



For and about FSU people

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

Department of Theatre and Dance Collaboration Presents Live, Streamed and Podcast Performance of ‘Seven Keys to Baldpate’

The Department of Theatre and Dance, in partnership with the Department of Communication and Cultural Events Series, will kick off its spring season with “Seven Keys to Baldpate” in a live and streamed event **Thursday, March 4, through Saturday, March 6**, at 7:30 p.m. in the Drama Theatre of the Pealer Performing Arts Center, as well as online.

Per FSU event guidelines and COVID restrictions, tickets for the live performance are available to FSU students, faculty and staff only. The public is invited to attend the online streamed event.

Adapted for the stage by George M. Cohan with modern updates by Director **Darrell Rushton**, the play, described in 1915 as a “rip-roaring melodrama in the disguise of a farce,” is set in the loneliest place on earth: a summer resort in winter. Based on the novel by Earl Derr Biggers, “Seven Keys to Baldpate” is a self-aware production that makes fun of its own rules while also embracing them. With funny, thrilling and silly moments among a wild cast of characters, the play is a nostalgic look back in time.

The creative team of “Seven Keys to Baldpate” includes **Alyssa Bahner** (Mrs. Rhodes), **Amaya Hatcher** (Myra), **Brendon McCabe** (Max), **Christian Scott** (Cargan), **Brian Records** (Magee), **Christopher Blackwell** (Kennedy), **Gregory Stuart** (The Owner), **Hayden Shoemaker-Davis** (Bland), **Laura Frederick** (Mrs. Quimby), **Luke Vought** (Mr. Quimby/Peters), **Mason Wolf** (Hayden) and **Zoie Collins** (Mary). In addition to Rushton, the production team consists of **Dominique Little** (stage manager), **Whitney O’Haver** (assistant stage manager), **Danielle Preston** (costume design), **Andrew Geier** (lighting design), **Nicholas Partonen** (set design), **Matthew Georgeson** (sound design), **Gordon Duguid** (properties design), **Melanie Lombardi** (producer of livestream), **John Lombardi** (livestream and podcast) and **Keith Terry** (livestream).

Tickets for the live performance are \$7 for students and \$12 for faculty and staff. Reservations for this group only can be made by visiting <https://frostburgtix.universitytickets.com>. Each show has a limited number of tickets to allow for social distancing, and tickets will be sold on a first-come, first-served basis. Student reservations will have priority through **Monday, March 1**. Walk-up ticket sales are not available for this production.

The streamed performances will be available at no cost on the Theatre and Dance YouTube Channel (search Theatre and Dance at Frostburg State University on YouTube) and on the Theatre and Dance Facebook Page at www.facebook.com/TheatreDanceFSU.

For info, call the Theatre and Dance box office at 301-687-7462.

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 for symptom monitoring before arriving on campus and be prepared to display the “Reduced Risk” badge.

Help for Students

Have Issues or Concerns?

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

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

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 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.

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 **Sunday, March 14**, at 3 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 **Sunday, April 11**, at 3 p.m.; “Magic at the Symphony” with master illusionist Lynn Dillies on **Sunday, May 2**, at 3 p.m.; and “Brown and Beethoven,” featuring pianist Michael Brown, on **Sunday, June 6**, at 3 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. For info about each concert or to purchase tickets, visit <https://watch.marylandsymphony.org/catalog>.

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 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.

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.

Points of Pride

Andy Duncan Featured in Nebula Awards Showcase 54



Andy Duncan, a professor in FSU's Department of English and Foreign Languages, is featured in the new reprint anthology "Nebula Awards Showcase 54." The book collects the fiction recently honored by the Science Fiction and Fantasy Writers of America, including Duncan's novelette "An Agent of Utopia," a Nebula finalist in 2019. The editor of the volume, Nibedita Sen, was one of Duncan's students at the Clarion West fiction workshop in Seattle.

For info on the book, visit <https://nebulas.sfwaw.org/2020-nebula-showcase>.

Allegheny County NAACP Honors Members of FSU Community

On Feb. 21, the Allegheny County NAACP Branch 7007 hosted the Voice of Freedom Awards. Former FSU staff member **Carmen Jackson** received the branch's first Voice of Freedom Award. Professor emerita **Dr. Joy Kroeger-Mappes** earned the Above and Beyond Award. **Ariyana Ward**, NAACP FSU president, was awarded a Certificate of Leadership. **Angel Young**, poet and activist, and **Tawnisha Arthur**, the Youth Outreach Chair for the county branch, were honored with a Certificate of Student Arts and Creativity. **Clory Jackson** accepted the Certificate for Historical Preservation on behalf of The Brownsville Project.

Office of Sponsored Programs Successes/News

On Feb. 11, project director **Kris McGee** (Educational Professions) was awarded \$15,000 in Alice Virginia and David W. Fletcher Foundation funds from the FSU Foundation for the PALS Summer Literacy, Math and Mindfulness program.

