FSU Recognized as a Phi Kappa Phi Circle of Excellence Silver Chapter

The FSU chapter of Phi Kappa Phi was recently recognized as a Circle of Excellence Silver Chapter by the Honor Society of Phi Kappa Phi – the nation’s oldest and most selective collegiate honor society for all academic disciplines. The award is given to chapters that exceed expectations in chapter operations and demonstrate sustainability and vitality as a chapter of Phi Kappa Phi.

The Circle of Excellence Silver honor is given to chapters that scored 90 to 94 out of 100 on a criteria scale that evaluates chapter health indicators. By receiving the Silver distinction, the FSU chapter is recognized as a thriving organization that holds annual initiations, upholds the Society Bylaws, regularly attends chapter training opportunities and submits a chapter-endorsed nominee to the Phi Kappa Phi Fellowship Program.

The Circle of Excellence program was introduced in 2018. The program recognized 108 chapters this year, including 39 with the Silver distinction. Phi Kappa Phi has chapters on more than 300 select campuses in the United States and the Philippines.

To learn more about the Circle of Excellence program, visit www.phikappaphi.org/2020Excellence.

Phi Kappa Phi was founded in 1897 at the University of Maine. Membership is by invitation only to the top 10 percent of seniors and graduate students and 7.5 percent of juniors. Faculty, professional staff and alumni who have achieved scholarly distinction also qualify. Since its founding, more than 1.5 million members have been initiated. Some of the organization’s more notable members include former President Jimmy Carter, NASA astronaut Wendy Lawrence, novelist John Grisham and YouTube co-founder Chad Hurley. Each year, Phi Kappa Phi awards nearly $1 million to qualifying students and members through graduate and dissertation fellowships, undergraduate study abroad grants and grants for local and national literacy initiatives. For info, visit www.PhiKappaPhi.org.

Help for Students

Have Issues or Concerns?

Be sure to continue to pass on your concerns to President Nowaczyk at president@frostburg.edu or, for specific academic issues, to Dr. Michael Mathias at provost@frostburg.edu. Students with individual concerns can be directed to resources by emailing spring2021@frostburg.edu.

And for the spring 2021 plan and information, visit https://www.frostburg.edu/spring2021.
Dr. Jay DeWire to Perform in Online Faculty Artist Series Concert

FSU’s Department of Music will kick off the spring semester with a livestreamed Faculty Artist Series concert by pianist Dr. Jay DeWire on Sunday, Jan. 31, at 3 p.m. The recital is free to view online. Visit www.frostburg.edu/concerts and click this event to be directed to the FSU Localist Events page; click the red “Join Stream” button on the right side of page to join the livestream.

If you miss the livestream, the concert is available for viewing on YouTube: Frostburg Music Department.


The “Italian Concerto, BWV 971,” originally titled “Concerto nach Italienischen Gusto” (“Concerto in the Italian Taste”), is a three-movement concerto for two-manual harpsichord solo composed by Bach and published in 1735 as the first half of “Clavier-Übung II.”

The “Humoreske” is a romantic piano piece consisting of seven sections that Schumann composed in 1839 and dedicated to composer Julie von Webenau. Schumann cited German Romantic writer Jean Paul’s style of humor as the source of inspiration.

Incubated in Impressionism in the visual arts and the Symbolist movement in literature, Debussy was alert to the intoxicating interplay of words and images. “Reflets dans l’eau” (“Reflections on the Water”) is a masterpiece in the tradition of water music, the piano conjuring up water both at rest and at play. “Hommage à Rameau” borrows no stylistic trait from Jean-Phillipe Rameau, Debussy’s composer predecessor, although at the time he was composing this first set of “Images” in 1903, Debussy was editing some of Rameau’s music. For “Mouvement,” the performer is asked to play with “a whimsical lightness, but precisely.”

“Études-Tableaux, Op. 39” (“Study Pictures”) is the second set of piano études Rachmaninoff composed from 1916 to 1917. The complex “Allegro molto” starts off with an angry, frenetic feel, but there are moments of violent subtlety scattered throughout. “Allegro moderato,” a lyrical and musical study of double notes, has very long, defined legato melodic lines that are contrasted by a staccato middle section. “Allegro moderato. Tempo di marcia,” a dramatic, bombastic march to conclude this set, contains ingenious counterpoint, lush harmonies and a wide range of musical colors.

