



For and about FSU people  
A publication of Communications and Media Relations

Volume 50, Number 24, March 30, 2020

Copy deadline: noon Wednesday, Candis Johnson at [statelines@frostburg.edu](mailto:statelines@frostburg.edu)

## Tips for Students Studying Online

### Stay Connected With Microsoft Teams

The campus community is encouraged to stay connected by collaborating with Microsoft Teams.

Student organizations are encouraged to continue to meet online to stay socially engaged, hold virtual programming together and continue to conduct business. Be sure to tag @frostburgstatelife on Instagram or @thesocialbobcat on Twitter to have your online activities shared.

### If You Are Struggling With Online Courses ...

Communication is key. Notify your instructor by video chat, phone, email or Canvas inbox to find a resolution. Find your instructor's contact info on your syllabus or FSU's Online Directory. Ask for help early. Search for online tutorials on YouTube or LinkedIn Learning (log in with your FSU credentials).

## Tips for Faculty Teaching Online

### Library Resources to Support Online Teaching

The Ort Library is committed to providing resources and services to support teaching and learning during this time. Below is information about as well as links to available resources to support online instruction.

#### Resources for Online Teaching

Linking/embedding resources in Canvas: Library staff recommend that you use online library resources and follow the directions on how to link to the item in Canvas (linked below). If there are items that are physically in the library that you need scanned, the library staff will work with you to scan items (within copyright limitations) to make them available for your students. Contact **Theresa Mastrodonato** at [tmastrodonato@frostburg.edu](mailto:tmastrodonato@frostburg.edu) for scanning needs.

Linking from OneSearch: [https://libguides.frostburg.edu/ld.php?content\\_id=52940951](https://libguides.frostburg.edu/ld.php?content_id=52940951)

Linking/embed from Kanopy: <https://www.frostburg.edu/library/files/pdfs/how-to-embed-or-link-to-a-video-in-kanopy---using-canvas.pdf>

Library instruction: librarians are available to provide online instruction, whether live or recorded. Email instruction coordinator **Dr. Sean Henry** at [shenry@frostburg.edu](mailto:shenry@frostburg.edu) to schedule.

Librarians can also create a LibGuide ([libguides.frostburg.edu](http://libguides.frostburg.edu)) to assist with instruction. Email [libref@frostburg.edu](mailto:libref@frostburg.edu) to request a LibGuide.

---

# CTE Online Resource Page and Discussion Board: Center for Teaching Excellence

Don't forget to check out the Center for Teaching Excellence resource page and a discussion board on Canvas about remote instruction. You can support your colleagues by sharing on the discussion board how you are converting courses for remote instruction. It's helpful to learn what others are doing even (especially) if it's not fancy!

Resource Page: <https://frostburg.instructure.com/courses/5571/pages/online-and-remote-teaching>

Discussion: [https://frostburg.instructure.com/courses/5571/discussion\\_topics/83202](https://frostburg.instructure.com/courses/5571/discussion_topics/83202)

## Tips for Working Remotely

### If You Are Experiencing Computer or Connectivity Problems

Many internet service providers are offering free or low-cost WiFi connectivity such as Comcast. Call your local service provider for details. The FSU Help Desk is ready to help you with FSU-related applications such as Canvas, PAWS and email issues at [helpdesk@frostburg.edu](mailto:helpdesk@frostburg.edu) or 301-687-7777.

## Events

### All Remaining Spring CES at FSU Performances Cancelled

All remaining CES performances at FSU for the 2019-20 season are cancelled. These events include:

**Friday, April 3:** The Brubeck Brothers Quartet

**Wednesday, April 15:** Naturally 7

**Friday, May 1:** Veronica Swift

CES at FSU is working with the artists in the hopes of rescheduling these events in the 2020-21 season.

Patrons holding tickets to cancelled CES performances will be contacted via the email address that was used to purchase tickets or called directly if an email is not on file.

The CES staff is working remotely, and the Lane University Box Office is closed. If you need to contact them, email [ces@frostburg.edu](mailto:ces@frostburg.edu) or use Messenger through the Facebook page at [www.facebook.com/CESFrostburg](http://www.facebook.com/CESFrostburg).

### Leadership Residency Program Postponed

The leadership residency will be postponed until further notice.