On Feb. 4, project director **Melanie Moore** (Cultural Events Series) was awarded \$2,000 by the Mid Atlantic Arts Foundation in support of an engagement with Ak Dan Gwang Chil in November 2021.

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

Take Note

A Recommended Reading List for Women's History Month

Women's History Month begins on **Monday, March 1!** The members of the FSU History faculty invite you to delve more deeply into the subject of women's history in the United States by exploring some of these exciting, engaging and eye-opening books.

Carol F. Karlsen, "Devil in the Shape of a Woman: Witchcraft in Colonial New England" (New York: W.W. Norton & Company, 1998). Karlsen examines how Puritans' ongoing anxieties about independent women and social change shaped authorities' preoccupations with "witchcraft" during the 1600s.

Alexandra Finley, "An Intimate Economy: Enslaved Women, Work and America's Domestic Slave Trade" (Chapel Hill: University of North Carolina Press, 2020). Finley examines how the overlooked work of enslaved African American women was necessary to the functioning of the slave trade in the American South.

Carol Berkin, "Revolutionary Mothers: Women in the Struggle for America's Independence" (New York: Vintage Books, 2005). Berkin explores the importance of women of color and Caucasian women in the effort to secure American independence from Great Britain during the 1770s-1780s.

Christine Stansell, "City of Women: Sex and Class in New York, 1789-1860" (Urbana: University of Illinois Press, 1987). Focusing on New York City during the early Industrial Revolution, Stansell looks at how working-class women dealt with pervasive gender discrimination in a labor market that was dominated by men.

Julie Roy Jeffrey, "Great Silent Army of Abolitionism: Ordinary Women in the Antislavery Movement" (Chapel Hill: University of North Carolina Press, 1998). Jeffrey's book makes the case for the importance of Northern housewives' and mothers' everyday efforts to further the cause of abolishing slavery.

Elaine Tyler May, "Homeward Bound: American Families in the Cold War Era" (New York: Basic Books, 1988). May explores how Cold War-era "containment" ideology influenced women's subordination during the 1950s, and how women's frustrations with conservative gender norms shaped an emerging feminist consciousness.

Michelle M. Nickerson, "Mothers of Conservatism: Women and the Postwar Right" (Princeton: Princeton University Press, 2014). Nickerson discusses a lesser-known facet of U.S. women's history: how suburban women's activism during the 1950s shaped the emergence of the New Right.

Sara Evans, "Personal Politics: The Roots of Women's Liberation in the Civil Rights Movement and the New Left" (New York: Vintage Books, 1979). Evans shows how Black and White women's experiences in male-dominated civil rights organizations and campus activist groups of the 1950s-1960s gave rise to Second Wave Feminism during the 1970s.

Rebecca Tuuri, "Strategic Sisterhood: The National Council of Negro Women in the Black Freedom Struggle" (Chapel Hill: University of North Carolina Press, 2018). Tuuri highlights how, beginning in the 1960s, the NCNW led numerous lesser-known efforts to fight racial injustice, economic injustice and gender bias in the late-20th century.

Kara Dixon Vuic, “The Girls Next Door: Bringing the Home Front to the Front Lines” (Cambridge: Harvard University Press, 2019). Vuic examines how civilian women’s many efforts to “support the troops” in America’s 20th-century wars highlights the importance of women in U.S. military history.

For info, contact Dr. Greg Wood at gwood@frostburg.edu.

Next Times Talk: ‘Democracy in Action’

Each week interested faculty, staff and students gather for a discussion on a current topic in the news selected by an office or student organization. The next Times Talk, “Democracy in Action,” will be held on **Thursday, March 4**, from 12:30 to 1:30 p.m. via Webex. The topic and article will be in next week’s Volunteer Service email.

Login instructions are as follows:

Webex login information: <https://frostburg.webex.com/meet/TimesTalkThursdayDemocracy>.

Meeting ID No.: 198 834 933.

No password is required.

Join the meeting using your full name.

Every faculty, staff and student at FSU has a free subscription to the New York Times! To activate yours, go to <https://nytimesineducation.com/access-nyt> and create an account using your FSU email. Or visit the FSU Ort Library page at <https://libguides.frostburg.edu/az.php> and select New York Times.

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.

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**. Information can be found at the Staycation website, and more will be posted as other plans come together.

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 krogersthomas@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.”

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.

Note: FSU’s Communication Leadership Lab will partner with ACM’s Democracy Commitment to facilitate a discussion about what was learned during the three-day WMFC Conference on **Thursday, April 8**, at 2 p.m. as part of Allegany County’s Day of Civility 2021.

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.

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

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 kkeller@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>.

Applications are due by 11:59 p.m. on **Friday, March 5**. For info, email Katie Weir at 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 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.

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 the second of two virtual information sessions for FSU students on **Tuesday, March 2**, at 3 p.m. at <https://hubs.ly/H0Gn6cF0>.

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.

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 or stop by the Career and Professional Development Center in Pullen 110.

Deadlines

Undergraduate Grade Changes

The last day for undergraduate grade changes, including the removal of incomplete grades for the fall 2020 and Intersession 2021 semesters, is **Friday, March 5**.

