



StateLines

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

Volume 50, Number 18, February 10, 2020

Copy deadline: noon Wednesday, Candis Johnson at statelines@frostburg.edu

Singer-Songwriter Crys Matthews to Appear in CES' On the EDGE



CES at FSU will present singer-songwriter Crys Matthews as part of its On the EDGE series on **Thursday, Feb. 27**, at 7:30 p.m. in Lane Manicur Hall. The event features informal table seating, comfortable couch and armchair seating, a free appetizer and a cash bar, and is co-sponsored by Student Activities/Late at Lane and FSU's University Council on Diversity, Equity and Inclusion.

Matthews' eclectic blend of Americana, folk, jazz, blues, bluegrass and funk has endeared her to fans and critics alike. In 2017, she was awarded first prize at the New Song Music and Performance competition at Lincoln Center. Her music is steeped in traditional melodies and punctuated by honest, original lyrics. A recent podcast from the National Endowment for the Arts raved that "the preacher's kid from a small town in North Carolina is doing quite well with eight releases under her belt, including songs about social justice, love, loss and her dog. She's really terrific – immensely talented and personable."

The music publication the Bluegrass Situation stated, "While each and every day, on each and every media platform, we're reminded of the division, alienation, marginalization and divisiveness rampant in our country (and our world), we're not often enough met with people like Matthews who exist as reminders of what beauty can occur when we bridge those divides."

Community members are also invited to attend an interactive performance and discussion with Matthews, "Sing Don't Shout – An Alternative Approach." The free 2 p.m. event will take place at Frostburg's Clatter Café, 15 S. Broadway. The event is sponsored by Gonzaga Health as part of the CES Arts for Enrichment series.

Performance tickets are \$15 for adults and \$13.50 for youth under 18. Military, package and group discount rates are also available. For info or to order tickets, visit CES' webpage at ces.frostburg.edu or contact the CES box office at 1-866-849-9237 or 301-687-3137. The box office, located in the FSU Lane Center, is open Monday through Friday from 10 a.m. to 4 p.m.

Music

Unless otherwise noted, 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.

Gregory Scott Stuart Performing Art Songs and Arias in FAS Concert



FSU's Department of Music will present baritone **Gregory Scott Stuart** in a Faculty Artist Series recital of art songs and arias on **Wednesday, Feb. 12**, at 7:30 p.m. He will be accompanied by pianist **Dr. Joseph Yungen**.

The program will include songs in six languages, including a selection from Robert Schumann's song cycle, "Liederkreis, Op. 24," and a group of songs by Pauline Viardot, Schumann's friend and a leading 19th-century French mezzo-soprano and composer. Maurice Ravel's "Don Quichotte à Dulcinée" adds a Spanish flavor, and songs by contemporary American composer Ned Rorem round out the offering of art songs. A little-known aria

by Franz Joseph Haydn and an aria by Giuseppe Verdi, as well as the famous Toreador Song (“Votre toast, je peux vous le rendre”) from Georges Bizet’s “Carmen,” give a taste of operatic singing.

LIVE! at StarScape – Pianist Thomas Pandolfi



As part of its LIVE! at StarScape series, CES at FSU will present American virtuoso pianist Thomas Pandolfi in a performance titled “Into the Night With Gershwin” on Valentine’s Day, **Friday, Feb. 14**, at 7:30 p.m. The intimate club-style event will take place in the Lyric Theatre, 20 E. Main St. in Frostburg, and includes bar service and a menu of beverages, appetizers and desserts.

Patrons can also opt to attend a four-course preshow dinner at The Toasted Goat in Frostburg’s historic Hotel Gunter at 11 W. Main St. Dinner service will begin at 5 p.m.

Pandolfi is considered a leading interpreter of the works of George Gershwin. Critics have praised him for his passionate artistry and astonishing technique. His Valentine’s Day performance will include such beloved standards as “Embraceable You,” “Our Love Is Here to Stay” and the timeless American masterpiece, “Rhapsody in Blue.”

