

StateLines

For and about FSU people
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CES at FSU Presents World-Class Performers in Spring Lineup of Its 60th Anniversary Season

French singer Cyrille Aimée, left, and contemporary violinist Daniel Davis



CES at FSU continues its 60th anniversary season with a spring lineup of award-winning musicians and professional artists from around the world. Performers include French songstress Cyrille Aimée, contemporary violinist Daniel Davis, the Buddhist monks of the Drepung Loseling Monastery, the a cappella group The Filharmonic, the Irish musicians of the Brock McGuire Band, jazz musician Dr. Lonnie Smith, and Russian pianist Yuliya Gorenman, who will join the Maryland Symphony Orchestra in a celebration of Beethoven.

Romance is in store with a LIVE! at StarScape club performance on **Friday, Feb. 10**, from magnetic singer Cyrille Aimée. Winner of the Montreux Jazz Festival's Vocal Competition and the Sarah Vaughn International Jazz Vocal Competition, Aimée displays her versatility with crowd-pleasing originals and new takes on old-time standards. This 7:30 p.m. Valentine's Day celebration in the Alice R. Manicur Assembly Hall in FSU's Lane University Center features full bar service and a club menu. An additional dinner option offering a selection of entrées is served at 6 p.m.

Contemporary violinist Daniel Davis performs on **Thursday, March 2**, at 8:15 p.m. in Lane Manicur Hall as part of the On the EDGE club series. With charisma and brilliant technique, Davis and his band offer a performance that takes the violin into the modern musical landscape by fusing elements of hip-hop, R&B, jazz and pop.

Additional upcoming CES productions are as follows:

- Buddhist monks of the Drepung Loseling Monastery in "Sacred Music, Sacred Dance," **Thursday, March 9**, 7:30 p.m., Pealer Recital Hall of the Performing Arts Center. Events held during the five-day residency **from March 5 through 9** include the creation of a mandala sand painting and multiple lectures and workshops on Tibetan philosophy, art, meditation and culture.
- On the Edge series performance by The Filharmonic, **Thursday, April 6**, 8:15 p.m., Lane Manicur Hall
- LIVE! at StarScape club performance by the Brock McGuire Band, **Saturday, April 8**, 7:30 p.m., Lane Manicur Hall
- LIVE! at StarScape club performance by Dr. Lonnie Smith, **Saturday, April 22**, 7:30 p.m., Lane Manicur Hall
- The Maryland Symphony Orchestra, with guest artist Yuliya Gorenman, in "A Fifth of Beethoven," **Friday, May 12**, 7:30 p.m., PAC Pealer Recital Hall

Tickets may be ordered by calling 1-866-849-9237 or 301-687-3137 or by visiting <http://ces.frostburg.edu>. Tickets can also be purchased at the CES box office on the second floor of the Lane Center, which is open Monday through Friday from 10 a.m. to 4 p.m.

Presentations

Help Secure the Vote for Frostburg in Small Business Revolution Contest



The FSU campus is invited to hear about how they can help the city of Frostburg win the Small Business Revolution on Main Street contest.

A presentation will be made in the Lane Atkinson Room on **Tuesday, Feb. 7**, from 12:30 to 1:30 p.m., to catch up faculty, staff and students on the contest's progress and show how to help with the next steps.

FrostburgFirst Main Street Manager Jessica Palumbo and FSU staff will share how the FSU community can help the city win \$500,000 in assistance from Deluxe Corp., plus a Hulu web series co-starring Robert Herjavec from ABC's "Shark Tank."

The documentary series could be filmed in Frostburg if the city is the lucky winner!

Frostburg is a short-list finalist competing against seven other towns. Finalists are expected to be announced on **Thursday, Feb. 9**, when a two-week online voting campaign will launch. Visit <http://smallbusinessrevolution.org> to learn more about the contest and join the Frostburg Small Business Revolution Facebook Group to stay up to date.

For info, contact Charles Schelle in the Office of News & Media Services at 301-687-4061.

