



StateLines

For and about FSU people
A publication of the FSU Division of Communications and Media Relations

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CES at FSU to Present Moscow Festival Ballet in ‘The Sleeping Beauty’



CES at FSU will offer two performances of the Moscow Festival Ballet in “The Sleeping Beauty” on **Wednesday, March 23**, and **Thursday, March 24**, at 7:30 p.m. in the FSU Performing Arts Center Drama Theatre.

Based on the classic French fairy tale by Charles Perrault and featuring Pytor Ilyich Tchaikovsky’s breathtaking score, “The Sleeping Beauty” is often considered to be the pinnacle of ballet classicism. Since its 1890 debut in Imperial Russia, ballet lovers have treasured the tale of the beautiful Princess Aurora, cursed by the wicked fairy Carabosse and awakened from 100 years of enchanted sleep by the power of true love.

The Moscow Festival Ballet was founded in 1989 by former Bolshoi Ballet star Sergei Radchenko. Under Radchenko’s artistic direction, these Russian artists travel the world bringing life to some of the most legendary works in the ballet repertory.

Tickets are \$40 for adults and \$34 for youth under 17. **Note: A recent mailing that area residents may have received contained an incorrect price.** Corporate and group discount rates are also available.

For info, contact the CES box office at 301-687-3137 or visit CES’ webpage at <http://ces.frostburg.edu>.

Exhibits

MCTA Hosting Reception and Exhibit ‘Meet Home Ground’



Folklore in Appalachia students pose with Champ Zumbrun, the former forest manager of Green Ridge State Forest. From left are Tiffany Chandler, Ashley Andercyk, Zumbrun and Adam Brant.

Mountain City Traditional Arts will host a reception and exhibit, titled “Meet Home Ground,” on **Wednesday, March 9**, at 7 p.m. at 25 E. Main St. in Frostburg. The exhibit, produced by FSU students enrolled in Sociology of the Environment, features documentation and interviews conducted in the fall by Folklore in Appalachia students. The event is free and open to the public.

“Meet Home Ground” will provide area residents with the opportunity to learn more about the program offerings and experiences that Home Ground supports. Home Ground is an Allegany County-based organization committed to bringing people together to enjoy the outdoors and to appreciate the vital role of nature in peoples’ lives and communities. It also seeks to inspire citizens to support sustainable use and conservation of land and water resources.

Students involved in this project are participants in the Appalachian Teaching Project, which engages students and regional citizens in posing answers to the question, “How can we build a sustainable future for Appalachian communities?” The project teaches students and communities about the work of the Appalachian Regional Commission (ARC), its state and local partners, and the goals of ARC’s strategic plan.

The Appalachian Teaching Project is a collaboration between ARC and the Consortium of Appalachian Centers, composed of 15 colleges, universities and community colleges from the Appalachian region dedicated to working more closely together in service to the Appalachian region to improve the quality of life for its residents.

For info, email mountaincitytradarts@gmail.com or call 301-687-8040.

Workshops

Counseling and Psychological Services Offers ‘Get More Out of Life’

Counseling and Psychological Services will offer seven weekly one-hour “Get More Out of Life” sessions beginning **Wednesday, March 23**, at 3 p.m. in conference room 101 at Sand Spring Hall. Would you like to get more enjoyment out of your daily activities, feel more optimistic about your future, understand and develop your strengths, experience more gratitude and interact more constructively with your friends and loved ones? This workshop will provide opportunities to practice these skills, while sharing experiences with others in a safe environment. For info, contact Dr. Kelly Bailey at kabailey@frostburg.edu.

March Wellness Seminar for FSU Employees

The month of March is designated as National Nutrition Month, and the Department of Budget & Management aligns this month’s presentation – Healthy Eating – with a focus on nutrition tips. The presenter, Katie Kecman, a Health Educator with Healthways, is a graduate of the University of Maryland, College Park and has participated in previous events held here on campus sponsored by the DBM and the Office of Human Resources. Employees have the option of two session times.

- When: **Wednesday, March 9** from 7:30 to 8:30 p.m. or **Thursday, March 10** from noon to 1 p.m.
- Where: Lane University Center, Room 111
- Who: All FSU employees
- Giveaways for all attendees

Even though it may seem as if eating healthy takes too much time and costs too much money attendees are challenged to “Step up to the Plate” while learning easy tips for healthy eating without breaking the bank!