Because of the coronavirus pandemic, musical performances before live audiences will not be held until conditions warrant. However, the Department of Music is continuing its series of online presentations. Links will be posted at www.frostburg.edu/concerts. For info, contact FSU’s Department of Music at 301-687-4109.

CES to Offer Discounts to Maryland Symphony Virtual Events

CES at FSU will offer 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., with the first concert on Sunday, Jan. 31.

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. For info about each concert or to purchase tickets, visit https://watch.marylandsymphony.org/catalog.

The season begins on Sunday, Jan. 31, at 3 p.m. with a program that includes “Seasons Lost” from American composer David Ludwig, and Antonio Vivaldi’s iconic “The Four Seasons,” featuring violinist Bella Hristova. Praised by the New York Times for her “accomplished technique, penetrating sound and probing musicianship,” Hristova has performed at some of the world’s most prestigious venues, including the Kennedy Center, Carnegie Hall and Lincoln Center.

Other 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.

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.

The exhibition will feature 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 cliche cultures. Lester earned her bachelor’s from Plattsburgh State University in northern 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, Frostburg State University follows state health guidelines requiring the wearing of masks and physical distancing from others. Visitors to campus must visit www.frostburg.edu/checkin for symptom monitoring before arriving on campus and be prepared to display the “Reduced Risk” badge.

Points of Pride

Dr. Boyce Williams Recognized as Year of the Woman Honoree

Dr. Boyce Williams, dean of FSU’s College of Education, has been recognized as a Year of the Woman honoree in The Greater Cumberland Committee 2020 Annual Report.

Historically, 2020 marked the 100th anniversary of the ratification of the 19th amendment, which started opening the doors of opportunity for women. TGCC’s Year of the Woman initiative was launched in January as an effort to recognize female leaders from across the region, from CEOs of business to leaders at the highest levels of local and state government to executive directors and presidents of nonprofit and other civic organizations.

FSU Engineering Student Profiled for ‘Women in Technology’

As a young girl, FSU student Kaoutar Sahmoudi always had engineering on her “radar.” But it was a career path that was uncommon for women and, particularly, women of color. Now, Sahmoudi’s commitment to pursue her dream is receiving international recognition. Sahmoudi, who was born in Morocco and raised in Baltimore City, was set to attend Rutgers University, but decided on FSU after taking a closer look at its engineering program.

Dr. Zhen Liu, assistant professor in the FSU Department of Physics and Engineering, notes that Sahmoudi has the drive needed to succeed in the challenging field of engineering. She has taken on extra responsibilities within her major, including serving as past president of the FSU chapter of the National Society of Black Engineers. During her internship, Sahmoudi designed and created 3D models of subsea vehicles for government contractor projects. She hopes to secure a position doing similar research after her graduation and make her childhood dreams of being a professional engineer a reality.

For info on the FSU Department of Physics and Engineering, call 301-687-4201 or visit www.frostburg.edu/engineering.


FSU Engineering Student Receives Prestigious Department of Energy Fellowship

For FSU engineering student Bria’ Johnson, getting to participate in the U.S. Department of Energy’s prestigious Mickey Leland Energy Fellowship (MLEF) program this past summer was a tremendous honor. She was even more honored when her research project was highlighted on DOE’s official website. A native of Washington, D.C., Johnson’s aspirations toward studying engineering reach back to her days of attending a STEM high school. When her focus shifted to how polymers, ceramics and composites are used in the manufacturing and design of products, she chose FSU’s engineering program and its concentration in materials engineering. Now a senior, she looks back at the benefits of the smaller class sizes and the ability to collaborate with her peers at FSU.

Johnson first heard of the MLEF program while attending a conference of the National Society of Black Engineers, which she served as both treasurer and vice president of the FSU chapter. According to her FSU professors, Johnson’s motivation made her an ideal candidate for the MLEF program.
“Bria’ has made her mark in materials engineering study and research at Frostburg in past 3 and a half years,” says Bria’s advisor, materials engineering professor Dr. Zhen Liu. “She has been heavily involved in project design, development and leadership, founding a capstone team for the next-gen smart window materials innovation, leading toward a solar energy application with environmental protection and economic efficiency.”

