



For and about FSU people

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

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## FSU Proposes Science Education Center to Serve Tri-State Region

### Challenger Center to Be Centerpiece of Facility in Former City Hall

FSU is proposing to transform Frostburg's City Hall into a Science Education Center designed to serve school-age children from the multi-state region, provide a resource for regional science teachers and allow FSU College of Education students additional opportunities to interact with children as part of their teacher preparation.

The project depends on receiving funding to renovate the building, which is being sought from the State of Maryland Capital Improvement Budget and private donors through the FSU Foundation. The estimated cost is \$6 million.

The Science Education Center will have multiple elements to provide enrichment to children and teenagers, but its centerpiece will be the Challenger Learning Center, part of an international network of educational centers that use space-themed simulated learning and role-playing strategies to help students bring their classroom studies to life. It was created by the families of the crew of the Space Shuttle Challenger following the 1986 accident.

FSU has been in discussions with the Challenger Center Network to bring this resource to Western Maryland. They will provide the equipment and training for staff to operate the educational simulations.

The goal for the Science Education Center overall, however, is larger. The vision is to have it open to the public, including on weekends. The center will focus on hands-on activities for children and families interested in learning more about STEAM (science, technology, engineering, arts and mathematics) subjects. The center will also be available for businesses and organizations interested in improving corporate team-building skills. There are also plans to offer programs for science teachers in the region to enhance their lesson plans and develop new teaching techniques.

The Frostburg City Council has agreed to lease the City Hall building at 59 E. Main St. to FSU for \$1 per year. Frostburg, once construction is complete this spring, will be moving city government operations into 37 Broadway, which will house City Hall and the Frostburg Police Department.

Letters of support for the Science Education Center have been received from school districts in Maryland, Pennsylvania and West Virginia. It is hoped that the work could be complete by late 2022 if funding is achieved.

For info about the Challenger Center, visit [www.challenger.org](http://www.challenger.org). For info about the FSU Foundation, visit [foundation.frostburg.edu](http://foundation.frostburg.edu) or call 301-687-4068.

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## Help for Students

### Have Issues or Concerns?

Be sure to continue to pass on your concerns to **President Nowaczyk** at [president@frostburg.edu](mailto:president@frostburg.edu) or, for specific academic issues, to **Dr. Michael Mathias** at [provost@frostburg.edu](mailto:provost@frostburg.edu). Students with individual concerns can be directed to resources by emailing

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[spring2021@frostburg.edu](mailto:spring2021@frostburg.edu). And for the spring 2021 plan and information, visit <https://www.frostburg.edu/spring2021>.

## New Hours for PAWS Pantry Spring 2021

Pantry hours beginning **Monday, Feb. 1**, are as follows:

**Mondays** – 10 a.m. to 6 p.m.

**Wednesdays** – 10 a.m. to 4 p.m.

**Thursdays** – 11 a.m. to 6 p.m.

PAWS Pantry will begin permitting customers back into the pantry to shop on **Feb. 1**. Customers who are not comfortable doing their own shopping can still take advantage of the pre-packed bag option. Only one customer will be permitted in the pantry and/or at the door at a time. Customers wishing to use the pantry resources can reserve a 15-minute time slot. You can reserve your time slot the day of or a full week in advance.

The pantry recently updated its Intake and Liability Waiver. All customers (new and returning) will need to complete this form before using the pantry. You will receive your new Pantry ID card at your first visit to the pantry this semester.

Have you been exposed to the virus and/or are symptomatic? Email [PAWSPantry@frostburg.edu](mailto:PAWSPantry@frostburg.edu) to request a delivery, and a pantry representative will be in touch to coordinate a delivery day and time with you. Because of limited staffing, only those who have been exposed to the virus, have been informed to self-quarantine and/or are symptomatic should use this option.

## Tutoring for the Upcoming Semester

### Formats

TutorTrac with 15 peer tutors via TEAMS

NetTutor

Students will be able to make appointments with peer tutors via TutorTrac, confirmation and reminder emails will be sent, and tutors will send students TEAMS invites. Tutors will log appointment data, etc. Tutors will also have training on screen and file sharing, etc.