Please contact Lee Ann Nightingale at 301-687-4398 or lnightingale@frostburg.edu with any questions.

Music

Unless otherwise noted, recitals and concerts will take place in the Performing Arts Center’s Pealer Recital Hall and are free and open to the public. For info, contact the Department of Music at 301-687-4109.

Irish Traditional Music Trio The Truckley Howl to Appear at MCTA



A powerhouse of Irish traditional music, The Truckley Howl, consisting of John Blake, Mairead Hurley and Nathan Gourley, will perform at Mountain City Traditional Arts at 25 E. Main St. in Frostburg on **Tuesday, March 8**, at 7 p.m. The program is open to the public; a \$15 donation is suggested.

Blake is a traditional Irish flute player, guitarist and pianist. A former member of the traditional group Teada, he has performed and recorded with Irish musicians John Carty, Paddy Glackin, Noel Hill, Liam O’Flynn, Jesse Smith, Harry Bradley, Colm Gannon, The Kane Sisters and James Kelly.

Hurley is from Ballymote, County Sligo, and won the All-Ireland Concertina Senior Championships at the Fleadh Cheoil na hÉireann in 2006. She has been playing since she was four years old.

Gourley is one of America’s most highly regarded young players of traditional Irish music. He started playing music at age five. While living in Minnesota, he collaborated with renowned musician Paddy O’Brien of Chulrua. Gourley plays at concerts, ceilis, sessions and festivals in Boston and throughout the U.S. and Ireland.

For info, call 301-687-8040.

FSU to Celebrate Jazz with First Annual Jazz Festival

The Department of Music will host FSU’s First Annual Jazz Festival on Friday and Saturday, April 1 and 2. The Festival celebrates the spirit of jazz with performances by FSU jazz ensembles, local high school groups and special guest artist Darmon Meader, a Grammy Award-winning vocalist and saxophonist.

Friday events will highlight vocal jazz and include a concert by Meader and the FSU Vocal Jazz Ensemble at 7:30 p.m. in the Pealer Recital Hall. The performance will feature works by Meader, The Real Group and Duke Ellington.

On Saturday, instrumental jazz will take center stage with a concert featuring Meader and the FSU Jazz Orchestra at 7:30 p.m. in the Pealer Recital Hall. The concert will include works by Meader, Ellington, Eric Richards, Claudio Roditi and Irving Berlin.

Meader is a highly respected vocalist, arranger and saxophonist. He has achieved international recognition as the founder, musical director, chief arranger, composer, producer, saxophonist and vocalist of the group New York Voices. In addition to several projects with New York Voices, Meader has published his work as a solo album, “And So Am I,” which reflects his varied interests and skills through a collection of jazz standards and original works.

Admission to the FSU Ensemble concerts each night is \$10 for general admission and \$5 for students, with admission free for children 12 and under. Tickets are available at the door for cash only.

Both Friday and Saturday performances will be preceded by non-competitive invitational festivals for high school jazz ensembles, with vocal groups performing on Friday and instrumental groups on Saturday.

For info, contact Dr. Brent Weber at 301-687-4116 or bmweber@frostburg.edu.

Presentations

AL Community Learning Series Event: 'What You Should Know About Mercury Exposure'

The University of Maryland Center for Environmental Science – Appalachian Laboratory, as part of its Watershed Moments Community Learning Series, will present "Air Apparent: What You Should Know About Mercury Exposure" by Kathy Fallon Lambert and Dr. Mark Castro on **Thursday, March 10**, at 6 p.m. at the Appalachian Lab. Lambert is a mercury policy expert and renowned science communicator from Harvard Forest and recipient of the EPA Environmental Merit Award, and Castro is a UMCES-AL professor and researcher who's been measuring mercury pollution trends in the region for two decades. The two will discuss trends and strategies to reduce health risks from mercury in the environment. Seating is limited. For info, call 301-689-7102.

Focus Frostburg 2016: 'Learn-In' for a Sustainable Future



FSU's Focus Frostburg 2016: "Learn-In" for a Sustainable Future will take place on **Wednesday, April 20**, from 10 a.m. to 5 p.m. in the Lane University Center. Focus Frostburg is the University's annual Day of Learning on sustainability and climate awareness that is free and open to FSU students, faculty, staff and the community. The event is sponsored and organized by FSU's Learning Green, Living Green Sustainability Initiative and the President's Advisory Council for Sustainability.

