New Works Incubator Project at FSU Features Original Play by Alum Keenan Scott II

This artwork for the play is by New York artist Samtubia Edwards, based on model Lindsay Scott.

This November, the FSU Department of Theatre and Dance will feature a new play by theatre alum Keenan Scott II. As part of the New Works Incubator Project, Scott will develop his script with six FSU actors over a two-week period, culminating in a virtual reading for an online audience. Information about dates and attendance of the virtual reading will be shared later.

The New Works Incubator Project, an original idea brought to FSU by Scott, is designed to help professional writers develop new works while giving FSU students industry-level training in new works development.

The play challenges the online experience with comedic twists by taking on the psychological effects of social media, over sensationalism, and classism. The play, titled “Social Media Massacre,” features Hemsley and his best friend Jebediah, teenage prodigies who create an all-too-invasive app that rewards the capture of violence. The more violence a person captures, the higher their status rises in society. Soon, people find themselves in a world where segregation is again all too present, creating new factions between ranked and unranked people. But Ocean, a recent college graduate, is on a quest to take it all down.

Scott, from Queens, New York, is a playwright, poet, actor, director and producer of original work that has been produced at Howard University, Gala Hispanic Theatre, National Black Theater and the NYC Fringe Festival. His critically acclaimed piece, “Thoughts of a Colored Man,” had its World Premiere at Syracuse Stage for the 2019-2020 season and is now on its way to Broadway when it returns in 2021. He has also been commissioned for several pieces, including the “PLAY AT HOME” series curated by Baltimore Center Stage, Long Wharf Theatre, The Public Theater, The Repertory Theatre of St. Louis and Woolly Mammoth Theatre Company. In addition, his piece “Hashtag Me Not” was featured in a benefit for NAACP Legal Defense and Educational Fund, Inc., called “#WhileWeBreathe.” His latest work, “The Migration LP,” is being developed at New York Stage and Film with sights on a New York City premiere in 2021. He is also developing a series for TV titled “The New Reform.” For more information, visit his website at www.keenanscott.com.

Featured actors in “Social Media Massacre” include Zoie Collins (Ocean), Christian Scott (Jude), Brendon McCabe (Helmsley), Gershawn Mason (Jebediah), Brian Records (Fraser), Dominique Little (Debbie), Kasey Taylor (Mayah Lee) and Laura Frederick (Miss Ladi/News Anchor/Announcer). Creative team members include Scott (playwright/director), Nicole Mattis (project manager), George Georgeson (lighting/sound), Danielle Preston (costumes), Nicholas Partonen (stage manager), Grace LaCount (assistant stage manager/script) and Kassidy Andris (assistant stage manager).

“Soil Media Massacre” is produced with generous partnership and support from the FSU Foundation Opportunity Grant program; University Council on Diversity, Equity and Inclusion; Office of Diversity, Equity, and Inclusion; African American Studies; Department of Communication; and the Cultural Events Series. For more information, call FSU’s Department of Theatre and Dance at 301-687-7794.
Spring 2021 Advising and Registration Tools

As you begin preparing for your spring 2021 advising appointments, remember that the Center for Academic Advising and Retention (CAAR) provides many useful resources to help students graduate in a timely manner.

One of the resources you may find most helpful is CAAR’s collection of suggested Eight-Semester Plans of Study for each of FSU’s majors. These plans are in alignment with the Undergraduate Catalog and are designed to provide students and advisors with a quick overview of essential courses to take each semester. The library of plans is available online through the CAAR Office webpage. Once at the website, select the Academic Year in which you began college to view the plans available for you.

For info, visit CAAR’s Registration Frequently Asked Questions page. If you have additional questions about registration or the suggested plan of study for your major, contact your academic advisor or email the CAAR Office at caar@frostburg.edu.

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. And email COVIDtesting@frostburg.edu for questions about COVID testing and Fall2020@frostburg.edu for general questions about the fall semester.

Virtual Support Group for Students

FSU’s Counseling and Psychological Services is hosting a weekly virtual support group on Fridays at noon for students through the rest of the semester. You’re invited to share your challenges/concerns in a safe and non-judgmental space. Access the support group at https://frostburg.webex.com/webappng/sites/frostburg/meeting/download/53993dc6bea8870bce54d5114a3e2c89.