DOE’s Office of Fossil Energy has hosted nearly 1,000 student fellows since 1995. Johnson plans to take her combined experiences at FSU and MLEF when she pursues a master’s degree in mechanical engineering after graduation, with hopes of using her skills to protect our country.

For info on the FSU Department of Physics and Engineering, call 301-687-4201 or visit online at www.frostburg.edu/engineering.

For the complete article, visit https://www.frostburg.edu/news/2020/12/FSU%20Engineering%20Student%20Receives%20Prestigious%20Department%20of%20Energy%20Fellowship.php.

Office of Sponsored Programs Successes/News

On Dec. 15, 2020, Jason Litten (Western Maryland Regional GIS Center) was awarded a $90,000 contract by the Maryland Department of Natural Resources for general cartographic and geographic information system (GIS) services.

On Dec. 10, Kara Platt (Nursing) received a Nurse Faculty Annual Recognition Award of $10,000 from the Maryland Higher Education Commission.

On Nov. 18, project director Sandy Mehalko (Small Business Development Center) was awarded $81,294 by the University of Maryland, College Park, Maryland Small Business Development Lead Center in support of the Western Region Small Business Development Center for FY2021. SBDC provides outreach, review and assistance in business plan and financing proposal preparation, marketing strategies, procurement-related certifications and strategic planning based on the client’s stage in the business life cycle.

On Oct. 30, Branden Taylor (Nursing) received a New Nursing Faculty Fellowship of $50,000 over five years from the Maryland Higher Education Commission.

On Oct. 28, project director Sara-Beth Bittinger (Provost’s Office) received a $93,000 USM OnTrack Initiative award of University of Maryland Global Campus CARES Act funds from USM’s William E. Kirwan Center for Academic Innovation. These funds are for building institutional capacity as the University moves courses online in response to the COVID-19 pandemic.

For more, see the Office of Sponsored Program’s Successes/News webpage at http://www.frostburg.edu/osp/successesnews.php.

Report by FSU Student James Byers Honored as No. 1 Censored News Story of the Year

A report by FSU student James Byers, “Native American Women Are Missing, and No One Is Watching,” written and submitted in Andy Duncan’s Socially Networked Journalism course (ENGL 355), has been honored as the No. 1 censored news story of the year in “Project Censored’s State of the Free Press 2021,” edited by Mickey Huff and Andy Lee Roth, published in December 2020 by Seven Stories Press.

Byers, a Cumberland resident, graduated in December with a major in mass communication and a minor in journalism. His report and the reports of five of his ENGL 355 classmates – Olivia Howard, Ciel LaBossiere-Little, Maysa Oliver, Leah R. Perrin and Nadia Williams – were published in April on the website of Project Censored, a nonprofit media watchdog organization founded at Sonoma State University in California.

For info, visit https://www.projectcensored.org.

FSU Police Raised Money for Good Cause in ‘No-Shave November’

University police officers Daniel Dunn, Roy McKenzie and Thomas Bevan were participants in “No-Shave November.”

FSU Police officers participated in “No-Shave November” again this year and raised a total of $785 to benefit 10-year-old Landen Richie, who faces a rare genetic disorder and related medical challenge.

A check was mailed to the family since no ceremony was held because of COVID-19 restrictions.

Law enforcement agencies also organized a small parade of police vehicles to drive past Richie’s home as a way for him to see them.

No-Shave November is a national program supported by public safety officials nationwide. University Police joined Frostburg City Police and the Allegany County Sheriff’s Office in this effort.

For info, contact S/Cpl. Daniel L. Dunn at dldunn@frostburg.edu.
Professional Achievements

The latest edition of Professional Achievements has been published online at https://www.frostburg.edu/news/professional-achievements.php. Booklets from previous years can also be accessed here.

FSU Maryland Accelerates Announces Distinguished Board

FSU’s Maryland Accelerates program, a partnership designed to provide the state with more STEM teachers and enhance career paths for established teachers, has established a distinguished executive advisory board to guide its development and progress as the program begins to accept candidates.

