



# StateLines

For and about FSU people

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

## CES at FSU Presents Velocity Irish Dance in Celebration of Irish-American Heritage Month



Celebrate Irish-American Heritage Month when CES at FSU presents Velocity Irish Dance. The **Wednesday, March 16**, performance will take place at 7:30 p.m. in the Pealer Recital Hall of FSU's Woodward D. Pealer Performing Arts Center.

Velocity has been described by The New York Times as a "multimedia show for all ages, earnestly tracing the evolution of Irish dance while toying with tradition." James Devine, the Guinness World Record holder for the "Fastest Feet in the World," and five-time World Champion Irish dancer, David Geaney, join a crew of mind-blowing musicians, including an old-school scratch DJ, to create a riveting, fast-paced celebration of the past, present and future of Irish dance.

Performance tickets are \$28 for adults; \$25.20 for FSU faculty/staff, military and youth under 18; and free for FSU students.

For info, visit the CES webpage at [ces.frostburg.edu](http://ces.frostburg.edu) or contact the University box office at 1-866-849-9237 or 301-687-3137. The box office, located in the Lane Center, is open Monday through Friday from 10 a.m. to 4 p.m.

FSU is following CDC guidance based on current area conditions. Currently, masks are to be worn indoors in the presence of others, regardless of vaccination status. Event attendees are encouraged to visit [www.frostburg.edu/checkin](http://www.frostburg.edu/checkin) for symptom monitoring. Users can display the portal's "Reduced Risk" badge on a mobile device for admission, or they may respond to symptom-check questions posted at events.

## Help for Students

### Spring Tutoring Information

The last day of tutoring will be **Tuesday, May 10**. Hours of operation are **Mondays through Thursdays** from 10 a.m. to 9 p.m. and **Fridays** from 10 a.m. to 3 p.m. Math and natural sciences tutoring will take place in Pullen 139, and writing, business and computer science tutoring will be held in Pullen 151.

Appointment-based/in-person tutoring course offerings are as follows: ACCT 211/212/311, BIOL 109/149/160/161/304/310/322/435, CHEM 201/202/311/312/321/322/455, COSC 101/102/240/241, DVMT 099/100, ECON 201/202, EXSS 103/115/175/200/313/341/401, GEOG 103/104/275, ITEC 345, MATH 104/109/119/120/236/237, MGMT 355/357, PHSC 101/203, PHYS 215/261/262/263, Writing and Academic Skills (textbook strategies, study skills, time management and learning strategies). Students use TutorTrac to make appointments.

Walk-in/group sessions are as follows: ACCT 211 on **Wednesdays** from 6 to 7 p.m. in Framptom 208, BIOL 149 on **Tuesdays and Thursdays** from 5 to 6 p.m. in Compton 225, BIOL 322 on **Fridays** from 11 a.m. to noon in Compton 326, CHEM 202 on **Tuesdays**

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from 6 to 7 p.m. in Compton 358, CHEM 311/312/321/322 on **Mondays** from 7:30 to 8:30 p.m. in Compton 226, CHEM 455 on **Mondays** from 8:30 to 9:30 p.m. in Compton 226, GEOG 103 on **Thursdays** from 6 to 7 p.m. in Gunter 219, MGMT 355 on **Tuesdays** from 5 to 6:30 p.m. in Framptom 303, MGMT 357 on **Mondays** from 5 to 6:30 p.m. in Framptom 323 and PHYS 215/261/262/263 on **Tuesdays and Thursdays** from 3 to 5 p.m. in Compton 234 and **Mondays through Thursdays** from 11 a.m. to noon in Compton 236.

For NetTutor, the 24/7, third-party, online tutoring platform accessible via Canvas, students must send an email to Mark Smith at [msmith@frostburg.edu](mailto:msmith@frostburg.edu) to gain access. Information about NetTutor is posted outside Pullen 151.

For info, contact the FSU Tutoring Center at 301-687-3077 or 301-687-4066. You can also visit the website at <http://www.frostburg.edu/admin/provost/academic-success-network/tutor/?forceAbsoluteURLs=false&skipGA=false>.

## PAWS Pantry Hours

PAWS Pantry hours are **Mondays and Wednesdays** from 10 a.m. to 4 p.m. and **Thursdays** from 1 to 7 p.m. at the Braddock House, 20 Braddock Road.

If the pantry regular hours do not work for you, email [pawspantry@frostburg.edu](mailto:pawspantry@frostburg.edu) to set up an appointment.

Updated Liability Form: 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.

## FSU Scholarship Application Now Open!

More than \$1 million is available to be awarded to qualified applicants. If you applied in the past and didn't get anything, you are encouraged to apply again anyway. There are more than 330 scholarships – all with different criteria. Some scholarships are only available to upperclassmen, so as a student earns more credits, they may be eligible for scholarships they were not able to be considered for previously.

If you wish to apply for FSU Institutional and Departmental Scholarships for the 2022-2023 academic year, go to <https://frostburg.academicworks.com>.

To log in to the scholarship application, you will use the same username and password that you use to access your FSU email account. Instructions for the scholarship application, as well as FSU scholarship policies, can be found on the application site and on the Financial Aid Office website at <https://www.frostburg.edu/admissions-and-cost/financial-aid/aid-programs/fsu-scholarships--grants.php>. The Financial Aid Office recommends that you read the instructions before applying for scholarships.