Pandolfi earned his bachelor’s and master’s degrees as a scholarship student at the prestigious Juilliard School. His career has taken him to cities throughout the U.S., Canada, Europe and Asia.

Immediately following the performance, CES will join forces with FSU’s WFWM-FM Public Radio to present the Offstage Series With WFWM, when station director **Chuck Dicken** will join Pandolfi for a lively interactive discussion with the audience.

Tickets are \$17 for adults and \$15.30 for youth under 18. Military, package and group discount rates are also available. For info or to order tickets, visit CES’ webpage at ces.frostburg.edu or contact the CES 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.

Guest Artist Series Hosts Electro-Acoustic Violist Martha Mooke



FSU’s Department of Music will host a Guest Artist Series concert by electro-acoustic violist Martha Mooke on **Friday, Feb. 21**, at 7:30 p.m.

Mooke, who is also a composer, producer and educator, will perform a concert of her viola music, featuring FSU’s Wind Ensemble, String Ensemble, Percussion Ensemble and FSU’s choirs. She will also host clinics for FSU music students, as well as students in Allegany County Public Schools.

Acclaimed for her electrifying performances and compositions, Mooke transcends musical boundaries, enhancing her classical training and expertise with extended techniques, digital effects processing and improvisation. A Yamaha Artist and leading clinician on electric and progressive string playing, she has toured with Barbra Streisand, Peter Gabriel and Star Wars in Concert and has performed with Elton John, Lou Reed, Iggy Pop, Tony Bennett, Bon Jovi, Patti Smith and many others. Mooke is also the founder and artistic director of the Scorchio Quartet featured on David Bowie’s “Heathen” CD.

Mooke has received awards from ASCAP, Meet the Composer, Arts International and Fellowships at the MacDowell Colony. She has been commissioned by Symphony Space, Tribeca New Music Festival, Agosto Foundation (Prague), Percussion Plus Project, Musicians Accord and others. Her musical arrangements have been performed by country music star Sturgill Simpson, Iggy Pop, Sharon Jones and Tibetan musician Tenzin Choegyal. Her catalog includes solo, chamber, symphonic band and orchestra works, as well as multimedia, film, theater and ballet scores. Mooke’s genre-defying recordings, “Enharmonic Vision” and Bowling’s “Cafe Mars” with guitarist Randolph Hudson III, have attracted wide critical acclaim. Her latest CD is “No Ordinary Window.”

For info, contact Shannon Shaker at 301-687-7452 or band@frostburg.edu.

U. S. Army Jazz Ambassadors Will Perform as Part of FSU’s Fifth Annual Jazz Festival



As part of the FSU Department of Music’s fifth annual Jazz Festival, the U.S. Army Jazz Ambassadors will perform on **Saturday, Feb. 22**, at 4:30 p.m.

The concert is free and open to the public, but tickets are required. Tickets are available at Main Street Books in Frostburg or the FSU Department of Music, Performing Arts Center room 202, and online at tickets.frostburg.edu. Tickets will also be available at the door.

The Jazz Festival provides an opportunity for high school students in the Mid-Atlantic region to spend the day in clinics and masterclasses focused on jazz music. The clinics and masterclasses are presented by members of the guest jazz ensemble, as well as FSU jazz faculty.

Known as America’s Big Band, the Jazz Ambassadors are the premier touring jazz orchestra of the U.S. Army. Formed in 1969, this 19-piece ensemble has received critical acclaim throughout the United States and abroad performing America’s original art form, jazz.

Performances by the Jazz Ambassadors offer some of the most versatile programming of any big band. Concerts include classic big band standards, instrumental and vocal solo features, patriotic favorites, contemporary jazz works, and original arrangements and compositions by past and present members of the Jazz Ambassadors.