As in previous years, faculty may want to have students, as appropriate, attend a session in lieu of class or to make some of the seminars and activities an extra-credit assignment.

For info, contact Dr. Kara Rogers Thomas at krogerstthomas@frostburg.edu.

Academic Enrichment Series: Your Future – Personal Enrichment Week

David Stern, an instructor in the Department of Communication, will present "Speaking and Presenting With Confidence" on **Tuesday, March 8**, and **Thursday, March 10**, both sessions from 2 to 3 p.m. in Lane 113. This program will provide students with straightforward techniques and a basic structure that can be applied to class presentations and public speaking in general. Students will also learn about adapting to diverse audiences, finding and evaluating credible evidence, and dealing with stage fright and anxiety.

For info, contact the Center for Academic Advising and Retention at 301-687-3404.

Breathing Love into Our Campus Community

Guest speakers from the Holistic Life Foundation will present "Breathing Love into Our Campus Community" on **Monday, April 18** at 7 p.m. in the Lane University Center's Alice R. Manicur Assembly Hall.

The event will feature the three founders of the Holistic Life Foundation, which is headquartered in Baltimore. In addition to learning about their transformative work that introduces students in Baltimore City (and elsewhere) to contemplative practices, the program will provide us an opportunity to come together as a campus community to discuss issues surrounding diversity, equity, and inclusion.

This program is an opportunity for us to create an environment in which concerns surrounding these issues can be expressed, and at the same time we can equip ourselves with tools to more effectively communicate with one another.

The founders of the Holistic Life Foundation have been featured in Congressman Tim Ryan's book, *A Mindful Nation*.

For more information, contact Robin Wynder, director of the Diversity Center, at rwynder@frostburg.edu.

Points of Pride

Dr. Sunshine Brosi Keynote Speaker at Forestry and Wildlife Conference

Dr. Sunshine Brosi, an assistant professor in the Department of Biology at FSU, will be the keynote speaker at the 19th Annual Forestry and Wildlife Conference, "What's Living in Your Woods?" on **Saturday, March 12**, in Bedford, Pa. Brosi will present "Goods From the Woods: Wild Medicinal and Edible Plants of Appalachian Forests, Ginseng, Butternut, Black Cohosh, etc." This event is presented by the Woodland Owners of the Southern Alleghenies. For info, visit www.thewosa.org or call 814-652-9268.

Dr. Thomas Serfass Keynote Speaker at Wildlife and Human Interaction Symposium

Dr. Thomas Serfass, chair and professor of wildlife ecology in the Department of Biology and Natural Resources at FSU, was a keynote speaker at the Wilderness Wildlife and Human Interaction Symposium on March 5 in Cochrane, Alberta. His address was titled "Conservation of Aquatic Ecosystems and Misguided Management Strategies."

Serfass is also an adjunct professor at the Appalachian Laboratory and the North American coordinator of the International Union for the Conservation of Nature and Natural Resources' Otter Specialist Group. A large portion of his research and conservation activities has focused on the design, implementation and evaluation of wildlife restoration programs and recovering wildlife populations.

For info, visit www.wwhconference2016.com/#!keynote-speakers/c1w5p.

Take Note

Spring Break Travelers Urged To Protect Themselves Against Zika Virus

Mosquitoes Spreading Virus in Many Central American, South American and Caribbean Countries

As college students and families pack for Spring Break vacations that might take them to popular destinations where the Zika virus is being spread by mosquito, the Maryland Department of Health and Mental Hygiene is reminding them to exercise caution.

"We certainly want college kids on Spring Break and other travelers to enjoy themselves," said DHMH Secretary Van T. Mitchell. "We just want them to remember to pack with protecting themselves in mind. The confirmed Zika virus cases in Maryland so far have occurred during travel abroad."

According to the CDC, Zika virus is chiefly spread through mosquito bites, though less frequently, transmission via sexual contact, blood transfusion and to newborns during pregnancy has been documented.

Because of the chance of a link between Zika and the microcephaly birth defect, characterized by smaller heads and underdeveloped brains in newborns, the CDC recommends that pregnant women or those trying to become pregnant consider postponing travel to areas where Zika virus is spreading.