MCTA to Present 'Maple Syrup Production in Western Maryland'



Maple syrup producers Leo Shinholt, owner of S&S Maple Camp, and the Steyer family, from left, Andrea, Kay, Randall and Jessica Steyer

Mountain City Traditional Arts will host the program "Maple Syrup Production in Western Maryland" on **Saturday, Feb. 4**, at 2 p.m. at 25 E. Main St. in Frostburg. The event, which teaches the local community about maple syrup production in the region, features recent Maryland Traditions Heritage Award Winners Steyer Brothers Maple Syrup and S&S Maple Camp. Both were recognized by the

Maryland Traditions Program of the Maryland State Arts Council for their roles in continuing the tradition of maple syrup making in Western Maryland. The event is free and open to the public.

Maple Syrup production has a rich history in Western Maryland, where operations may have numbered in the hundreds at one time. Only a handful of those remain today, with the Steyers and Shinholts being some of the few producers remaining to keep the tradition alive in Western Maryland.

Sap can run for two months or more, from mid- to late February through early April, but the sweet spot of that time frame, when sap runs best, may be only a third of that time. It is during that intense period that running and boiling sap becomes the focus of life in the Steyer and Shinolt families, both of which have been at it for three decades or more. Shinholt learned the tradition from his grandfather; the Steyer family has been engaged in the practice for more than 100 years.

In early spring, the Sugar Camp becomes the hub of social activity for both families. Family and friends gather nightly to share stories, trade gossip and socialize while the sap is boiled down to produce syrup.

The program is being presented as part of a partnership with the Western Maryland Heritage Association, which is partnering with the Maryland Humanities Council to bring the Smithsonian travelling exhibition, "The Way We Worked," to Western Maryland. The main exhibition will be hosted by the Allegany Museum in Cumberland from February through March. Additionally, six Allegany County museums and historic sites will develop companion displays featuring labor and work themes.

For info, contact MCTA at mountaincitytradarts@gmail.com or call 301-687-8040.

Academic Enrichment Series

Keith Davidson, academic counselor, Center for Academic Advising and Retention, will present "Designing Your Academic Strategy Plan" on **Friday, Feb. 3**, from 11 to 11:50 a.m. in Gira Center 127B. Want more information and hands-on experience designing an Academic Strategy Plan in PAWS? Learn how to easily create a plan that will help you focus and achieve good academic standing! If you want an extra tool to help you calculate potential grades and improve your GPA, then this workshop is for you. If you are on academic warning or probation, an Academic Strategy Plan is required. For info, contact CAAR at 301-687-3404.

Appalachian Laboratory Spring Seminar Series

Dr. Solange Filoso, UMces – Chesapeake Biological Laboratory, will present "From Degradation to Restoration of Streams: A Biogeochemical Perspective" on **Thursday, Feb. 2**, at 3:30 p.m. in AL Room 109. For info, go to www.umces.edu/al/seminar/schedule.

Entertainment

CLC/Ort Library to Hold Third Annual Harry Potter Book Night

Come celebrate the wonder of children's literature and J.K. Rowling's legendary and magical wizarding world of Harry Potter at FSU's third annual Harry Potter Book Night on **Thursday, Feb. 2**, from 6 to 8 p.m. in the Lewis J. Ort Library.

Presented by FSU's Children's Literature Centre and the Ort Library, this Pottertastic night will be filled with a trunkload of games, snacks and Potter-themed activities. The event is free and open to the public.

Activities include Hogwarts House sortings, book readings, Hogwarts classroom activities, Quidditch games, costume contests and much more magical fun. The program is designed for children ages 8 to 12 but is not limited to that age group.

For info, email the Children's Literature Center at clc@frostburg.edu or visit www.facebook.com/clcfsu or www.frostburg.edu/clc.

Visual Arts

Photographic Exhibit by Artist and Educator Joel Whitaker



One of the exhibits on display by Joel Whitaker

FSU's Department of Visual Arts will host an exhibit featuring photographs by Ohio artist and educator Joel Whitaker, **Friday, Feb. 10, through Sunday, Feb. 26**, at the Stephanie Ann Roper Gallery in the Fine Arts Building. An opening reception will be held **Feb. 10** from 7 to 8:30 p.m. in the gallery. The reception and exhibit are free and open to the public.

