



StateLines

For and about FSU people

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Caring Bobcats

Recognition for Caring Bobcats



Meet the first group of Caring Bobcats, those members of the University community who are going above and beyond to solve problems and provide services to FSU students, employees and the community.

More will be honored in future issues of StateLines and on the FSU website. If you would like to nominate someone as a Caring Bobcat, go to <https://www.frostburg.edu/about-frostburg/office-of-the-president/caring-bobcats.php>.

Dr. Shoshana Brassfield

Associate Professor of Philosophy/Director, Center for Teaching Excellence

Brassfield has led in supporting faculty in the transition to remote instruction, offering resources through Canvas ranging from general advice to specific strategies for each discipline. During spring break, she created a discussion board focused on the transition. She especially wanted faculty to know about the many textbook and content providers making resources available for free.

Dr. Thomas Cadenazzi

Lecturer/College of Liberal Arts and Sciences

Cadenazzi received several nominations from students who commend him for his commitment to online teaching. Cadenazzi is “putting forth his best effort in teaching classes,” providing a discussion board where he will answer questions “at an insanely fast rate.” He’s produced video lectures and has been very fair in grading while keeping to the original syllabus.

Pam Detrick

Director of Dining Services/Chartwells

Detrick, a Caring Bobcat partner with Chartwells, has worked on developing food options for staff and students. She came up with reasonable, equitable, healthy food options for those remaining on campus and arranged for food delivery for students adjusting to a new living situation in Edgewood Commons. Detrick always makes sure that food is available for those without.

Emily Harden

Junior Biology Major

Harden balances her coursework at FSU with her job as the emergency unit secretary at UPMC Western Maryland, overseeing all patients that come in and out of the ER and making sure that all tests, labs and other exams as well as test results are back in a timely manner.

Madison Hutter
Sophomore Art and Design Major

Hutter is an AmeriCorps student who works with FSU's PAWS Pantry. She is working to keep things going in support of students who are still living on campus or in Frostburg. Hutter is making a difference by supporting basic nutritional needs for students.

Missy Martz
Graphic Artist and Social Media Coordinator/Student and Community Involvement Office

Martz has teamed up with her cousin, Susan Geis, to sew more than 265 face masks that were donated to healthcare professionals at regional hospitals, nursing homes, the trucking industry, grocery stores and for the immuno-compromised such as asthmatics, cancer patients and Garrett County Hospice.

Katherine "Katie" McKeever
Senior Nursing Major

McKeever is a full-time nurse on the ortho/neuro/trauma floor at Meritus Health System in Hagerstown. In addition to working the night shift and completing her BSN degree through FSU, she volunteers with Blessings in a Backpack, a national organization that sends backpacks filled with food home with school-age children who mainly rely on school meals. She volunteers at local pop-up stands while schools have been closed to distribute lunches and snacks to Frederick-area students.

Lee Ann Nightingale
Manager, Benefits and Wellness Program/Office of Human Resources

After sewing masks for her husband's co-workers at Martin's in Keyser, Nightingale kept going, making and giving away more than 150 reversible, machine-washable masks for dispatchers, University Police and detectives at C3I, and she will continue as long as there is a need. "The only thing I have asked when someone tries to give me money is please find a way to pay it forward," she said.

Rita Thomas
Manager/Instructional Design and Technology

While watching the news, Thomas felt a call to rev up plans for online support just before the shutdown. She has been available on weekends and evenings in support of the FSU community transitioning to online instruction, going above and beyond to help faculty and staff. She has been a major force in helping many to make the transition from classroom to online teaching.

Help for Students

For Those Experiencing Continued Difficulty

Based on responses to a survey sent to campus in early April, FSU offers the following information for students experiencing continued difficulty:

Students who are uncertain about the options of Pass for Credit/No Credit, Withdrawal or requesting an Incomplete should contact their academic advisors (for PC/NC or Withdraw) or faculty member (for Incomplete). Financial Aid recipients should verify with Financial Aid (fsufinaid@frostburg.edu, 301-687-4301) and those who receive Veterans benefits check with Veterans Services (vets@frostburg.edu, 301-687-4509) to ensure that these decisions do not impact your eligibility.