NetTutor will work as a supplement in case peer tutors are booked or students need help in courses not tutored. If students prefers to use NetTutor exclusively, that's OK, too.

### Dates

Begins: **Monday, Feb. 1** (You can begin earlier with NetTutor.)

Ends: **Friday, April 30**

For TutorTrac Instructions and Policies for Students (Updated with TEAMS component), NetTutor Student Quick Reference Guide and/or NetTutor Flyer, contact Mark Smith, director, Tutoring Services, at [msmith@frostburg.edu](mailto:msmith@frostburg.edu).

## A Message From CAPS

If you are having difficulty taking care of your daily needs and/or notice that your mood has been more depressed or anxious, you are not alone. Help is available at Counseling and Psychological Services (CAPS). Counseling is being provided over confidential tele-health programs.

CAPS will be providing several group opportunities this semester, including:

LGBTQ+ Support Group

I Am Her Tribe, a Black woman's trauma healing circle

Stress Less for Better Health

Understanding Self and Others

If you are interested in individual counseling or participating in one of these groups, call 301-687-4234.

If you need of immediate support, call 301-687-4234 during business hours or 301-687-4223 in the evening or on the weekend.

Other crisis resources are available at:

National Suicide Prevention Lifeline: 1-800-273-8255

Trevor LifeLine: 1-866-488-7386

Veterans' Crisis Hotline: 1-877-VET2VET (1-877-838-2838)

## Exhibits

### FSU's Roper Gallery to Feature Spring 2021 Faculty Exhibition



This artwork by Ash Lester will be featured in the exhibition.

FSU's Department of Visual Arts will host the spring 2021 Faculty Exhibition, which will open on **Friday, Feb. 12**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition, which is free and open to the public, will be on display through **Friday, Feb. 26**.

One of the featured artists in the exhibition will be **Ash Lester**, the new director for the Roper Gallery, as well as the new sculpture professor at FSU. Lester has exhibited work nationally and internationally and specializes in sculpture and installation, focusing on her coming-of-age as a queer woman in rural America.

She touches on issues and topics such as class, isolation and stereotypes while simultaneously exposing and celebrating those communities and their often clichéd cultures. Lester earned her bachelor's from Plattsburgh State University in New York and her master's at the University of South Florida in Tampa, Fla.

The Roper Gallery is open Monday through Friday from 1 to 4 p.m. For info, contact the Department of Visual Arts at 301-687-4797.

To prevent the spread of the coronavirus, FSU follows state health guidelines requiring the wearing of masks and physical distancing from others. Visitors to campus must visit [www.frostburg.edu/checkin](http://www.frostburg.edu/checkin) for symptom monitoring before arriving on campus and be prepared to display the "Reduced Risk" badge.

## Music

### CES Offering Discounts to Maryland Symphony Virtual Events

CES at FSU is offering a 20 percent discount to local residents who purchase tickets to the Maryland Symphony Orchestra's virtual spring season events. All concerts, led by MSO Musical Director Elizabeth Schulze, will be streamed live from the historic Maryland Theatre in Hagerstown, Md.

This exclusive offer is made possible through a grant from the Community Trust Foundation's Iris and Peter Halmos Community Fund. Single performance tickets of \$29.99 are discounted to \$23.99, while season subscription tickets of \$149.99 are discounted to \$119.99. This offer will be available until all grant funds have been spent.

The discount can be secured by using a promo code that will be distributed through CES monthly newsletters and promotions. To join the mailing list or inquire about the promo code, email [ces@frostburg.edu](mailto:ces@frostburg.edu). For info about each concert or to purchase tickets, visit <https://watch.marylandsymphony.org/catalog>.

Remaining events scheduled in the six-concert series include Shostakovich's "Piano Concerto No. 1" with pianist Sara Davis Buechner on **Sunday, Feb. 14**, at 3 p.m.; "Classical Prodigies" on **Saturday, March 13**, at 7:30 p.m.; "Ports of Call: Journeys and Discoveries" with guitarist Sharon Isbin on **Saturday, April 10**, at 7:30 p.m.; "Magic at the Symphony" with master illusionist Lynn Dillies on **Saturday, May 1**, at 7 p.m.; and "Brown & Beethoven" featuring pianist Michael Brown on **Saturday, June 5**, at 7:30 p.m.