Whitaker will show three collections, "Invisible Cities," "House and Home" and "Cities."

In his photographic work, Whitaker says he looks beyond what is in front of him, to think beyond the obvious, to think more about what he has at hand and what he can do with it, and do so through contemplation, engagement and execution. He explores the intersections of the photographic medium with that of other mediums, particularly drawing and sculpture, by using simple, discarded and forgotten objects as subject. He sees the photograph and the photographic process as a way to engage in various methodologies regarding the act of art making and the more suggestive and poetic qualities of this process and resultant work.

Whitaker has more than 30 years' experience in the making of photographs and photo-related works and more than 20 years' experience in visual arts higher education, arts administration, curatorial work and community service. In 1993, he joined the faculty of the University of Dayton as a professor. Whitaker has remained active in photography through his teaching, ongoing study of the medium and development of photographic projects.

In 2009, Whitaker was one of eight Ohio photographers selected to participate in a National Endowment for the Humanities-funded re-photographic survey of Farm Service Agency photographs of Ohio. His photography is in several public collections and has been exhibited extensively in the U.S.

Gallery hours are noon to 4 p.m. Sunday through Friday. For info, contact FSU's Department of Visual Arts at 301-687-4797.

Music

Dr. Jay DeWire in Faculty Artist Series Concert 'Tourists and Tour Guides'



FSU's Department of Music will kick off the spring semester with a performance by pianist *Dr. Jay DeWire* in a Faculty Artist Series concert on **Saturday, Feb. 4**, at 7:30 p.m. in PAC Pealer Recital Hall. The recital, titled "Tourists and Tour Guides," is free and open to the public.

In "Tourists and Tour Guides" the audience is invited to take a musical tour of Italy – given by German tour guides – and experience the native music of Poland, Spain, Hungary and other countries. DeWire will perform works by Johann Sebastian Bach, a German composer and musician of the Baroque period; Frédéric Chopin, a Polish composer and virtuoso pianist of the Romantic era who wrote primarily for the solo piano; Franz Liszt, the prolific 19th-century Hungarian composer, virtuoso pianist, conductor, arranger and organist; Johannes Brahms, the renowned 19th-century German composer and pianist; Isaac Albéniz, a Spanish pianist and composer of the late 19th century who is best known for his piano works based on folk music idioms; and Frederic Rzewski, a 20th-century American composer and virtuoso pianist.

For info, contact FSU's Department of Music at 301-687-4109.

Workshops

MCTA Offers Appalachian Dance Workshops



Mountain City Traditional Arts offers Appalachian Dance Workshops on clogging and flat-footing on the **second and fourth Saturdays** of the month from 11 a.m. to noon at 25 E. Main St. in Frostburg. Hard-soled shoes are recommended. Donations of \$10 per session are encouraged, though not required. No experience is necessary.

Instructor Catie Snider was born and raised in Cumberland. It wasn't until she was living in Albuquerque, N.M., that she discovered clogging at the Albuquerque Folk Festival and started taking classes that mostly consisted of dance routines to country music songs. She continued taking classes when she was living in Missoula, Mont., where she learned to "flat foot." While living in Asheville, N.C., she continued taking classes and began working on improv, simply dancing to live music. Snider returned to her hometown about three years ago and teaches anthropology and sociology classes at Potomac State College.

For info, contact MCTA at mountaincitytradarts@gmail.com or call 301-687-8040.

Literary Arts

Community Journal Project to Document Daily Life in 2017 Frostburg

The Frostburg Museum and FSU's Center for Literary Arts are proud to announce "A Year in the Life of Frostburg: The Community Journal Project." This interactive, yearlong activity will chronicle moments in the daily lives of Frostburg residents as told through their own words.

Frostburg businesses and organizations will receive 50 journals in late January to distribute to local residents. The journals will circulate around Frostburg throughout 2017. Participants are invited to document their daily lives during their possession of a journal before passing it along.