Travelers also should be sure to guard against mosquito bites for the seven days after they return home, to prevent a mosquito from passing on any potential infection. The CDC says most infected people are non-symptomatic. Men who have traveled to an area with Zika and whose partner is pregnant should use condoms every time they have sex – or they should abstain from sex – during the pregnancy.

When traveling to countries where Zika virus or other viruses spread by mosquitoes are found, travelers are advised to take the following steps: wear long-sleeved shirts and long pants, stay in places with air conditioning or that use window and door screens to keep mosquitoes outside, sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites, use EPA-registered insect repellents and treat clothing and gear with permethrin or purchase permethrin-treated items.

For more info, visit <http://wwwnc.cdc.gov/travel/page/zika-information>.

FSU's Center for Literary Arts to Host Nightsun Writer's Conference



From top, Nance Van Winckel, Ethelbert Miller, Andy Duncan and Patricia Henley

FSU's Center for Literary Arts will host its ninth annual Nightsun Writer's Conference **from Thursday, July 28, to Sunday, July 31**, in downtown Frostburg.

The program provides participants with workshop opportunities, individualized attention, feedback and craft sessions. The conference is designed to generate new material for publication, hone the craft of creative writing and initiate a larger writing community. The event boasts fine food, friendship, seminars, memorable readings by faculty and participants and the unique opportunity to mingle with special guests as well as to share work at a reading at the end of the weekend.

This year's conference will feature workshops with Nance Van Winckel for poetry; Ethelbert Miller for creative nonfiction; Andy Duncan for science fiction, fantasy and horror; and Patricia Henley for fiction.



Van Winckel teaches in the low-residency MFA in Writing Program at Vermont College of Fine Arts and has received numerous awards for her poetry, including two National Endowment for the Arts Poetry Fellowships, a Pushcart Prize and awards from the Poetry Society of America. She recently began creating "pho-toems," which combine photographs with small poems and other graphic material.



Miller is a writer and literary activist, with works including several collections of poetry and two memoirs. He has been awarded fellowships from the Fulbright Senior Specialist Program, the Virginia Center for Creative Arts and the Gaea Foundation and has served in leadership roles with the Institute for Policy Studies, the Humanities Council of Washington, D.C., the D.C. Commission on the Arts and Humanities and the Ascension Poetry Reading Series. Two cities, Jackson, Tenn., and Washington, D.C., have proclaimed "E. Ethelbert Miller Days" in his honor.

Duncan has won three World Fantasy Awards, a Nebula Award and a Theodore Sturgeon Memorial Award and has been a finalist 27 times for major awards in science fiction, fantasy and horror. His books include fiction collections "The Pottawatomie Giant and Other Stories" and "Beluthahatchie and Other Stories," novellas "Wakulla Springs" and "The Night Cache" and a travel guide, "Alabama Curiosities," in addition to numerous short stories published in periodicals and anthologies. He teaches creative writing, journalism and public relations at FSU.

Henley's first book of stories, "Friday Night at Silver Star," won the Montana First Book Award, and her first novel, "Hummingbird House," was a finalist for the National Book Award. In addition to two poetry chapbooks, short story collections, novels and essays, she has authored a play, "If I Hold My Tongue," which was produced at the Compass Rose Theater in Annapolis and given a staged reading at The Kennedy Center. Henley lives in Frostburg.

The cost of participation in the conference is \$350 plus accommodations and some meals. There is a \$50 discount for returning Nightsun participants. One-on-one faculty conferences will be available for an additional \$25. Discounts, scholarships and opportunities for Continuing Education credit are available.

For info, visit www.frostburg.edu/cla or contact Gerry LaFemina, director of the Center for Literary Arts, at glafemina@frostburg.edu.

RecycleMania Is On!

Program Running Through April 15

RecycleMania is back at Frostburg! From now through **Friday, April 15**, all FSU students, faculty and staff are encouraged to step up their recycling game and reduce waste to help keep Frostburg a green university.

RecycleMania is a friendly competition for colleges across the United States and Canada to compare their rates of recycling and waste reduction over an eight-week period each spring.

Acceptable materials include paper of all types, aluminum drink cans, plastic no. 1 and no. 2, glass bottles and cardboard. Plastic bottle caps cannot be recycled. Cardboard boxes should be broken down.

