



For and about FSU people

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## Three Employees Honored With Staff Awards for Excellence at FSU Virtual Meeting

FSU honored three outstanding employees, *Allen Flanagan*, *Leslie Johnson* and *Rob DeVore*, during a virtual meeting with faculty and staff. The annual Staff Awards for Excellence recognize exceptional service to the institution. Recipients are nominated and chosen by their colleagues. This year's award winners have served FSU for a combined total of 42 years.

Flanagan, director of the Lane University Center, won the award in the Exempt Employee category. Flanagan has been employed at FSU since 2016, and his positive and team-motivated attitude, mentoring skills, organizational skills, commitment to safety and risk management, and overall expertise have become highly valued. When he is not in his office in the Lane University Center, Allen can be seen walking around the building, making sure it is safe, and talking to students, faculty, staff and guests. He sees things in students that they might not even see in themselves and helps build them up to act on those unseen characteristics. His value has only increased during COVID, as he has been the operational mastermind behind planning the logistics for FSU's COVID-19 testing sites. And in his service to students, Flanagan has been able to accommodate a huge number of needs, so they feel they can maintain some type of normalcy.

Johnson, payroll processing associate in the Payroll and Employee Services Office, won the award in the Nonexempt Employee category. Johnson has been employed at FSU since 2001, when she was hired as an office clerk 1. Through many changes over the years in that office, she has taken on additional duties and has been a valuable asset. Johnson is known for her precise and accurate work, takes her job seriously and provides great customer service. She is a very diligent worker who has ensured that payments have been processed and other payroll tasks have been completed by deadline throughout the pandemic. Johnson is always willing to give of her time and talents on the job and off. She is the first to volunteer to put something together for someone who is sick, has had surgery or is going through a hard time. Her professionalism and giving personality have ensured her success through the years.

DeVore, HVAC chief, was recognized in the Nonexempt Employee/Facilities-Maintenance category. He has been employed at FSU since 2004, when he was hired as an HVAC mechanic in the Facilities Management Department. He was promoted to chief in 2016. DeVore and his staff maintain all heating, cooling and refrigeration across campus. In his position, he is able to work with all employees of the Facilities Department, as well as contractors, vendors and the end users of his services at FSU, the staff, faculty and students on campus. Johnson is very knowledgeable in his field and displays natural leadership in all aspects of his work. He demonstrates good core values, is motivated and strives for the best results. With the year-round dedication and hard work of DeVore and his staff, FSU's buildings are comfortable and functioning during every season of the year.

Award recipients are given a plaque, a certificate commemorating their dedication and a monetary award.

For info, contact the FSU Office of Human Resources at 301-687-4105.

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## FSU Named Military Friendly for 10th Straight Time



VIQTORY, which serves military personnel and their spouses transitioning into civilian life, has named FSU to its coveted 2021-22 Military Friendly Schools list, marking the 10th time in a row FSU has received this distinction. The Military Friendly Schools list honors colleges, universities and trade schools in the country that go above and beyond to embrace America's military service members, veterans and spouses as students and ensure their success on campus.

FSU is home to a Veterans Center that serves as a base for student veterans and dependents of veterans and helps ensure they receive the resources, representation and academic benefits they have earned. The Veterans Center hosts the Veterans Services Office, led by a full-time director, and the Student Veterans of America organization and offers a lounge, kitchen, computer lab and meeting room for veterans to use. Members of the Student Veterans Association additionally perform numerous community and alumni outreach through fundraisers and programs.

FSU is also home to a chapter of SALUTE, the first national higher education honor society for student veterans and military service members. SALUTE members are recognized at twice yearly ceremonies.

Institutions earning the Military Friendly School designation were evaluated using public data sources and responses from a proprietary survey completed by the school. FSU is one of 747 schools earning the Military Friendly designation out of more than 1,200 schools seeking it.

Methodology, criteria and weightings were determined by VIQTORY with input from the Military Friendly Advisory Council of independent leaders in the higher education and military recruitment community. Final ratings were determined by combining the institution's survey information and public data sources, and measuring the institution's ability to meet thresholds for student retention, graduation, job placement, loan repayment, persistence (degree advancement or transfer) and loan default rates for all students and, specifically, for student veterans.

FSU will be showcased along with other 2021-22 Military Friendly Schools in the May issue of G.I. Jobs magazine, and on [www.militaryfriendly.com](http://www.militaryfriendly.com).

For info about FSU's services to military and veteran students and their dependents, contact Danielle Dabrowski in the FSU Veterans Services Office at 301-687-4409 or [dldabrowski@frostburg.edu](mailto:dldabrowski@frostburg.edu).

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## Help for Students

### Have Issues or Concerns?

Be sure to continue to pass on your concerns to **President Nowaczyk** at [president@frostburg.edu](mailto:president@frostburg.edu) or, for specific academic issues, to **Dr. Michael Mathias** at [provost@frostburg.edu](mailto:provost@frostburg.edu). Students with individual concerns can be directed to resources by emailing [spring2021@frostburg.edu](mailto:spring2021@frostburg.edu). And for the spring 2021 plan and information, visit <https://www.frostburg.edu/spring2021>.