When you log in to the system and complete the application, you automatically will be applying for any scholarships for which you are eligible. However, pay attention to the recommended opportunities page, which includes scholarships that require manual applications. Some of these awards require additional documentation, so be sure to include all necessary information.

It is also recommended that you complete your scholarship essay before accessing the system and then copy and paste it into the appropriate field. If too much time is taken writing the essay, the user may be timed out.

The deadline to apply for 2022-2023 scholarships is **Tuesday, March 1**, at 11:59 p.m., EST.

Finally, don't forget to complete your 2022-2023 FAFSA form (<https://studentaid.gov/h/apply-for-aid/fafsa>) as soon as possible. This is required if you wish to be considered for need-based scholarships.

For info, contact the Financial Aid Office at [fsufinaid@frostburg.edu](mailto:fsufinaid@frostburg.edu) or 301-687-4301.

## Derek Thomson Sheely Leadership Award (Scholarship)

Do you know an outstanding leader? Do you know a student who excels academically and deserves consideration for a full-tuition scholarship for senior year?

The campus community is invited to nominate outstanding students for the Derek Thomson Sheely Leadership Award.

**Derek Sheely** was a remarkable leader –on and off the football field. This award honors the spirit of a young man who consistently demonstrated his genuine concern for others. Derek understood that leaders acquire influence as a result of the quality of their relationships and the respect they give to others. FSU has partnered with Derek's parents, Kenneth and Kristen Sheely, to create an award that will be given annually to the student who exemplifies the qualities of leadership that Derek so clearly demonstrated.

Applicants must be enrolled full-time at FSU with a minimum cumulative GPA of 3.4 and have completed no less than 70 and no more than 95 credit hours. Student(s) must be nominated for this award by a member of the campus community. Student(s) who are nominated will be required to complete an essay reflecting on their leadership experiences and how these experiences have shaped their growth as an individual. The selection committee will conduct interviews of the finalists for this award. The recipient must have demonstrated the ability to provide leadership to a group of students – in the classroom, a student organization or on an athletic team. Before completion of their senior year, the recipient will be expected to engage in 40 hours of service that will increase awareness and research of concussions and traumatic brain injuries, with a focus on youth sports.

To nominate a student, forward this information to the student. Include a note why you would like to nominate the student for this award and remind them to act promptly to submit an application by the deadline of **Tuesday, March 1**.

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Students may be eligible for other scholarship awards just by submitting a completed scholarship application! Students applying for the Sheely Scholarship must complete additional requirements (including an essay) through Academic Works **no later than March 1**. Finalists will be interviewed.

Note for Students: Click <https://frostburg.academicworks.com/opportunities/7683> to view the criteria and sign in to Academic Works. Follow the instructions and use the email of the faculty/staff member who nominated you for the “recommendation from a member of the campus community” requirement.

For info, contact Lynn Ketterman in the Advancement Office at [lketterman@frostburg.edu](mailto:lketterman@frostburg.edu) or Jessica Taylor in Financial Aid at [jtaylor@frostburg.edu](mailto:jtaylor@frostburg.edu).

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## Theatre

### Department of Theatre and Dance Presents Comedic Musical, ‘The 25th Annual Putnam County Spelling Bee’



From left, FSU students Grace LaCount, Casey Allison and Hayden Shoemaker-Davis, who are appearing in “The 25th Annual Putnam County Spelling Bee”

The Department of Theatre and Dance at FSU will feature the award-winning comedic musical, “The 25th Annual Putnam County Spelling Bee,” **Thursday through Saturday, March 3 to 5**, at 7:30 p.m., with a matinee performance on **March 5** at 2 p.m. Directed by faculty member *Shea-Mikal Green*, performances will take place in the F. Perry Smith Studio Theatre of FSU’s Woodward D. Pealer Performing Arts Center.

It’s spelling bee season for six awkward tweens who navigate the stress and anxiety of competition and prepubescent existence as they spell their way through a series of (potentially made-up) words, hoping to remain in contention for the star prize. With wildly funny songs and touching stories from their home life, this Tony award-winning musical buzzes with wit and comedic genius.

The “25th Annual Putnam County Spelling Bee” was conceived by Rebecca Feldman with music and lyrics by William Finn, based on the book by Rachel Sheinkin with additional material by Jay Reiss.

The cast includes FSU students *Brian Records* (Chip Tolentino), *Grace LaCount* (Logainne Schwartzandgrubenniere), *Hayden Shoemaker-Davis* (Leaf ConeyBear), *Casey Allison* (Marcy Park), *Kassidy Andris* (William Barfee), *Ebony Gennes* (Vice Principal Panch), *Whitney O’Haver* (Mitch Mahoney), *Laurel Plitnik* (Olive Ostrovsky) and *Zoie Collins* (Rona Lisa Pereti). Understudies include *Caleb Friend* (Barfee/Leaf/Chip), *Dominique Little* (Olive/Mitch), *Erica Bennett* (Rona/Logainne) and *Ryann Cooper* (Panch).

The creative team consists of Green, *Kelly Schrecengost* (musical director), *Kristin Kavanagh* (choreographer), *Rebekah Reimer* (production manager/technical director/scenic designer), *Alyssa Bahner* (stage manager), *Kayla Holleman* (assistant stage manager), *Ronald Breitfeller* (costumes assistant), *George Georgeson* (lighting and sound designer) and *Francis Sharkey II* (properties designer/assistant scenic designer).