The Jazz Ambassadors have performed in all 50 states, Canada, Mexico, Japan, India and Europe, and in joint concerts with the Boston Pops, National Symphony, Pittsburgh Symphony and Seattle Symphony, as well as at Carnegie Hall with Erich Kunzel and the Cincinnati Pops. Appearances at international jazz festivals in Montreux, Newport, Toronto, Brussels and the Netherlands have been met with enthusiastic acclaim, as well as concerts in England, Wales, Luxembourg, Germany, the Czech Republic and Norway.

For info on the U.S. Army Jazz Ambassadors, visit <https://www.armyfieldband.com/about/ensembles/jazz-ambassadors>.

For info on the FSU Department of Music concert series, call 301-687-4109.

Registration is still open for students interested in the clinics/masterclasses. For info, contact Dr. Brent Weber at 301-687-4116 or email jazz@frostburg.edu.

FSU's Department of Music to Present West Shore Piano Trio in Faculty-Guest Artist Series Concert



The FSU Department of Music will present the West Shore Piano Trio in a Faculty-Guest Artist Series concert on **Sunday, Feb. 23**, at 3 p.m.

The West Shore Piano Trio, comprised of **Dr. Jay DeWire** on piano, Heather Haughn on the violin and Diana Flesner on the cello, will perform Johannes Brahms' "Piano Trio No. 1 in B Major" and Antonin Dvořák's "Piano Trio No. 4 in E Minor" (Dumky).

Brahms completed "Piano Trio No. 1 in B Major, Op. 8" in 1854, when he was only 20 years old. The trio is the only work of Brahms to exist today in two published versions, although it is

almost always the revised version that is being performed today. The work is homotonal, with two movements in the key of B major and two in B minor.

"Piano Trio No. 4 in E Minor, Op. 90, B. 166 (also called Dumky trio) is a composition Dvořák wrote in 1891. It is a prominent example for a piece of chamber music deviating from the customary form. Dumky is the diminutive form of the Slavic term *duma*, which refers to epic ballads, specifically a song or lament of captive people. During the 19th century, composers from other Slavic countries began using the *duma* as a classical form used to indicate a brooding, introspective composition with cheerful sections interspersed within.

Presentations

Black History Month Speaker Series Features Presentations on Harriet Tubman and Frederick Douglass

The African American Historical Association of Western Maryland announces the 2020 Black History Month Speaker Series. On **Thursday, Feb. 13**, at 10:30 a.m., storyteller and folklorist Janice Curtis Greene will present "Harriet Tubman: 'Walk a Mile in My Shoes'" at Allegany High School. Greene has performed throughout the U.S., Canada, Egypt, Paris, Italy and South Africa for more than 25 years. Her presentation portrays the life of Tubman, the Underground Railroad and her role as an abolitionist.

Poet, author and spoken-word performer Nathan Richardson will present the "Frederick Douglass Speaking" tour at Mountain Ridge High School on **Friday, Feb. 14**, at 8:40 a.m. Richardson educates and motivates audience members by delivering a remarkable portrayal of Douglass, the former slave, writer, orator and abolitionist.

These events are sponsored by the Allegany County Public Schools System, the Allegany County NAACP Branch 7007 and the historical association. FSU's Student Affairs division and the Center for Student Diversity, Equity and Inclusion are supporting these programs. Transportation to both events will be available to a limited number of FSU students. Students interested in attending should contact Robin Wynder in CSDEI at 301-687-4050 or rwynnder@frostburg.edu.

Community members will also have the opportunity to view two Black History Month exhibits by artist, author and speaker Sylvia Castellanos, one **through Friday, March 6**, in Cumberland City Hall, 57 N. Liberty Street, and the other **through Saturday, March 7**, at the Hazen Gallery at Allegany College of Maryland. This exhibit will be followed by a lecture by Castellanos on **March 7** at 1 p.m. in the Zimmer Theatre, ACM College Center.

For info, contact Wynder or Ron Lytle, African American Historical Association of Western Maryland, at rllytle2017@gmail.com.

