley’s musical connection began in the groundbreaking Irish-American band, Solas. Now, both have flourishing high-profile solo careers and periodically come together to brush off some Solas standards and lots of their individual material. Both natives of Ireland and from musical families, Doyle and McAuley are powerhouses in traditional Irish music.

Having started his professional career at the age of 16, Doyle went on to form the highly acclaimed supergroup, Solas, which took the folk and Celtic music worlds by storm. Since then, his flourishing solo career, highly regarded solo albums and in-demand studio prowess as producer have made him one of the busiest artists in traditional music. Doyle’s original rhythmic and percussive guitar style has been emulated by guitarists all over the world. Widely considered the finest Celtic guitarist performing today, he is also a powerful singer and highly regarded songwriter.

McAuley is an Irish musician, composer and songwriter who has recorded and toured internationally for many years. While his music is rooted firmly in the Irish tradition, he has been part of a movement that continues to push the musical boundaries of that tradition to bring Irish music to a wider and more diverse audience. A multi-instrumentalist, McAuley plays accordion, melodeon, concertina, whistles and guitar and has been a guest on many recordings and performances. Most recently, he spent months as accordionist for Sting in his Broadway production, “The Last Ship.” McAuley’s debut solo album, “An Ocean’s Breath,” was awarded Best Celtic Album of the Year by The Washington Post.

MCTA is a program of FSU and a founding member of Maryland’s Folklife Network. It receives support from the Maryland Traditions Program of the State Arts Council.

For info, call 301-687-8040.

FSU Celebrates Achievements of Fall 2023 Graduates



From left, Commencement speakers Lydia Deneen, Maxwell Sykes and Julia Broberg

FSU will celebrate the student achievements of its fall 2023 graduating class at the 163rd Commencement Ceremony at 2 p.m. in a ceremony on **Wednesday, Dec. 20**, in the Cordts PE Center Main Arena.

This year’s commencement speakers are *Lydia Deneen* from the College of Business, Engineering, and Computational and Mathematical Sciences; *Maxwell Sykes* from the College of Education and Health and Natural Sciences; and *Julia Broberg* from the College of Arts, Humanities, and Social and Behavioral Sciences.

Deneen, of Frostburg, will graduate with a bachelor's degree in business administration with a concentration in general management and a minor in finance. Her hard work ranks her in the top 10 percent of all business students and has earned her a spot on the Dean's List every semester. Deneen received the FSU Excellence Scholarship and the Student Business Leaders Scholarship and was a member of the Sloop Institute for Excellence in Leadership in 2023. She serves as the vice president of the American Marketing Association at FSU and is a member of the Student Business Leadership Committee. In addition to carrying a full course load of 15-18 credits per semester, Deneen also works part time at a local restaurant. Deneen plans to pursue her MBA at FSU after graduation while working to become an insurance adjuster.

Sykes, of Frostburg, will graduate with a bachelor's degree in biochemistry with a minor in biology. He has served as a teacher aide and lab assistant in FSU's Chemistry Department and volunteered his time as a student tutor, where he was responsible for directing and conducting group tutoring sessions for advanced chemistry courses. Sykes also served as a residential tutor counselor over the summer for TRIO, teaching and preparing college-bound high school students in the areas of math and science. While at FSU, he has conducted independent advanced research and has made the Dean's List every semester. Sykes is the vice president of Gamma Sigma Epsilon, the national chemistry honor society, and has earned several accolades, including the Paul Hunt Lab Achievement, the T. Adams '87 and Wyche Adams '86 scholarship, the Weser Chemistry Achievement, the Roy W. Sonntag Award and the Woodward and Virginia Pealer Scholarship.

Broberg, of Frederick, will graduate with a bachelor's degree in mass communication with minors in journalism and sustainability studies. She has consistently made the Dean's List, and her hard work has allowed her to graduate a semester early with honors. Broberg has written news articles published in college newspapers and magazines at the local and national levels. She hosted and edited a radio show on FSU's student station and an NPR affiliate station that was broadcast throughout the tri-state area. Broberg also served as the social media intern for FrostburgFirst, was a teaching assistant for a professor teaching English to students in China and worked as a store clerk at a local book and video store.