The program, funded by a $4 million federal grant and developed in partnership with Frederick and Garrett County public schools, will provide residency and stipend opportunities for college graduates seeking an FSU Master of Arts in Teaching, especially in the sciences, mathematics and computer science – called STEM fields, as well as provide a career path for established teachers to mentor new educators.

The board members reflect a range of backgrounds in public education, higher education and STEM fields.

It is chaired by President Nowaczyk, who has led FSU since 2016; he was previously provost of Clarion University, dean of the College of Arts and Sciences at the University of New Haven, East Carolina University’s vice chancellor for Economic and Community Development and previously chair of its Department of Psychology.

Other board members include Richard “Ricky” Arnold II, NASA astronaut and the director of STEM Engagement for the University of Maryland Center for Environmental Science; Dr. James D. Fielder, Jr., secretary of Higher Education, Maryland Higher Education Commission, a member of Gov. Larry Hogan’s Cabinet; Maryland State Sen. George Edwards, who serves on the Budget and Taxation Committee, among numerous committee assignments; Dr. Joann A. Boughman, University System of Maryland (USM) senior vice chancellor for Academic and Student Affairs and a board-certified medical geneticist; Dr. Nancy S. Shapiro, USM associate vice chancellor for Education and Outreach; and special assistant to the Chancellor for P-20 Education; Dr. Jennifer Judkins, Maryland State Department of Education (MSDE) assistant state superintendent for the Division of Assessment, Accountability and Information Technology; Dr. Darla F. Strouse, MSDE executive director of Partnerships and Development; Dr. Theresa R. Alban, superintendent of Frederick County Public Schools since 2011; Barbara L. Baker, superintendent of Garrett County Public Schools; and Mary Clapsaddle, FSU director of Government Relations and former legislative analyst.

Ex officio members of the board are Albert A. Della, FSU vice president for Regional Development and Engagement; Dr. Michael B. Mathias, FSU interim provost and professor of philosophy; and Christine Miller, U.S. Department of Education senior program analyst.

The board held its first meeting virtually on Jan. 19. For info about the Maryland Accelerates program, visit www.frostburg.edu/marylandaccelerates.

FSU’s Small Business Development Center Launches Business Transition Program

FSU and the Western Region Maryland Small Business Development Center have created a new Legacy Business Transition Program to assist area business owners seeking to sell their businesses and individuals or entities interested in purchasing them.

The Legacy Business Transition Program, a collaboration between the two institutions, was designed as a resource for those looking to sell their businesses due to retirement, the inability to pass on the business to interested parties, financial hardships brought on by the COVID-19 pandemic and other reasons. The goal of the program is to keep local businesses open and ongoing to provide direct employment and continue to offer goods and services to local communities.

All services are offered free of charge and are available to businesses located within the I-68 Regional Alliance Corridor, which includes Bedford and Somerset counties in Pennsylvania, Allegany and Garrett counties in Maryland and Mineral County in West Virginia.

The program will assist sellers with generating a business analysis of valuation and selling price, creating a confidential marketing package, listing service and introducing businesses to potential buyers. Buyer services include assisting with due diligence, structuring letters of intent and purchase agreements, financial qualification and post-purchase support.

Interested parties can contact Mark Prave at 888-237-9007 ext. 8 or mjprave@frostburg.edu, or visit www.frostburg.edu/legacybusiness for info.

Delmock Technologies Holds Ribbon Cutting at New FSU Location

Delmock Technologies, Inc., a Baltimore-based certified HUBZone business that provides complex mission-critical IT and health solutions, recently held a ribbon cutting at its new location at the Advanced Technology Center at FSU.

DTI is the first tenant of ATC, part of the FSU Innovation Park. FSU students have already landed research internships with DTI, which is committed to “educate and train a pipeline of workers with
digital and technology skills necessary to support the Advanced Technology Center in Frostburg” and grow Western Maryland’s IT workforce.

Those in attendance at the ribbon cutting, either in person or virtually, included DTI CEO/President Winston DeLattiboudere, President Nowaczyk, Maryland Senator George Edwards, Maryland Delegate Mike McKay and Allegany County Commission President Jake Shade, among others.