Students who are having difficulty with issues of motivation or focus, dealing with lack of structure, are looking for tutoring or have other issues with managing the transition from on-campus studies should contact Mark Smith, director of the Tutoring Center, at msmith@frostburg.edu. Additional info and instructions about online tutoring are available at <https://www.frostburg.edu/academics/academic-success-network/Tutoring-Center/tutortrac.php>.

Students who are not receiving communication from their faculty members should contact the chairs of their departments (<https://www.frostburg.edu/academics/colleges-and-departments.php>). Click on your department name and then the "Faculty and Staff" link in the left navigation.

Students with emergency financial needs should apply to the Student Affairs Crisis Emergency Fund at https://cm.maxient.com/reportingform.php?FrostburgStateUniv&layout_id=19. Students with concerns about paying next year's expenses are encouraged to contact the Office of Financial Aid at fsufinaid@frostburg.edu or 301-687-4301.

Take Note

GrantForward Funding Opportunity Search and Recommendation Service Now Available

The Office of Sponsored Programs has subscribed to GrantForward Funding Opportunity Search and Recommendation service, which is open to all members of the institution. Be sure to sign up to use this service to search for and track funding opportunities that meet your interests and needs.

GrantForward (see quick overview video at https://www.youtube.com/watch?v=GZXCF1W_iZU) helps you find grant opportunities that suit your needs with a database of grants from more than 13,000 sponsors, with updates posted daily. You can search for grants by keywords and advanced filters, save your favorite searches for new grant alerts and track your favorite grant opportunities. GrantForward also recommends grants to you based on your CV, past publications and research interests.

You can access GrantForward at www.grantforward.com from the Office of Sponsored Programs webpage, under Funding Sources at <https://www.frostburg.edu/osp/funding-sources.php>. To be able to use full search features, including saved-search and personalized grant recommendations, sign up (see quick demo at <https://www.youtube.com/watch?v=w998RyQvwJl>) for a user account using your FSU email address. You are encourage to take a few minutes to create your "Researcher Profile" (see quick demo at <https://www.youtube.com/watch?v=1GyPbgzG4i4>) to start receiving grant recommendations!

A Researcher Welcome Guide is available from the Office of Sponsored Programs, which will help you to quickly get started with using GrantForward. You can also find additional tutorials and guides on the GrantForward Support page at <https://www.grantforward.com/support>, or view the video tutorials at their YouTube Channel at <https://www.youtube.com/channel/UC2JReXmS7sKIGSy3NA1JKww/featured>. For info, contact Sara Wilhelm in the Office of Sponsored Programs at slwilhelm@frostburg.edu or support@grantforward.com.

Online Resource Portals Provide One-Stop Shop to Information

Check out the online resource portals for students, faculty and staff who are navigating the challenge of online courses and teleworking. From software discounts to timesheet guidance, each portal gathers important information in an easy-to-access area.

Students: <https://www.frostburg.edu/news/COVID-Response/fsu-online-student-resources.php>

Faculty: <https://www.frostburg.edu/news/COVID-Response/fsu-online-faculty-resources.php>

Staff: <https://www.frostburg.edu/news/COVID-Response/fsu-online-staff-resources.php>

No-Cost Video Visits

Video Visits are a no-cost, easy way to get the care you need without leaving your home. Video Visits securely connect you with a doctor day or night through your smartphone, tablet or computer. Use Video Visits when you are facing issues such as allergies, sinus infections, cold and flu symptoms, and more. In addition, you can get care for other needs such as behavioral health support from a therapist or psychiatrist, guidance from a certified nutritionist or from a lactation consultant.

Video Visit doctors are U.S. Board-certified, licensed and credentialed medical professionals. They will provide you with a consultation, diagnosis and even prescriptions, if appropriate.

Access your free video visits through your medical benefits provider:

CareFirst at <https://dbm.maryland.gov/benefits/Documents/CareFirst%20Virtual%20Visit.pdf>

United HealthCare at <https://dbm.maryland.gov/benefits/Documents/UHC%20Virtual%20Visits.pdf>

Kaiser Permanente at <https://dbm.maryland.gov/benefits/Documents/KP%20video%20visit.pdf>

Employees can also use the COVID-19 Resource webpage for faculty at <https://www.frostburg.edu/news/COVID-Response/fsu-online-faculty-resources.php> or staff at <https://www.frostburg.edu/news/COVID-Response/fsu-online-staff-resources.php> to access the same information.