Tickets are required to attend Commencement. For info, visit the FSU Commencement webpage. The ceremony will also be streamed live online. For the livestream link, visit FSU's website, www.frostburg.edu, on the day of the commencement.

All faculty and staff
are cordially invited to the

President's Holiday Reception

Monday, Dec. 18

2 to 4 p.m., Alice R. Manicur Assembly Hall
Lane University Center

The FSU Chamber Singers, directed by
Dr. Scott Rieker, will perform at 2 p.m.

"Most Outlandish" Holiday Sweater Contest
The Office of Human Resources will be looking
for the "most outlandish" holiday sweater.
The winner will be announced **Tuesday, Dec. 19**.

Toys for Happiness
The Office of Civic Engagement's AmeriCorps program
will collect unwrapped toys for local children in need.

Help for Students

PAWS Pantry

The PAWS Pantry at FSU provides food and basic necessities to FSU students at no cost. The pantry is open and available to all students. Students will complete a brief survey and paperwork to register as a pantry member during their first visit. They will be given a numeric identifier for tracking purposes, so their name and information are never used in any reporting. During regular hours, students may come to the pantry and shop from the selection of non-perishable foods and hygiene products (when available).

The pantry is located at Braddock House at 20 Braddock Road. Walk-up hours are 10 a.m. to 1 p.m. and 3 to 5 p.m. on **Mondays**; 10 a.m. to 1 p.m., 3 to 5 p.m. and 6 to 8 p.m. on **Wednesdays**; and noon to 3 p.m. on **Fridays**. Other weekdays are by appointment. To schedule an appointment, email pawspantry@frostburg.edu.

All students (new and returning) using the pantry must complete the Intake and Waiver, which they can complete at the pantry or access at <https://portal.frostburg.edu/pantry>.

Are You a First-Generation Student?

Student Support Services Can Help!



TRiO/Student Support Services, located in Pullen 133, offers academic advising, tutoring and study skills, financial aid assistance and guidance, graduate school assistance, career development, and educational and cultural events for first-generation students. Student Support Services is an academic support program to help first-generation college students stay in school and graduate.

To make an appointment, call 301-687-4481. Hours are 8 a.m. to 4:30 p.m. **Mondays through Fridays.**

Things to Know About the Student Health Center

The Student Health Center is staffed with two nurse practitioners, two registered nurses and two front office staff. Center hours are **Mondays through Fridays** from 9 a.m. to 4 p.m.

Services offered include treatment for minor illness/injury, women's health/birth control, emergency contraception, immunizations, STI testing, sexual assault resources, allergy injections and wellness and smoking cessation programs.

Appointments can be scheduled online through the patient portal or by calling 301-687-4310.

The center is located on the first floor of the Education and Health Sciences Center. Free over-the-counter items are available to students in the waiting room, including Tylenol, ibuprofen, cough drops, menstrual products and condoms.

Additional resources and information can be found at www.frostburg.edu/brady-health.

Student Counseling Center

The Student Counseling Center offers brief but comprehensive counseling services to FSU students, including individual and group therapy.

The center is open **Mondays through Fridays** from 8 a.m. to 4:30 p.m., excluding holidays. Several same-day appointments are available every day for students who are in crisis and in immediate need of speaking with someone.

Crisis services are available in the evenings and on the weekends and holidays. Those services can be accessed by calling University Police at 301-687-4223 and asking to speak with a crisis counselor.

Wait times to meet with a counselor for ongoing support are no more than 10 business days, and often within five business days.

To make an appointment, call 301-687-4234 or stop by the center during business hours. In-person and telehealth options are available for appointments. There is no additional cost to students for services.

The Student Counseling Center is on the first floor of the Education and Health Sciences Center in the same space as the Student Health Center.

Many self-help resources can be found on the Student Counseling Center webpage at www.frostburg.edu/caps.