Seminar on the Science of Mindfulness

Student Affairs and The Mindful Well-Being Group will host Christina Pucel, MS, NCC, LPC, on **Friday, Feb. 21**, from 2 to 3:30 p.m. in Gira Center 397 for a seminar titled "The Science of Mindfulness and Implications for Higher Ed."

Come learn why mindfulness is beneficial to you and students; learn how to explain the science of mindfulness and how mindfulness practices can change your brain; and learn how to lead simple breathing, meditation and mindfulness practices.

For info, contact Dr. Holly Currie at 301-687-4359 or hncurrie@frostburg.edu.

Dr. Felix Kumah-Abiwu to Speak on ‘Decoding Media Gatekeepers and Their Portrayal of Black Males in America’



As part of Black History Month, the African American Studies Program will host Dr. Felix Kumah-Abiwu on **Tuesday, Feb. 25**, from 6 to 7.30 p.m. in the Lane Atkinson Room (232) for a lecture titled “Decoding Media Gatekeepers and Their Portrayal of Black Males in America.”

Kumah-Abiwu is an assistant professor of pan-African studies and director of the Center for African Studies at Kent State University. His research focuses on African security issues, elections/democratization, global narcotics policy and media gatekeeping/portrayal of black males in America. He earned his master’s from Ohio University and his doctorate in political science from West Virginia University.

Kumah-Abiwu is the author of “The Dynamics of U.S. Narcotics Policy Change: Implications for the Global Narcotics Regime.” He has contributed a chapter on black males and media gatekeepers in a recently published book, “Marginality in the Urban Center: The Costs and Challenges of Continued Whiteness in the Americas and Beyond.” His articles have also appeared in scholarly journals such as “West Africa Review,” “Commonwealth Journal of International Affairs,” “Journal of Pan-African Studies,” “International Journal of Public Administration,” “Journal of Economics/Sustainable Development,” “Commonwealth & Comparative Politics,” “Urban Education” and “Journal of Men’s Studies.”

For info, contact Dr. James Saku, coordinator of the African American Studies Program, at 301-687-4724 or jsaku@frostburg.edu.

Readings

Celebrate Women’s History and Suffrage With Feminist Reading in March

Celebrate Women’s History Month and the 100th anniversary of women’s suffrage with the Feminist Reading on **Thursday, March 12**, at 7 p.m. at the Center for Literary Arts at 22 E. Main Street in Frostburg. Everyone is welcome.

Bring your own – or someone else’s – work to read. Voice and amplify words addressing the expression of gender, marginalization, equality and liberation.

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

Exhibits

Mel Collins Collection on Display at Ort Library



Mel Collins (left) is pictured at the Smouse Mill Farm Dedication for the National Register in May 1979.

The David M. Gillespie Special Collections is displaying an exhibit on the Mel Collins Collection. Melvin “Mel” Woodrow Collins (1926-2019) was a Cumberland native and U.S. Navy veteran who was passionate about historical building preservation in Western Maryland. As a member of the Preservation Society of Allegany County, Collins was responsible for documenting hundreds of historical structures in the region, as well as working to create historical markers for these landmarks. His collection consists of thousands of indexed photographs of historical buildings and structures primarily found in Allegany County between 1976 and 2006. The exhibit will be displayed on the

fourth floor of the Lewis J. Ort Library for the months of **February and March**.

For info, contact Liza Zakharova, Special Collections librarian/archivist, at ylzakharova@frostburg.edu.

FSU’s Roper Gallery Features Artist Brandon C. Smith



From left, Smith’s “Seated Woman II” and “Exodus”

FSU’s Department of Visual Arts will present an exhibit by artist Brandon C. Smith **through Wednesday, Feb. 19**, in the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. The exhibit is free and open to the public.