### Tutoring for the Upcoming Semester

#### Formats

TutorTrac with 15 peer tutors via TEAMS

NetTutor

Students will be able to make appointments with peer tutors via TutorTrac, confirmation and reminder emails will be sent, and tutors will send students TEAMS invites. Tutors will log appointment data, etc. Tutors will also have training on screen and file sharing, etc.

NetTutor will work as a supplement in case peer tutors are booked or students need help in courses not tutored, or students can use NetTutor exclusively.

For TutorTrac Instructions and Policies for Students (Updated with TEAMS component), NetTutor Student Quick Reference Guide and/or NetTutor Flyer, contact Mark Smith, director, Tutoring Services, at [msmith@frostburg.edu](mailto:msmith@frostburg.edu).

### A Message From CAPS

If you are having difficulty taking care of your daily needs and/or notice that your mood has been more depressed or anxious, you are not alone. Help is available at Counseling and Psychological Services (CAPS). Counseling is being provided over confidential tele-health programs.

If you are interested in individual counseling or participating in one of the groups CAPS offers, call 301-687-4234.

If you need of immediate support, call 301-687-4234 during business hours or 301-687-4223 in the evening or on the weekend.

Other crisis resources are available at:

National Suicide Prevention Lifeline: 1-800-273-8255

Trevor LifeLine: 1-866-488-7386

Veterans' Crisis Hotline: 1-877-VET2VET (1-877-838-2838)

Crisis Text Line: Text HOME to 741741 for free, 24/7 crisis counseling

911

## Special Events

### CES and Student Activities Present Nat Geo Live's 'Reimagining Dinosaurs'



A rendering of Spinosaurus by artist Davide Bonadonna

CES and the Student Activities program will present "Reimagining Dinosaurs," a free streaming event from the National Geographic Live Virtual Speaker Series, on **Tuesday, Feb. 23**, at 7 p.m. Through stories and conversation, the live program brings viewers behind the scenes with two world-renowned paleontologists.

National Geographic Explorers Nizar Ibrahim and Sebastián Rozadilla reveal the groundbreaking new science that is changing previous theories about how dinosaurs looked, moved and lived. Newfound troves from the Moroccan desert suggest that the immense predator Spinosaurus spent much of its time in the water. Meanwhile, in Chile, scientists have discovered a shocking new theropod that consumed a vegetarian diet, unlike its cousins, Velociraptor and T. rex.

Upcoming programs include "Feats of Filmmaking," on **Tuesday, March 16**; "Mysterious Seas" on **Tuesday, March 30**; and "Women and Migration" on **Tuesday, April 13**.

All events in this series require prior registration by visiting [tickets.frostburg.edu](https://tickets.frostburg.edu). For info, contact [ces@frostburg.edu](mailto:ces@frostburg.edu).

## Music

Because of the coronavirus pandemic, musical performances before public audiences will not be held until conditions warrant. However, the Department of Music is continuing a series of online presentations.

Visit [www.frostburg.edu/concerts](https://www.frostburg.edu/concerts) and click an event to be directed to the FSU Localist Events page; click the red "Join Stream" button on the right side of page to join the livestream.

Unless otherwise noted, concerts are free to view online. For info, contact FSU's Department of Music at 301-687-4109.

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

### FSU's Dr. Scott Rieker's Compositions Presented in Online Faculty Artist Series Concert, 'Some Fruits of COVID'

FSU's Department of Music will present compositions by **Dr. Scott Rieker** in a livestreamed Faculty Artist Series concert, "Some Fruits of COVID," on **Friday, Feb. 26**, at 7:30 p.m.

Guest artists will include pianist **Dr. Joseph Yungen**, soprano **Francesca Aguado**, saxophonist **Dr. Brent Weber**, violinist **Hanna Livingston** and FSU choral artists.

The concert will consist of inspiring compositions for choir, saxophone, violin, solo voice and piano written by Rieker, FSU's director of Choral Activities and Choral Music Education, during the first four months of the COVID-19 pandemic.

### Percussion Ensemble to Perform in Online Concert

FSU's Department of Music will present the Percussion Ensemble in its spring livestreamed concert on **Wednesday, March 3**, at 7:30 p.m.

Directed by **Dr. Mackenzie Jacob LaMont**, the concert will feature Anthony Cirone's "Overture in Percussion," FSU student **Nora Kopit's** "Birds," Gen Parchman's "Symphony for Percussion," G.H. Green's "Charleston Capers" and LaMont's "Landscapes."

Percussion Ensemble students include **Ryan Barber, Jacob Hunt, Kamonte Johnson, Kopit, Joseph Louis** and **Matthew Payne**. They will be joined by guest performers **Dr. Joseph Yungen, Deandre Cook, Cheyenne Jeffries** and **Julia Seddon**.

Cirone's "Overture in Percussion" was written in 1971 during his long tenure as a percussionist at the San Francisco Symphony and a professor at San Jose State University. Some of his most lasting contributions to the world of percussion – besides his compositions, teaching and performance history – are his many educational method books.