And as always, CAPS is available for individual support for students if needed. Call 301-687-4234.

Free Online Tutoring via NetTutor

Just a reminder that online tutoring is available via NetTutor this semester. Students can ask a quick question, upload a paper (48- to 72-hour turnaround time) and/or receive live tutoring from professional tutors.

NetTutor is available 24/7.

Some of the subjects include accounting, anatomy, biology, business, chemistry, computer science, economics, literature, foreign languages, geology, history, logic, math, music, nursing, philosophy, physics, political science, psychology, sociology, student success and writing.

Students must request access to the Tutor Resources course in Canvas by emailing Mark Smith at msmith@frostburg.edu.

Music

Because of the coronavirus pandemic, musical performances before public audiences will not be held until conditions warrant. However, the Department of Music is planning a series of online presentations. Visit www.frostburg.edu/concerts and click an event to be directed to the FSU Localist Events page; click the red “Join Steam” button on the right side of page to join the livestream. Performances are free to view online. For info, contact FSU’s Department of Music at 301-687-4109.

If you miss the livestreams, Music Department recitals are available for viewing on YouTube: Frostburg Music Department.

Up to 50 members of the campus community are invited to attend the following events in Pealer Recital Hall in person, masked and with social distancing. Admission is free unless otherwise noted.

FSU’s Opera Theatre Presents an Evening of Scenes From Opera and Musical Theatre

FSU’s Department of Music Opera Theatre will present a virtual performance of scenes from opera and musical theatre on Monday, Nov. 16, at 7:30 p.m.

The program will showcase students from FSU’s Opera Workshop accompanied by pianist Dr. Joseph Yunger. It will feature selections from “The Sound of Music” and "West Side Story," as well as scenes and arias from operas by George Frideric Handel, Wolfgang Amadeus Mozart, Pietro Mascagni, Giacomo Puccini and Georges Bizet.

The program will open with the well-known “card trio” from Bizet’s iconic opera “Carmen,” in which three gypsies, including the title character, foretell the futures for Frasquita and Mercedes, which are wealth and love, but for Carmen, death. Alana James and Hannah Hieronimus sing Frasquita and Mercedes, respectively, while Jerri Perry sings Carmen.

The second half of the program is sure to evoke a smile with favorite songs from Rodgers and Hammerstein’s “The Sound of Music.” Joining the singers from the first half are Kassidy Andris and Alexus Niblack. The ensemble begins with two choral pieces sung by the nuns of the convent: the “Morning Hymn” and “Alleluia,” followed by “Maria.” Niblack solos with “My Favorite Things,” followed by Andris and Andrew Hartnett singing the duet “Sixteen Going on Seventeen.” The program ends on a high note with James taking...
the lead in singing “I Feel Pretty” from Leonard Bernstein’s hit musical “West Side Story,” with Andris, Niblack and Perry chiming in as the shop girls making commentary.

FSU Troubadours Tenor/Bass Choir to Be Joined by Flight 93 Memorial Chorus for Veterans Appreciation Concert

FSU’s Department of Music, in conjunction with the FSU Veterans Services, will present the FSU Troubadours Tenor/Bass Choir and the Flight 93 Memorial Chorus in a virtual Veterans Appreciation Concert, titled “To Those Who Serve,” on Friday, Nov. 13, at 7 p.m.

The choir, conducted by Dr. Scott Rieker, and the chorus, conducted by Jeff Avey, will be accompanied by collaborative pianist Robert Bittinger.

Featuring a wide variety of repertoire paying tribute to servicemembers, including patriotic and barbershop tunes, it will be an evening to recognize in song the service of our veterans.

This event is sponsored, in part, by Phi Mu Alpha Sinfonia.

Jazz Combo to Perform in Virtual Fall Concert

FSU’s Department of Music will present its Jazz Combo in a virtual fall concert on Saturday, Nov. 14, at 7:30 p.m.