Tickets can be purchased online by visiting <https://frostburgtix.universitytickets.com>. Tickets are \$7 for students, \$12 for FSU employees and senior citizens and \$15 for the general public.

Performers will not wear masks while on stage and there will be a 12-foot distance between performers and audience members.

For info, call the Theatre and Dance box office at 301-687-7462, **Mondays through Fridays**, 9 a.m. to 12:30 p.m. and 1:30 to 3 p.m.

### CES at FSU Will Present Nicole Halmos in a Performance of Nassim Soleimanpour’s ‘White Rabbit, Red Rabbit’

CES at FSU, in association with Aurora Nova and Boat Rocker Entertainment, will present Nicole Halmos in a performance of Nassim Soleimanpour’s inventive play, “White Rabbit, Red Rabbit” on **Sunday, March 13**, at 3 p.m. at the Frostburg Palace Theatre, 31 E. Main St. In lieu of purchasing tickets, audience members are encouraged to make donations to benefit the Palace Theatre.

Described by The New York Times as a “playful, enigmatic and haunting show,” “White Rabbit, Red Rabbit” involves no rehearsals, no set and no director. Instead, the actor is handed a script – sealed in an envelope – to perform without preparation.

Forbidden to leave his country, Iranian playwright Soleimanpour transcribed his experience of isolation into this unique stage work, an absurdist adventure that blends comedy and drama. It has been performed across the world more than 3,000 times by some of the biggest names in theatre and film, including Nathan Lane, Martin Short, Cynthia Nixon, Laura Linney and Wayne Brady.

Irish-born, Cumberland-based actress Halmos has performed in numerous off-Broadway and national productions and national and international tours, including “The Sound of Music.” Regional audiences will recognize her from her roles in many Cumberland Theatre productions, including “Clue,” “Gypsy,” “Assassins” and most recently, “The Cake.”

This play is not overtly political; it operates on a deeper, metaphoric level and very expressly avoids political comment. Be advised that the performance includes profane language and scenes discussing suicide that may trigger past traumatic experiences for some people.

This performance is presented as part of the worldwide initiative, "Let There Be Theatre." In March 2020, many theatres closed their doors because of the pandemic. The initiative celebrates the resilience of the arts sector as a global community and the important role theatres play for their audiences and society.

For info, visit the CES webpage at [ces.frostburg.edu](http://ces.frostburg.edu) or call 301-687-3137.

## Mountain Maryland Theatre Festival to Be Held for Grades 8 Through 12



The Department of Theatre and Dance at FSU will host the third Mountain Maryland Theatre Festival for grades 8 to 12 on **Friday, March 18**, and **Saturday, March 19**, on the campus at FSU. The festival promises an exciting lineup of events for young artists in the areas of acting, design and technology, and stage management.

The festival will feature professional workshops in acting, musical theatre, dance, improvisation, design and technical theatre, as well as one-act and scene presentations; a fun Tech Olympics challenge; adjudication in acting, stage management, and design and technology; a keynote experience; and an awards ceremony.

Online registration will open by the **end of February** at [www.frostburg.edu/TheatreDance](http://www.frostburg.edu/TheatreDance).

The cost of the festival is \$40. Meals, a festival T-shirt and other fun items will be provided for registrants.

For info, contact the Department of Theatre and Dance at 301-687-4145 or [theatreanddance@frostburg.edu](mailto:theatreanddance@frostburg.edu).

The Mountain Maryland Theatre Festival is made possible with generous support from the FSU Foundation and the Allegany Arts Council.

## Music

Unless otherwise noted, music performances will take place in Pealer Recital Hall and are free and open to the public. For info, contact FSU's Department of Music at 301-687-4109. Music events will also be livestreamed; the link will be posted at [www.frostburg.edu/concerts](http://www.frostburg.edu/concerts).

### Joshua Bishop Presents Faculty Artist Series Concert, 'Flow'



FSU's Department of Music will present **Joshua Bishop** on the euphonium in a Guest Artist Series concert, "Flow," on **Monday, Feb. 28**, at 7:30 p.m.

Bishop will perform "Mandelbrot's Dream" by Ben McMillan, "My Mountain Top" by Andy Scott, "Flow" by Ben Taylor, "Soundtrack" by Brian Sadler, "... a night devoid of stars" by Peter Meechan and "Hummingbrd" by Steven Bryant.

Mandelbrot's Dream is written in three sections: "Catch You on the Flip Side," "And Goodbye" and "Fractus Metallum." The first section is a chilled-out stroll through an urban, fractal cityscape, displaying the euphonium's agility. The second section uses elements of jazz and rock in a slightly cinematic style. The final section features rhythmic and melodic elements of metal. In keeping with the celebration of Mandelbrot's work in chaos, the piece climaxes into aural chaos.

Inspired by summer, "My Mountain Top" commences with a crackling background, representing lying under the gaze of the sun and feeling the heat on your skin. The rhythmically free opening saxophone statements represent a mind active with thoughts that gradually floats into a semi-conscious state. At this point the warm keyboard pads emerge. The solo saxophone part weaves its way, never overpowering.