"Birds" is a collection of miniatures based around various experiences that Kopit has had with birds throughout her life. She used this piece to explore her ability to use music to create imagery and tell stories. Kopit studies composition and percussion with LaMont at FSU and is pursuing a degree in music studies, focusing on music composition. She plans to create soundtracks for the entertainment industry and tell stories through her music.

In Parchman's "Symphony for Percussion," he explores many textures throughout three movements. The first hints at jazz melodies in the vibraphone and glockenspiel, while polyrhythms sneak in and out of the background. The second features a vibraphone solo over plodding timpani, before and after a chaotic middle section. The third abandons pitched percussion in favor of a pseudo-jazz drum set and timpani, with polyrhythms no longer being hidden in the background.

As with many of Green's xylophone solos, this version of "Charleston Capers" is a Bob Becker arrangement for the percussion ensemble NEXUS. The xylo solo is true to the original Green publication with the exception of dynamics, slurs and accents. Considered one of history's greatest xylophone players, Green was also a soloist and arranger and performed with various groups.

LaMont wrote "Landscapes" in 2015 for piano quintet. The piece was inspired by the beautiful scenery one sees when driving long distances in the United States. There are five "zones" in the piece, four of which end with an arrival at a "landmark," and the last, which fades into the distance. Technically, each "zone" is full of randomly repeated blocks of music that lead to a cue from the cello part (here played on low marimba). This cue, followed by a declamatory statement from the cello part and piano, signal the arrival and departure from each "landmark."

## CES Offering Discounts to MSO Virtual 'Classical Prodigies' Concert

The Cultural Events Series at FSU will offer \$9.99 tickets for local residents to attend "Classical Prodigies," a Maryland Symphony Orchestra virtual concert, on **Saturday, March 13**, at 7:30 p.m. The event, led by MSO Musical Director Elizabeth Schulze, will be streamed live from the historic Maryland Theatre in Hagerstown, Md.

The concert features three masterworks, including "String Symphony No. 10" by Felix Mendelssohn, "Symphonic Serenade for String Orchestra" by Erich Wolfgang Korngold and "Symphony No. 1 for Strings" by James Lee III.

Remaining events scheduled in the six-concert series include "Ports of Call: Journeys and Discoveries" with guitarist Sharon Isbin on **Saturday, April 10**, at 7:30 p.m.; "Magic at the Symphony" with master illusionist Lynn Dillies on **Saturday, May 1**, at 7 p.m.; and "Brown and Beethoven," featuring pianist Michael Brown, on **Saturday, June 5**, at 7:30 p.m.

This exclusive offer is made possible through a grant from the Community Trust Foundation's Iris and Peter Halmos Community Fund. **Performance tickets of \$29.99 are discounted to \$9.99. FSU students may purchase tickets at a price of \$2.99.** Ticket buyers will have access to a recording of the concert for one week after the live broadcast. This offer will be available until all grant funds have been spent.

To acquire the promo code, email [ces@frostburg.edu](mailto:ces@frostburg.edu). For info about each concert or to purchase tickets, visit <https://watch.marylandsymphony.org/catalog>.

## Readings

### CLA to Host Virtual Reading by Writer Krista Eastman



As part of its Spring Reading Series, FSU's Center for Literary Arts will host a virtual reading by author Krista Eastman on **Tuesday, March 9**, at 7:30 p.m. This semester, readings will be livestreamed to YouTube and will thereafter be available on the CLA channel at <https://www.youtube.com/channel/UCqtBS9H9vtPSR4Vfd3pudTw>, or search for Frostburg Center for Literary Arts on YouTube.

Eastman is the author of "The Painted Forest," which was named one of the best literary nonfiction debuts of 2019 by Poets & Writers. "The Painted Forest" also won the Council for Wisconsin Writers' Nonfiction Book Award and an Outstanding Achievement Award from the Wisconsin Library Association. Her essays have appeared in journals such as "Conjunctions," "The Georgia Review" and "Kenyon Review" and have been named Notable in

Best American Essays.

Eastman was born and raised in the Driftless hills of Wisconsin. After living in Senegal, France, Antarctica and the Eastern United States, she returned to Wisconsin where she lives with her partner and young son. She's working on a new book called "Pionier."

For info, contact the Center for Literary Arts at 301-687-4340 or [cla@frostburg.edu](mailto:cla@frostburg.edu).

## Exhibits

To prevent the spread of the coronavirus, FSU follows state health guidelines requiring the wearing of masks and physical distancing from others. Visitors to campus must visit [www.frostburg.edu/checkin](http://www.frostburg.edu/checkin) for symptom monitoring before arriving on campus and be prepared to display the "Reduced Risk" badge.

### Roper Gallery Presents Exhibition by Rachel Underwood, 'Sleepwalking Toward Extinction'



Fire by Rachel Underwood

FSU's Department of Visual Arts will present an exhibition by Rachel Underwood, titled "Sleepwalking Toward Extinction," which will open on **Friday, March 5**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition, which is free and open to the public, will be on display through **Friday, March 26**.