“We are grateful for the strong support demonstrated by Allegany County and our legislative delegation for making DTI’s expansion into our area possible,” said FSU’s Vice President for Regional Development and Engagement Al Delia. “FSU looks forward to a close partnership with DTI to help establish programs, including a remote work center, to benefit Allegany County and the entire region.”

For info, visit www.delmock.com. For info on FSU’s Innovation Park and Advanced Technology Center, contact Delia at 301-687-4111.

**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 lsteele@frostburg.edu.

**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), 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. 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 Gibralter Regional and Cultural Arts Funds** to support regional and cultural arts programs at FSU
- **Jonathan Gibralter 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 we place on 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 and a list of previously supported projects at https://www.frostburg.edu/foundation/_files/pdfs/fundedprojects.pdf.

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 kikeller@frostburg.edu.

Save the Date for Homecoming 2021!

This year, Homecoming at FSU will be held from Thursday, Sept. 30, through Sunday, Oct. 3.

For info, contact the Office of Alumni Relations at 301-687-4068 or alumni@frostburg.edu.

Reminder – New York Times Digital Subscription Program

Free to FSU Students, Faculty and Staff!

The NYTimes.com digital subscription program supports a 21st-century education and improves student success while providing the campus community with a trusted resource to use to enhance global current news awareness, enrich curriculum discussions and provide a reputable research source. This subscription provides access to in-depth coverage of the daily issues being addressed in the news, expert analysis and reporting of historical events as they occurred. Faculty will be able to freely recommend using NYTimes.com to students to enhance their research and educate them on the differences between authenticated news sources and “fake news.”

New York Times Digital Option Features

NYTimes.com is a multi-platform news site that provides full access to The New York Times and International New York Times content, including breaking news, multimedia, reviews and opinion, blogs, videos and more. NYTimes.com is updated 24/7. From the home page, one can access more than 25 Times sections, including World, Politics, New York, Opinion, Business, Technology, Science, Sports, Arts, Fashion and Style, and Video. Users may search the site for articles from the current day back to 1851.

The New York Times Academic Site License program provides all FSU students, faculty and staff the ability to access NYTimes.com on any device connected to the internet, on or off campus. Users can customize their account to set up alert newsletters, view and submit reader comments, plus save and share articles.

User Registration Procedure

Current students, faculty and staff will need to register to access The New York Times via a link on the Ort Library's A-Z Databases website. Point your web browser to http://libguides.frostburg.edu/az.php and select the New York Times/NYTimes.com –Account Creation Required link. Off-campus users will need to enter the barcode number on their FSU ID card and last name to proceed. You will then be prompted to register for an account on the NYTimes.com website using your FSU email address. Detailed registration instructions can be found at https://tinyurl.com/yc3r7ooa.

Instructional Resources for Faculty

In addition to campus-wide access to NYTimes.com, FSU will also have access to the value-added InEducation academic resources available at www.nytimesineducation.com. Teaching resources and curricular activities are available for more than 10 broad subject areas. Click on Register at the top right of the InEducation website to access this resource. You will need to use your FSU email address to create an account.

For info, contact the Ort Library Main Services Desk at 301-687-4395 or libref@frostburg.edu. All other program inquiries can be directed to Bill Mandicott at wmandicott@frostburg.edu or 301-687-4881.

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!

**Health and Safety Messages**

**Stay Safe in Cold Weather**

Stay well nourished by eating and drinking enough. Make sure to drink enough fluids, as you dehydrate faster in cold weather conditions. Dehydration causes headaches, dizziness and fatigue. Stay dry. Damp clothing can quickly drop your body temperature. It’s more important than ever to stay dry in the cold.

Dressing in layers is key, as it not only keeps you warm but allows you to adjust to changing temperatures. Proper gloves, socks and footwear are essential. Choose headwear that keeps your head and ears warm. Balaclavas can also help to warm your neck and warm the air you’re breathing.

Keep a cold-weather safety kit in your vehicle. The kit should include emergency blankets, candles and matches. A candle burning in a vehicle can provide enough warmth to ward off hypothermia for a time.

**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).