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

CES and Student Activities Present Nat Geo Live's 'Feats of Filmmaking'





Left, a scene from "The Rocky Mountains Traverse" directed by Bryan Smith and an aerial shot of Greenland by filmmaker and photographer Keith Ladzinski

FSU's Cultural Events Series and the FSU Student Activities program will present "Feats of Filmmaking," a free streaming event from the National Geographic Live Virtual Speaker Series, on **Tuesday, March 23**, at 7 p.m. Through stories and conversation, the live program brings viewers behind the scenes with two

National Geographic filmmakers who are renowned for capturing extreme feats of adventure in remote and inhospitable environments.

Based out of British Columbia, Bryan Smith brings stories of adventure to the screen, from the South Pacific's deepest canyons to the frozen waters of Niagara Falls. Whether chasing tornadoes, hanging from massive natural arches or swimming with alligators, Keith Ladzinski takes on the seemingly impossible to document the endeavors of the world's most elite adventurers.

Upcoming programs include "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. For info, contact ces@frostburg.edu.

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 pr. 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 telehealth 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 <u>www.frostburg.edu/concerts</u> and click an event to be directed to the FSU Localist Events page; click the red "Join Steam" 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.

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.

MCTA to Host Virtual Irish Music Concert With Dylan Foley



Mountain City Traditional Arts will host a Virtual Irish Music Concert with Dylan Foley, a four-time All Ireland Champion, on **Sunday, March 14**, at 3 p.m. The event will stream from Facebook Live at https://www.facebook.com/mountaincitytradarts.

Foley is "one of the finest fiddlers in America and certainly the most genial among them, ...his feel and tone breathtaking. ... He pulls brilliant music from the fiddle. ..." remarked Daniel Neely of The Irish Echo.

Well-respected and received wherever he goes, Foley performs, teaches and adjudicates at festivals and fleadhs on both sides of the Atlantic. Displaying a passion for music with his lively and fluid playing, he has

delighted audiences from Lincoln Center to Alaska to Vietnam with Mick Moloney, and Irish Television channels RTE and TG4. A superb performer, he is also committed to passing on the tradition, as it was graciously passed to him by Rose Flanagan and others. Foley brings great depth and joy to his solo performances with his multi-instrumental talents, an occasional song and sheer good humor.

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

FSU Student Brice Simpson to Perform Livestreamed Junior Horn Recital

FSU's Department of Music will present *Brice Simpson* in his livestreamed junior horn recital on **Sunday, March 14**, at 7 p.m. He will be accompanied by pianist *Dr. Joseph Yungen*. The recital is free to view on YouTube. The link will be posted at www.frostburg.edu/concerts.

Simpson will perform the first movement, "Angelus, 'Far Far Away, Like Bells, At Evening Pealing," from "Concerto for Horn and Orchestra" by John Williams; "Bagatelle for Horn and Piano" by Hermann Neuling; "Parable for Solo Horn, Op. 120" by Vincent Persichetti; and "Horn Concerto No. 1 in E-flat Major, Op. 11" by Richard Strauss.

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," through **Friday, March 26**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition is free and open to the public.

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.

Ort Library Celebrates Women's History Month



The Ort Library is celebrating Women's History Month with several displays dedicated to honoring women's history, past and present. On the fifth floor, there is a display on Women's Suffrage. On the fourth floor, there is a display on Lucille Wilcox Roeder, the first woman to be elected to the Cumberland City Council in 1950 with 20+ years of public service in Western Maryland. In addition, the library is displaying the Smithsonian Institution's Travelling Exhibit series, "Picturing Women Inventors," on all floors of the library. These displays will be up **through March**.

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 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

Dr. Suranjana Nabar-Bhaduri Presents at Virtual EEA Conference

Dr. Suranjana Nabar-Bhaduri, an assistant professor in FSU's Department of Economics, presented his research paper, "Upward Mobility or Downward Plunge? An Analysis of the Ground Realities of Job Creation in India," at the virtual 2021 Eastern Economic Association conference in February. The paper shows that India's services-led growth trajectory has failed to generate adequate employment opportunities outside the agricultural sector. Despite an increase in regular wage employment in the non-farm sector over time, high instances of lower-quality jobs in self-employment, casual employment and informal employment continue to exist in the manufacturing and services sectors. Additionally, unemployment rates have been rising more rapidly among more educated workers, suggesting an inadequate availability of jobs that could productively employ more skilled workers. The paper also suggests policies that could help to address these issues. For info, contact Nabar-Bhaduri at snabarbhaduri@frostburg.edu.