Smith, an American artist who lives in Kentucky, works in painting, drawing, sculpture and installation with fellow artist Travis Townsend as part of the Smith Townsend Collaborative. He is also a senior lecturer of art at the University of Kentucky, where he teaches painting, drawing and figure drawing. Smith earned his bachelor’s degree from Eastern Kentucky University and his master’s from the University of Cincinnati. For info about the artist, visit www.brandonsmith.com.

The Roper Gallery is open **Sundays through Wednesdays** from 1 to 4 p.m. For info about this event, contact the Department of Visual Arts at 301-687-4797.

Take Note

Check Out the National Student Exchange!



Do something different next year! “Exchange” to another school in the U.S., Canada, Guam, Puerto Rico or the U.S. Virgin Islands for a summer, semester or year. NSE is affordable; pay FSU tuition and earn credits toward your degree.

For info and a list of NSE schools, visit www.nse.org. You can also call 301-687-4403, email alshimko@frostburg.edu or drop by Pullen 110. Sign up for an information session or set up a meeting with an NSE advisor to learn about the application process. To begin your application, go to <https://nse.org/exchange/apply>.

The priority application for summer 2020 and the 2020/2021 school year is **Saturday, Feb. 15**.

Information Sessions

Information sessions will be held in the Pullen 110 conference room on **Tuesday, Feb. 11**, at 3:30 p.m., **Wednesday, Feb. 12**, at 3 p.m. and **Thursday, Feb. 13**, at 3:30 p.m.

\$3 Lunch Special and Win It Wednesday



Still considering a meal plan? Test drive a meal plan **every Wednesday this month** from 10:30 a.m. to 1:30 p.m. with the \$3 lunch special at Chesapeake. Everyone on a meal plan will be entered to win a prize **every Wednesday in February**. The drawings on **Feb. 12 and 26** will be for a mountain bike. The drawing on **Feb. 19** will be for two Wisp lift tickets with a one-night stay. To select a meal plan, visit <https://dineoncampus.com/frostburg/meal-plan-purchase>.

Harlem Globetrotters Return to FSU

The Harlem Globetrotters, who are in their 94th year of basketball wizardry and comedic theatrics, will return to FSU on **Monday, Feb. 24**, at 7 p. m. in the Cordts PE Center Bobcat Arena. Their one-of-a-kind family entertainment has been seen by millions of people, including popes, kings, queens and presidents. The Globetrotters have showcased their iconic performance in 122 countries and territories in six continents, breaking cultural and societal barriers. In 2014, their visit to Frostburg was a tremendous success in that they broke box office records out of the 101 Globetrotter venues they performed at that year.

To buy tickets, go to <https://www.ticketweb.com/event/harlem-globetrotters-bobcat-arena-tickets/10014765?pl=hglobe>.

For info, contact Tim Arnold at tarnold@frostburg.edu.

Book Discussions on ‘Waking Up White’



Debby Irving’s powerful “Waking Up White: And Finding Myself in the Story of Race” opens a rare window on how white Americans are socialized. Irving’s focus on the mechanics of racism operating in her own life may lead white readers to reconsider the roots of their own perspectives – and their role in dismantling old myths. Readers of color will no doubt find the view through Irving’s window fascinating, and telling.

Irving is an emerging voice in the national racial justice community. Combining her organization development skills, classroom teaching experience and understanding of systemic racism, she educates and consults with individuals and organizations seeking to create racial equity at the personal and institutional levels.

Book discussions on “Waking Up White” will be held at The Book Centre at 15 N. Centre St. in Cumberland from 6 to 7:30 p.m. on the following **Tuesdays: Feb. 25 and March 24**, as well as at Main Street Books at 2 E. Main St. in Frostburg, also from 6 to 7:30 p.m., on the following **Thursdays: Feb. 27 and March 26**.

Sign up to join the discussion or ask questions by emailing info@thebrownsvilleproject.com or visit www.thebrownsvilleproject.com/acltrc. For info, contact Dr. Elesha Ruminski, FSU partner liaison, at elruminski@frostburg.edu or 301-687-4480. People can attend these later sessions even if they did not make the initial meeting held in January.