The existential and conceptual problems posed by the current geological age are those at the heart of humanistic inquiry: what does it mean to be human, to live during this time? Underwood's large-scale paintings explore

moments of animalistic urges, death, adaption and the consequences of human actions. She often uses a life-size scale so the viewer can directly relate to and be confronted by the painting. Humans tend to primarily see themselves as apart from nature, rather than a part of it. Underwood examines the similarities and differences between the human animal and nature and what those relationships mean for the future.

Underwood is a U.S. Navy veteran. Currently, she paints about the climate crisis and is illustrating a children's book about friendly dinosaurs. She earned her BFA from Towson University and her MFA at the University of South Florida. Underwood also plans to work toward a degree in environmental science.

For this exhibition, the Roper Gallery is open Monday through Friday from 1 to 5 p.m. For info, contact the Department of Visual Arts at 301-687-4797.

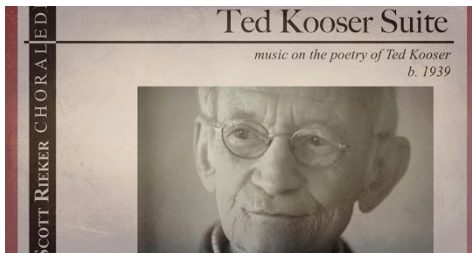
## Points of Pride

### Andy Duncan Is Co-narrator of Audiobook Edition of His Fiction Collection



**Andy Duncan**, a professor in FSU's Department of English and Foreign Languages, is co-narrator of the new audiobook edition of his fiction collection "An Agent of Utopia: New and Selected Stories." The 11-hour Recorded Books edition includes three stories narrated by Beresford Bennett and nine stories narrated by the author, which he recorded in a three-day session in the fall at Baltimore's Clean Cuts studios (<https://cleancuts.com>), engineered by Victor Giordano. The collection first was published in 2018 as a paperback and an ebook by Small Beer Press (<https://smallbeerpress.com/books/2018/11/06/agent-of-utopia>). Audiobook excerpts can be heard at <https://libro.fm/audiobooks/9781980090854-an-agent-of-utopia?bookstore=bookmoonbooks>.

### Dr. Scott Rieker's 'Ted Kooser Suite' Named Semi-finalist in Composition Prize



**Dr. Scott Rieker's** setting of five poems by former U.S. poet laureate, Ted Kooser, titled "Ted Kooser Suite" (for SATB chorus, string quartet, piano, trumpet and speaker), was named a semi-finalist in the American Prize for Composition, Choral Music division. Rieker is director of Choral Music and Music Education at FSU.

This juried competition strives to showcase the best in American music. Finalists and winners will be named later this

spring.

A performance of "Ted Kooser Suite" can be heard on Rieker's website at [www.scottrieker.com](http://www.scottrieker.com).

### Alum Andrew Haberkorn and Dr. Xunyu Pan Present at Virtual International Electronic Imaging Conference



FSU graduate **Andrew Haberkorn**, left, explains the innovative vision behind his VR modeling system at the virtual Electronic Imaging Conference, and a virtual scenario with multiple 3D objects created directly by two hands using the proposed VR modeling system.

On Jan. 27, **Andrew Haberkorn '20** and his advisor **Dr. Xunyu Pan**, an associate professor in FSU's Department of Computer Science and Information Technologies, presented their research paper, "Interactive 3D

Modeling with Virtual Reality," at the international 33rd Electronic Imaging Conference, this year held online. In this paper, the authors proposed a VR modeling system named "The Virtual Workshop" supporting the design and manipulation of 3D objects in virtual environments. The ultimate goal of this project is to provide an open platform where the industrial designers and their clients can better share their ideas, as well as interactively refine the rendered virtual models in collaboration.

Haberkorn earned his bachelor's in computer science from FSU. He is a member of the Upsilon Phi Epsilon International Honors Society and the National Society of Leadership and Success.

For info, contact Pan at 301-687-4037 or [xpan@frostburg.edu](mailto:xpan@frostburg.edu).

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## FSU Student Amaya McIver Selected a Campus Organizer by NPCM



FSU student **Amaya McIver** is one of four Campus Organizers selected statewide by NARAL Pro-Choice Maryland (NPCM) for the spring 2021 semester.

Along with her fellow Campus Organizers at Bowie State University, Salisbury University and St. Mary's College of Maryland, McIver will have the duty "to organize students around increasing access to sexual and reproductive healthcare and rights on their campus."

McIver, a senior English major from Baltimore with minors in journalism and sociology, was selected in part for her "passion for reproductive health, rights and justice," NPCM said.

Based in Baltimore, NPCM "works to defend, expand and protect reproductive freedom for all Marylanders." For info, visit <https://prochoicemd.org>.

## FSU Student Gabriella Sullivan Awarded Fellowship to NICAR Conference



FSU student **Gabriella Sullivan** has been awarded a fellowship to the 2021 conference of the National Institute for Computer-Assisted Reporting (NICAR), which will be online **Wednesday, March 3, through Friday, March 5.**

Sullivan receives conference registration and a year's membership in Investigative Reporters and Editors, an international organization based at the Missouri School of Journalism.

