

Oct. 21, 2020

Good evening,

We have reached week 10 of the semester. Our testing has shown an increase in positivity numbers, as has the local region. This matches what public health officials have been predicting with the onset of cooler weather and more time spent indoors. So I will remind everyone of the need to be especially vigilant in the coming weeks and months as we continue to battle this pandemic.

Health reminders: Remember these key important guidelines: Wear a mask — and wear it properly; social distance yourself in all situations on and off campus; and wash/sanitize your hands frequently. Some related reminders:

- Masks are required upon entering and while riding the Allegany Transit bus and the SGA Loop bus.
- Masks are required at Chesapeake at all times except when seated and eating.
- It is important to wear masks anytime you are around someone who does not live in your household, even in small groups. Health officials have traced social gatherings, even small ones, to a growing number of COVID-19 case clusters.
- To be effective, the mask must cover the nose and mouth.
- It is also essential to check in on the monitoring app EVERY day you work or take classes at www.frostburg.edu/checkin.
- This time of year, you may begin to experience symptoms from a number of other issues as well, seasonal allergies, flu and colds. [Here is a useful link to CDC guidance on symptoms as well as a Self-Checker that walks you through symptoms.](#)

Flu Shots: The [Brady Health Center](#) offers flu shots by appointment every weekday from 9 a.m. to 4 p.m. for \$20. Most pharmacies and urgent care clinics offer flu shots as well, charged to insurance with no co-pay.

Mental Health Resources: We also need to care for our mental health, as we are all feeling added stress and anxiety. I have reminded students about [Counseling and Psychological Services \(CAPS\)](#), which is fully staffed to provide services for students. This includes a Friday [virtual support group](#).

I encourage employees to review the [wellness resources for the State of Maryland employees](#). The page includes some specific resources about emotional well-being (at lower left) and a list of available webinars, along with specifics based on your insurance provider.

Campus Climate Survey: Watch later this week for an email asking you to respond to a campus climate survey from the University Council for Diversity, Equity and Inclusion. I encourage everyone to participate in this important survey that will provide us with valuable feedback as we work to create, maintain and support a welcoming environment.

Registration: Also, a quick reminder that registration has begun for spring 2021 and our four-week [intersession](#) in January 2021. Please make sure to speak to your advisor about your options for the spring, especially if you want to select a fully online schedule. (For the option of online courses through University of Maryland Global Campus, be sure to use inter-institutional registration, not direct registration with UMGC. More information is available from the Registrar.)

End-of-semester Fireworks Celebration: The fireworks show, which is usually slated for the first fall football game, has been shifted to the evening of the last day of classes, Nov. 18. This was an idea suggested by a student during my biweekly virtual coffees (hosted by SGA President Noah DeMichele) that have been held every other Tuesday this semester. I truly appreciate these opportunities to respond to student concerns, and I appreciate the ideas that are shared.

Election: I want to remind everyone of the importance making your voice heard at the ballot box. Here in Frostburg, Mountain Ridge High School now has a drop box for mail-in ballot drop-offs if you requested your mail-in ballot by yesterday's deadline. Otherwise, early voting is available at the Allegany County Office Complex, and FSU is offering a shuttle to the Frostburg voting location on Election Day, Nov. 3. If you are not registered in Allegany County, you can still vote provisionally there for federal and state races. For complete details about voting here and in surrounding areas, visit www.frostburg.edu/bobcatsvote.



Finally, while we all receive a great deal of email, this is an important communication tool that should not be ignored. Take the time to make sure you are not missing something important.

Be safe and well,

Ronald Nowaczyk, PhD
President
Frostburg State University
101 Braddock Road
Frostburg, MD 21532-2303
(v) 301.687.4111 ; (f) 301.687.7070
You may also seek assistance by contacting:
Donnell H. VanSkiver, CAP, MEP, OM
Executive Administrative Assistant
Email: dhvanskiver@frostburg.edu



One University. A World of Experiences.