As a piece of music for euphonium and electronics, "Flow" incorporates recorded water sounds and flowing melodies layered on top of electronic drum beats with intricate rhythms. The primary melodic material for the work is generated from the four letters in the word flow, which produce the pitches A, B-flat, E and F.

"Soundtrack" is a difficult piece for solo trombone with digital MP3 accompaniment. This composition allows the solo trombonist to perform with an exciting orchestral backing track influenced by the sounds of modern film music.

"... a night devoid of stars" is a collection of three short, reflective pieces for unaccompanied euphonium, each inspired by the writings of Dr. Martin Luther King Jr., specifically a passage from "Where Do We Go From Here? Chaos or Community?"

"Hummingbrd" is an adaptation of Bryant's original piece for solo euphonium and pre-recorded backing track. It's a lively, energetic, three-minute encore-type work that shows off the full range of the instrument.

### Wind Ensemble Will Perform in Spring Concert, 'Play!'

FSU's Department of Music will present the Wind Ensemble in "Play!" on **Sunday, March 6**, at 3 p.m.

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The concert is built around the concepts of renewal, rebirth and the playful exuberance of getting back to life. Conducted by **Dr. Ashley Glenn**, the ensemble will perform “Mother Earth” by David Maslanka; “Our Cast Aways” by Julie Giroux; the fourth movement, “Play!” of “New Orleans Symphony” by Carl Holmquist; “Fairest of the Fair” by John Phillip Sousa; and “Fantasy on a Theme by Sousa” by Andrew Boysen Jr.

Composed in 2003, “Mother Earth (A Fanfare)” is one of Maslanka’s many smaller pieces for band. At three minutes, it is a unique and energetic concert opener. This dark, intense fanfare has become an urgent message from Mother Earth to treat her more kindly.

Giroux dedicated “Our Cast Aways” (2018) to all those who work hard in the fight to end puppy mills, rescue suffering pets and provide care and medical attention to all those rescued, as well as those companions who get rescued and those whose rescue never comes.

Extracted from Holmquist’s “New Orleans Symphony,” “Play!” combines a light eighth-note New Orleans swing feel, a layered fugal development and a serious and inspiring chorale. With its many playful melodies and solos, it is reminiscent of New Orleans street musicians.

“The Fairest of the Fair” is one of Sousa’s more melodic, less military marches. He composed it for the annual Boston Food Fair of 1908. It is claimed that the memory of a pretty girl he had seen at an earlier fair inspired the piece.

“Fantasy on a Theme by Sousa” (2003) is based on the opening bars of “Fairest of the Fair.” Snippets of the theme are disguised in the opening low-brass chorale; melodic fragments are tossed among instrumental sections and the work closes with a triumphant return to the opening chorale.

## **Award-Winning Musician Dr. Greg Latta to Perform as Part of Irish-American Heritage Month**

As part of Irish-American Heritage Month, award-winning musician **Dr. Greg Latta** will present a performance of Celtic music on **Thursday, March 10**, at 7 p.m. in FSU’s Lewis J. Ort Library. The event, which is free and open to the public, will feature vocals, cittern, bouzouki, guitar and hammered dulcimer. The performance will also be available to view virtually at Latta’s YouTube page at <https://www.youtube.com/user/glatta0>.

Irish-American Heritage Month, first celebrated in 1991 by proclamation of the U.S. Congress and the president, honors the achievements and contributions of Irish immigrants and their descendants living in the United States.

For info, visit the CES webpage at [ces.frostburg.edu](https://ces.frostburg.edu) or call 301-687-3137.

## **MCTA Resumes Live Concert Series With Performance by April Verch and Cody Walters**



FSU’s Mountain City Traditional Arts will resume its live concert series with a concert by husband-and-wife duo April Verch and Cody Walters on **Sunday, March 13**, at 4 p.m. at 25 E. Main St. in Frostburg. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Be it regional Canadian roots, American old-time, 50’s country, Scandinavian folk music or something original that sounds as though it’s been around for a century, Verch and Walters have a love and reverence for the music and traditions that have been passed down to them. Their performances showcase endless creativity and versatility as they transition effortlessly from

traditional Ottawa Valley step dancing and fiddle tunes, to old-time fiddle-banjo duets with tight-knit vocal harmonies, to innovative sandpaper foot percussion, all contrasted against Verch’s soprano voice.

The duo’s diverse repertoire and unbridled passion come to life on stage with a presence that is versatile, robust and masterfully executed. Audiences remark at their sincerity in sharing stories between tunes. Their ability to preserve the authentic folk traditions of the past and reintroduce them into the musical landscape of the present is a testament to their masterful musicianship and widespread appeal.

Together, Verch and Walters are exemplary tradition-bearing performers – never forgetting the roots of the music, that connection to the people in the audience or on the dance floor, to the community sparked by a good song. To them, “It’s about joining together to celebrate everyday life, through music.”

For info, call 301-687-8040 or email Dr. Kara Rogers Thomas at [krogerstthomas@frostburg.edu](mailto:krogerstthomas@frostburg.edu).

## **FSU Student Emily Brobst in Junior Flute Recital**

FSU’s Department of Music will present student **Emily Brobst** in her junior flute recital on **Sunday, March 13**, at 3 p.m.. She will be accompanied by pianist **Dr. Joseph Yungen**, along with two student guest artists, **Joshua Foreman** on the saxophone and **Maggie Longerbeam** on the flute.