Recycled materials should not be heavily contaminated with food. Recycling bins that contain too much food waste or other contamination will have all their contents discarded as trash. **Only recycling generated on campus should be placed in the campus bins.**

Please Participate in the Student Campus Climate Survey

Participate in the Campus Climate Survey and tell us what your Frostburg State experience has been like. All full-time undergraduates are invited to participate.

Take the 15-minute survey and be entered to win an **Apple Watch Sport** and **FSU Bookstore and Dining Gift Cards**.

Check your FSU student email for details. The email comes from the Office of Gender Equity (info@baseline.mail.campuslabs.com).

You Can Help Improve FSU's Educational Experience

In conjunction with the National Survey on Student Engagement (NSSE), FSU has sent online surveys to freshmen and seniors. This survey helps us understand how students are spending time in and out of the classroom, which guides decisions about policies, curriculum and campus activities that will benefit FSU students.

If you haven't participated already, watch for your email invitation from Sara Beth Bittinger (from email nsse@nssesurvey.org). Reminders will be sent through March 28.

FSU-TV3 Needs Your Feedback!

Do you know Frostburg State University has its own Cable Channel? FSU-TV3 is available on Comcast's channel 3 in Frostburg, Mt. Savage and Lonaconing. It is also staffed by students to assist in research, producing and more!

FSU-TV3 want to bring you the best programming possible for the university's cable channel, and we want to find out what your preferences are with programming. Please take a few minutes to fill out this survey about your viewing interests.

<https://www.surveymonkey.com/r/B8PNZ7J>

FAEYC Spring Meeting Dates

The Frostburg Association for the Education of Young Children is an organization that provides opportunities for students to learn, interact and develop skills and information needed for teaching young children. This semester, the group will meet at 4:30 p.m. in Framptom 114 on the following **Tuesdays: March 8 and 22 and April 5 and 19**.

TLC-Frostburg Ceasing Enrollment

The Language Company (TLC), which provides English-as-a-second-language instruction and cultural opportunities for international students, has announced that it will cease enrolling new students at its center in Frostburg due to lower-than-

expected enrollment, and will be suspending its Frostburg operation at the end of March. Any students whose programs are not completed by current session's graduation are being assisted with transferring to another program.

President's Leadership Circle Applications Available



Attention juniors! The Office of Leadership and Experiential Learning is accepting application for the 2016-2017 President's Leadership Circle. To be eligible, you have to have completed at least 75 credit hours, have a cumulative grade point average of 3.0 or higher, plan to be enrolled for your senior year at FSU from August until May and have demonstrated leadership. Applications are due no later than **Tuesday, March 8**.

For info, contact Clarissa Lang at calang@frostburg.edu or Douglas Baer at djbaer@frostburg.edu, or visit www.frostburg.edu/leadership.

Registration for Undergraduate Research Symposium Due March 11

The College of Liberal Arts and Sciences will host the Fifth Annual Undergraduate Research Symposium on **Friday, May 6**, from 11 a.m. to 2 p.m. in the Lane University Center. The symposium showcases the research and experiential learning projects of FSU's undergraduate students and provides participants the opportunity to present their work to their peers and share experiences across disciplines.

The symposium will include poster presentations, oral presentations and physical displays representing work completed during summer 2015, fall 2015 or spring 2016.

The registration form can be found on the College of Liberal Arts and Sciences webpage at www.frostburg.edu/fsu/assets/File/Colleges/CLAS/CLAS-URS-Registration-Form-2016.doc. Registration forms are due by **Friday, March 11**, and must be submitted as an email attachment to Dr. Karen Keller at klkeller@frostburg.edu. Full project descriptions/abstracts will not be due with the registration form but will be due by **Friday, April 8**, as a separate email attachment to Keller.

For info, contact Keller at klkeller@frostburg.edu or 301-687-4174, or Linda Steele at lstele@frostburg.edu or 301-687-4137.

Students Affairs Office Seeks Preview Guides

The FSU Student Affairs Office is looking for outgoing and excited student leaders to become Preview Guides for the incoming class of 2020.

If you want to help welcome the next class of Bobcats, download an application from www.frostburg.edu/fsupreview. Applications are due to the Student Affairs Office in Hitchens 116 by **Friday, March 11**.