Directed by Tom Harrison, the FSU Jazz Combo consists of Brice Simpson on trumpet, Andrew Hartnett on piano, Shawn Zimmerman on guitar, Ryan Barber on drums and Harrison on bass.

The stylistic theme for the concert leans toward the hard bop and soul jazz styles that gained popularity during the late ’50s and the ’60s and have influenced the genre to the present. This type of music incorporates elements of gospel, soul and blues, with memorable melodies and repeated funky rhythms. This makes the jazz style more accessible to the general public, while still allowing room for musicians to display their talent for improvisation.

Some swing, Latin and a ballad will also be included in the concert.

“The Jody Grin” is from the 1956 album of the same name by Horace Silver that reached number 8 on the Billboard Jazz Album chart. The original recording featured Pittsburgh drummer Roger Humphries who still performs in the Pittsburgh area.

“Recordame,” written by saxophonist Joe Henderson when he was 15 years old, has become a jazz standard.

“Ladybird,” composed by pianist Tadd Dameron, is one of the most frequently performed songs in jazz. The Jazz Combo arrangement incorporates a John Coltrane chord progression to substitute for parts of the song.

“Cantaloupe Island” is one of the most popular tunes composed by Herbie Hancock in 1964 while he was a member of the Miles Davis Quintet. It appeared on Hancock’s “Empyrean Isles” album.

“A Quiet Summer” is a pensive jazz ballad written by Simpson and reflects on the summer of 2020.

“Smile Meditation” was written by Woody Goss of Vulfpeck, a group that has gained wide appeal among younger audiences with its jazz-, funk- and R&B-influenced music.

“Innovation,” composed by Bronislav Kaper with lyrics by Paul Francis Webster, was used in the 1950 film “A Life of Her Own.” Because of its exotic melody and structure, the song has been a favorite of jazz and Latin jazz artists.

“Cold Duck Time,” a soul jazz tune by Eddie Harris, a Chicago jazz multi-instrumentalist and composer of “Freedom Jazz Dance,” was first performed at the Montreux Jazz Festival in Switzerland in 1969.
on several projects in systems engineering, analysis and artificial intelligence in UAVs. While working full time, he is also pursuing his master’s from Johns Hopkins in artificial intelligence.

**Materials Engineering Special Seminar Features FSU Alum Robert Burns**

FSU’s Department of Physics and Engineering will present alumnus Robert Burns Jr. in a virtual seminar on Tuesday, Nov. 10, from 9:45 to 10:30 a.m. Titled “The Secret of Engineering Capstone Project Success and an Introduction to the Materials Engineering Career at the Department of the Navy,” the seminar is free to view online.

This is great career opportunity for students who are interested in general engineering or mechanical engineering.

In 2019, Burns earned his bachelor’s degree in material engineering with a minor in physics from FSU. While attending FSU, he assisted Dr. Zhen Liu on various research papers, as well as served on the FSU Engineering Advisory Board on several occasions. As part of his studies, he co-led his senior capstone design project team “Meltech” with Ryan Miller, and he and Miller traveled to Portland, Ore., to present at the World’s Materials Science and Technology conference in October of 2019. Burns worked under Liu in the Mechanical Testing Lab for two years and as a resident assistant on campus for three and a half years. Before graduating, due to academic and service excellence, Burns was selected as the commencement speaker from the College of Liberal Arts and Sciences at FSU’s 155th commencement ceremony.

Outside of the classroom, Burns was a composite engineering intern at Meggitt Defense Systems, where he completed work for Department of Defense aerospace applications. He is now employed as a materials engineer for the Office of Naval Intelligence in Washington, D.C., under the U.S. Navy’s Center of Excellence, where he performs strategic scientific and technical intelligence analysis.

For assistance entering the virtual meeting event, contact Liu at zliu@frostburg.edu.

**Exhibitions**

**FSU’s Roper Gallery to Feature Fall 2020 Senior Exhibition, ‘Manifest’**

FSU’s Department of Visual Arts will host the fall 2020 senior exhibition, “Manifest,” through Wednesday, Nov. 18, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition is free and open to the public.