Brobst will perform the four movements, “Allegro deciso,” “Scherzo,” “Andante” and “Allegro con moto,” from “Sonata for Flute and Piano” by Robert Muczynski; “Epitaph de Jean Harlow” by Charles Koechlin; the two movements, “Allegretto” and “Rondo – Presto,” from “Hamburger Sonata” by C.P.E. Bach; “Danza de la Mariposa” by Valerie Coleman; and the third and fourth movements, “La Lumiere blanche” and “La Lumiere tournante dans le reve,” of “Au-delà du temps” by Joku Uebayaski.

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Chicago-born contemporary composer and pianist Muczynski published more than 50 compositions. “Sonata for Flute and Piano” was premiered in 1961. Muczynski wrote music for solo instruments that defied their natural compositional tendencies. For the flute, he veered away from its serene and sweet melodic texture to reveal its ability to project music with a strong and sharp character.

“Epitaphe de Jean Harlow” is a flowing piece with an unusually romantic sensibility for Koechlin of saxophone etude fame. Koechlin had in the past become infatuated with particular actresses who served as his muses. Avoiding cliched jazz and blues-influenced inflections, he provides a fitting and tasteful musical inscription for the death of actress Jean Harlow, who died in 1937 at 26.

One of Bach’s more well-known sonatas for flute is the “Hamburger Sonate für Flöte und Basso continuo,” which he composed in 1735. It is believed to have been written for King Frederick II, a flutist himself. The first movement is in binary form and continues on to the second movement without pause and follows a typical rondo form.

Coleman’s “Danza de la Mariposa” is a rhythmic, melodic tone poem, giving the listener a tour of South America. Inspired by the various species of butterflies inhabiting the continent, this work is full of rich color. Its slower sections pay homage to the beautiful and sorrowful sounds in the style of Yaravi, a Peruvian lament song. The melodies and rhythm eventually evolve into the spirit and syncopation of Argentinean concert tango, and the conclusion returns to the feel of Yaravi.

Uebayashi’s “Au-delà du temps” (“Beyond Time”) for two flutes and piano contains four movements: “The Distant Light of the Night,” “The Dancing Light,” “The White Light” and “The Rotating Light in the Dream.” “Beyond Time” is modern in style, exploiting tonality, rhythm and the ensemble.

## Special Events

### Black History Month Event Series

The Office of Diversity, Equity and Inclusion is hosting a series of events for Black History Month in the Lane Atkinson Room (232) **every Monday** this month. The events are meant to display a historical context to allow students to gain more perspective on what Black history is from the eyes of their student peers, outside of the classroom.

**Feb. 28, “Black History Is American History”:** On the final day of Black History Month, this event will highlight ways to continue to educate peers on Black history outside of just Black History Month. There will be a display of affinity groups and student organizations that are known to be safe spaces for Black students on campus. Motivational speaker Jordan Green-Ellis will also hold a discussion with students about financial literacy and stability, student leadership, life after graduation and his story as a Black graduate in America and how his life changed after leaving college. **All participating students will have the opportunity to be in a drawing for a scholarship.**

For info, contact McKenna Booker at [mbooker@frostburg.edu](mailto:mbooker@frostburg.edu) or 301-687-3158.

## Exhibits

### New Exhibit on the History of Medicine and Medical Equipment



The FSU Special Collections and Archives and the Allegany Museum have collaborated to curate an exhibit based on the Marcia Zanger Collection of historic medical equipment. Most of the medical equipment and medicine found in this exhibit date from the turn of the 20th century to the 1960s. Until the 1930s, there had been limited regulation in what American consumers bought as medicine or medical equipment. Many items marketed as “medicine” before the ’30s were shams that at best did nothing, at worst were dangerous to the consumer. This is evident in several of the pieces on display. The exhibit will run through this summer and is located on the second floor of the Lewis J. Ort Library. For info, email [ylzakharova@frostburg.edu](mailto:ylzakharova@frostburg.edu).

## Points of Pride

### FSU Students Tie for Second in Drew Knowledge Bowl

A team of FSU students tied for second place in the First Annual Dr. Charles R. Drew Knowledge Bowl on Feb. 12, along with students from Howard University and Hampton University. The three schools participated in a friendly battle of wits, showing their knowledge of Black history, science, literature, religion, the arts and popular culture.

FSU students **Aaron Mickens**, **Trekia Perkins** and **Reggie Morton** represented FSU in the event. **McKenna Booker**, program management specialist for the Office of Diversity, Equity and Inclusion, coached the team, which finished tied for second with Howard University. Hampton University finished in first place and claimed the top prize money to support their continued education. FSU and Howard University students also received monetary awards for their participation.

The competition was designed for college-level students with the purpose of increasing and enhancing awareness of Black history and the people who shaped the history of the United States from the time the first Africans disembarked in Port Comfort, Va., more than 403 years ago.

The virtual event was presented by the Edna McKenzie Branch of the Association for the Study of African American Life and History (ASALH) in honor of Black History Month. The knowledge bowl was the creation of Ronald B. Saunders, president of the Edna B. McKenzie Branch of ASALH.

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The mission of ASALH is to promote, research, preserve, interpret and disseminate information about Black life, history and culture to the global community.