Dr. Philip Allen's Haiku Published in PASSAGER

Leading off the Winter 2021 issue of PASSAGER – an independent journal published twice a year (plus special publications) with assistance from the University of Baltimore – are seven haiku by *Dr. Philip Allen*, FSU emeritus dean of Arts and Humanities.

This is the 70th issue of PASSAGER, founded and edited by poet Kendra Kopelke, who in 1991 read her celebratory poem at the inauguration of FSU President *Dr. Catherine Gira*.

Andy Duncan's Tribute to Science Fiction Writer James Gunn Appears in 'Locus Online'



A photo of James Gunn, left, and Andy Duncan taken in Lawrence, Kan., in 2017

A new essay by **Andy Duncan**, a professor in FSU's Department of English and Foreign Languages, was published Feb. 25 by "Locus Online." Titled "James Gunn," it's a tribute to the late Science Fiction and Fantasy Hall of Fame honoree who died in December at age 97.

The link is at https://locusmag.com/2021/02/andy-duncan-guest-post-james-gunn.

Take Note

Bittersweet Literary Magazine Accepting Submissions for Print and Digital Editions

Bittersweet, FSU's literary magazine, is accepting submissions for the spring 2021 edition. Creative works may take many forms for the print edition, including poetry, short stories, photography, visual art and creative nonfiction. These works should be between one and five pages and are due **Sunday, March 21**. Other creative works, including podcast episodes, audio clips and video submissions, will be considered for online publication on Bittersweet's website, www.bittersweetmag.com. The spring 2021 magazine will center around the theme of "Life Under Lockdown," as a way to commemorate the last year amid the coronavirus pandemic; however, creative works on any topic are encouraged.

For info, contact editor Phillip Fralin at bittersweetfsu@gmail.com. If you want to learn more about Bittersweet, Fralin will also be featured on the **Wednesday, March 10**, episode of "The Bottom Line on Air" television show. The 2021 Bittersweet edition will be available in print on **Saturday, May 1** Details of an opening reception will follow.

Professional Development Conference Week – 'Surviving the Storm'

Be sure to register for the Virtual Spring Professional Development Conference scheduled for **Tuesday, March 16, through Thursday, March 18**. The registration link is https://forms.office.com/Pages/ResponsePage.aspx?id=0V75uBgqRkKBBAOmdHjTo-n19BeIGP9PoDu-iqF-YBtUMTRPTzFSVDBOSkZLSFNSTEdPNDRDNVAONC4u. This conference is free and open to all FSU faculty and staff. Zoom links will be provided to all that register.

This event is sponsored by the Office of Human Resources and organized by the Learning and Organizational Development Committee.

The schedule is as follows:

March 16, 10 to 11 a.m., "Activate Your Greatness," Master Rick Rando '00, Owner, Kick Masters Karate

March 16, 3 to 4 p.m., "Work-Life Borders, Blending and Balance: Managing the Tensions," *Dr. Rebecca M. Chory*, Professor, Management

March 17, 10 to 11 a.m., "Mind-Body Medicine at Work" *Dr. Elesha L. Ruminski*, Professor, Communications, and *Dr. Diane McMahon*, Lecturer, Sociology

March 17, 2 to 3 p.m., "Navigating the Challenges of Change," *Robin Wynder '80/'87*, Assistant VP of Student Affairs, Center for Student Diversity, Equity and Inclusion, and *Dr. Benjamin Brauer '97/M'02*, Director, Title IX/ADA/EEO

March 18, 10 to 11 a.m., "Accelerating the Models: Building Role Models for Women in the Workforce," *Kim Asonevich* '95/M'01, Adjunct Faculty, University of Pittsburgh-Johnstown

March 18, 12:30 to 1:30 p.m., Calming Our Busy Minds – A Mindfulness Practice, *Dr. Anne Murtagh*, Associate Professor, Psychology

Career and Professional Development Center Sponsors 'Think Like a Recruiter' Virtual Session

If you've ever been intimidated by the job search and wished you could peek inside the mind of a recruiter, this session on **Tuesday, March 9**, at noon is for you! What do they think about your resume? Why is the application process so long? How many follow-up emails is too many? All your questions will be answered during this interactive session. You'll also learn how to evaluate a company's culture and determine if you'd be a good fit. Join the Zoom meeting at https://infinitive.zoom.us/j/96529505159.