SafeRide



The SafeRide Program, an initiative of the Student Government Association, offers safe transportation to the students at FSU. SafeRide, a student-operated program, is free to all students. SafeRide runs almost anywhere in the city of Frostburg, including 7-Eleven, Weis, McDonalds, Burger King, Urgent Care, etc.

SafeRide is just a tap away! Download the TransLoc app today! Use the app to request your ride and to receive notifications when your driver arrives. Sign in using your FSU credentials and request a ride during SafeRide hours. You can also request a ride by calling the SafeRide Office at 301-687-7433.

Hours of operation are 10 p.m. to 2 a.m. **Fridays and Saturdays.**

Recovery Group Meetings

For students looking for a 12-step support group to attend, FSU will now have meetings on **Thursdays** at 7 p.m. at the Osborne Newman Center (the building behind Annapolis Hall) at 130 S. Broadway.

For info, contact Don Swogger, director, SAFE Office, and advisor, BURG Peer Education Network, at dswogger@frostburg.edu.

Music

FSU Chamber Singers Performing Area Concert

FSU's Department of Music is presenting its Chamber Singers in several concerts this December – the last one, “Lessons and Carols,” on **Friday, Dec. 15**, at 7 p.m. at St. Michael's Catholic Church, 44 E. Main St. in Frostburg, Md. This event is free and open to the public.

Note: This concert will not be livestreamed.

The FSU Chamber Singers will team up with the musicians of Divine Mercy Catholic Parish to present an evening of song in preparation for the celebration of Christmas. Traditional favorites will blend with modern masterpieces for an evening to remember.

For info, contact FSU's Department of Music at 301-687-4109.

Exhibits

Senior Exhibition, 'Shatter Me,' at Roper Gallery



FSU's Department of Visual Arts is presenting its fall 2023 senior exhibition, "Shatter Me," a solo show by Francesca Crevoiserat, through **Friday, Dec. 15**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition is free and open to the public.

Crevoiserat will graduate with a bachelor's in art and design with a focus in painting, a secondary focus in ceramics and a minor in art history. After graduation, she plans to continue her education and obtain a master's in art therapy.

For this show, the Roper Gallery is open **Monday through Friday** from 11 a.m. to 5 p.m.

For info, contact Jackie Brown in the Visual Arts Department at jbrown@frostburg.edu or 301-687-4319.

Ort Library Exhibiting 'Art of the George Meyers Collection'



The Lewis J. Ort Library is exhibiting "Art of the George Meyers Collection," curated by FSU senior **Julia Seddon**. Meyers (1912-1999) was a lifelong labor activist from Lonaconing, Md. He served as the labor secretary of the Communist Party of Maryland and later as the labor secretary for the CPUSA. He collected various items, artworks and souvenirs throughout his travels to the Soviet Union, Mongolia, Czechoslovakia, the German Democratic Republic and elsewhere. The featured items are from his personal collection and from the collections of other labor activists, which have been incorporated into the Meyers Collection. These display cases also include pieces from the Leah Shiffman, William Moody, Barbara Meyers and Gairdner B. Momen collections.

Seddon is a history major and has worked as a student assistant in the J. Glenn Beall Archives for two years. She is a member of the FSU Percussion Ensemble and is a percussion instructor at Mountain Ridge High School in Frostburg.

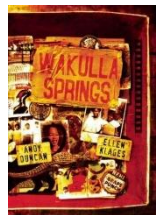
The exhibit will be on display on the fourth floor of the library for the remainder of the academic year.

Points of Pride

Dr. Amy Branam Armiento Receives Award From Romania's Hesperus Cultural Foundation

On Nov. 23, **Dr. Amy Branam Armiento**, a professor in the Department of English and Foreign Languages, was named a laureate of the Hesperus Cultural Foundation. The organization bestowed this honor in recognition of her research on the connections between Edgar Allan Poe and Mihai Eminescu, Romania's national poet. On the preceding day, Armiento, along with other dignitaries, shared her research during a Zoom meeting with students from the University of Bucharest.