A junior English major from Cumberland with a minor in creative writing, Sullivan is one of two FSU students selected to attend NICAR21 on fellowship. **Cassie Conklin**, a senior geography major from Frostburg, was announced previously.

IRE exists to "educate, empower and connect journalists across the globe, so we can live in a better, more informed world." Since 1989, its NICAR program "has trained thousands of journalists in the practical skills of getting and analyzing electronic information." For info, visit <https://www.ire.org>.

## FSU Student Cassie Conklin Featured in FIRE Quarterly



FSU student **Cassie Conklin** is on the cover of the Winter 2021 issue of FIRE Quarterly, a national magazine published by the Foundation for Individual Rights in Education.

A two-page feature inside the magazine lauds Conklin's "growing portfolio of reporting" in The Bottom Line, FSU's independent student news organization, and notes that FIRE "is ramping up its efforts to protect the rights of student journalists." The photos were taken on the FSU campus by freelance photographer Yuruo Chen of State College, Pennsylvania. The complete issue is at <https://www.thefire.org/presentation/wp-content/uploads/2021/01/19120018/FIRE-Winter-Quarterly-2021.pdf>.

A senior geography major from Frostburg, Conklin also contributes to Allegany Magazine and the Cumberland Times-News, among other publications. FIRE previously announced that she will moderate "Student Press War Stories," the foundation's **Friday, Feb. 26**, online panel discussion marking Student Press Freedom Day. It starts at 1:30 p.m. on FIRE's YouTube channel, and the link is at [https://www.youtube.com/watch?fbclid=IwAR0TWc33K52MmxAGmvz\\_STt8xCQMLMMVjZXGIFfvaiPYn8bScmXbpaBPu4&v=e0ciRTTt7Ug&feature=youtu.be](https://www.youtube.com/watch?fbclid=IwAR0TWc33K52MmxAGmvz_STt8xCQMLMMVjZXGIFfvaiPYn8bScmXbpaBPu4&v=e0ciRTTt7Ug&feature=youtu.be).

Based in Philadelphia, FIRE has a mission "to defend and sustain the individual rights of students and faculty members at America's colleges and universities." For info, visit <https://www.thefire.org>.

## Office of Sponsored Programs Successes/News

On Dec. 15, **Jason Litten** (Western Maryland Regional GIS Center) was awarded a \$90,000 contract by the Maryland Department of Natural Resources for general cartographic and geographic information system (GIS) services.

On Dec. 10, **Kara Platt** (Nursing) received a Nurse Faculty Annual Recognition Award of \$10,000 from the Maryland Higher Education Commission.

On Nov. 18, project director **Sandy Mehalko** (SBDC) was awarded \$81,294 by the University of Maryland, College Park, Maryland Small Business Development Lead Center in support of the Western Region Small Business Development Center (SBDC) for FY2021.

On Oct. 30, **Branden Taylor** (Nursing) received a New Nursing Faculty Fellowship of \$50,000 over five years from the Maryland Higher Education Commission.

On Oct. 28, project director **Sara-Beth Bittinger** (Provost's Office) received a \$93,000 USM OnTrack Initiative award of University of Maryland Global Campus CARES Act funds from USM's William E. Kirwan Center for Academic Innovation.

For more, see the Office of Sponsored Program's Successes/News webpage at <http://www.frostburg.edu/osp/successesnews.php>.

## Take Note

### Nominations Being Accepted for Student Affairs Leadership and Engagement Awards

Nominations are now being accepted for the Student Affairs Leadership and Engagement Awards (formerly the Leadership Awards). The award categories have been expanded to highlight the exceptional leadership experienced on campus as well as excellence in engagement, which often goes together with leadership.

Do you know a great student leader from your class, a recognized student organization you are involved with or one of your advisees? Do you work with an amazing colleague who has gone above and beyond and deserves to be recognized? Be sure to take a few moments and nominate them for one of the many award categories available.

Nominations are being accepted for the period **April 1, 2020, to March 31, 2021**, with a **Wednesday, March 31**, submission deadline for this year's awards. For info on award categories, eligibility information or frequently asked questions, or to submit a nomination, visit the Leadership and Engagement Awards website at <http://involvement.frostburg.edu/LUC/Awards>.

Save the Date: Student Affairs Leadership and Engagement Awards will be held virtually on **Thursday, April 29**, at 6 p.m.

### Nominations for Outstanding Senior Service Award

It is again the time of year for nominations of graduating students (either in May or in the previous December) for the Outstanding Senior Service Award. This award represents the cumulative effort in service to the University and the community over the duration of the student's undergraduate coursework. Send all nominations, including name and email address, to Kathi Perkins at [kperkins@mail.frostburg.edu](mailto:kperkins@mail.frostburg.edu). The deadline for nominations is **Friday, Feb. 26**.

### March 17 Non-instructional Day Part of March 15-19 'Staycation'

Although FSU's normal spring break will not occur due to travel, safety and health concerns related to the risk of spreading the coronavirus, **Wednesday, March 17**, will be a non-instructional day. This will support a portion of time for students to have a "mental health" break as part of a week of "staycation" programming **Monday, March 15, through Friday, March 19**.