Free Upward Bound Pre-college Program Offered at FSU to Local High School Students

For high school students wondering what it takes to prepare for college and a successful future, how to pay for an education or even what it's like to navigate the college application process, Upward Bound at FSU can help. Upward Bound, a free year-round program for qualified Allegany County high school students, can help students determine what classes to take while in high school and help them understand what colleges want.

With more than 35 years of experience, Upward Bound's qualified staff can help a student transition successfully from high school to college. Upward Bound helps students prepare for the SATs and other college-prep tests, fill out financial aid applications, meet deadlines, visit college campuses and much more.

Upward Bound helps students to succeed in high school and helps them develop successful strategies to prepare them for college. It does this through an academic year program as well as an optional, but intensive, three- or five-week summer residential program. Both take place on FSU's campus.

At this time, because of the COVID-19 outbreak, Upward Bound's summer 2020 plans have not been determined. Upward Bound hopes to have its regular residential program, but if that is not feasible, plans are being developed for an alternative online program. Students are encouraged to apply regardless.

Former students report that their experiences in the Upward Bound program helped them get into college and be better prepared for their higher education experience; they also performed better while still in high school.

Those who are considering going to college and who would like some support and assistance getting there are encouraged to contact Upward Bound to see if they qualify. For info, call 301-687-4994 and leave a message or visit www.frostburg.edu/UpwardBound.

Don't Forget to Send a Thank-a-Gram!



During your time at FSU, you have had teachers, mentors or teaching/learning assistants that have been there for you, have demonstrated teaching excellence and have been committed to making sure that you were able to excel in their class. It is those teachers the Center for Teaching Excellence hopes you would like to thank.

To thank a teacher during National Teacher Appreciation Week (**Monday, May 4, through Friday, May 8**), go to <https://forms.office.com/Pages/ResponsePage.aspx?id=0V75uBggRkKBBAOmdHjTo9j73K3HSNVlgZtiHISDdqBUOTFYRTIQVDFSRVBGTzhEQzdUMVdHTk1JUS4u> and fill out the form. CTE will collect your responses and forward them for you.

If you would like to help with Thank-a-Teacher Week, contact cte@frostburg.edu.

Chesapeake Still Operating as Grab and Go

Chesapeake will operate as a grab-and-go location for the remainder of the semester, and all other dining locations will remain closed.

You can place lunch delivery orders Monday through Friday. To place an order, call 301-687-4035 by 11 a.m. on the day of delivery. Late orders may not be honored. Deliveries will go out between 11 a.m. and 1 p.m. Only credit and debit cards will be accepted.

Civility Cup Nominations Sought



The Communication Leadership Lab will award the sixth annual Civil Citizen Communicator Award this May. This award is given to an FSU student who has, within the previous year, demonstrated communication leadership or a commitment through word and actions to civility and constructive change within an organization or community. This person should have demonstrated communication competence, leadership competence and an awareness of and responsiveness to matters of civility that impact others. This award aligns with the mission of our programs and FSU to support the oral communication competency and leadership development of our students, and it supports regional development through recognition of efforts linking the campus to community partners.

Do you know someone who fits this description, someone who is committed to changing the University, another organization or society for the better? Is that person you? If so, submit a nomination for the Civil Citizen Communicator Award. Nominations will be accepted until the deadline of **Friday, May 8**.

Nominate a candidate or yourself by emailing Connie Capacchione, administrative assistant of the Department of Communication, at ccapacchione@frostburg.edu. Nominations should include the following:

The nominee's full name, major(s)/minor(s) and intended graduation date

if not a self-nomination, the name, role and relationship of the nominator to the nominee

A brief rationale (1,000 words or less) explaining why the nominee fits the criteria above

Additional support for the nomination (up to three written documents, photos or videos of speeches or events, promotional materials, letters of acknowledgement, etc.)