Andy Duncan Is Virtual Visitor in Genre Fiction MFA Program



Andy Duncan, a professor in the Department of English and Foreign Languages, was a virtual visitor Nov. 8 in the low-residency Genre Fiction MFA Program at Western Colorado University in Gunnison. He and co-author Ellen Klages (<http://ellenklages.com>) took questions from students of novelist Rick Wilber (<http://rickwilber.net>) about the years-long collaboration that resulted in their World Fantasy Award-winning novella "Wakulla Springs" (<https://www.tor.com/2013/10/02/wakulla-springs>).

For info on Western Colorado's Genre Fiction MFA, visit <https://western.edu/program/genre-fiction>.

Drs. Saku and Abbay Appointed Members of Governor's Commission on African Affairs

Dr. James C. Saku, a professor in the Department of Geography, and **Dr. Alem Abbay**, a professor in the Department of History, have been appointed members of the Governor's Commission on African Affairs. They are serving the remainder of a four-year term from May 2021 to April 2025.

Office of Sponsored Programs Successes/News

On Dec. 1, project director **Nicole Mattis**, professor and chair, Theatre and Dance, was awarded a \$1,500 General Operating Grant by the Allegany Arts Council in support of the Mountain Maryland Theatre Festival (FY2024).

On Nov. 30, project director *Dr. Stacy Wassell*, remote work center director, SBDC, was awarded \$75,000 in Rural Maryland Prosperity Investment Funds by the Rural Maryland Council for the project, Summit Station at Innovation Park.

For info, visit the office's Successes/News webpage at <https://www.frostburg.edu/osp/Successes%20News.php>.

NSLS Holds Induction/Awards Ceremony



Participants pose at the NSLS ceremony.

On Dec. 4, the FSU chapter of the National Society of Leadership and Success held its fall semester induction ceremony and presented the Impact Leader Award to several faculty and staff members.

The Impact Leader Award recognizes individuals who made a valuable contribution to NSLS by exemplifying a commitment to excellence in developing student leaders. The students within the FSU chapter of NSLS nominated each of the recipients for their service to FSU and commitment to continuing to build the student leaders of our future world.

NSLS started at FSU in the fall of 2019 and since then has inducted more than 600 members. All inducted members have completed leadership training as part of their induction.

For info, contact Abigail Donaldson at agdonaldson@frostburg.edu.

USMH Celebrates Funds Raised for Student Scholarships at Elizabethtowne Feaste and Frolic



Dr. C. David Warner addresses guests at the 2023 Elizabethtowne Feaste and Frolic.

The University System of Maryland at Hagerstown held its annual Elizabethtowne Feaste and Frolic gala on Dec. 1 in celebration of the record-breaking funds raised to benefit the student scholarship fund and honored its first executive director, *Dr. C. David Warner*, for his contributions to higher education in the region following his recent retirement from Hagerstown Community College.

The event, held at USMH's Hospitality Center, raised more than \$90,000 through sponsorships and donations from local businesses, foundations, community leaders and members, as well as a matching grant provided by the University System of Maryland Foundation. Since its inception, USMH has awarded more than \$925,000 to students enrolled in programs offered by partner universities and, for the 2023-24 academic year, \$81,000 in locally raised funds to 26 students.

The Elizabethtowne Feaste and Frolic is one of the many fundraising efforts spearheaded by USMH to ease the financial burden of higher education. To donate toward the USMH Scholarship Fund or other student-benefitting funds, visit <https://hagerstown.usmd.edu/giving/give-usmh>.

Take Note

Board of Regents Staff Awards

A Council of University System Staff (CUSS) initiative, the University System of Maryland Board of Regents Staff Awards represent the highest honor bestowed by the Board of Regents for achievements of exempt and nonexempt staff employees from institutions within USM. The awards are presented to individual staff employees who have demonstrated excellence.

The nominee's success should be beyond the scope of their full-time professional responsibilities and the impact the individual has on his or her department, school or community. These awards are based on the quality of the nominee's work within their institution, community or surrounding environment. The awards are measured by the impact the nominee makes within one of the five award categories listed below.