Seniors exhibiting their work include Najee Gordon-Moffett, Jamar Johnson, Kendall Lebherz, Paula Navarro and Ana M. Sines.

Gordon-Moffett will graduate from FSU with a bachelor’s degree in art and design; her focus studies include graphic design and illustration. After graduation, she plans to continue developing her designs and gain recognition through freelance work.

Johnson is a transfer student from Prince George’s Community College. He is graduating with a bachelor’s degree in art and design, with a focus on graphic design and photography. After graduation, he plans to continue freelance work and venture into the music industry.

Lebherz is graduating with a degree in art and design, with a major in ceramics and sculpture and a minor in art history. After receiving his degree, he plans to move forward with his ceramic career and open his own studio.

Navarro is graduating with a degree in art and design; they minored in art history while focusing on graphic design and printmaking. After graduation, Navarro plans to pursue their master’s.

Sines is a transfer student from Garrett College where she earned dual degrees in applied science in graphic/web design and computer business applications. She will graduate from FSU with a major in art and design and a minor in graphic design. After graduation, she plans to continue her education.

The Roper Gallery is open Mondays and Wednesdays through Fridays from 1 to 5 p.m. and Tuesdays from 3 to 5 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 for symptom monitoring before arriving on campus and be prepared to display the “Reduced Risk” badge.
FSU’s Andy Duncan Is Invited Guest Speaker at Online Events

Latest Essay Is Also Published

On Halloween weekend, Andy Duncan, a professor in FSU’s Department of English and Foreign Languages, was an invited guest speaker for two online events in the speculative-fiction community.

For the Asimov Collection Symposium at West Virginia University, Duncan moderated a panel discussion of the Gunn Center for the Study of Science Fiction at the University of Kansas that included James Gunn, the center’s 97-year-old founder and director emeritus.

For the World Fantasy Convention, Duncan did a fiction reading and spoke on three panels: “Tell Me a Story: Audiobooks,” “There’s Comedy in My Fantasy!” and “Is Fantasy Essential?”


Healing the Heart of Democracy Discussion to Be Held After the Presidential Election

Be sure to join the second of two virtual discussions facilitated by the Communication Leadership Lab about “Healing the Heart of Democracy During a Divisive Election Year” on Tuesday, Nov. 10, at 6 p.m. via Zoom. This mindful virtual discussion will again draw on excerpts from Parker J. Palmer’s inspiring book, “Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit” (2011) and offer some mind-body skills practice. Discussion will also focus on how to manage any anxieties, emotions or concerns that citizens might have about election outcomes this fall, including exploring civic engagement opportunities and implementing civil public demonstration and coalition-building strategies.

This Choose Civility session is being cosponsored by FSU’s Leadership Studies program; Voter Engagement Committee; Office of Civic Engagement; Office of Diversity, Equity and Inclusion; Lewis J. Ort Library; Student-Athlete Advisory Council (SAAC) Community Engagement Subcommittee; The Bottom Line; Student Government Association; and Mindful Well-Being Group; as well as ACM’s Democracy Commitment Committee, Peace Club and Mind-Body-Wellness Group.

Register in advance for the virtual meeting at https://is.gd/lo1bsG. For info on the Choose Civility chapter of Allegany County, visit https://www.alleganycountylibrary.info/choose-civility. For event info, contact Dr. Elesha L. Ruminski, Communication Leadership Lab coordinator, at elruminski@frostburg.edu, or Kayli Dunithan, lab assistant, at krdunithan0@frostburg.edu.

Are You Ready for Big Interview?

FSU now offers a free training system that features a new and innovative way to help you prepare more effectively for a job interview.

Big Interview is an online system that combines training and practice to help improve your interview technique and build your confidence. Big interview allows you to practice general, behavioral and technical questions tailored to more than 140 industries. There are also instructional videos on resumes, negotiating and your first 90 days on the job.

To set up your Big Interview account:

Go to http://frostburg.biginterview.com and click “Register.”
Complete the registration process. (You must use your FSU email address.)
You’ll then receive a confirmation email at your FSU email account. Click “Verify” in the email, and you’ll be able to start using Big Interview.