For info, contact Dr. Elesha Ruminski, coordinator of Leadership Studies, at 301-687-4480 or [elruminski@frostburg.edu](mailto:elruminski@frostburg.edu).

## Take Note

### Chesapeake Dining Hall Is Grab and Go

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

Faculty and staff can place lunch delivery orders Monday through Friday. To place an order, call 301-687-4035 by 11 a.m. 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 at this time.

Students with meal plans who are staying in Frostburg will receive daily emails with menus and instructions for pickup.

### WFWM Fund Drive Up and Running

Just a reminder to everyone to share out the link for the fund drive! The drive is off to a good start.

To contribute, visit <https://www.givecampus.com/schools/FrostburgStateUniversity/2020-wfwm-on-air-fund-drive>.

### Support Local Delivery and Take-Out Businesses!

If you are self-isolating in Frostburg or the local area, consider supporting local businesses offering carry-out or delivery. Check out the FrostburgFirst, Allegany County and Garrett County Facebook pages. Other ways to support your local small businesses are to: buy a gift card for future use, shop over the phone, shop online, leave a review, maintain subscriptions or promote them on social media.

---

## Lane Center, Library Buildings Closed; Services Continue

In FSU's ongoing response to the COVID-19 crisis, the University has decided to close access to the Lane University Center and Ort Library until further notice. This move will limit entry to those buildings, but services are still available and staff are ready to provide assistance.

### Lane Center

Dining Services, via Chesapeake Dining Hall, is providing grab-and-go food for on-campus students with a meal plan, and delivery and grab-and-go for faculty and staff who are still on campus. Instructions for each have been emailed.

Assistant Vice President **Bill Mandicott** and his team are working to continue providing co-curricular learning services through online experiences while we are physically separated. Many of these exercises are intended to continue developing leadership connections, making engagement opportunities to add to Bobcat memories and creating opportunities to reach out to other Bobcats.

Lane Manicur Hall is available with prior arrangements for meetings of fewer than 10 people. The room is set up for social distancing and ready to accommodate a blended virtual and in-person meeting.

Questions about Lane Center reservations, scheduling or building operations should be directed to Allen Flanagan at [raflanagan@frostburg.edu](mailto:raflanagan@frostburg.edu).

### Ort Library

All information assistance and research services are available online at <https://www.frostburg.edu/library>, and librarians are still available to provide remote research help.

Email them at [libref@frostburg.edu](mailto:libref@frostburg.edu). Schedule an online research consultation at <https://frostburgstate.tfaforms.net/37>. Chat with a librarian through Ask Us Now. FSU Librarians will be monitoring Ask Us Now and will specifically answer FSU student chats when they are available.

Check out the Self-Service Research Assistance Guide at [https://libguides.frostburg.edu/tools\\_assistance/help](https://libguides.frostburg.edu/tools_assistance/help).

For details on research and instruction support for students, faculty and staff, visit <https://libguides.frostburg.edu/covid19>. Databases and e-books are available for off-campus access and can be linked or embedded in Canvas. Librarians are available for virtual research help via Skype for Business. They can provide instruction, either live or recorded.

Computers are still available in the lab at Gira 133. The machines in that lab have been spaced to enforce social distancing.

## Update on Student Affairs Leadership and Engagement Awards

The 2019-2020 Student Affairs Leadership and Engagement Awards (formerly the Leadership Awards) will continue this year; however, the awards ceremony will be delivered virtually. Details will be released as May approaches.

The deadline for nominations is **Tuesday, March 31**, at 11:59 p.m. The awards have been expanded to highlight the exceptional leadership experienced on campus, as well as the high-quality engagement that often goes hand in hand with leadership.

You are highly encouraged to submit at least one nomination for an individual, student, co-worker or recognized student organization for any and all awards for which they may qualify.

Do you know a great student leader from your class, an organization you advise or one of your advisees? Do you work with an amazing colleague who has gone above and beyond and deserves to be recognized? Be sure to encourage others to submit nominations as well.

For info on award categories, eligibility information or frequently asked questions, visit the webpage at <https://www.frostburg.edu/student-community-involvement/LUC/Awards/index.php>.

## New Mail Room Hours

FSU's Mail Room and Printing Department is operating during limited hours on campus. The department will only be open on **Mondays and Thursdays** from 9 a.m. until 1 p.m. for mail drop off and pickup. Have outgoing mail to the mail room before 1 p.m. on those days. The mail will not be delivered across campus. Make arrangements to pick up your mail during these new hours. The Printing Department will only print urgent requests. If you have urgent printing needs, contact Kevin Greig at [kgreig@frostburg.edu](mailto:kgreig@frostburg.edu) or 301-687-4164.