Exceptional Contribution to the Institution and/or Unit to Which the Person Belongs

Outstanding Service to Students in an Academic or Residential Environment

Extraordinary Public Service to the University or Greater Community

Effectiveness and Efficiency

Inclusion, Multiculturalism and Social Justice

Each USM university can only submit one nonexempt and one exempt packet for each of the five categories – up to 10 nominations per campus. In the Effectiveness and Efficiency category, an award can be given to two exempt or two nonexempt staff employees or one exempt and one nonexempt. Each awardee will receive a \$2,000 stipend and a plaque in recognition of the award being received.

A nomination packet must be generated for each nominee that includes the following documents, organized in the order listed: nomination cover sheet, nomination letter, president's endorsement letter, position description to include purpose and specific job duties and three one-page letters of recommendations (emails are acceptable). Email one electronic (PDF preferred) copy of each nomination packet by **Friday, Feb. 9, 2024**, to CUSSBOR@usmd.edu. The subject line should be "BOR Award Nomination."

Awards will be announced in **mid-July 2024** and formally presented to the awardees at the Board of Regents **September** meeting.

For a nomination packet, visit <https://www.usmd.edu/usm/workgroups/SystemStaff/borawards.html>.

For info concerning the Board of Regents Staff Awards, contact Chris Everett, HR business partner, at cseverett@frostburg.edu or Deniz Erman, co-chair of the CUSS Awards and Outreach Committee, at CUSSBOR@usmd.edu.

End-of-Semester Textbook Buyback



The University Store will hold a textbook buyback **Monday, Dec. 11, through Tuesday, Dec. 19**, from 9 a.m. to 4 p.m. to offer cash for books! Bring in any book that you have purchased to see if it has a cash value.

Note: Do not sell back rented textbooks.

Call for Presenters for 13th Annual Regional Conference on Teaching, Learning and Scholarship

The Center for Teaching Excellence at FSU seeks presenters for the 13th Annual Regional Conference on Teaching, Learning and Scholarship to be held on **Friday, March 15, 2024**, at FSU. The conference aims to help educators share ideas and pedagogical strategies while strengthening partnerships within the region. Proposals are encouraged from instructors and staff at regional colleges, universities and schools. Proposals on the following topics are encouraged: increasing student motivation; diversity, equity and inclusion in teaching; civic and community engagement; anti-racist pedagogy; pedagogies of care; high-impact practices; teaching with technology; research on teaching and learning; classroom activities; small teaching strategies; and the science of teaching and learning.

Proposals should indicate one of the following formats: 15-minute presentation paired with other 15-minute presentations, 30-minute presentation followed by 20 minutes of Q&A, 50-minute demonstration or 50-minute roundtable/working group discussion topic.

To submit a proposal, fill out the call for presenters online form at <https://shorturl.at/uCMU5> by **Friday, Jan. 12, 2024**. Final selections will be announced by the **end of January**. For info, email cte@frostburg.edu.

Announcements About Weather-Related Delays and Closings

Below is information on how to find out if FSU is closed, delayed or will close early on days with inclement weather. The following applies to in-person classes and activities and on-campus employees only, and for the FSU campus only.

If the campus is closed:

In-person classes are cancelled.

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 there is a delay:

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.

If there is an early closure:

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

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

Essential personnel are required to remain at work until their scheduled time.

Hybrid teleworkers and online classes:

Fully online classes will continue regardless of campus status.

Hybrid teleworkers who are scheduled to work remotely on a day the campus is closed will follow their regular schedule. Those who do not work must use accrued leave time.

Payroll and personnel information:

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 or delay message as presented on the FSU voicemail system.