Help Celebrate Earth Day’s 50-Year Anniversary

Become a Presenter at Focus Frostburg 2020: “Learn In” for Earth Day!



Focus Frostburg is FSU’s annual day of learning on sustainability and climate awareness. This year the event will be held on **Wednesday, April 22**, from 10 a.m. to 5 p.m. (with an evening program TBA) in the Lane Center. The event is free and open to FSU students, faculty, staff and the community.

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

Student presentations would 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 krogersthomas@frostburg.edu and submit a presentation or workshop title and one-or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environment or climate awareness issue. All presentations should span a maximum of 50 minutes, since the normal MWF class schedule will be followed. 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. Room space for presentations is limited. Be sure to confirm your interest by the deadline, **Monday, March 2**.

Have Questions About FSU's Honors Program?



Be sure to check out the Honors Program table in the Lane Center on the first Tuesday of the month (**March 3, April 7 and May 5**) from 11:45 a.m. to 1:45 p.m.

Stop by to speak with Honors Program staff about Honors requirements, Honors courses, priority registration, Honors enhancements, graduating with honors, Experiential Learning Options, applying for the Honors Program and Honors study abroad opportunities.

You can also find info about the Honors Program on Facebook at facebook.com/honors.frostburg and Instagram at frostburg_honors.

Visit Maryland's State Capitol in Annapolis

Learn and Practice Your Civic Engagement Skills!



Sign up for a free trip to meet state governmental officials on **Wednesday, March 4**, tour the statehouse, have lunch with the Western Maryland delegation and current FSU interns, and see live debate on current state legislation. Dress is business casual (no jeans or sneakers). The charter bus will depart at 8 a.m. from the Pealer Center lobby entrance and return to FSU at around 9 p.m. Lunch is provided, but it is recommended you bring money for dinner or snacks before returning home. Seating is limited, so sign up early. No shows will be charged \$50.

Get your free ticket at the Lane Center box office Monday through Friday from 10 a.m. to 4 p.m. or online at <https://frostburgtix.universitytickets.com>. For info, contact Tim Magrath at 301-687-4080 or Bill Mandicott at 301-697-6662.

FSU Undergraduate Research Symposium Coming on May 1

FSU will host the annual Undergraduate Research Symposium on **Friday, May 1**, from 11 a.m. to 2 p.m. in the Lane 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 2019, fall 2019 or spring 2020. Students can obtain registration forms from their faculty or staff mentors.

Registration forms are due by **Friday, March 13**, and must be submitted as an email attachment to Dr. Karen Keller at kkeller@frostburg.edu. Full project descriptions/abstracts will not be due with the registration form but will be due by **Friday, April 3**, as a separate email attachment to Keller.

For info, email Keller or call 301-687-4174.

Graduation Will Be Here Before You Know It

It's not too early to be thinking about graduation, especially if you intend to graduate on **Thursday, 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 at 2 p.m.

Tickets will be required for admission. The number of tickets allotted per graduate will be announced at a later date.

If you have not applied for graduation, contact the Registrar's Office to submit your application and ensure everything is in order for you to graduate in May.

The first of two Commencement mailings will be sent in **mid-March** to your local and permanent addresses. Check your PAWS account to make sure your home address is correct. If you need to update your address, send an email from your FSU account to the Registrar's Office at reginfo@frostburg.edu.

Caps and gowns are provided at no cost to all graduates and may be ordered online at <http://bookstore.frostburg.edu>. Your order must be placed by **Monday, April 6**.

Full details about the ceremony can be found on the Commencement website at www.frostburg.edu/events/commencement. For info, contact Christie Bohn at 301-687-4423 or email commencement@frostburg.edu.