## Cleaning Electronics

With regard to cleaning keyboards and other electronics, follow the guidelines listed at <https://confluence.frostburg.edu/display/PUB/Cleaning+Electronics>. Improper cleaning can cause damage!

Remember! For keyboards and other non-screen surfaces, use 70 percent isopropyl alcohol/alcohol wipes or Clorox Disinfecting Wipes and for monitors and screens, use water and a soft cloth or products labeled for cleaning electronics screens that do not contain acetone.

---

## Textbook Rental Returns

The due date for rented textbooks from the University Store will be extended to a date that will be determined once campus activities have been restored. Students can mail their rented textbooks back to the University Store at any time before this date.

Mail to:

The University Store

ATTN: RETURNS

101 Braddock Rd.

Frostburg, MD 21532

Include your student ID number inside the package to ensure the rental book gets properly removed from your account.

## Changes to Faculty Achievement Awards for 2020

The due date for Faculty Achievement Award nominations has been moved back a week to **Wednesday, April 1**.

Instead of dropping off a hard copy of the nomination at the library, all nominations must be submitted electronically to **Dr. Michael Murtagh**, subcommittee chair, at [mpmurtagh@frostburg.edu](mailto:mpmurtagh@frostburg.edu).

In the subject line, state "FAA for \_\_\_\_\_" with the award category in the blank. (Occasionally, a member of the committee is nominated, and this is a way to avoid his or her accidentally reading any of the nominations for that award.)

Note the different award categories require different materials, while all of them require the full box at the top (Faculty Evaluation Ratings for the past three years) be completed.

The number for the teaching evaluation is to be taken from your Department Faculty Evaluation Report (often referred to as the numbers sheet), which includes the student evaluation calculated in along with the DEC ratings.

For info or a nomination form, contact Murtagh or any member of the Faculty Promotion and Tenure/Permanent Status Subcommittee: Andy Duncan, Dr. Karen Keller, Theresa Mastrodonato, Dr. Beth Smolko, Dr. Rebekah Taylor and Dr. Lei Ye.

## S.A.F.E. Office Providing Support and Online Resources

Students who may be experiencing issues related to substance abuse and/or other concerns about well-being, should consider taking advantage of the following resources and information. Faculty and staff may also use the information to assist students during this challenging time. Refer students to Don Swogger, director of the Substance Abuse Facts and Education Office, at [dswogger@frostburg.edu](mailto:dswogger@frostburg.edu) for an online appointment.

<https://www.aa-intergroup.org>

[https://www.aa.org/pages/en\\_US/meeting-guide](https://www.aa.org/pages/en_US/meeting-guide)

<http://www.aa12step4coes.org>

<https://www.smartrecovery.org/smart-recovery-toolbox>

<https://www.12step.org/social/online-meetings> (This website has a comprehensive list of other online groups.)

Phone Apps: Twenty-Four Hours a Day, Quit That!, Mind Shift, Self-Help for Anxiety Management (SAM), Happify, Headspace, Calm

FSU also has two additional resources that can help students lower their risk as it relates to alcohol or marijuana abuse. The S.A.F.E. Office director is available through Microsoft Teams to help students process this information. For info about echeckuptogo, go to:

<http://www.echeckuptogo.com/about/about>

<https://interwork.sdsu.edu/echeckup/usa/alc/coll/index.php?id=Frostburg>

<https://interwork.sdsu.edu/echeckup/usa/mj/coll/index.php?id=Frostburg>

## PAWS Pantry Changes

Under advisement from the Maryland Food Bank and Maryland Department of Health, the PAWS Pantry at the Braddock House (20 Braddock Road) has transitioned to a prepacked bag-style pantry to maintain proper social distancing. Customers are permitted any combination of up to four bags per visit. When you approach the window, please tell us how many of each type of bag you would like, as well as any dietary restrictions.