As always, the most reliable information regarding delays and cancellations will come from FSU-controlled outlets (campus email, BURG Alerts, University voicemail, FSU website and social media sites). Notification of delays or closures will be made through these outlets:

BURG Alerts texts and campus emails (see registration information below)

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 various local radio stations

FSU X (formerly Twitter), twitter.com/frostburgstate

FSU Facebook, www.facebook.com/frostburgstateuniversity

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

You may also opt to have alerts sent as text messages to your cell phones (standard texting rates apply) and to other email addresses. To sign up, visit <https://www.frostburg.edu/computing/fsualert> or click the Emergency link at the bottom of the FSU homepage. Follow the instructions, using your FSU username and password to access the site. You have the option to have alerts sent to two cellular numbers and six email addresses. (You may add family members, or they can create their own accounts using the link provided 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 that you are notified of emergencies or weather-related schedule changes.

Unless an FSU closure is announced on the outlets above, FSU is open. The final decision regarding your safety resides with you. If, in your judgment, it is not safe for you to come to work while the University is still open, you must contact your supervisor and provide this information. If liberal leave is announced for employees, it is expected that everyone will make an effort to report to work. Employees who take liberal leave will be charged for the appropriate leave time. **The announcement of liberal leave does not cancel classes or relieve essential employees of their need to report to work during inclement weather.**

Here are some ways you can check on weather 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>

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

Do check your FSU email, call the University switchboard or visit the FSU website.

You can also check the local radio stations. If there are mixed messages in the media, call the University switchboard for clarification. That number will always be the final authority in case of confusion from other sources.

Library Research Help

The Ort Library's research librarians are available to assist students with their research for assignments.

By visiting the Ask a Librarian Hours and FAQs page at <https://frostburg.libanswers.com> (also found on the Library's home page at <https://www.frostburg.edu/library>), students can seek research help in one of the following ways:

Schedule a research consultation appointment (in person or online) at <https://shorturl.at/bjst9>.

Drop in to speak with a librarian during research hours (available on the Ask a Librarian and FAQs page above).

Chat online with a librarian during research hours at <https://shorturl.at/cpA26>.

Call the main desk and ask for a librarian during research hours (301-687-4395).

Email a librarian at libref@frostburg.edu.

View Frequently Asked Questions at <https://frostburg.libanswers.com>.

Ort Library End-of-Semester Hours

The Ort Library will offer additional hours of operation to support the academic community at the end of the fall semester. Online resources remain accessible 24/7.

For questions about services, hours or operations, check out Frequently Asked Questions, send an email to libref@frostburg.edu or call the Library Services main desk at 301-687-4395. You can also chat with a librarian or schedule a research consultation to help with final assignments.

End-of-Semester Hours

Monday, Dec. 11, through Thursday, Dec. 14, 8 a.m. to midnight

Friday, Dec. 15, 8 a.m. to 5 p.m.

Saturday, Dec. 16, noon to 5 p.m.

Sunday, Dec. 17, 2 p.m. to midnight

Monday, Dec. 18, 8 a.m. to midnight

Tuesday, Dec. 19, through Thursday, Dec. 21, 8 a.m. to 5 p.m.

Friday, Dec. 22, closed

Flu Vaccine Available



The Student Health Center is administering the quadrivalent vaccine to FSU faculty, staff and students. This vaccine protects against four strains of the influenza virus.

The cost is \$30 (cash or check). Students have the option to bill their PAWS account but must make an appointment. Call or web-book appointments. Walk-ins are welcome.

You must be over 18. Be sure to wear short sleeves.

The center is located in room 118 of the Education and Health Sciences Center.

For info, call 301-687-4310 or email bradyhealth@frostburg.edu.

Toys for Happiness

The Office of Student Life and the ASTAR AmeriCorps program are collecting unwrapped new toys between now and **Monday, Dec. 18**, to donate to Toys for Happiness. Toys can be dropped off at the PAWS Pantry during normal operating hours and the College of Arts, Humanities, and Social and Behavioral Sciences Dean's Office (Compton 241) any day during regular business hours or brought to the President's Holiday Reception on **Dec. 18**, from 2 to 4 p.m. in Lane Manicur Hall.