If you’d rather practice in person, the Career and Professional Development Center can help. You can schedule a mock interview at any time by calling 301-687-4403.

No Bus on Nov. 11

Allegany County Transit buses will not run on Veterans Day, Wednesday, Nov. 11.

University Police Participating in ‘No-Shave November’

This year, University Police officers are again participating in “No-Shave November” as a way of raising awareness and money to benefit 10-year-old Landen Richie, who faces a rare genetic disorder and related medical challenge.
Proposals are encouraged for those educators who wish to share ideas and pedagogical strategies while strengthening partnerships within the region.

Scholarship to be held by the Center for Teaching Excellence at FSU is seeking presenters for the 10th Annual Regional Conference on Teaching, Learning, and Scholarship to be held by the Center for Teaching Excellence at FSU. The deadline for applications is Thursday, Nov. 12. For info, contact S/Cpl. Daniel L. Dunn at didunn@frostburg.edu.

December Commencement News

In a year unlike any other, FSU has had to make the difficult decision to postpone its commencement ceremonies. The December ceremony will be rescheduled at a future date when it is safe to hold large gatherings. FSU does not yet know when that will be or the details and format of that ceremony, but you will be provided with at least a month’s notice when it is scheduled. FSU alumni accounts of graduating students will remain activated through that time, so continue to check your email for messages. FSU will also announce any further details on FSU social media and www.frostburg.edu and www.frostburg.edu/commencement.

For info, contact Donna Briner at dlbriner@frostburg.edu.

Recruitment Process Begins for Sloop Institute for Excellence in Leadership

Once again, the recruitment process for The Sloop Institute for Excellence in Leadership has begun, and your support is requested in identifying an outstanding group of sophomores and juniors to participate. This year the institute will be held Friday, Feb. 26, and Saturday, Feb. 27, 2021, at FSU.

The Sloop Institute for Excellence in Leadership is an experiential learning experience that teaches participants an innovative way to look at leadership and how they can improve as student leaders. This is an institute for those looking to enhance their leadership skills no matter what type of position they already hold.

Each year an exceptional group of 40 students are invited to participate in a day-and-a-half event that allows them to forge beneficial mentoring relationships with FSU faculty, staff and alumni. The retreat provides students an opportunity to learn from each other, build important relationships and refine their leadership skills. This year’s program will also feature special guest leadership consultants in virtual but interactive sessions.

Note that students who have attended in the past are ineligible to attend again this year.

For info, contact Donna Briner at 301-687-3137 or dibriner@frostburg.edu.

Call for Presenters – 10th Annual Regional Conference on Teaching, Learning and Scholarship

The Center for Teaching Excellence at FSU is seeking presenters for the 10th Annual Regional Conference on Teaching, Learning and Scholarship to be held Wednesday, Jan. 20, 2 to 4 p.m., Thursday, Jan. 21, noon to 2 p.m. and Friday, Jan. 22, 10 a.m. to noon. This year presenters and attendees will participate live online. CTE’s annual regional conference aims to help instructors and other educators share ideas and pedagogical strategies while strengthening partnerships within the region.

Proposals are encouraged from faculty and staff at FSU and other state and regional colleges and universities.
Proposals on the following topics are especially encouraged:

**Diversity, Equity and Inclusion in Teaching**: Teaching approaches that help underrepresented populations and students with different backgrounds and abilities feel included

**Hybrid Teaching and the Socially Distanced Classroom**: Which activities should be online and which in the classroom; how to adapt flipped-classroom, student-centered and group activities for the socially distanced classroom; and how to divide classroom activities for cohorts meeting on different days

**High-Impact Practices**: Practices that increase rates of student retention and student engagement (www.aacu.org/leap/hips)

**Teaching With Technology**: Using technology to improve learning outcomes, teach technological fluency, provide open educational resources or make online learning more effective

**Scholarship of Teaching and Learning**: Sharing evidence-based teaching practices, or examples of turning your own classroom innovations and activities into research on teaching and learning

**Course Showcase**: Case studies demonstrating innovative classroom activities

Presentations may take any of the following formats: 30-minute presentation followed by 20 minutes Q&A, 50-minute interactive presentation or demonstration of an online activity, or 50-minute roundtable/working group discussion topic

Proposals should include a presentation title and an abstract of one to two paragraphs. Abstracts describing course showcases or class activities should include the learning objectives for conference attendees as well as for students.