## Take Note

### Leadership Development Opportunity

Looking for ways to increase inclusivity and diversity in the workplace, the classroom or your community? The National Coalition Building Institute (NCBI) offers hands-on leadership models to increase cultural competence in diverse settings. The FSU NCBI campus affiliate is hosting the NCBI Leadership for Diversity Three-Day Train-the-Trainer on the FSU campus **Friday, April 1, through Sunday, April 3**. This training is appropriate for faculty, staff and students and is provided to participants free of charge.

The train-the-trainer session consists of a series of incremental, experiential activities that finetunes the leadership skills necessary to build inclusive environments and increase cultural competence. Participants also learn the NCBI Controversial Issue Process, which demonstrates how to move hotly contested issues forward by listening to the heartfelt concerns on all sides and reframe the debate in a way that builds bridges and doesn't divide.

Founded in 1984, NCBI International is a nonprofit leadership training organization dedicated to ending the mistreatment of every group, whether it stems from nationality, race, class, gender, religion, sexual orientation, age, physical ability, job or life circumstance. With chapters in nearly 50 cities worldwide, NCBI has dealt with prejudice and conflict in virtually every form. Each chapter is composed of leaders who are trained to provide prevention-based programs to reduce prejudice and intergroup conflict in their communities.

The FSU NCBI campus affiliate is affiliated with NCBI International. Its programs develop principled leaders who examine their own leadership, initiate diversity programs and enter the heat of emotional group conflict to build bridges across difference.

For info, contact Robin V. Wynder, chapter director, in Hitchins 116, at 301-687-4050 or at [rwynder@frostburg.edu](mailto:rwynder@frostburg.edu).

### Planetarium Shows Return!

Science Saturdays feature space news, a sky tour and a movie and will be held on **March 12, April 9, May 7 and June 4** at 5 and 7 p.m.

The movie for March is "From Earth to the Universe," for April is "Zula Patrol: Down to Earth," for May is "The Dark Matter Mystery" and for June is "The Sun, Our Living Star."

All shows last about an hour. Telescope observing will take place afterwards if conditions are favorable.

There will be no Wednesday public shows, but requests are being accepted for private shows.

For info, contact Dr. Jason Speights at [jcspeights@frostburg.edu](mailto:jcspeights@frostburg.edu).

### Town Hall Meeting

The Office of Civic Engagement, the J. Glenn Beall Institute for Public Service and the Student Government Association will host a Town Hall Meeting on **Tuesday, March 1**, at 6 p.m. in the Lane Atkinson Room (232). The topic will be "State, National and Global Issues."

For info, contact the office of Civic Engagement at 301-687-4210 or email Patrick O'Brien at [pobrien@frostburg.edu](mailto:pobrien@frostburg.edu).

### ECON 113: The Economics of Race and Gender

#### New Course for Fall 2022

The issues surrounding race and gender are some of the most important topics of the 2020s. The Economics Department will offer a course that introduces students to economic analysis as a tool used to systematically and rationally discuss race and gender issues.

This course fulfills the GEP Letter F requirement. There is no prerequisite. All students are welcome!

Advisors: Be sure to encourage your students to sign up for this exciting new course offered for the first time in fall 2022.

Students: Register this spring for this new course in fall 2022.

For info, contact Dr. Anthony Stair at [astair@frostburg.edu](mailto:astair@frostburg.edu).

### RecycleMania Has Begun!

RecycleMania, also known as Campus Race to Zero Waste, is an eight-week nationwide competition designed to help colleges and universities find pathways toward zero waste on campus. FSU is competing with dozens of other campuses across the country to promote waste reduction.

Be sure to pitch in by bringing all recyclables to any of the recycling stations located across campus to help FSU rank in the competition.

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## FSU Virtual Career and Internship Fair



On **Wednesday, March 9**, FSU will host its Career and Internship Fair virtually from 11 a.m. to 2 p.m. through Handshake. Attend a group or one-on-one sessions with one of the 50+ employers that are looking for FSU students. Click on any of the emails sent to your FSU student email account from Handshake or go to <https://frostburg.joinhandshake.com> to view employers.

For info, call 301-687-4403, email [careerservices@frostburg.edu](mailto:careerservices@frostburg.edu) or stop by the Career and Professional Development Center in Pullen 110.

### Prepare for the Fair

To help you prepare for the Virtual Career and Internship Fair, the following workshops will be held in Lane 110 at noon: **Monday, Feb. 28** – Career Fair 101, **Tuesday, March 1** – Resume Writing (first workshop), **Wednesday, March 2** – Networking, **Thursday, March 3** – Career Readiness and **Friday, March 4** – Resume Writing (second workshop).

## SGA Outstanding Senior Service Award

It is again the time of year for nominations of graduating students for the Outstanding Senior Service Award. This award represents the cumulative effort in service to the University and the community over the duration of the student's undergraduate coursework.

Send all nominations, including name and email address, to Kathi Perkins at [kperkins@mail.frostburg.edu](mailto:kperkins@mail.frostburg.edu). The deadline for nominations is **Monday, Feb. 28**.