Center for Literary Arts to Hold Workshops for Young Writers

FSU's Center for Literary Arts will host a five-week writing program for elementary and middle school children **Wednesday, March 16, through Thursday, April 14**. These workshops will give students the opportunity to write poems or stories and be challenged in a creative and expressive way.

The classes will meet weekly from 3:45 to 5:15 p.m., with the middle school class meeting on Wednesdays and the elementary class on Thursdays. Classes will be held in the Center for Literary Arts, 22 E. Main St. in Frostburg.

For info, contact the Center for Literary Arts at 301-687-4340.

There's Still Time to Buy Tickets for Annual Leadership Reception



The Second Annual Leadership Reception to support the operations of the Maryland Student Legislature will be held on **Saturday, April 2**, from 3 to 5 p.m. in Germantown, Md., and will feature the Hon. Peter Franchot, the comptroller of Maryland.

The mission of the Maryland Student Legislature is to open the doors of the government and the legislative process to students enrolled at colleges and universities in Maryland through a simulation of the Maryland state government. Students meet to discuss key policy issues, hear from state and local elected officials and leaders, and learn valuable leadership skills that will allow them to provide positive impacts on their local communities and governments.

Tickets for this event start at \$40 and can be purchased through the event website at mslfundraiser.eventbrite.com. A number of sponsorship opportunities are also available. For info, email fundraiser@msl.org.

Nominations Sought for President's Distinguished Faculty Award

Nominations are being sought for the annual President's Distinguished Faculty Award, which recognizes faculty members who advance the University in ways consistent with its mission, goals and action priorities outlined in the Strategic Plan. It is presented during the May commencement ceremony and includes a \$2,500 monetary prize, sponsored by the FSU Foundation.

Qualifying activities have included developing and supporting academic programs that prepare a changing student population for an era of complexity and globalization, promoting activities that demonstrate the University's educational distinction, helping FSU increase retention and improve student persistence to graduation, enhancing experiential and applied learning

opportunities for students inside and outside the classroom, assisting in the University's contribution to economic development in Western Maryland, the region and the state and increasing enrollment and advancing programming at the University System of Maryland at Hagerstown.

Application must be made through a letter of nomination by FSU colleagues. Self-nominations will not be accepted. Activities outlined in the nomination letter should have occurred in the fall 2015 and/or spring 2016 semester(s). The letter should consist of a narrative of no more than two pages in the form of an executive summary, plus any supporting documentation.

Nominations should be submitted to Sandra Rohrbaugh, Office of the President, by **Friday, April 15**.

Center for Creative Writing to Hold 7th One-Act Playwriting Competition

The FSU Center for Creative Writing will host its seventh annual One-Act Playwriting Competition to showcase new works.

Writers are encouraged to submit their one-act plays (with a running time of 40 minutes or less) to the center by **April 15**. Entries will be judged on plot, character development, dialogue and overall quality.

The first-prize winner will receive \$750 and production of his or her play at the Frostburg One-Act Playwriting Festival to be held on the FSU campus in September. Second- and third-prize winners will receive \$250 and \$100, respectively, and staged readings of their works.

For submission guidelines, visit the Center for Creative Writing's webpage at www.frostburg.edu/cwcenter/contests-opportunities/one-act-play-competition.

Upcoming BURG Peer Education Network Events



This week's events are:

- Sleep Health Awareness Table, **Monday, March 7**, Lane University Center
- Sexual Health Awareness Table, **Tuesday, March 8**, Lane Center
- Substance Abuse Awareness Table, **Wednesday, March 9**, Lane Center
- Stress Management Awareness Table, **Thursday, March 10**, Lane Center
- General Body Meeting, **Thursday, March 10**, 6:15 p.m., Lane 113

For info, contact Gavin Mangolas at gmmangolas0@frostburg.edu.

Kappa Pi to Hold Paint Nights

FSU's Kappi Pi Art Fraternity will hold two Wednesday Paint Night events on **March 30** and **April 20** at 6:30 p.m. in the Lane South Addition. The price is \$10. Tickets are available at the box office.

For info, contact Jessica Prejean at jprejean0@frostburg.edu.

Graduation Will Be Here Before You Know It!

It's not too early to think about graduation, especially if you intend to graduate on **Saturday, May 21**, in the Cordts PE Center. The Colleges of Business and Education will present their graduates at 9:30 a.m., and the College of Liberal Arts and Sciences will present their graduates at 2 p.m. Tickets will be required for admission and the number allotted will be announced at a later date.