---

Prepacked bag options (items vary based on availability) include the following:

#### Carbs and Sides Bag

- Pasta
- Rice/Grain
- Pasta Sauce
- Broth (chicken, turkey, beef, bone, vegetable)
- Stuffing
- Mac N Cheese

#### Canned Goods Bag

- Canned Fruit/Fruit Cups
- Canned Vegetable
- Soup
- Ravioli

#### Breakfast Bag

- Cereal
- Cereal/Chewy Bars
- Oatmeal/Granola/Fruit

#### Baking Bag

- Dessert Mixes (brownie, cake, etc.)
- Jell-O/Pudding Packs
- BAG FIVE Snack Bag
- Hummus Cups
- Chips
- Crackers

#### Customizable Bag (a maximum of one per visit)

A customer may choose additional items for his or her bag!

Hours have been adjusted to Mondays and Thursdays, 11 a.m. to 4 p.m.

Currently, no more than one person is allowed at the door at a time. When visiting the Pantry, wait at the bottom of the ramp until it is clear. Also maintain 6 feet of space between you and others who are waiting. Be mindful of who was here before you and the order in which customers have been waiting.

If you are a student in need of food assistance or would like more info, contact Maddie Hutter, AmeriCorps PAWS Pantry coordinator, at [PAWSPantry@frostburg.edu](mailto:PAWSPantry@frostburg.edu) or stop by the pantry during the hours listed above.

## **National Week of Conversation – Series of Online Common Ground for Action Deliberations**

Regional college students are invited to participate in National Week of Conversation online deliberation events being moderated by the National Issues Forums Institute. Students will deliberate together with others from across the country over the tough choices on the issue of guns, rights and security in an era of mass shootings and deepening political polarization. Using NIFI's nonpartisan discussion guide on "How Should We Prevent Mass Shootings in Our Communities," students can talk about three exclusive options for this issue and weigh the tradeoffs and consequences of acting to find hidden common ground on balancing rights and safety on guns. The three options include make mass killings more difficult, equip people to defend themselves and root out violence and hate in society.

The aim of these forums is to give students a chance to deliberate with peers at campuses that are different from theirs – geographically, in population size and ideologically.

---

Students should use their University email address to register for one of the conversations using the following links:

**Monday, April 20**, at 8 p.m. ET at <https://tinyurl.com/tetxexo>

**Tuesday, April 21**, at 2 p.m. ET at <https://tinyurl.com/uepm5c2>

**Thursday, April 23**, at 3 p.m. ET at <https://tinyurl.com/v5e66e2>

**Friday, April 24**, at 7 p.m. ET at <https://tinyurl.com/vwgm2lz>

**Saturday, April 25**, at 5 p.m. ET at <https://tinyurl.com/vkm2khu>

Info for the NIFI events can be found at <https://www.nifi.org/en/events/national-week-conversation-cross-campus-college-online-forums-how-should-we-prevent-mass>.

To review the issue guide on the NIFI website, visit <https://www.nifi.org/es/issue-guide/issue-advisory-2019-how-should-we-prevent-mass-shootings-our-communities>.

For info on Allegany County Choose Civility initiatives, contact Dr. Elesha Ruminski, FSU's liaison for the Choose Civility chapter, at [elruminski@frostburg.edu](mailto:elruminski@frostburg.edu) or 301-687-4480.

## Honors Program



### Have Questions About FSU's Honors Program?

For info, visit the Fuller House or contact Dr. Greg Wood, Honors Program director, at [gwood@frostburg.edu](mailto:gwood@frostburg.edu) or [honorsprog@frostburg.edu](mailto: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).

## Fall 2020 Honors Courses

### Honors Composition

ENGL 111 Honors: First-Year Composition, **Jennifer Browne**, 10 to 10:50 a.m., Monday, Wednesday, Friday, #1469

ENGL 312 Honors: Advanced Composition, **Gerry LaFemina**, noon to 12:50 p.m., Monday, Wednesday, Friday, #1484

### Honors Variants

ART 111 Honors: Art Appreciation, **Pat Faville**, 3 to 3:50 p.m., Monday, Wednesday, Friday, #2078

BIOL 159 Honors: General Biology, **Dr. David Puthoff**, 1 to 1:50 p.m. Monday, Wednesday, Friday (lecture), 1 to 2:50 p.m., Tuesday, Thursday (lab), #1314

COSC 110 Honors: Introduction to Computer Science, **Oluwadamilola Arinde**, 9:30 to 10:45 a.m., Tuesday, Thursday, #1515