The week will include events for students, faculty and staff. Some of the activities will involve photo booths, giveaways, a poetry livestream, bingo night, a virtual stroll off and an exciting fireworks display on **Friday**. Watch for the official schedule of activities for the week from the Office of Student Activities/Fraternity and Sorority Life in the coming days.

While classes will not meet on **March 17**, all campus facilities will be open and student support and business offices will operate as normal. For classes that meet on **Wednesdays** only, instructors may substitute asynchronous online instruction during staycation week.

### Call for Presentations for Focus Frostburg



Focus Frostburg 2021: "Learn-In" for a Sustainable Future, a week of virtual learning, will be held this year **Sunday, April 18, through Thursday, April 22**. Depending on the pandemic, there will be a limited number of outdoor exhibits – with virtual presentations and discussions.

Focus Frostburg features programs, discussions and hands-on activities highlighting issues of sustainability and climate awareness. All presentations are open to the campus community and the larger, regional community. Student presentations would make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged; bear in mind that much of this will take place virtually this year.

To participate, email Dr. Kara Rogers Thomas at [krogerstthomas@frostburg.edu](mailto:krogerstthomas@frostburg.edu) and submit a presentation/workshop title and one- or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environmental or climate-awareness issue. Choose from a 30-minute or one-hour session. If more time is needed, content can be carried over into a second session. In your response, indicate if there is a preferred time of day when you would like to present.

The deadline for submissions is **Monday, March 15**.

### Growing a Healthy Food System in a Pandemic World – A Virtual Three-Day Conference

The 2021 Western Maryland Food Council Virtual Conference, a three-day event, will be held from 1 to 3:30 p.m. on the following **Thursdays: March 25 and April 1 and 8**.

Info on the three sessions follows:

#### Session One on March 25

Keynote Speaker: Mark Winne, senior advisor for the Johns Hopkins Center for a Livable Future and author of the book "Food Town, USA."

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Theme: “Becoming a Food Town, USA: Building a Robust Western Maryland Food System.” The online discussion will address challenges facing Western Maryland’s food growers, food distributors and food consumers.

### Session Two on April 1

Theme: “Food is Medicine.” This online discussion will address the increasing prevalence of obesity, diabetes and other food-related diseases indicative of a failing food system, as well as techniques for healthy living using mind-body connection strategies.

### Session Three on April 8

Theme: “Food Access.” The online discussion will address the challenges of making healthy food accessible to vulnerable populations during a pandemic and will include a special community dialogue, “Eat. Learn. Council: A Day of Civility,” with

guidance from Allegany County’s Choose Civility chapter, Allegany College of Maryland’s Democracy Commitment Committee and the **FSU Department of Communication’s Communication Leadership Lab**.

For info, visit <https://go.umd.edu/2021WMFCCConference> or contact Willie Lantz at 301-334-6960 or [wlantz@umd.edu](mailto:wlantz@umd.edu).

## Just in Case You Missed It

Just in case you missed the Physics and Engineering Alumni Webinar Series event on Feb. 15, “Careers in Physics: Panel Discussion,” the link to the recording can be found at <https://frostburg.webex.com/recordingservice/sites/frostburg/recording/7a9ea5256dc047d9a0a9527f169822ea/playback>. For info, contact Dr. Eric Moore at [ejmoore@frostburg.edu](mailto:ejmoore@frostburg.edu).

## LGBTQ Support Group

An LGBTQ Support Group is offered **Thursdays** from 4 to 5 p.m.

This is a group for LGBTQ+ students who are dealing with challenges such as isolation, invalidation and despair.

Decrease isolation by getting into a supportive environment within a group.

Learn and/or improve coping skills to face challenges.

Explore healthy ways to take care of yourself.

Develop better strategies to help meet your goals.

The facilitator will be Norma Sosa. For info, call 301-687-4234.

## Stress Less for Better Health: An Eight-Week Journey

Stress Less for Better Health is a mind-body skills group that follows the evidence-based research model of the Center for Mind-Body Medicine. Sessions will be held **Thursdays, through April 15**, from 4 to 6 p.m. (no group on **Feb. 25**).

Learn self-care skills to help reduce stress and build resistance. Topics will include breath work, meditation, guided imagery, art, movement and mindful eating.

To register, call Michele Brinsfield at 301-687-4234.

## I Am Her Tribe

I Am Her Tribe is an online Black woman’s trauma healing circle. The group will meet **Wednesdays, through March 17**, from 3 to 4 p.m. (subject to change). The host will be Tawona Pearson. For details and to sign up, call 301-687-4234.

## Undergraduate Research Symposium – Update

This year the FSU Undergraduate Research Symposium will be virtual (details to follow) and will be on **Friday, April 23, rather than the traditional first Friday in May**. Students who planned to present last year will be given the opportunity to participate this year if they are still interested.