Whether by writing, painting, drawing or other forms of expression (even as simple as jotting down a grocery or to-do list), all are welcome and encouraged to share. Participation instructions will be found on the inside covers of the community journals.

After a full year, collected journals will be scanned, with their pages published to a blog on days corresponding with the previous year's entries. The original journals will be housed at the Frostburg Museum for viewing by the public, preserving for future generations a slice of Frostburg life in the year 2017.

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

CLA Announces New Middle School Writing Workshop

The FSU Center for Literary Arts will offer a middle school writing workshop series on **Mondays from Feb. 6 to March 6** from 4 to 5:30 p.m. in the Center for Literary Arts, 22 E. Main St. in Frostburg.

The workshops are free to students in grades 6 through 8.

Students will improve their writing abilities by exploring several different writing styles. The weekly workshops will focus on narrative, descriptive, expository and persuasive writing, connecting those lessons with creative writing each week. A cumulative writing session will employ multiple techniques and styles learned during each session.

Participants may attend as many or as few workshops as they like. Registration is encouraged due to space limitations, but it is not required.

Joshua Mallow, AmeriCorps youth academic engagement mentor for the Center for Literary Arts, will facilitate the workshops. Mallow is an FSU student pursuing a degree in elementary/middle education with a language arts specialization.

Mallow developed the program to align with Maryland College and Career Readiness Standards for Language Arts. The unique workshop will help enhance students' writing skills while exploring a world of creative writing that can be overlooked during typical classroom instruction.

This program is sponsored in part by AmeriCorps, the Maryland State and Allegany Arts Councils, Community Trust Foundation and FSU.

For info or to register, call 301-687-4340.

Points of Pride

Bill Mandicott Elected Secretary of GOSV

Bill Mandicott, assistant vice president, Student & Community Involvement Office, was recently elected secretary of the Governor's Office on Service and Volunteerism.

GOSV is a unit of the Governor's Office of Community Initiatives. Through the use of federal dollars, the office funds AmeriCorps State programs to support community service efforts in Maryland. Each year, the office recognizes more than 200,000 Maryland volunteers on behalf of the governor.

Jamie Winters Selected to Be Part of Graduate Scholarship Readers

Jamie Winters, assistant director, Student Activities Department, Student & Community Involvement Office, has been selected by Delta Zeta national sorority to be a part of the 2017-2018 Graduate Scholarship Readers. She has also been selected to be on the 2017 Marketing Planning Committee for the Northeast Greek Leadership Association Conference in Connecticut and to serve as a reviewer in the 2017 NGLA Amy Vojta Impact Awards Judging. The Amy Vojta Impact Awards are awarded to chapters, councils and communities and then specific individual awards highlight the good work individuals are doing throughout the Northeast.

Communication Dept. Students Inducted Into Lambda Pi Eta Honor Society



Inductees include, from left, Brandon Brock, Deanna Lucas, Tiaju McCalup, Ashleigh Eisentrout, Trevor Jones and (not in photo) Imani Martin. Professor Stern, far left, and Dr. Whalen, far right, are also included in this photo taken at a celebration dinner at Sand Springs Restaurant in December 2016.

The Department of Communication congratulates the newest inductees of FSU's Phi Epsilon chapter of Lambda Pi Eta (LPH). LPH is the official communication honor society of the National Communication Association.

Students in two programs in the department, Communication Studies and Mass Communication, are eligible for induction. To be eligible, a student must complete 60 semester credit-hours and have a minimum overall cumulative GPA of 3.0; complete 12 semester credit-hours (18 quarter credit-hours) in Communication and have a minimum GPA of 3.25 for all Communication courses; be enrolled as a student in good standing, as determined by the institution's policies; and rank within the highest 35 percent of one's class in general scholarship.

Inductees receive a pin, a cord for graduation and an induction certificate to indicate their exemplary level of academic achievement. They also have the opportunity as members of the chapter to develop knowledge and leadership focused on academic research and graduate studies. Elected officers for the chapter will be **Deanna Lucas**, president; **Brandon Brock**, vice president; and **Ashleigh Eisentrout**, secretary/treasurer.