If you haven't done so, contact the Registrar's Office to complete your graduation application and check that your home mailing address is accurate in PAWS, so you'll receive all the necessary upcoming info.

Follow [@FrostburgGrad](https://twitter.com/FrostburgGrad) on Twitter or www.facebook.com/commencementatfrostburg on Facebook for updates and important info throughout the semester.

Deadlines

Attention Teacher Education Candidates!

Online applications for phases 1, 2 and 3 for the fall 2016 semester are to be submitted on or before **Friday, March 11**. For info, contact Jennifer Delaney at jjdelaney@frostburg.edu.

Jobs, Jobs, Jobs

Student Instructors for Fall 2016 Developmental Math Program

FSU's PASS (Programs Advancing Student Success) Office is looking for student instructors for its fall 2016 Developmental Math Program. Earn \$800, receive 3 Educational Field Experience Credits and build your resume! Student instructors 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.

For info and an application, contact Kim Kurek at kmkurek@frostburg.edu or 301-687-4442. Application materials are due **Friday, March 11**.

Summer Conferences Positions

Coach Wootten's Basketball Camp, Camp Hope, Brit-Am Soccer Academy and the Washington Metropolitan Association of Chinese Schools are among the many groups that call FSU their summer home. Students are always needed to serve these groups and FSU. An online application is at www.frostburg.edu/admin/confer/conferences-and-events-staff-application, or they can be picked up in Hitchins 305.

All who apply will be interviewed. It's a competitive process with more applicants each summer than positions. The first priority is given to FSU students, but all may apply. The deadline for applying is **Friday, April 15**. Most summer staffers are not taking classes or simultaneously working in other jobs – this is a full-time position with room and board included. Students are expected to perform some customer service and some bed moving, interact with other offices on campus – with something different every day – and think on their feet to solve problems.

For info, contact Dave Treber, director, Office of Conferences & Events, at 301-687-4020 or DTreber@frostburg.edu.

Volunteers

Habitat for Humanity – One-Week Blitz Build

The Allegany County Habitat for Humanity will take part in a national Blitz Build program starting **Monday, May 2**. During this time, Habitat, along with the help of hundreds of volunteers, will build a house for a family in need in a single week! To make this project a reality, Habitat is looking for volunteers to help build, make volunteer meals, organize fundraisers and more. For info, contact Patrick O'Brien, director, Civic Engagement, Student and Community Involvement, at 301-687-4210 or pobrien@frostburg.edu.

If there is enough interest from the campus community, an informational meeting can be hosted at FSU.

Student Life

Residence Hall Room Selection for 2016-2017

For students residing in the traditional residence halls:

If you plan to return for the 2016-2017 academic year, visit www.welcome-mat.net/frostburg_terms to submit a housing application.

You have until **Friday, March 25**, to go online and reclaim your room, with your same or with a different roommate.

If you want to apply for a single room or a cluster of rooms with friends, you should complete the application on Welcome Mat but not reclaim your same room, since this makes you ineligible for the single or cluster processes. To apply for a single room, you may come to the Residence Life Office any time after your course enrollment appointment to select from available spaces. You need not have registered for classes to select a single room, but you must have visited Welcome Mat and applied for a room.

If your enrollment appointment is scheduled after the lottery on **Wednesday, April 13**, you should attend the lottery and select a single at that time. If there are no singles available, you may select a room in a cluster with a group of friends instead and add your name to the singles waiting list.

Regardless of what room type you'd like, check your campus mailbox and refer to your pink-colored brochure for dates and information.

Remember, if you are selecting a particular roommate, you both must complete a housing application and indicate that you want each other as roommates.

Off-campus students wishing to move back on campus also must complete a housing application before coming to select a room.

For info, contact your RA, hall supervisor or area coordinator.

Activities for Life

For info and registration, contact AFL coordinator Amy Nazelrod at 301-687-7934 or anazelrod@frostburg.edu.

Beginner's and Basic Tumbling Classes

A beginner's tumbling class for children ages 3 and 4 and a basic tumbling class for children ages 5 to 8 will be offered **Mondays from March 21 through April 18** in room 106 of the Cordts PE Center.

The beginner's class will be held from 5 to 5:50 p.m. and will focus on skills like stretching, forward and backward rolls, cartwheels and handstands.