For info regarding the award or nomination process, contact Dr. Elesha L. Ruminski, associate professor of Communication Studies and coordinator of Leadership Studies and the Communication Leadership Lab, at elruminski@frostburg.edu. A panel of reviewers external to the Department of Communication will rank and determine the award winner, and public announcement will be made **later in May**. Each award winner's name is etched on the Civility Cup, which is displayed in the Department of Communication. In addition to this public recognition, a formal certificate of acknowledgement will be given to the student who receives this honor.

Ort Library Staff, Services, Resources Still Available Online

Visit <https://libguides.frostburg.edu/covid19> for updates and available services.

All information assistance and research services are available online, and librarians are still available to provide remote research help.

Email them at libref@frostburg.edu.

Schedule an online research consultation at <https://frostburgstate.tfaforms.net/37>.

Chat with a librarian via Skype for Business. Librarians are available Mondays through Fridays from 11 a.m. to 5 p.m. and Sundays from 1 to 5 p.m. at https://libguides.frostburg.edu/ld.php?content_id=53655773. (This is a new link.)

The Self-Service Research Assistance Guide is at https://libguides.frostburg.edu/tools_assistance/help.

Openings Available for Course on Coping and Compassion in Time of Crisis

There are a few openings left for Coping and Compassion in a Time of Crisis: An Introduction to Mindfulness, which will be available through Canvas Conferences for students, faculty and staff. It will consist of six weekly 90-minute sessions, held **Mondays** from 3 to 4:30 p.m. through **May 25**. This is a free, non-credit course. No previous training or experience is needed.

Teaching sessions and practices will include mindfulness of the body and breath, coping with difficult emotions, mindful eating, mindful movement, self-compassion and compassion in difficult times, and cultivating joy and gratitude. There will be group discussions and small-group breakout sessions.

Dr. Anne Murtagh, an associate professor in FSU's Department of Psychology, has training in mindfulness-based stress reduction, and she is completing two-year training to become certified as a mindfulness meditation teacher. Her approach to mindfulness is that it is good medicine for our times, practical and helpful; it is not limited to any particular cultural or religious tradition.

For info, contact Murtagh at ammurtagh@frostburg.edu.

Note that if you have missed the first session on April 20, you may be able to join for the second week.

Two Events on April 28 to Emphasize Theme of Resilience

Heather Mizeur, former Maryland legislator and candidate for governor, will be the featured "leader in virtual residence" for FSU's annual leadership residency program. Now the CEO of the nonprofit organization Soul Force Politics (<https://www.soulforcepolitics.org>) and the host its popular [podcast](#), Mizeur will interact with students, faculty, staff and community members during an interactive online event on **Tuesday, April 28**, at 12:30 p.m.

Mizeur will share insights on "Cultivating Soulful, Resilient Leadership to Create Social Change," a brief presentation that will be followed by a facilitated discussion to help attendees reflect and integrate ideas and practices. The event will be facilitated with assistance from FSU's Communication Leadership Lab. For info, contact Dr. Elesha L. Ruminski, coordinator of Leadership Studies, at elruminski@frostburg.edu or Patrick Obrien, director of the Office of Civic Engagement, at pobrien@frostburg.edu.

Registration is open to the first 100 participants. Register at least one hour in advance at <https://zoom.us/meeting/register/tJMod-morTOiGdEeARjwM9LDTtazzrdIU08U>.

Additionally, Dr. Judy Stone, author of "Resilience: One Family's Story of Hope and Triumph Over Evil" (2019), will be the featured speaker for an interactive online event titled "Resilience and Resistance: Family Memories of the Holocaust and Their Relevance Today" on **April 28** at 7 p.m. Stone, a local author and infectious disease specialist who is a senior contributor for Forbes, will share the story of her family's experience in Hungary during World War II from the perspective of a daughter of a Holocaust survivor. Audience members will be invited to discuss cross-generational traumatic challenges, as well as strategies for resilience and resistance. Info about Stone's work and book is available at <https://www.drjudystone.com>. This event is open to the campus and community. For info, contact Ruminski at elruminski@frostburg.edu.

Registration is open to the first 100 participants. Register at least one hour in advance at https://zoom.us/meeting/register/tJlvdu2pqD4tGt3WOfv6Q_KcsRobfVkJvKzf.