FSU-TV3

FSU-TV3 to Livestream Music Performances



The Department of Communication and FSU-TV3 are collaborating with the Department of Music to livestream select performances to YouTube. Student intern **Shana Thomas**, with assistance from cable channel manager **Melanie Lombardi** and department chair **Dr. Keith Terry**, streamed the first performance with pianist **Dr. Jay DeWire** on Jan. 13. To watch the performance, log on to <https://youtu.be/RUvGloaEUNA> or the FSU-TV3 webpage at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

In addition, the performance will air on FSU-TV3 on **Monday, March 1**, at 7 p.m.

FSU-TV3 and the Center for Literary Arts are also working together to showcase local, regional and national authors. Invited authors have done virtual readings for wide audiences. This collaborative effort will give authors the opportunity to deliver their messages to a wider audience. Be sure to tune in to FSU-TV3 on **Wednesday, March 3**, at 7 p.m. to hear author Adam Day, who talked about his books "Left-Handed Wolf," "Model of a City in Civil War" and one chapbook of poetry, "Bader, Apocrypha."

Introducing The Bottom Line on Air!

the Bottom Line
Student News Organization



The Bottom Line, FSU's independent student newspaper, and FSU-TV3 will debut their weekly news broadcast show on **Wednesday, March 3**, at 8 p.m. The 30-minute show will be

available on Facebook, YouTube and basic Comcast cable channel 3. The show is hosted by student **Claire Sullivan**, associate produced by student **Cassie Conklin** and executive produced by cable channel manager **Melanie Lombardi**.

This week's guests will include SGA Diversity, Equity and Inclusion Committee chair **Lyric Mitchell**, who will talk about the development of a Diversity Pledge aimed at increasing diversity in University hiring; FSU's NAACP Chapter president **Ariyana Ward**, who will discuss her student organization's upcoming initiatives and goals, as well as her recent election to the State of Virginia NAACP Chapter; and Pi Lambda Phi brother and SGA senator **Max Hancock**, who will provide some insight into the results of the campus climate survey administered by the Division for Student Affairs in December 2020.

Watch the show on FSU-TV3's YouTube page at <https://www.youtube.com/channel/UCBYNZFo1rDZdpNzDL1ruREQ>, the channel's Facebook page at <https://www.facebook.com/FSUTV3> or the FSU-TV3 webpage at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

To stay connected with The Bottom Line, go to www.thebottomlinenews.com or find TBL on Twitter at [@BottomLineTBL](https://twitter.com/BottomLineTBL).

UCM

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.

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 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.

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 to sign up for the session of your choice.

Center for International Education to Hold Virtual Study Abroad Fair



Join the Center for International Education for its Virtual Study Abroad Fair **Tuesday, March 23, through Thursday, March 25**. A variety of live sessions, hosted by third-party program providers, FSU partner institutions and more, will be scheduled each day through Microsoft Teams.

Connect with different campus offices and departments to learn more about preparing for a study abroad experience.

The final schedule of events will be posted and sent to the campus community by **Friday, March 12**.

For info, contact the Center for International Education at 301-687-4714 or vmgearhart@frostburg.edu.

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. 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

The Eyes Have It – March Is Workplace Eye Safety Month



Get an eye exam every year.

Sit approximately 20 inches from the computer monitor, a little farther than you would for reading distance.

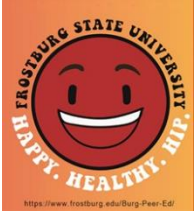
If possible, chooses a monitor that has contrast and brightness controls.

Keep reference materials on a document holder so you don't have to keep looking back and forth, frequently refocusing your eyes and turning your neck and head.

Modify your lighting to eliminate as much reflections or glare as possible.

Take periodic rest breaks and try to blink often to keep your eyes from drying out. After every 20 minutes of typing, stop and focus on an object 20 feet away for 20 seconds.

Happy, Healthy, Hip – Tips From the SAFE Office



Mental Health Monday Tip: Talk to Someone

<https://www.frostburg.edu/student-life/campus-services/caps>

Tell Yourself Tuesday Tip: How to Motivate Yourself

<https://www.positivityblog.com/motivate-yourself>

Wacky Wednesday Tip: Practice Yoga

<https://www.rusticmanor.co.za/25-benefits-of-yoga-for-beginners>

Thankful Thursday Tip: Being Satisfied With Your Success

<https://medium.com/the-mission/the-feeling-of-achievement-10-ways-celebrating-success-improves-your-life-41532a964ff3>

Fun Friday Tip: Fun Exercises

<https://www.womenshealthmag.com/fitness/a19983775/fun-exercises>

Social Saturday Tip: Improve Your Social Skills

<https://www.inc.com/quora/10-simple-habits-that-will-noticeably-improve-your-social-skills.html>

Self-Love Sunday Tip: Use Self-Talk

<https://www.psychologytoday.com/us/basics/self-talk>

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.