The basic class, held from 6 to 6:50 p.m., will introduce handstands, backbend kick-overs, front walkovers and round-offs and will even start to work on back handsprings. New skills will be incorporated with games and activities.

Participants must wear appropriate tumbling attire – no jeans. Long hair must be pulled back. No chewing gum is allowed.

The instructors are *Holly Biggs* and *Asia Gaffney*.

The payment deadline is **Friday, March 18**. A minimum of five participants is needed for each class.

Water Aerobics

Water aerobics will be offered **Tuesdays and Thursdays from March 22 through May 5** from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool. Participants may register for the Tuesday or Thursday class or both nights.

This class is geared toward those who want to increase cardiovascular fitness, flexibility and body strength. It is the perfect activity for those with painful joints or other movement limitations. Water aerobics creates good muscle balance, making the muscles limber and strong. The instructor for this class is *Kristi DeVore*.

Study Abroad

Where in the World Would You Like to Study Abroad?

The Center for International Education offers a variety of ways for FSU students to experience the world. In some cases, students can pay FSU tuition, room and board and study for a semester or a year in Ireland, England, Spain, France, China, Italy, Australia, Peru, South Africa or in many other countries. FSU also offers summer study abroad programs. Financial aid and student loans and scholarships are available. For info, visit the Fuller House (across the street from the Braddock House), call 301-687-4714 or email Victoria Gearhart at vmgearhart@frostburg.edu. Also, check out the CIE webpage at www.frostburg.edu/admin/cie/stdyabrd.htm and the Facebook Page at www.facebook.com/FSUStudyAbroad.

Community

Frostburg Town Hall – Opioid and Heroin Talk

An opioid and heroin talk will take place on **Monday, March 7**, from 6 to 8 p.m. at Mountain Ridge High School in Frostburg. This event is sponsored by the Allegany County Sheriff's Office and the Allegany Health Department. Speakers will include Sheriff Craig Robertson, Christine Delaney and Becky Myers.

Mountainside Baroque Announces June Summer Academy



Mountainside Baroque will offer a five-day music camp from **Monday, June 27, through Friday, July 1**, at St. Paul's Lutheran Church at the corner of Smallwood and Washington streets in Cumberland. Aimed at talented middle and high school students throughout the region, the workshop will provide instruction on string instruments, flutes, keyboards and voice.

In addition to fundamentals, the new Mountainside Baroque Summer Academy will provide area youth with the background and tools that will enable them to understand how and why Baroque music was originally performed, making this timeless style relevant in the 21st century. Though students will play primarily on modern instruments, historical replicas will be available for examination and trial as well as for performance by more advanced players. Faculty will include specialists from around North America.

Auditions will be held **on the following Saturdays** from 10 a.m. to 2 p.m. in three locations: **March 19** at St. Paul's Lutheran Church in Cumberland, **April 9** at the Barbara Ingram School in Hagerstown and **April 16** at the Church of Christ in Morgantown, W.Va. A variety of scholarships will be available. For info, visit www.mountainsidebaroque.org or email MountainsideBaroque@yahoo.com.

FSU Events Calendar

For info on FSU events, go to <http://events.frostburg.edu/calendar>.

Questions? Call 301-687-4411. All information is subject to change.

Note: FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call 301-687-4102 or use a Voice Relay Operator at 1-800-735-2258.

Workout Tips From the Pros



Be consistent.

Follow an effective exercise routine.

Set realistic goals.

Use the buddy system.

Make your plan fit your life.

Watch your body clock.

Get a professional assessment.

Be patient!

FROSTBURG STATE UNIVERSITY MISSION STATEMENT

Frostburg State University is a student-centered teaching and learning institution featuring experiential opportunities. The University offers students a distinctive and distinguished baccalaureate education along with a select set of applied master's and doctoral

programs. Frostburg serves regional and statewide economic and workforce development; promotes cultural enrichment, civic responsibility and sustainability; and prepares future leaders to meet the challenges of a complex and changing global society.

INSTITUTIONAL PRIORITIES

1. Enhance experiential and applied learning opportunities for students both inside and outside the classroom.
2. Improve facilities so that students live and learn in a modern and technologically sophisticated environment.
3. Increase student quality and improve student persistence to graduation.

Learn more at www.frostburg.edu/admin/opa/splanning.