Unique Course for General Education and Honors Students

IDIS 491/HIST 490 Frostburg State Archives and the 1960s is a unique course for general education and Honors students that will use sources in FSU's Special Collections to examine how the Vietnam War, the civil rights movement, campus free-speech controversies, the counterculture, and changing ideas about gender norms and sexuality impacted the FSU campus community throughout the 1960s.

This course is being offered from 12:30 to 1:45 p.m. on **Tuesdays and Thursdays**.

For info, contact Dr. Greg Wood in the Department of History at gwood@frostburg.edu.

CMST Special Topics Courses Available Summer 2020

The Communication Studies program will offer two special topics courses this summer. For info or for permission to enroll, contact each instructor.

Listening Across Lives. Instructor: Dr. Molly Stoltz (mmstoltz@frostburg.edu), offered online from Tuesday, May 26, through Thursday, July 2

Course Description: To be an effective communicator, one must know how to listen. You may have never thought of listening as an academic subject, but after taking this course, you will see that learning how to listen and learning about listening are lifelong processes. In this course you will learn how to define yourself as a listener, learn about different listening styles and contexts, and come to understand listening as a cognitive and behavioral process that must be deliberate.

Course Objectives:

- Analyze listening from several perspectives using several theoretical models.
- Identify and explain the appropriate use of the different types of listening discussed in text.
- Identify and explain the appropriate use of the different listening styles discussed in text.
- Define the purpose of the International Listening Association.
- Review and analyze scholarly articles about listening.

Viral Controversies and Ethics. Instructor: Dr Chelsea Daggett (crdaggett@frostburg.edu), offered online from Monday, July 6, through Friday, Aug. 14

Course Description: We will use contemporary viral social media and cultural marketing campaigns, such as Fyre Festival, Popeye's Chicken, Deep Fakes and Colin Kapernick to discuss the ethical limitations of persuasion. We will apply our discussions to principles of messaging, advertising, and campaign creation and management to become more responsible media practitioners and consumers.

Course objectives:

- Students will learn and apply various ethical theories to real-life cases of effective online campaigns.
- Students will use communication studies concepts to discuss the boundaries between ethical and unethical communication.
- Students will research social media campaigns to apply the course content to their own case study.
- Students will apply media literacy skills to these case studies to assess how audiences perceived and/or misunderstood the relevant messages.

Points of Pride

Andy Duncan is Guest Speaker at Class on Writing Speculative Fiction

Andy Duncan, a professor in FSU's Department of English, virtually visited a class at the University of Delaware on April 16. He and his longtime friend and colleague James Patrick Kelly were the guests of Siobhan Carroll's ENGL 306 Writing Speculative Fiction, where the 15 students quizzed them about Kelly's story "Think Like a Dinosaur" (Asimov's, 1995) and Duncan's story "Beluthahatchie" (Asimov's, 1997). Kelly Zoomed in from his home office in New Hampshire, Duncan from his home office in Frostburg. Between them, Kelly and Duncan have two Hugo Awards, two Nebula Awards and three World Fantasy Awards.

Chamber Singers Perform 'Adon Olam' as 'Virtual Choir'

Below is a link to the FSU Chamber Singers performing "Adon Olam" by Dr. Coreen Duffy as a "virtual choir." The process to create this involved **Dr. Scott Rieker**, director of Choral Activities and Choral Music Education and a lecturer in FSU's Department of Music, recording himself conducting the piece in an empty classroom. Then, pianist **Dr. Joseph Yungen**, a lecturer in the department, provided a pitch-reference recording while watching the video. Rieker combined these into one video and shared them with all of the students in the ensemble. Over the following three weeks, the students (who were all at home) sang their parts along with Rieker's conducting and then filmed themselves on their cell phones, performing their part. (Note: None of the singers could hear each other during their recordings.) Once all had submitted their videos (17 students, 17 cell phones and 17 locations), choir member and music industry student **Arran Mills** mixed all of the vocal tracks together to create a choir sound. Finally, using Adobe Premiere, Rieker created the video to correspond with the mixed audio track.

A specialist in Jewish choral music, Duffy is a composer-conductor who has designed special performance and interest sessions dedicated to Jewish repertoire. "Adon Olam" ("Eternal Lord" or "Sovereign of the Universe" in Hebrew) is a strictly metrical hymn in the Jewish liturgy written in lines of eight syllables. It has been a regular part of the daily and Shabbat (Sabbath) liturgy since the 15th century.