Submit proposals at https://forms.gle/AQpyZLBwtXDbhGZY7b by Friday, Dec 4. Final selections will be announced mid-December. For info, email cte@frostburg.edu or contact Shoshana Brassfield at 301-687-7391.

Winter Market Comes Back to Mountain City Traditional Arts

Mountain City Traditional Arts, at 25 E. Main St. in Frostburg, will host its winter markets on the first and third Saturdays, November through April, from 10 a.m. to 1 p.m. Come out for honey, locally raised meats and eggs, baked goods and other seasonal foods. Masks are required, hand sanitizer is provided and people are asked to maintain a 6-foot distance from others.

Registration for Intersession Has Begun

Students! Be sure to make the most of your time this winter break and catch up, keep up or get ahead with Intersession. This is a great option for those who want to get caught up without having to increase their spring workload, athletes in need of extra credits or a GPA boost to maintain eligibility, and any student who wants to start a path to early graduation.

For details and course options, visit www.frostburg.edu/intersession.

Toys for Tots – On-Campus Competition

The FSU Veterans Center is sponsoring a campus-wide competition to see which department or organization can collect the most toys for the Toy Thunder – the Toys for Tots Program serving Allegany County.

The winning department or organization that collects the most donations in new unwrapped toys or donations for families in the area will receive a lunch for its department/organization during finals week or at another preferred time.

The competition runs through Monday, Nov. 16. If you want to just donate toys without entering the competition, toys can be dropped off at the Veterans Center at any time up to Sunday, Dec. 20.

For info, email vets@frostburg.edu or contact Danielle Dabrowski at dldabrowski@frostburg.edu.

End-of-Semester Library Hours

The Ort Library is staying open later!

Extended hours through finals begin Monday, Nov 9!

End-of-semester hours are as follows:

- **Monday, Nov. 9, through Thursday, Nov. 12** – 8 a.m. to 11 p.m.
- **Friday, Nov. 13** – 8 a.m. to 6 p.m.
- **Saturday, Nov. 14** – 11 a.m. to 6 p.m.
Sunday, Nov. 15 – 1 to 11 p.m.

Monday, Nov. 16, through Thursday, Nov. 19 – 8 a.m. to 11 p.m.

Friday, Nov. 20 – 8 a.m. to 8 p.m.

Saturday, Nov. 21 – 11 a.m. to 6 p.m.

Sunday, Nov. 22 – 1 to 11 p.m.

Monday, Nov. 23 – 8 a.m. to 11 p.m.

Tuesday, Nov. 24 – 8 a.m. to 5 p.m.

For info, contact the library’s Main Desk during open hours at 301-687-4395 or circulation@frostburg.edu. Online resources remain accessible via the library’s webpage at www.frostburg.edu/library, and online research help is available via chat, email or individual research consultations. Visit https://frostburg.libanswers.com or email libref@frostburg.edu.

Check out the library’s COVID-19 Response Guide for more information on services and spaces. Library staff remind everyone not to leave belongings unattended during this busy time, even if only for a short period. Also, observe the space, noise, and health and safety policies designated for each of the library’s four public floors.

Second floor: Quiet floor/socially distanced group and individual study spaces/individual computer stations

Third floor: Quiet floor/socially distanced individual study spaces/individual computer stations

Fourth floor: Silent floor/socially distanced individual study spaces

Fifth floor: Group floor/socially distanced group and individual study spaces/individual computer stations/individual study rooms

**FSU Pool – Additional Open Swim Times**

Additional open swim times have been added to the pool schedule. Be sure to continue to adhere to the COVID-19 policies in place for this area.