For info on LPH, go to <http://www.natcom.org/lambdapieta>. For info on LPH at FSU, contact co-advisors Dr. Elesha Ruminski, associate professor and coordinator of Communication Studies, at elruminski@frostburg.edu, or Dr. Sheri Whalen, assistant professor of Mass Communication, at sawhalen@frostburg.edu.

Take Note

Dr. Elizabeth Throop Named Provost at FSU



Dr. Elizabeth Throop, currently acting provost and vice chancellor for Academic Affairs at the University of Wisconsin-Platteville, has been named provost and vice president for Academic Affairs at FSU. She will join FSU on July 1.

Throop, whose academic background is in cultural anthropology and social work, was dean of the UW-Platteville College of Liberal Arts and Sciences prior to her appointment as acting provost. She has experience leading university divisions in liberal arts, education, business and the sciences, covering the disciplines of FSU's three colleges.

As provost, Throop will serve as the University's chief academic officer, overseeing FSU's three academic colleges, academic support programs and the Lewis J. Ort Library.

Throop was chosen following a national search, which included open, on-campus meetings with faculty, staff and students.

Dr. Ahmad Tootoonchi has been serving as interim provost and vice president of Academic Affairs since July of 2015. He will return to his previous post as dean of the College of Business when Throop joins FSU in July.

Only 5 Copies of 'Being Black in Brownsville' Left!

Bernard Wynder Legacy Fund to Receive Proceeds



Professor Lynn Bowman has earmarked proceeds from the third edition of "Being Black in Brownsville: Echoes of a Forgotten Frostburg" for the Bernard Wynder Legacy Fund. This fund is dedicated to supporting FSU's Diversity Center's initiatives, including programs and excursions.

Bowman's book weaves together the histories of Frostburg and Brownsville, a community that began in 1866 with Tamar Brown's purchase of land on what is now FSU's Upper Quad. This edition was issued in conjunction with the recent celebration of the state of Maryland's and the city of Frostburg's proclamations of Oct. 11, 2014, as "Brownsville Recognition Day."

If interested in purchasing a copy, contact Dr. Amy Branam Armiento at abranam@frostburg.edu or 301-687-4293. The cost is \$15 per copy.

'Speaking OUT: Queer Youth in Focus' Books Available



This provocative exhibit appeared on FSU's campus last November. If interested in having a book that includes the images and discusses the exhibit's genesis, contact Dr. Amy Branam Armiento at abranam@frostburg.edu. Each book costs \$15 and there is a limited supply.

"Speaking OUT: Queer Youth in Focus" is a photographic essay that collectively explores a wide spectrum of experiences told from the perspective of a diverse group of youth ages 14 to 24 who identify as queer (i.e., lesbian, gay, bisexual, transgender or questioning). Portraits are presented without judgment and/or stereotype by eliminating environmental influence with a stark white backdrop. This backdrop acts as a blank canvas to be filled with the each subject's point of view handwritten onto the final print. With more than 65 portraits photographed over 10 years beginning in 2001, "Speaking OUT" provides a rare insight into the ever-evolving passions, confusions, prejudices, fulfillment, joys and sorrows voiced by queer youth.

For info, visit <http://racheelleesmith.com/speakingout>.

PACS Seeking Sustainability Proposals



The FSU President's Advisory Council for Sustainability (PACS) seeks proposals from faculty, staff and students for projects focused on sustainability. This opportunity is made possible by FSU students through the Sustainability Fee, which was implemented to support sustainability initiatives in classrooms, on campus and in the community. Projects could include (but are not limited to) campus speakers or presentations, experiential

learning, community service or campus improvements that advance sustainability. PACS expects to issue another call for proposals in fall 2017.

For this spring 2017 project cycle, approximately \$18,000 will be available for proposals. All projects should have a proposed completion date no later than May 2017.

If interested in receiving funding for a project, complete the attached "Sustainability Grant Request" form and email your application by **Monday, Feb. 13**, to Kara Rogers Thomas at krogersthomas@frostburg.edu. Successful applications will be chosen by a committee of the President's Advisory Council for Sustainability with representatives from students, faculty, staff and administration. All applicants will be notified of the decision on their proposal by **Tuesday, Feb. 28**.