## Points of Pride

### Dr. Scott Rieker's Article, 'COVID and the Choral Director,' Published in 'Choral Journal'

Dr. Scott Rieker, a lecturer in FSU's Department of Music, was the principal author of "COVID and the Choral Director: Preparedness, Perceptions, Attitudes and a Way Forward," which was published in the February 2021 issue of the "Choral Journal."

This quantitative study details the impact of COVID-19 on choral music educators, particularly demonstrating that choral teachers felt unprepared for pandemic-impacted teaching, but that they rose to the occasion by independently seeking out new training and skills in great numbers.

The article recommends that K-12 school districts discover ways to validate non-traditional forms of professional development, that they refrain from expecting unpaid, self-directed training from teachers (e.g., "Learn how to make a 'virtual choir' amidst your other duties") and provide subject-specific professional development that aligns with specific teachers' needs.

### FSU Student Cassie Conklin to Moderate Online Panel Discussion



FSU student **Cassie Conklin** will celebrate Student Press Freedom Day on **Friday, Feb. 26**, by moderating an online panel discussion sponsored by the Foundation for Individual Rights in Education (FIRE).

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FIRE selected Conklin for this national honor on the basis of her investigative reporting in The Bottom Line, FSU's independent student news organization, which has garnered the attention of The Associated Press, The Baltimore Sun and The Washington Post, among other media outlets.

A geography major from Frostburg, Conklin also writes for Allegany Magazine and the Cumberland Times-News and is an Allegany County election judge. She interned in fall 2020 for two nationally known news organizations, the GroundTruth Project (<https://thegroundtruthproject.org>) and 100 Days in Appalachia (<https://www.100daysinappalachia.com>).

Based in Philadelphia, FIRE has a mission "to defend and sustain the individual rights of students and faculty members at America's colleges and universities." For info, visit <https://www.thefire.org>.

## Residence Life Wins Toys for Tots Competition

The FSU Veterans Services Office (VSO) and the FSU Chapter of the Student Veterans of America (SVA) have partnered with the Allegany County Chapter of Toys for Tots, also known locally as Toy Thunder, for the past five years. This holiday season, VSO and SVA sponsored a campus-wide competition to see which department/organization could collect the most toys. Six departments participated in the competition and the winner was Residence Life in the Division of Student Affairs.

## Take Note

### Phi Kappa Phi to Celebrate National PKP Week

The FSU chapter of Phi Kappa Phi will celebrate national PKP week **from Monday, Feb. 1, through Friday, Feb. 5**, with a virtual trivia contest and prizes. Follow [pkpfrostburg](#) on Instagram or Phi Kappa Phi – Frostburg State University on Facebook to learn more about the society and eligibility requirements, and have a chance to earn a Starbucks gift card.

For info, contact Dr. Linda Steele at [lsteel@frostburg.edu](mailto:lsteel@frostburg.edu).

### An African American History Month Reading List From the FSU History Department

The celebration of African American History Month begins on **Monday, Feb. 1**. Here are some excellent books by historians that can serve as illuminating and engaging companion readings for everyone's reflections and conversations about the subject. These favorites are highly recommended by members of the FSU History Department and range from the colonial period to more recent decades.

**Wendy Warren, "New England Bound: Slavery and Colonization in Early America" (New York: W.W. Norton & Company, 2016)**

Warren's book, which was nominated for a Pulitzer Prize, reconstructs the 17th-century Atlantic world that brought African slaves to early colonial New England – a region of North America that was often overlooked by later generations as a significant consumer of African slaves' unfree labor.

**Peter H. Wood, "Black Majority" (New York: Alfred A. Knopf, 1974)**

Wood explores the social history of plantation slaves in colonial Carolina, especially around the Atlantic port city of Charleston, during the 1700s.

**James J. Gigantino II, "The Ragged Road to Abolition: Slavery and Freedom in New Jersey, 1775-1865" (Philadelphia: University of Pennsylvania Press, 2015)**

Gigantino shows how, contrary to popular belief, slavery endured in much of the North long after the American Revolution and the establishment of the United States.