## Mindful Mondays



You can join biweekly virtual Mindful Monday check-in sessions at 4:45 p.m. The 30-minute sessions are open to and led by FSU students, faculty and staff. To join or lead a session, email Dr. Elesha L. Ruminski (Department of Communication) at [elruminski@frostburg.edu](mailto:elruminski@frostburg.edu), Dr. Anne Murtagh (Psychology) at [ammurtagh@frostburg.edu](mailto:ammurtagh@frostburg.edu) or Mikayla Mackall (Student Government Association student representative on mindfulness) at [mjmackall0@frostburg.edu](mailto:mjmackall0@frostburg.edu).

Be sure to share with students and colleagues and follow this and other mindful well-being efforts at FSU at this Instagram link: <https://www.instagram.com/frostburgmindfulness>.

## Save the Date for Homecoming 2022



Homecoming this year will be held **Thursday, Oct. 6, through Sunday, Oct. 9**.

For info, contact the Office of Alumni Relations at 301-687-4068 or [alumni@frostburg.edu](mailto:alumni@frostburg.edu).

Follow Homecoming on Twitter [#homesweetburg](https://twitter.com/homesweetburg).

## Call for Participation for Focus Frostburg



Focus Frostburg 2022: "Learn-In" for A Sustainable Future will take place on **Wednesday, April 20**. Focus Frostburg features programs, discussions and hands-on activities highlighting issues of sustainability and climate awareness. All presentations are open to the campus community and the larger regional community.

This year Focus Frostburg will be a hybrid event including in-person and virtual programming. Virtual presentations will be recorded in advance and uploaded to the Focus Frostburg YouTube channel at <https://www.youtube.com/channel/UCWRE8oJhI9oduNheVYSpeVg>.

### Become a Presenter at Focus Frostburg 2022!

Be sure to indicate your preference on proposals. Student presentations make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged.

To participate, email Dr. Kara Rogers Thomas at [krogerstthomas@frostburg.edu](mailto:krogerstthomas@frostburg.edu) and submit a presentation/workshop title and one- or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environmental or climate awareness issue. In-person sessions are 50 minutes to coincide with class sessions, but multiple presenters can be accommodated in a single session, so participants may want to consider teaming up. If more time is needed, content can be carried over into a second session. In your response, indicate if there is a preferred time of day when you would like to present.

The proposal deadline is **Friday, March 18**.

## Undergraduate Research Symposium Coming in May

The in-person 2022 FSU Undergraduate Research Symposium is scheduled for **Friday, May 6**, from 11 a.m. to 2 p.m. in the Lane University Center. All FSU undergraduate students who have participated in experiential and investigative projects that are

completed as part of course work or independent study in any department and major are welcome to participate in the symposium. Also, every student must have at least one faculty or staff mentor to participate.

The Registration form is due by 5 p.m. on **Friday, March 18**. At least one faculty or staff mentor must be listed for the registration form to be accepted. All students who register for the symposium will receive a separate form they need to use to submit their abstracts, which are due **Friday, April 8**.

For info and/or a Registration form, contact Dr. Karen Keller at [kkeller@frostburg.edu](mailto:kkeller@frostburg.edu).

## Brady Health Offering Flu Vaccine



Brady Health is still administering the quadrivalent vaccine. The vaccine protects against four strains of the influenza virus – two type A strains and two type B.

Vaccinations are by appointment only. Call 301-687-4310 to schedule an appointment.

You must be over 18 years of age. The cost is \$25. Payment can be made by cash or check. Be sure to wear short sleeves!

## Deadlines

### Undergraduate Grade Changes

The last day for undergraduate grade changes, including the removal of incomplete grades for the fall 2021 and Intersession 2022 semesters, is **Friday, March 4**.

## FSU-TV3

### Did You Miss ‘Good Morning Frostburg’?



FROSTBURG STATE UNIVERSITY

Did you miss the newest edition of “Good Morning Frostburg” last week? If you did and want to tune in, find it on Facebook at <https://www.facebook.com/FSUTV3>, YouTube at <https://youtu.be/Y7ggy8EIsTU>, the channel’s website at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php> and again on **Wednesday** at 9 a.m. on channel 3 for Comcast subscribers.

Facebook.

Follow FSU-TV3 [@fsutv3](https://twitter.com/fsutv3) on Twitter, [@fsutv3](https://www.instagram.com/fsutv3) on Instagram and at <https://www.facebook.com/FSUTV3> on

### CCC News



The Creative Communication Club will hold a Bake Sale **Wednesday, March 2, through Friday, March 4**, from noon to 2 p.m. in the Lane Center.

CCC’s next General Body Meeting will be held on **Tuesday, March 1**, at 5 p.m. in Gira Center 333. This organization showcases student talent. It’s a great way to connect with others who have similar interests.

Follow CCC [@FrostburgCCC](https://twitter.com/FrostburgCCC) on Twitter, [@FrostburgCCC](https://www.instagram.com/FrostburgCCC) on Instagram and at <https://www.facebook.com/FrostburgCreativeCommunicationClub> on Facebook.

## UCM

### Tuesday Is Body-Spirit Day

Have you been feeling out of sorts, anxious and weighted down with the winter blues? Take a wellness break on **Tuesdays** when Lane 111 is open from 1 to 5 p.m. Come and go and spend as much time as you like. This event is available to the whole community.

During Body-Spirit Day the focus is on practices that may help facilitate wholeness and balance in body-mind-spirit. Each week come to learn about ways and practices to bring wholeness and harmony into your life. There will be:

A self-guided meditation and prayer station.