- **Monday, Nov. 9**, open swim from 10:30 a.m. to noon
- **Wednesdays, through Nov. 18**, 10:30 a.m. to noon
- **Fridays, through Nov. 20**, 10:30 a.m. to noon

**Consider an Upper-Division Course in U.S. History for Spring 2021**

Do you like American history? Do you need a 300-400 course to graduate? HIST 467 U.S. in the 20th Century: 1945-Present is the course for you! This upper-division class examines the key social, cultural and political questions facing U.S. society since the end of World War II, including the Cold War, the politics of the civil rights movement, changing gender norms, the war in Vietnam and the anti-war movement, the counterculture, the increasingly conservative turn and polarization of U.S. politics since the 1970s, and the Sept. 11 attacks and the “war on terror.” Students will work with themes and sources related to history, politics and popular culture. This course is offered from 11 a.m. to 12:15 p.m., TR.

For info, contact Dr. Greg Wood at gwood@frostburg.edu.

**Brady Health Conducting Flu Vaccine Clinics**

Brady Health will administer 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!

**Deadlines**

**Withdrawal Deadline Extended**

The deadline for withdrawing from any undergraduate course (15-week session or 7-week session II) with a “W” has been extended to Wednesday, Nov. 18.
Students are strongly encouraged to consult with their advisor to discuss possible academic implications before withdrawing from a course.

Students receiving financial aid or scholarships should also contact the Financial Aid Office (fsufinaid@frostburg.edu) to determine what impact a “W” grade might have on their financial aid status.

Student-veterans should confer with the Veterans Services Office (vets@frostburg.edu) to discuss possible implications for military educational benefits.

Student-athletes should consult the Athletic Compliance Officer (emseifarth@frostburg.edu) regarding possible implications for athletic eligibility.

Students can withdraw themselves from a course via their PAWS account. For assistance, contact reginfo@frostburg.edu.

Note that the University will not be modifying its grading standards this semester. The Student Government Association recently presented a proposal to adopt PC/NC grading, like last spring. SGA leadership discussed the proposal with the University’s Academic Standards Subcommittee (the faculty committee charged with oversight of the University’s academic standards). However, the subcommittee unanimously recommended that the proposal not be adopted in light of a number of important differences between the spring term and this fall term. The subcommittee’s recommendation to maintain FSU’s normal grading standards was accepted by the University’s academic leadership. The extension of the withdraw deadline to the last day of classes was determined to be a reasonable response to these concerns.

### Health and Safety Messages

#### Don’t Drive Drowsy!

Make it a priority to get seven to eight hours of sleep per night.

Before the start of a long car trip, get a good night’s sleep.

Avoid drinking any alcohol before driving. Consumption of alcohol interacts with sleepiness to increase drowsiness and impairment.

Always check your prescription and over-the-counter medication labels to see if drowsiness could result from their use.

If you take medications that could cause drowsiness as a side effect, use public transportation whenever possible.

Avoid driving during the peak sleepiness periods (midnight to 6 a.m. and late afternoon). If you must drive during these periods, pay attention to signs of drowsiness, such as crossing over roadway lines or hitting a rumble strip, especially if you’re driving alone.

#### Happy, Healthy, Hip!

**Mental Health Monday Tip:** Mend Monday


**Tell Yourself Tuesday Tip:** Transforming Trust

[https://positivepsychology.com/build-trust](https://positivepsychology.com/build-trust)

**Wacky Wednesday Tip:** Washing Away Worry

[https://youtu.be/4UVYzbzGk6s](https://youtu.be/4UVYzbzGk6s)

**Thankful Thursday Tip:** Tame Teamwork

[https://youtu.be/CYRvK9H8IY](https://youtu.be/CYRvK9H8IY)

**Fun Friday Tip:** Finding Fun Foods!

[https://tasty.co/article/hannahloewenthal/single-serve-recipes](https://tasty.co/article/hannahloewenthal/single-serve-recipes)

**Social Saturday Tip:** Seize the Holiday Season


**Self-Love Sunday Tip:** Strengthening Your Sleep Schedule

[https://www.healthline.com/health/healthy-sleep/how-to-fix-sleep-schedule#get-daily-exercise](https://www.healthline.com/health/healthy-sleep/how-to-fix-sleep-schedule#get-daily-exercise)
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.