**Eric Foner, "A Short History of Reconstruction, Updated Edition" (1987; New York: Harper Collins, 2015)**

This classic book chronicles the personal and political fortunes of African Americans after the Civil War, highlighting how Southern white resistance and ultimately Northern disinterest doomed the fates of newly freed slaves.

**Tera Hunter, "To 'Joy My Freedom: Southern Black Women's Lives and Labors After the Civil War" (Cambridge, Mass.: Harvard University Press, 1997)**

Focusing on Atlanta in the late-19th century, Hunter explains how African American working-class women's work as laundresses and cooks in whites' homes after the Civil War exposed the contradictions and inconsistencies of racial segregation and fostered white anxieties about their daily proximity to black individuals and communities.

**Glenda Elizabeth Gilmore, "Gender and Jim Crow: Women and the Politics of White Supremacy in North Carolina, 1896-1920" (Chapel Hill: University of North Carolina Press, 1996)**

Gilmore's vividly written book explores how whites' sexual fears and racial anxieties during the early Jim Crow era created unique spaces where African American women could exert a surprising degree of influence on white-dominated reform movements and local politics in Southern states like North Carolina.

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**Robin D.G. Kelley, “Hammer and Hoe: Alabama Communists During the Great Depression” (Chapel Hill: University of North Carolina Press, 1991)**

Kelley argues that the struggles of rural and urban African-Americans with worsening exploitation and poverty during the 1930s helped to give rise to the beginnings of mid-century civil rights activism in the Deep South. With the aid of sympathetic Communist Party USA labor organizers from the North, African Americans in Alabama organized and pursued various forms of direct action to fight government neglect, oppressive working conditions, poverty and unemployment, and lynching violence.

**Timothy B. Tyson, “The Blood of Emmett Till” (New York: Simon & Schuster, 2017)**

In 1955, the lynching of Emmett Till, an African American teenager from Chicago, intensified the moral outrage of many Americans regarding the realities of racial injustice and violence in the South. Tyson’s oral histories with surviving witnesses revealed shocking (and previously unknown) details related to the Till case.

**Heather Ann Thompson, “Blood in the Water: The Attica Prison Uprising of 1971 and Its Legacy” (New York: Vintage Books, 2016)**

Thompson’s award-winning “Blood in the Water” examines how Black Power politics of the 1960s-1970s shaped African American responses to the racial injustices that were omnipresent in America’s prisons.

**Elizabeth Hinton, “From the War on Poverty to the War on Crime: The Making of Mass Incarceration in America” (Cambridge, Mass.: Harvard University Press, 2016)**

Hinton’s timely book examines how anti-crime legislation during the era of the 1960s “War on Poverty” intensified how urban policing and the criminal justice system operated as instruments of racial oppression in communities of color.

## Spring 2021 Library Hours

Hours at the Ort Library for the spring semester are as follows:

**Mondays through Thursdays** – 8 a.m. to 9 p.m.

**Fridays** – 8 a.m. to 6 p.m.

**Saturdays** – 11 a.m. to 4 p.m.

**Sundays** – 1 to 9 p.m.

Library hours are also posted on the Library Hours webpage at <http://libguides.frostburg.edu/libhours>.

Due to the ongoing pandemic, some of the library’s services, spaces and policies have been updated to protect the health and safety of the University community. Visit the Library COVID-19 Response page for more information.

The library is open to current FSU faculty, staff and students; all others must schedule an appointment, including community members, retired faculty and non-FSU researchers. Masks and social distancing are required for access to the library building. Food is not permitted this semester.

For info, contact the Library Services Main Desk at 301-687-4395 or email [libref@frostburg.edu](mailto:libref@frostburg.edu). Online resources remain accessible via the Library webpage at [www.frostburg.edu/library](http://www.frostburg.edu/library), and online reference and research help is available at [libguides.frostburg.edu/ask](http://libguides.frostburg.edu/ask).

## FSU Foundation Opportunity Grants



The FSU Foundation is once again seeking funding proposals from faculty, staff and students for Foundation Opportunity Grants and several other awards for fiscal year 2022 (academic year 2021-22).