You Can Prevent the Flu!

As students return to campus, the Brady Health Center would like to remind everyone of the importance of preventing the spread of illnesses, particularly the flu. Influenza cases are increasing and the predominant strain is one that causes more severe illness. Living in shared housing, such as residence halls, contributes to the spread of flu as well as other infections. Be sure to make these prevention measures part of your campus life:

- Try to avoid sick people. If you get sick, stay at home for at least 24 hours after your fever is gone and limit contact with others. Brady Health has disposable thermometers, ibuprofen and Tylenol available free of charge in the waiting room.
- **Wash your hands often** with soap and water, but if not available, alcohol-based hand rubs can be used.
- Avoid touching your eyes, nose and mouth since this is how germs are spread.
- Clean and disinfect surfaces and objects that may have been contaminated with germs.

More info is available on the CDC website at www.cdc.gov/flu.

It's Snowing! Should I Stay or Should I Go?

Make sure you know how to find out if FSU will be closed, have a delayed opening or close early on bad weather days.

The most reliable information regarding delayed openings and cancellations will be available at the MAIN UNIVERSITY NUMBER (301-687-4000, option 2) after 6 a.m. Notification of delays or closures will also be made through these outlets:

- On the main and "Current Students" page of the FSU website (www.frostburg.edu or students.frostburg.edu).
- Via Burg Alert text and email alerts. Registration information is below.
- Through campus email.
- Through local radio stations.
- Via Twitter: twitter.com/frostburgstate.
- On the FSU Facebook page (www.facebook.com/frostburgstateuniversity).
- Via School's Out (<https://www.schoolsout.com/schools/79>). Emails and text alerts are available.

Everyone should sign up for Burg Alerts, which, in addition to weather notifications, will be used to alert the campus in any kind of emergency. Alert can be sent as text messages to your cell phones (standard texting rates apply) and as free emails. To sign up, click <https://www.frostburg.edu/computing/fsualert> or visit the Technology page from the FSU front page. Look for "Burg Alerts" on the right side of the page. Follow the instructions, using your FSU user name and password to access the site.

You have the option of having alerts sent to two cell numbers and six email addresses, for example, if you want your family members to be informed. (They cannot sign up without your input.) This option is found under "Services" when you sign up. Make sure to follow the validation steps to activate your choices.

Unless FSU closure is announced on the outlets above, WE ARE OPEN. Likewise, the message under option 2 at the main University number will either announce the closure, or announce, "There are no delays or closures at this time." (If you are a student at a facility outside of Frostburg, officials from that facility will determine closures for those locations.)

FOR FACULTY/STAFF: Personnel compensation for closures or delays will be based on the appropriate cancellation/delay message as presented on the FSU voice-mail system. A reminder: Essential personnel are required to report to work in the event of any cancellation or delay. These individuals have been notified of their "essential" status by their department heads. If you are unsure of your status, please check with your supervisor.

If, in your judgment, it is not safe for you to come to work or to class while the University is still open, you must contact your supervisor and provide this information. In the event that liberal leave is announced for employees, it is expected that everyone will make an effort to report to work and class. Employees who take liberal leave will be charged for the appropriate leave time. The announcement of liberal leave DOES NOT cancel classes, nor does it relieve essential employees of their need to report to work during inclement weather.

FOR STUDENTS: The announcement of liberal leave for employees DOES NOT cancel classes. If you have concerns about your ability to make it to class in bad weather, discuss them with your faculty members BEFORE the weather turns nasty.

Depending on the severity of the weather, the Lane University Center and the Cordts PE Center may open with limited hours and services on days that classes are cancelled. This service is for students living on campus and within walking distance. Do not attempt to drive to campus if the weather is severe enough to warrant closing the University, for your own safety and for the sake of those who must work to clear parking lots and sidewalks. When it is determined that it is safe to open these buildings, announcements will be made via student email and the front page of the FSU website.

If you use SafeRide, there's a new way to stay informed in case SafeRide does not run in bad weather. Text the word "saferide" to 79516. You will receive a confirmation text that tells you that you have signed up successfully. (You must have already signed up for Burg Alerts to use this service.)