**The schedule for the day's events will be determined once the number of participating students is known, but plans are to hold the event from 11 a.m. to 2 p.m. as in previous years.**

**Students should contact their mentors for a Registration form if they are interested in participating. The form is due by Friday, March 12.**

For info, contact Dr. Karen Keller at [klkeller@frostburg.edu](mailto:klkeller@frostburg.edu).



## Jobs

### Become a Resident Assistant!

The Residence Life Office is looking for resident assistants for the 2021-2022 academic year. If you want to develop professional skills, create a community and support other Bobcats, this position is for you!

You can access the application on the Residence Life Office Bobcat Connect page under Forms. You can also access the application using the link <https://frostburg.campuslabs.com/engage/submitter/form/start/454657>.

Want to learn more? An information session on the Application and Interview Process will be held **Tuesday, Feb. 23**, at 8 p.m. on Cisco Webex at <https://frostburg.webex.com/frostburg/j.php?MTID=m11e60e546f13293300c3b7aa97971552>. The password: is RASRule21.

Applications are due by 11:59 p.m. on **Friday, March 5**. For info, email Katie Weir at [keweir@frostburg.edu](mailto:keweir@frostburg.edu).

### Be Part of FSU's Summer Camps and Conferences Program

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. The work varies, and the position requires someone who can think on their feet to solve problems. Hours are not regular.

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](mailto:tarnold@frostburg.edu) or at 301-687-4021. The deadline for applications is **Friday, April 9**.

Due to COVID-19, a final decision on a summer camps season for 2021 has not been determined, and an offer of employment only stands if summer camps are allowed.

### PASS Office Seeks Student Math Coaches

FSU's PASS Office is looking for student coaches for its fall 2021 Developmental Math Program. Earn \$800, receive 3 Educational Field Experience credits and build your resume. Coaches help their peers improve basic math skills by implementing learning programs in pre-algebra and intermediate algebra courses.

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

Application materials are due **Friday, March 19**, and can be obtained by contacting Kim Kurek at [kmkurek@frostburg.edu](mailto:kmkurek@frostburg.edu).

## Internships

### Find a Micro-Internship Right Now!

Micro-Internships are short-term, paid, professional assignments that are similar to those given to new hires or interns. These projects enable students to demonstrate skills, explore career paths and build their networks as they seek the right full-time role. Unlike traditional internships, micro-internships can take place year-round, typically range from 5 to 40 hours of work and are due between one week and one month after kickoff. Micro-internships are used by companies ranging from those in the Fortune 100 to emerging start-ups and go across departments, including sales, marketing, technology, HR and finance.

FSU micro-internships are facilitated via the Parker Dewey platform, which connects career launchers with companies in need of support. Visit <https://info.parkerdewey.com/frostburg> to sign up and get started. For info, contact the Career and Professional Development Center in Pullen 110.

### Virtual Info Sessions With The Washington Center



The Washington Center will host two virtual information sessions for FSU students on **Thursday, Feb. 25**, and **Tuesday, March 2**.

The Washington Center is a nonprofit organization based in Washington, D.C., that FSU partners with to provide internship opportunities to its students. This event is a great way for students to find out how they can intern in Washington, D.C., or remotely, while earning academic credit at FSU. Below are the registration links for the virtual events.

**Feb. 25** at noon at <https://hubs.ly/H0Gn64D0>

**March 2** at 3 p.m. at <https://hubs.ly/H0Gn6cF0>

The Washington Center has internship opportunities available for students of all majors and works with students one-on-one to land an internship that fits their goals and interests. During a semester or summer with The Washington Center, students will gain professional experience through their internship, take an academic course and engage in career readiness programming that will help them map out their professional path and prepare for the workplace.

For info on The Washington Center's internship program, contact Amy Shimko, Career and Professional Development Center, in Pullen 110.

## FSU Virtual Career and Internship Fair



FSU will host its Career and Internship Fair virtually on **Wednesday, March 24**, from 11 a.m. to 2 p.m. through Handshake. Attend a group or one-on-one sessions with one of the 30+ employers looking for FSU students. Click on any of the emails sent to your FSU student email account from Handshake or go to <https://frostburg.joinhandshake.com> to register and join the fair. For info, call 301-687-4403, email [careerservices@frostburg.edu](mailto:careerservices@frostburg.edu) or stop by the Career and Professional Development Center in Pullen 110.

## UCM

### Online Chapel

UCM has begun online chapel on **Sundays** and will broadcast from the chapel on Facebook Live. If you miss it, you can watch on the UCM YouTube Channel or the website at <https://www.ucmatfsu.org>. If you would like to prepare a spoken word or sermon, or perform another talent for these services, contact Reggie Morton at [remorton0@frostburg.edu](mailto:remorton0@frostburg.edu).

### Chaplain Office Hours

The **Rev. Dr. Cindy Zirlott** will regularly be on campus on **Wednesdays and Thursdays** in Hitchins 308. You can also make an appointment; call or text 540-303-2309.

### Summer Job Opportunities in Camping Ministry

The camp directors for Manidokan (Charlestown) and West River (On the Bay) are looking for summer staff. The application link can be found at <https://cwngui.campwise.com/Apps/OnlineStaff/Pages/Login.html>. For info, email [admin@bwccampsandretreats.com](mailto:admin@bwccampsandretreats.com).