Those interested should complete the FSU Foundation Opportunity Grant Request Form (application link at [www.frostburg.edu/opportunity](http://www.frostburg.edu/opportunity)), which includes a line-item budget. All applications must be limited to two pages. A third page is only permitted for the line-item budget. After you complete the form, you must submit it online at [www.frostburg.edu/opportunity](http://www.frostburg.edu/opportunity). **No paper or emailed applications will be accepted.**

The deadline for proposals is midnight on **Sunday, March 7**. Applicants will be notified of the awards following the Foundation Board meeting on **Friday, June 4**.

Projects may be funded from the following:

**Annual Fund** for projects that support FSU’s institutional priority to enhance experiential and applied learning opportunities for students inside and outside the classroom

**Bowling Family Global Citizen Funds** to support the global competence of FSU students

**Al and Dale Boxley Faculty Award/Student Research Award** to support faculty or student projects

**J. Frederick Gibraltar Regional and Cultural Arts Funds** to support regional and cultural arts programs at FSU

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**Jonathan Gibraltar Presidential Leadership Fund for Alcohol Awareness and Education** to support educational programs, social programs and/or community service-related programs geared toward alcohol awareness and the importance of responsible behaviors and decision making

**Catherine R. Gira Campus-to-Community Awards** to support students or student projects that demonstrate an entrepreneurial spirit, critical thinking skills and a determination to be successful

**Kim and Marion Leonard Experiential Authentic Leadership Learning Funds (new fund this year)** to support the FSU Leadership Program as it introduces activities that empower educators to design learning experiences so that students will understand the value of mindfulness, authenticity, awareness, vulnerability, openness, trust, listening and respect

**Woodward and Virginia Pealer Faculty Development Award** to support student scholarships and faculty development initiatives for stipends/funding and travel expenses for visiting scholars, lecturers, artists, performers and programs; recognition and promotion of these activities; equipment purchases in conjunction with these activities; and outreach/professional development programs for Allegany County

**Martha T. and Ralph M. Race Western History Lecture Funds** to support an annual lecture series on the topic of Western history

**Stephen M. Spahr Student Activism Award** to provide financial assistance to student organizations, classes or informal groups of students needing funds to travel to programs or centers of governmental activity to experience, firsthand, the workings of the democratic process

**Marlene Weimer Memorial Scholarly Endeavors Fund** to support scholarly endeavors in the area of innovative mathematics faculty development initiatives and/or scholarship support for outstanding mathematics students, depending on the area of greatest need as determined annually by the Mathematics Department

You can access the award descriptions at [www.frostburg.edu/opportunitygrants](http://www.frostburg.edu/opportunitygrants) and a list of previously supported projects at <https://www.frostburg.edu/foundation/files/pdfs/fundedprojects.pdf>.

## Virtual Town Hall Meeting

The Office of Civic Engagement, the J. Glenn Beall Institute for Public Affairs and the Student Government Association will host a series of town halls this semester. These town hall events are an opportunity for students to come together to have a conversation about the issues that are important to them.

The first meeting will be held on **Tuesday, Feb. 9**, at 6 p.m.

Webex Login Information: <https://frostburg.webex.com/meet/TimesTalkThursdayDemocracy>

Meeting ID No. 198 834 933

No password is required.

Join the meeting using your full name.

## Undergraduate Research Symposium Coming in April

This year the FSU Undergraduate Research Symposium will be virtual (details to follow in February) and will be on **Friday, April 23, rather than the traditional first Friday in May**. Students who planned to present last year will be given the opportunity to participate this year if they are still interested.

For info, contact Dr. Karen Keller at [kkeller@frostburg.edu](mailto:kkeller@frostburg.edu).

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

Make sure you know how to find out if FSU will be closed, have a delayed opening or close early on bad weather days.

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

Via [Burg Alert](#) text and email alerts. More information is below.

Through campus email.

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

On the top of the main page of the FSU website at [www.frostburg.edu](http://www.frostburg.edu).

Through local radio stations.

Via Twitter at [twitter.com/frostburgstate](https://twitter.com/frostburgstate).

On the FSU Facebook page at [www.facebook.com/frostburgstateuniversity](https://www.facebook.com/frostburgstateuniversity).