Jobs

Be a Part of the Team at FSU's Summer Camps and Conferences

What are you doing next summer? Consider being part of the team for FSU's thriving Summer Camps and Conferences program. Coach Wootten's Basketball Camp, Camp Hope, Brit-Am Soccer Academy, the Washington Metropolitan Association of Chinese Schools and many other groups call FSU their summer home.

The position includes room and board. More applications are received each summer than there are positions (15 total), but all are welcome to apply. After an initial offer is made, the summer position is contingent on passing a criminal background check. This is a position working with youth; successful completion of the background check, especially as it relates to minors, is a state and FSU requirement. The work varies, e.g., some customer service, some bed moving and interaction with other offices on campus. The position requires someone who can think on his or her feet to solve problems. Hours are not regular; this is not a 9-to-5 position.

An online application is available at <http://www.frostburg.edu/admin/confer/conferences-and-events-staff-application> and you can submit it there. For info, contact Tim Arnold, director of Conferences and Events, in Hitchins 322, at tarnold@frostburg.edu or at 301-687-4021. The deadlines for applications is **Friday, March 13**. Hiring decisions are anticipated by spring break.

United Campus Ministry

UCM Collecting Be Warm Care Bags



United Campus Ministry will once again create and distribute Be Warm Care Bags to the homeless shelter. You can help out in several ways – by donating the supplies needed (shampoo, Dial or hypoallergenic soap, toothpaste and toothbrush, deodorant, hand and foot warmers, gloves, and a hat or scarf), donating McDonald's \$5 gift cards, helping create bags or helping distribute them. These will be given to the homeless in Cumberland and any left over will go to a women's domestic violence shelter.

Care bags will be packed on **Monday, Feb 10**, at 9 p.m. in Library 237 and distributed on **Saturday, Feb. 15**, from 11 a.m. to 1:30 p.m. Chaplain Cindy will be in the Lane Center on **Feb. 10** if you want to donate items, or send them to the office in Hitchins 308.

For info, contact group leader Nick Ortiz at 240-640-0213 or nlortiz0@frostburg.edu.

Activities for Life

Group Fitness Classes

Group fitness classes will be offered **Mondays through Wednesdays, Feb. 10 through May 6** (with no class **March 16 through 18**), 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: Cardio Sculpt with Eve Schott on Mondays, Step Mix with Eve Schott on Tuesdays and Vinyasa Yoga with Audrey King on Wednesdays. For a lesser fee, participants can instead choose one specific night of the week (not transferable to another night for missed classes).

Cardio Sculpt 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. Step Mix employs choreographed combinations using an elevated step to upbeat music. Vinyasa Yoga focuses on standing and balancing poses to increase strength, flexibility and balance.

The first week is free to try out the classes. Payment must be made the following week.

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

Study Abroad

Where in the World Would You Like to Study Abroad?



Nnamdi-Raphael Okoye: Spain, Fall 2018-Spring 2019

Photo taken in Morocco

FSU students have the opportunity to study abroad all over the world.

Financial aid can be used for overseas experiences during the fall and spring semesters.

Exchange programs are available that allow students to pay FSU tuition prices.

For info, contact Kara Hotchkiss at kjhotchkiss@frostburg.edu or 301-687-4747.

Info Sessions on Study Abroad



Interested in studying abroad? Attend a study abroad information session to learn more! Sessions will take place on the following **Fridays** at 3:30 p.m. in the Fuller House: **Feb. 14, March 6 and 27, April 17 and 24, and May 8.**

Contact Kara Hotchkiss at kjhotchkiss@frostburg.edu or 301-687-4747 to sign up to attend.

Community

Free Parking in Frostburg!



The Frostburg Business Professionals Association and the city of Frostburg are providing three hours of free parking every Saturday until July 2020.

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.

This Valentine's Day Make a Date With Your Heart!



Prevent and control high blood pressure, high cholesterol and diabetes.

Avoid smoking and secondhand smoke.

Limit alcohol use.

Maintain a healthy weight.

Be active.

Eat healthy.

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.