To see the video, visit <https://drive.google.com/open?id=1V498uptqVOE-Ey2XRpteehsyWuXPkWNt>. Also, it has been posted on the Department of Music's Facebook page at <https://www.facebook.com/FSUMusicDepartment>.

Accolades for NGA Frostburg

The 2019-2020 Maryland Student Legislature (MSL) has just concluded its first virtual Annual Session, and it has resulted in several accolades for the National General Assembly at Frostburg.

Special congratulations go out to the following:

Jess Oswald for earning the award for Most Outstanding Orator

Jon Huizer for earning the award for Most Outstanding Act (A015-1920 – The Chesapeake Watershed Protection Act)

Jon Huizer for earning the award for the Herbert C. Smith Award for Distinguished Career of Service

NGA Frostburg for earning Most Outstanding Delegation

In addition, two FSU students have been elected to MSL's Council of State:

NGA Attorney General **Katie Pinkowski** has been elected to the Office of the Speaker of the House.

NGA President **Garrett Berch** has been elected to the Office of the Lieutenant Governor.

FSU-TV3

FSU-TV3 Has Expanded Its Lineup Starting in May!



“New England Authors With Kameel Nasr” is a lively, professional and informative interview show with a mixture of fiction and nonfiction writers. Tune in Mondays, Wednesdays and Fridays at 1:30 and 8:30 p.m.

“Story Connections” is a half-hour children’s reading show. Tune in Mondays through Fridays at 8 a.m. and Saturdays and Sundays at 9:30 a.m.

“Colour in Your Life” is an arts television series that showcases Australian and international artists in their studios. Tune in Mondays, Wednesdays and Fridays at 8 p.m. and Tuesdays and Thursdays at 10:30 a.m.

“Public Domain Theater” features hand-picked compilations of interesting and educational copyright-free, fair-use films from the 1930s to 2000s. Tune in Tuesdays and Thursdays at 10 p.m.

“Conscious Living” highlights the journey toward a more happy, healthy and mindful life through ecoadventures, plant-based nutrition and more. Tune in Mondays and Fridays at 9 p.m. and Tuesdays and Thursdays at 2 p.m.

“The Smart Movie Show” provides updates each week featuring what’s new to watch at home, DVDs and other movie news. Tune in Fridays at 7 p.m. and Saturdays and Sundays at 8 p.m.

“Conversations With Dr. Don” is an interview show about topics such as poetry, politics, theater and music. Tune in Mondays, Wednesdays and Fridays at 6 p.m.

Follow FSU-TV3 on Facebook at <https://www.facebook.com/FSUTV3>, Twitter at <https://twitter.com/fsutv3> and Instagram at <https://instagram.com/fsutv3>.

United Campus Ministry

UCM Online Bible Study and Zoom Worship

Bible Study groups continue online. UCM **Monday** Night Zoom Bible Study at 7:45 p.m. is open to any FSU community member. It will also repeat live on a Facebook watch party on **Wednesdays** at 12:30 p.m. for anyone. It is recorded so people can watch it when they want (not interactive). To join this study group, email Chaplain Cindy Zirlott at c.zirlott@frostburg.edu to be added to the email blast for Zoom information. Follow United Campus Ministry at FSU on Instagram or Facebook.

Zoom Worship with UCM is on **Sundays** at 5 p.m., with Zoom evening prayers. For the most part, the Prayer Book is used. Prayers of the people and intercessory prayers are conversational requests and concerns, and participants can pray as desired. Anyone is welcome to join. It’s about 45 minutes long based on the number of requests and prayers offered. To get on the list for the email blast, email Chaplain Cindy or follow UCM on social media for information each week.

Zoom meeting notices go out **every Wednesday** for the following week.

Deadlines

PC/NC Withdrawal Deadlines Extended

As the COVID-19 situation continues to evolve, FSU is extending the deadline for undergraduate students to opt-in for a Pass With Credit (PC)/No Credit (NC) grade instead of a letter grade to **Tuesday, May 12**, the last day of classes. This is also the new deadline to withdraw from classes with a W (no grade penalty).