FOR ALL: The final decision with regard to your personal safety resides with you. Stay warm and be safe.

PLEASE DO NOT CALL UNIVERSITY POLICE OR THE COMPUTER HELP DESK FOR WEATHER-RELATED ANNOUNCEMENTS.

PLEASE DO CALL 301-687-4000, OPTION 2, or check the FSU website at www.frostburg.edu.

LOCAL RADIO/TV STATIONS:

The following local radio/television stations will be notified in the event of a closing or delay:

- WFRB (105.1 FM/560 AM)
- WCBC (1270 AM/107.1 FM)
- WTBO/WKGO/Go 106 (1450 AM/106.1 FM)
- WVMD – The Wolf (100.1/99.9 FM)
- WDYK – Magic (100.5 FM)
- WCMD – ESPN (1230 AM)
- WDNZ – (99.5 FM)
- WMSG – (1050 AM) Oakland
- WKHJ – (104.5 FM) Oakland
- WWHQ – (92.3 FM) Oakland
- WKLP – ESPN (1390 AM) Keyser
- WQZK – (94.1 FM) Keyser
- TV: WHAG-TV Hagerstown

NOTE: If there are mixed messages in the media (one station says we're open, another says we're closed) – PLEASE call the University number (301-687-4000, option 2) for clarification. That number will always be the FINAL authority in case of confusion from other sources.

Study Abroad

Learn French in Québec



Bonjour! Spend a semester at the Université de Sherbrooke in the Canadian province of Québec and come back to FSU speaking French! The Université de Sherbrooke, with 40,000 students, is located in a city of the same name in the hills of eastern Québec.

Based on the results of a placement test, you will follow a series of five courses over the semester in the university's French as a Second Language program, earning 15 credits. Your classmates will be students from all over the world.

This opportunity is available through the National Student Exchange. FSU students pay FSU tuition and Université de Sherbrooke room and board. Thanks to the strong U.S. dollar and lower costs, a semester in Canada could cost less than a semester at FSU! NSE has a once-a-year application deadline, **Wednesday, Feb. 15**. If you would like to study at Université de Sherbrooke in fall 2017 or spring 2018, you must apply by that date.

To learn more about the program, you can read about two FSU students who visited Quebec in November at www.frostburg.edu/home/news/university-news-portal/frostburg-state-students-now-can-study-abroad-in-quebec or visit the Université de Sherbrooke's "Campus Life" page to get a sense of the campus and city through Facebook and Instagram at <https://www.usherbrooke.ca/etudiants/vie-etudiante/vie-de-campus>.

Financial aid and student loans and scholarships are available. For info about applying for this opportunity, contact Dr. Richard Russo, International Studies coordinator, at rarusso@frostburg.edu or the Center for International Education in 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.

Activities for Life

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

Water Aerobics

Two sessions of water aerobics will be offered **Tuesdays and Thursdays** from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool. Session one will be held **from Jan. 31 through March 16** (with no class on **March 9**), with session two following **from March 28 through May 11**. 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.

Youth Swimming Lessons

Four sessions of youth swimming lessons for children ages 4 to 13 will be offered **Mondays and Wednesdays** in the Cordts PE Center swimming pool.

The first session will be held **from Feb. 6 through 22** from 6:40 to 7:30 p.m., the second **from Feb. 27 through March 15**, the third **from March 27 through April 12** and the fourth **from April 17 through May 3**. Sessions 2, 3 and 4 will take place from 6 to 6:50 p.m.

Youth swimming instruction is separated into skill levels based on the child's swimming ability when enrolling in the class.

'Move It and Lose It' Dance Classes

Two sessions of "Move It and Lose It" classes for ages 16 and older will be offered **Wednesdays** from 5:15 to 6 p.m. in the Dance Studio (room 106) of the Cordts PE Center. Session one will be held **from Feb. 8 through March 15**, with session two following **from March 29 through May 3**.