### Attention Graduates – Post-graduation Service Opportunity

Are you graduating this semester but don't know what to do or what is next? How about becoming a short-term missionary? There are many opportunities at home and abroad. Contact Chaplain Cindy at [c.zirlott@frostburg.edu](mailto:c.zirlott@frostburg.edu) for info.

Also, this is a great opportunity for those who want to work with children or become a social worker – a one-year opportunity.

### Want to Make a Difference in the Lives of Young Children?

Casa de Esperanza seeks applicants for the Hands of Hope Service Year Program. Casa de Esperanza provides residential foster care to children ages birth through six who are in crisis due to abuse, neglect or the effects of HIV. For a complete description, visit <https://www.casahope.org/hands-of-hope-service-year-1>. The application can be found at <https://www.casahope.org/application-part-one>. For info, contact Darean Talmadge at 713-529-0639 or [dtalmadge@casahope.org](mailto:dtalmadge@casahope.org).

## Study Abroad

### Study Abroad: Start Planning Your Experience for Spring 2022!



Bethany Bloom, Morocco, Fall 2019

Join the Center for International Education for an information session to learn more about study abroad. Each virtual session takes place at 3:30 p.m. on the following **Fridays** throughout the semester: **March 5 and 19** and **April 2 and 16**.

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

### Celebrate National Study Abroad Day



Tiffany Sherrick, Galápagos Islands

The Center for International Education will celebrate National Study Abroad Day on **Monday, Feb. 22**, and reminds prospective participants, alumni, faculty and staff about the value of study abroad. As international education professionals, CIE knows how important it is for students to go out into the world and engage with other places, peoples and cultures. Want to learn more about study abroad opportunities available through FSU? Contact Victoria Gearhart and sign up for the next Study Abroad Information Session.

## Student Life

### Edgewood Commons Taking Applications for 2021-2022



Edgewood Commons is taking applications for the 2021-2022 school year. As a top on-campus housing option, Edgewood Commons meets the FSU residency requirements for students, including second-year students and above. Offering the only on-campus, apartment-style living experience, Edgewood Commons is a top choice for second- and third-year students, with an array of residential amenities and apartments that include all-private bedrooms, furnished apartments with full kitchens, full-size washer and dryers, and more. Schedule a virtual tour and learn how Edgewood Commons can be your top on-campus housing choice by phone at 301-689-1370 or by email at [info@edgewoodFSU.com](mailto:info@edgewoodFSU.com). Secure your new home and apply today at <http://edgewoodfsu.com>, and check out Edgewood Commons on Facebook at <https://www.facebook.com/EdgewoodCommonsFSU> and Instagram at <https://www.instagram.com/edgewoodfsu>.

## Health and Safety Messages

### Cleaning and Disinfecting Your Home



Wear disposable gloves to clean and disinfect and discard after use, or use reusable gloves that are dedicated only for cleaning and disinfecting. Always wash your hands after removing gloves.

Clean any dirty surfaces using soap and water first, then use disinfectant.

If someone is sick, keep a separate bedroom and bathroom for that person (if possible).

Disinfect with a household disinfectant on the Environmental Protection Agency “List N: Disinfectants for Coronavirus (COVID-19)” found at <https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>.

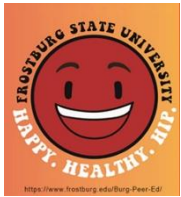
Follow the instructions on the label to ensure safe and effective use of the product. Read EPA’s infographic at <https://www.epa.gov/pesticide-registration/six-steps-safe-effective-disinfectant-use> on how to use these disinfectant products safely and effectively. Many products recommend:

Keeping surface wet with disinfectant for a period of time (see product label)

Precautions such as wearing gloves and making sure you have good ventilation while using the product

For info, see the CDC webpage at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>.

### Happy, Healthy, Hip Tips for the Week From the SAFE Office



Mental Health Monday Tip: Maintain Your Happiness

<https://spotlightstories.co/tips-to-maintain-happiness>

Tell Yourself Tuesday Tip: Think Positively

<https://www.healthline.com/health/how-to-think-positive#tips>

Wacky Wednesday Tip: Write Daily

<https://www.insider.com/benefits-of-journaling>

Thankful Thursday Tip: Express Love

<https://tinybuddha.com/blog/5-ways-show-love-others-yourself>

Fun Friday Tip: Activities in the Snow

<https://kidactivities.net/games-play-snow>

Social Saturday Tip: Find a Pen Pal

<https://girlterest.com/the-top-7-pen-pal-sites-how-to-get-a-pen-pal>

Self-Love Sunday Tip: Affirmations

[https://www.youtube.com/results?search\\_query=self+love+affirmations+short](https://www.youtube.com/results?search_query=self+love+affirmations+short)

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## **VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023**

### **CORE VALUES**

Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.

Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."

Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

### **OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023**

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

### **STRATEGIC GOALS**

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit [www.frostburg.edu/strategicplan](http://www.frostburg.edu/strategicplan).