To make the PC/NC choice, email the Registrar’s Office at reginfo@frostburg.edu from your FSU account. Provide your student ID and the course(s) name, number and section, e.g., MATH 109 001, for which you would like the PC/NC option applied. (PC/NC is not an option for English 101.)

Be sure to read through the various cautions at <https://www.frostburg.edu/news/COVID-Response/changes-to-ug-course-grading.php> before choosing these options.

Jobs

CES Seeks Students for Artist and Guest Services

Join the CES Student Production Team! CES is hiring for the positions of artist and guest services for the 2020-21 season. Work backstage, ensuring that visiting artists are taken care of while visiting FSU.

Apply at <https://frostburg.campuslabs.com/engage/submitter/form/step/1?Guid=a1cf5d77-c533-4a1e-a84f-ad23ca71075c>.

Lane Center Hiring for Fall 2020 Semester

Positions Start Saturday, Aug. 1

The Lane Center is accepting applications for employment for the fall 2020 semester. Students must have a 2.5 GPA to be considered.

For info on the positions, frequently asked questions or to apply online, visit the Student Employment webpage at <http://involvement.frostburg.edu/LUC/employment/index.php>. Interviews will be conducted via Skype in **late April**.

Social Marketing Team Looking for Work-Study Employees

The Social Marketing Team is hiring state or federal work-study student employees as photographers, graphic designers, social media coordinators, journalists, videographers and marketers for 2020-2021. Students must have a 2.5 GPA.

Apply at <https://frostburg.campuslabs.com/engage/submitter/form/step/1?Guid=6480d6e0-b27f-49fb-b9e8-7dcaf26d8f8b>. Contact Missy Martz at mmartz@frostburg.edu or 301-687-7597 if interested in an internship in one of these areas for fall 2020.

Honors Program

Have Questions About FSU's Honors Program?



For info, contact Dr. Greg Wood, Honors Program director, at gwood@frostburg.edu or honorsprog@frostburg.edu. You can also stay connected with the Honors Program on Facebook at [honors.frostburg](https://www.facebook.com/honors.frostburg) and Instagram at [frostburg_honors](https://www.instagram.com/frostburg_honors).

For info on fall 2020 Honors courses or academic requirements for traditional Honors students, visit <https://www.frostburg.edu/academics/honors/honors-courses/upcoming-semester-offerings.php>.

Info/Resources to Help During This Challenging Time

Surviving Isolation



Here is an article written by NASA astronaut about how to survive isolation: <https://www.nytimes.com/2020/03/21/opinion/scott-kelly-coronavirus-isolation.html>.

Here are two YouTube videos of Astronauts Anne McClaine and Scott Kelly sharing their experiences during isolation: <https://www.youtube.com/watch?v=FSjM-XzSazU> and https://www.youtube.com/watch?v=-Gsg_XPuaOQ.

Five skills to help during isolation are communication, leadership, self-care, team care and group living.

For a free mindfulness app, go to <https://insighttimer.com>.

Happy, Healthy, Hip – Tips for the Week

Mental Health Monday Tip: Move to the light.

<https://www.youtube.com/watch?v=llh91OMG7Qk>

Tell Yourself Tuesday Tip: This, too, shall pass.

<https://www.talkspace.com/blog/coronavirus-college-university-campus-students>

Wacky Wednesday Tip: Disney karaoke!

https://www.youtube.com/playlist?list=PLznIx3_zY-TwVNgCbWgXZfk5kpl59pBxE

Thankful Thursday Tip: Gratitude reduces toxicity.

<https://www.youtube.com/watch?v=oHv6vTKD6lg>

Fun Friday Tip: Virtual Escape Room.

<https://www.youtube.com/watch?v=acLEeJsKo1k>

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

Community

Mountainside Baroque Announces Cancellation of Music in the Mountains Festival

The second annual Music in the Mountains Festival has been canceled for this summer.

Mountainside Baroque is planning its 2020-2021 season and hopes to include the festival in modified form as part of this series. In preparation, Mountainside Baroque is attempting to retain the musicians who were scheduled for the original event in June.

Consult the website at www.mountainsidebaroque.org for the latest information on the 2020-2021 season.

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.