University Store to Host 'Elf on the Shelf'



The University Store will host a special visitor **through Tuesday, Dec. 12**. Its "Elf on the Shelf," Mr. Jingles, will arrive from the North Pole for "The 12 Days of Holiday Savings" event. During this period, look for the University Store's social media posts and emails featuring the discounted items of the day.

For info, contact Kimberly Raley at kcraley@frostburg.edu.

Jingle and Mingle Movie Marathon



Join the Catholic Campus Ministry for a Jingle and Mingle Movie Marathon on **Tuesday, Dec. 12**, from 6 to 9 p.m. at the Osborne Newman Center. All FSU students are welcome.

Come for some hot chocolate. Trim the tree. Decorate gingerbread houses. Bake cookies. Need time to study? Bring your work with you and sit by the fireplace.

For info, contact Sharon Bogusz at ccm-s.bogusz@frostburg.edu.

Deadlines

Graduate Grade Changes

The last day for graduate grade changes, including the removal of incomplete grades for the spring 2023 and summer 2023 semesters, is **Monday, Dec. 11**.

Volunteers

Storybook Holiday and Harry Potter Book Night

The Children's Literature Centre is preparing for its Harry Potter Book Night event. This event is for children, and lots of volunteers are needed to make this event run smoothly.

The Harry Potter Book Night event will take place on **Saturday, Feb. 3, 2024**, at FSU's Lewis J Ort Library. Some volunteer jobs include wandering wizards, heads of houses, station helpers and sorting hat wizards. To volunteer, visit <https://shorturl.at/kCHR6>.

Internships

Maryland Public Service Scholars Program

The Maryland Public Service Scholars Program has paid summer 2024 internship opportunities available. Each year, Maryland college students (juniors and seniors of all majors) are selected for paid internships and leadership development opportunities to explore careers in government agencies and nonprofit organizations to make a difference in the lives of Marylanders. These fellowships provide students the opportunity to develop their skills, network, serve in the public service realm and become better future leaders in Maryland's public and social sectors.

Fellows are paid a \$3,500 stipend. Internships are from **Thursday, May 30, to Sunday, Aug. 11, 2024**. The final deadline is **Friday, March 1, 2024**. For info about the MPSS Program, visit <https://publicservicescholars.umbc.edu>.

Health and Safety Messages

It's Time to Walk Like a Penguin

The Waddle Works on Icy Surfaces!



Nearly all injuries from slips and falls on snow and ice fall under the classification of "traumatic injuries." These injuries range from minor bruises, cuts and abrasions to serious bone fractures, spinal cord damage and concussions, according to the National Safety Council.

"The Farmer's Almanac" notes that people who live in colder climates are more acclimated to walking on icy surfaces because they have learned to walk like a penguin.

To walk like a penguin, do the following:

- Bend slightly and walk flat footed.
- Keep your center of gravity over your feet as much as possible.
- Point your feet out slightly.
- Shuffle your feet and take short steps. Watch where you are stepping.
- Concentrate on keeping your balance.
- Keep your arms at your sides and hands out of your pockets.
- Go slowly!

Adjustment/Winter Break – Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: Dealing With Change

<https://www.webmd.com/mental-health/what-to-know-about-how-to-deal-with-change>

Tell Yourself Tuesday Tip: Forty-Six Affirmations for Anxiety Relief

<https://psychcentral.com/anxiety/affirmations-for-anxiety>

Wacky Wednesday Tip: Outside of College Fun

<https://www.bestcolleges.com/blog/fun-winter-activities-college>

Thankful Thursday Tip: Impact of Gratitude

<https://files.eric.ed.gov/fulltext/EJ1112485.pdf>

Fun Friday Tip: Fun for Fridays

<https://liveboldandbloom.com/05/adventure/friday-night-fun>

Social Saturday Tip: Staycation

<https://wehavekids.com/parenting/25-Ideas-for-Things-To-Do-on-a-Family-Spring-Break-Staycation>

Self-Love Sunday Tip: Self-Care in Winter

<https://www.psychologytoday.com/us/blog/two-takes-depression/201912/self-care-tips-during-winter>

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.