Body-prayer. Body-prayer is similar to yoga so bring a yoga mat if you like; there will also be a chair option for those who may not want to get down on the floor.

A mindfulness station.

An opportunity to talk one on one with a spiritual director. Spiritual direction is an intentional time of prayerful conversations with a trained spiritual director to help you hear and pay attention to the presence and work of God in your life.

For info, contact the Rev. Dr. Cindy Zirlott at [c.zirlott@frostburg.edu](mailto:c.zirlott@frostburg.edu).

## Volunteers

### Institutional Scholarship Review Committee Seeks Volunteers

Volunteers are needed to serve on the Institutional Scholarship Review Committee. The more people that volunteer to serve, the lighter the load for each and the faster award notifications can go out to FSU students, which can help immensely with FSU's recruitment and retention efforts!

If you are interested, contact Jessica Taylor in the Financial Aid Office at 301-687-4268.

## Jobs

### PASS Office Seeks Student Math Coaches

FSU's PASS Office is looking for student coaches for its fall 2022 Developmental Math Program. Earn \$800, receive 3 Educational Field Experience credits and build your resume! Coaches help their peers improve basic math skills by implementing learning programs in pre-algebra and intermediate algebra courses.

Dependable students with strong math, communication and organization skills are encouraged to apply.

Contact Kim Kurek at [kmkurek@frostburg.edu](mailto:kmkurek@frostburg.edu) for application materials, which are due by **Friday, March 18**.

### Summer 2022 Employment With Lane University Center

Applications are now being accepted for summer 2022 employment with the Lane University Center and Event Services team for Event Services assistant staff. Event Services assistants play an integral role in the daily management, leadership and operations of events, camps and conferences at FSU. They assist with preparations, facilities management, peer leadership and support, administrative tasks and guest relations.

The position includes on-campus housing as well as meals. Summer employment is contingent on passing a criminal background check. Hours are not regular and evening/weekend work is required. Want to know what it's like to work for Event Services? Check out the employee testimonials at <https://www.frostburg.edu/student-community-involvement/LUC/employment/employee-testimonials.php> to hear from past student staff.

For info or to apply online, visit the Student Employment webpage at <https://www.frostburg.edu/student-community-involvement/LUC/employment/index.php>.

The deadline for applications is **Friday, March 11**. Hiring decisions are anticipated by spring break.

## Study Abroad

### Start Planning Your Study Abroad Experience for Spring 2023!

Join the Center for International Education for a Study Abroad Information Session to learn more about program options, requirements and financial aid for overseas experiences. Each virtual session will take place at 3:30 p.m. on the following **Fridays** throughout the semester: **March 4** and **April 1, 15 and 29**.

Email Victoria Gearhart at [vmgearhart@frostburg.edu](mailto:vmgearhart@frostburg.edu) to sign up for the session of your choice.

## Health and Safety Messages

### Fatigue – You're More Than Just Tired



People often make light of how little sleep they get regularly; an overworked, overtired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can adversely affect all areas of our lives.

Work often requires us to override those natural sleep patterns. More than 43 percent of workers are sleep-deprived, and those most at risk work the night shift, long shifts or irregular shifts.

Sleep is a vital factor in overall health. Adults need an average of seven to nine hours of sleep each night, but 30 percent report averaging less than six hours, according to the National Health Interview Survey.

Chronic sleep-deprivation contributes to depression, obesity, cardiovascular disease and other illnesses.

Fatigue is estimated to cost employers \$136 billion a year in health-related lost productivity.

More than 70 million Americans suffer from a sleep disorder.

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Drowsy driving is impaired driving, but while we wouldn't allow a friend to drive drunk, we rarely take the keys away from our tired friends or insist they take a nap before heading out on the road. The National Safety Council has gathered research that shows:

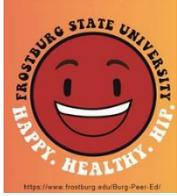
You are three times more likely to be in a car crash if you are fatigued.

Losing even two hours of sleep is similar to the effect of having three beers.

Being awake for more than 20 hours is the equivalent of being legally drunk.

For info, visit <https://www.nsc.org/workplace/safety-topics/fatigue/fatigue-home>.

## Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: Maintain Your Mental Health

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>

Tell Yourself Tuesday Tip: How to Fit Exercise Into Your Schedule

<https://www.polar.com/blog/9-ways-how-to-make-time-for-exercise>

Wacky Wednesday Tip: Mindfulness Meditation for Anxiety

<https://www.youtube.com/watch?v=O-6f5wQXSu8>

Thankful Thursday Tip: Why Be Thankful?

<https://www.forbes.com/sites/womensmedia/2016/07/08/8-ways-to-have-more-gratitude-every-day/?sh=353681621d54>

Fun Friday Tip: Stress Less for Success

<https://www.inc.com/kevin-daum/7-things-you-can-do-on-friday-to-make-monday-awesome.html>

Social Saturday Tip: Be Social and Safe

<https://www.benenden.co.uk/be-healthy/lifestyle/10-brilliant-things-to-do-instead-of-drinking-in-january>

Self-Love Sunday Tip: Self-Love on a Budget

<https://www.beautybay.com/edited/self-care-sunday-ideas>

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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).