ECON 211 Honors: Principles of Macroeconomics, **Suzanne McCoskey**, 11 to 11:50 a.m., Monday, Wednesday, Friday, #2163

GEOG 113 Honors: Physical Geography, **Dr. Matt Ramspott**, 8 to 8:50 a.m., Monday, Wednesday, Friday (lecture), 3 to 4:50 p.m., Monday (lab), #1924

HIST 111 Honors: Contemporary World in Historical Perspective, **Dr. Sally Boniece**, 11 a.m. to 12:15 p.m., Tuesday, Thursday, #2052

IDIS 151 Honors: Exploring Appalachia, **Dr. Kara Rogers Thomas**, 2 to 3:15 p.m., Tuesday, Thursday, #2354

PHIL 111 Honors: Introduction to Philosophy, **Dr. Jean-Marie Makang**, 2 to 3:15 p.m., Tuesday, Thursday, #2138

PHIL 112 Honors: Contemporary Ethical Problems, **Dr. Skott Brill**, 8 to 9:15 a.m., Tuesday, Thursday, #2139

PSYC 151 Honors: General Psychology, **Dr. Paul Bernhardt**, 11 a.m. to 12:15 p.m., Tuesday, Thursday, #1186

SOCI 111 Honors: Introduction to Sociology, Thomas, 11 a.m. to 12:15 p.m., Tuesday, Thursday, #1034

### Honors Seminars

IDIS 491 Honors: Frostburg State's Archives and the 1960s, **Dr. Greg Wood**, 12:30 to 1:45 p.m., Tuesday, Thursday, #2483

IDIS 491 Honors: Classical Political Rhetoric and American Politics, **Dr. Steve Hartlaub**, 2 to 3:15 p.m., Monday, Wednesday, #2468

### FSU Connection for First-Year Honors Students: "Power, Culture and Polarization in America," #929

IDIS 151 Honors: Exploring American Culture, Wood, 9:30 to 10:45 a.m., Tuesday, Thursday, #2482

POSC 112 Honors: Introduction to American Politics, **Dr. Steve Simpson**, noon to 12:50 p.m., Monday, Wednesday, Friday, #2183

Priority registration is **Tuesday, March 31**.

---

# Academic Requirements for Traditional Honors Students

## Honors Variants (15 credits required)

ART 111, BIOL 159, COSC 110, ECON 211, ENGL 250, GEOG 113 or 114, IDIS 151, HIST 111, MATH 110, PHIL 111 or 112, PSYC 151, POSC 112 or 114, SOCI 111

## Composition (3 credits required)

ENGL 111 or 312

## Advanced (6 credits required)

IDIS 351 Honors: Advanced FSU Colloquium, IDIS 491 Honors Seminar, IDIS 493 Honors Thesis, Experiential Learning Option

## 24 Credits Required for Honors in General Education Upon Graduation

Note: Every traditional Honors student is allowed two “enhancements” of regular courses for Honors credit.

## Staying Sane While Staying Home

### Keep a Routine

If you’re new to working from home, you might be tempted to stay in your pajamas or bathrobe all day, but simply showering, getting dressed and making your bed can put your mind into work mode. Be sure to keep regular working hours. At the end of the workday, take some time to wind down – maybe calling a friend – before starting to prepare dinner.

### Make Eating at Home Fun

Be more organized about meal planning. Use the extra time you have at home to plan your meals and make preparing them fun. Put on some music, light candles and enjoy some time away from your laptop. You could try out new recipes from your favorite cookbooks or turn to social media for inspiration.

### Make Wellness a Priority

You may not be able to go to the gym or fitness classes anymore, or even get in 10,000 steps walking outside, but that doesn’t mean you should let your fitness goals fall to the wayside. Check out some yoga YouTube videos, which are free. Some fitness studios are offering online classes you can do at home through their websites or Instagram. Need something a bit more mindful? The meditation app Headspace has introduced a free section called “Weathering the Storm” that will be available for the next few months.

### Use This Time for Home Improvement

Whether your priority is spring cleaning, organizing your closet or doing some DIY projects that you haven’t had time for until now, take this as an opportunity to show your home some love.

For more info on how an American writer living in Rome is getting through sheltering in place in Italy, visit <https://www.housebeautiful.com/lifestyle/a31783173/how-i-got-through-shelter-in-place-italy>.

---

## 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](http://www.frostburg.edu/strategicplan).