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

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

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

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

**FOR FACULTY/STAFF: Weather-related closures or delays apply to employees whether working on campus or teleworking.**

Personnel compensation for closures or delays will be based on the appropriate cancellation/delay message as presented on the FSU voice-mail system. A reminder: 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.

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

**FOR STUDENTS:** The announcement of liberal leave for employees DOES NOT cancel classes. If you have concerns about your ability to make it to class in bad weather, discuss them with your faculty members before the weather turns nasty.

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

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

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

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

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

**FOR ALL: The final decision regarding your safety resides with you. Stay warm and be safe.**

PLEASE DO NOT CALL UNIVERSITY POLICE OR THE COMPUTER HELP DESK FOR WEATHER-RELATED ANNOUNCEMENTS.

PLEASE DO CALL 301-687-4000, OPTION 2, check your email or check the FSU website at [www.frostburg.edu](http://www.frostburg.edu).

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

WFRB – (105.1 FM/560 AM)

WKHJ – (104.5 FM) Oakland

WCBC – (1270 AM/107.1 FM)

WWHQ – (92.3 FM) Oakland

WTBO/WRQE – (1450 AM/106.1 FM)

WMSG – (1050 AM) Oakland

WVMD – The Wolf (100.1/99.9 FM)

WDYK – Magic (100.5 FM)

WKLP – ESPN (1390 AM) Keyser

WCMD – ESPN (1230 AM)

WQZK – (94.1 FM) Keyser

WDZN – (99.5 FM)

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

## Brady Health Conducting Flu Vaccine Clinics



Brady Health is administering the quadrivalent vaccine again this year. A quadrivalent influenza vaccine protects against four flu viruses, including two type A viruses and two type B viruses.

Clinics will be held at Brady Health Mondays through Fridays from 9 a.m. to 4 p.m. They are open to students, faculty and staff.

You must call 301-687-4310 to schedule an appointment.

The cost is \$20. (No insurance.)

You must be over 18 years of age. Be sure to wear short sleeves and your mask!

Even healthy people can get the flu, so don't forget to get your flu shot this year!

## Study Abroad

### Study Abroad: Start Planning Your Experience for Spring 2022!



Bethany Bloom  
Morocco, Fall 2019

Join the Center for International Education for an information session to learn more about study abroad. Each virtual session takes place at 3:30 p.m. on the following Fridays throughout the semester: **Feb. 5 and 19, March 5 and 19, and April 2 and 16.** Email Victoria Gearhart at [vmgearhart@frostburg.edu](mailto:vmgearhart@frostburg.edu) to sign up for the session of your choice.

## Health and Safety Messages

### February is Safety Awareness Month



Be careful when walking to your car at night. Stay in lighted areas, walk with others and always be aware of your surroundings.

Use your phone as a safety tool. Make sure you have all your emergency contact info programmed into your phone so it's quick and easy to access.

Be cautious and trust your gut when dealing with people through online services. Always agree to meet in public places, and only exchange goods, services or money in person.

If you're going hiking, biking, camping, etc., by yourself, make a trip plan for your family members saying where you're going and when you expect to be back.

### Tips for the Week – Happy, Healthy, Hip!



Mental Health Monday Tip: Meditation Monday

<https://www.youtube.com/watch?v=8Xdwr4cRTVA>

Tell Yourself Tuesday Tip: Self-Motivation

<https://www.dreamsquote.com/10-motivational-inspirational-quotes-success>

Wacky Wednesday Tip: Fun Ways to Destress

<https://thesecretyumiverse.wonderhowto.com/how-to/10-weird-ways-de-stress-0141424/#:~:text=How%20to%2010%20Weird%20Ways%20to%20De-Stress.%20Drink,office%20cubicle%20mates%2C%20do%20some%20solo%20laughter%20yoga>

Thankful Thursday Tip: Gratitude

<https://www.mindful.org/an-introduction-to-mindful-gratitude>

Fun Friday Tip: Bake a Pie!

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



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Social Saturday Tip: Virtual Game Night!

<https://www.pcmag.com/how-to/how-to-host-a-virtual-game-night>

Self-Love Sunday Tip: Decompress

<https://www.stress.org/decompress-de-stress>

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## **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).