"Move It and Lose It" allows participants to exercise, lose weight and still have fun by dancing to popular music. Basic dance movements will be taught, and students will follow along with the teacher to popular upbeat music for a fun way to get in shape.

The registration and payment deadline is **Monday, Feb. 6**, for session one and **Monday, March 27**, for session two.

Intermediate Dance and Movement

An Intermediate Dance and Movement class for children ages 7 to 11 years will be offered **Wednesdays, Feb. 8 to March 15**, from 6:15 to 7 p.m. in room 106 of the Cordts PE Center.

In this class, students will learn advanced technical skills and musicality as well as use props and partnering to enhance rhythmic/movement learning. This class will emphasize the use of more advanced skills and body and space awareness.

The registration and payment deadline is **Monday, Feb. 6**.

Beginner's and Basic Tumbling Classes

Two sessions of a beginner's tumbling class for children ages 3 and 4 and a basic tumbling class for children ages 5 to 8 years will be offered **Thursdays** in room 106 of the Cordts PE Center. Session 1 will take place **from Feb. 9 through March 16** (with no class **March 9**) and session 2 **from March 30 through April 27**. The beginner's class will be held from 5 to 5:50 p.m. and the basic class will be from 6 to 6:50 p.m.

The beginner's class will focus on skills like stretching, forward and backward rolls, cartwheels and handstands.

The basic class 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.

The payment deadline for session 1 is **Monday, Feb. 6**, and for session 2 is **March 27**.

Group Fitness Classes

Group fitness classes will be offered **Mondays through Thursdays, Feb. 13 through May 11** (with no class on **March 9 and 20 through 23**), from 7 to 8 p.m. in Cordts PE Center room 168.

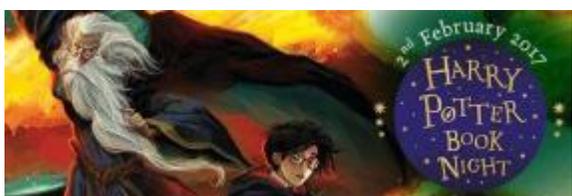
After paying a one-time semester fee, participants will be able to attend the following classes: Fusion on Mondays, Step Combo on Tuesdays, Yoga on Wednesdays and Strength on Thursdays. For a lesser fee, participants can instead choose one specific night of the week (not transferable to another night for missed classes).

The fusion workout incorporates elements of barre, Pilates and yoga into a strength-and-stretch session. Step combo employs choreographed combinations using an elevated step to upbeat music. Yoga focuses on vinyasa (flow)-style yoga, building strength, flexibility and concentration while calming the mind. The strength training workout emphasizes toning and muscle definition using high reps and medium resistance and is designed to strengthen the cardiovascular system and boost balance, endurance and agility.

The first week is free to sample. Payment must be made to continue beginning **Monday, Feb. 20**.

Volunteers

Volunteers Wanted for Harry Potter Book Night



Harry Potter Book Night will take place on **Thursday, Feb. 2**, from 6 to 8 p.m. in the Ort Library. The volunteer jobs listed at <http://bit.ly/2q677b8> are for the whole event, unless otherwise stated. If you sign up, sign up for the job you want the **most**. Volunteers will need to meet at the Ort library at 5:30 p.m. to help set up. There will be a Wizard Boot Camp, so look out for information for this mandatory event.

For info, contact Chenoa Zais at the Children's Literature Centre at 301-687-3133, email clc@frostburg.edu or visit www.frostburg.edu/clc.

Student Life

Edgewood Commons

Edgewood Commons is still accepting applications for the spring semester. **Only a few spaces are available.** Contact Edgewood directly for contracting questions. All the info about Edgewood Commons is available at www.edgewoodFSU.com. Apartments come fully furnished and have private bedrooms and semi-private bathrooms. Utilities (gas, electricity, water, Internet and cable) are included in the contract fee. To set up a tour or find out more, call 301-689-1370.

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.

Tips on Driving on Icy Roads



Get winter tires for your vehicle.

Just slow down!

Accelerate at the bottom of a hill to get extra momentum.

Should you spin along the way, don't panic. Release the pressure on the accelerator.

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.