Civility Cup Nominations Sought



The Communication Leadership Lab will award the seventh annual Civil Citizen Communicator Award **this May**. This award is given to an FSU student who has, within the previous year, demonstrated communication leadership or a commitment through word and actions to civility and constructive change within an organization or community. This person should have demonstrated communication competence, leadership competence and an awareness of and responsiveness to matters of civility that impact others. This award aligns with the mission of our programs and FSU to support the oral communication competency and leadership development of our students, and it supports regional

development through recognition of efforts linking the campus to community partners.

Do you know someone who fits this description, someone who is committed to changing the University, another organization or society for the better? Is that person you? If so, submit a nomination for the Civil Citizen Communicator Award. Nominations will be accepted until the deadline of **Friday, April 30**.

Nominate a candidate or yourself by emailing Connie Capacchione, administrative assistant of the Department of Communication, at ccapacchione@frostburg.edu. Nominations should include the following:

The nominee's full name, major(s)/minor(s) and intended graduation date

If not a self-nomination, the name, role and relationship of the nominator to the nominee

A brief rationale (1,000 words or less) explaining why the nominee fits the criteria above

Additional support for the nomination (up to three written documents, photos or videos of speeches or events, promotional materials, letters of acknowledgement, etc.)

For info regarding the award or nomination process, contact Dr. Elesha L. Ruminski, associate professor of Communication Studies and coordinator of Leadership Studies and the Communication Leadership Lab, at eleruminski@frostburg.edu. A panel of reviewers external to the Department of Communication will rank and determine the award winner, and public announcement will be made later in May. Each award winner's name is etched on the Civility Cup, which is displayed in the Department of Communication. In addition to this public recognition, a formal certificate of acknowledgement will be given to the student who receives this honor.

SGA Election Information

Positions are available for 10 on-campus senators, 10 off-campus senators, eight at-large senators, president, vice president and treasurer.

All interested undergraduate students should submit a short video, completed Election Agreement form, photo and paragraph to Kathi Perkins at kperkins@frostburg.edu no later than k

Campaigning will begin on Thursday, March 11, and continue through Tuesday, March 23.

The Presidential Debate will be held on **Monday, March 15**, at 7 p.m., and all presidential candidates are required to participate. It will be livestreamed at http://involvement.frostburg.edu/LUC/live.

Voting will be held on **Wednesday, March 24**, from 9 a.m. through midnight on **Thursday, March 25**. The voting will be done online on Bobcat Connect and each student will be emailed instructions through their student email account.

Results of the election will be posted on the SGA Office Door, Lane 223, within 24 hours after the results are officially tabulated.

Leadership Residency Program on Nonprofit Leadership Set for March 30

The annual Leadership Residency program will be held on **Tuesday, March 30**, at 6 p.m. Sponsored by the Leadership Studies program and the Department of Management, "Why Not Nonprofit? Three Local Leaders Discuss the Relevance of Nonprofit Leadership Today" will feature a virtual discussion among Leah Shaffer of the Community Trust Foundation, Julie Westerndorff of the Allegany County Arts Council and Jennifer Walsh of the Greater Cumberland Committee. The leaders will discuss how they became involved and invested in nonprofit leadership, as well as strategies for addressing Zoom fatigue, projecting an engaging presence online, balancing work and life obligations, building a network locally and supporting each other. Watch for more event details and a virtual session link soon. For info, contact Dr. Elesha L. Ruminski, coordinator of Leadership Studies, at <a href="mailto:eleshaber-e

Choose Civility: Allegany County Celebrates Day of Civility

The annual Day of Civility focuses on spreading kindness, building understanding and strengthening civility throughout the community. Check out the Choose Civility: Allegany County Facebook page for information regarding Day of Civility events happening on **Thursday, April 8**, including a virtual session on Communication Leadership that will focus on civil discourse across differences and how to best define "civility." Participants will explore what communication leadership will look like locally to increase cooperation and collaboration to solve the community's challenges. Details will follow. Other events are already set, so watch for event link information on social media and through available links.

On **April 8** from 2 to 3 p.m., join in a virtual community dialogue, titled "Eat. Learn. Council: A Day of Civility." As part of Western Maryland Food Council's three-day conference dedicated to growing a healthy food system in a pandemic world, this free session will be guided by Allegany College of Maryland's Democracy Commitment Committee and FSU's Communication Leadership Lab and will focus on the discussion of food systems in relation to Choose Civility principals. Information about how to attend this session will be posted to the Choose Civility: Allegany County Facebook page and website, www.alleganycountylibrary.info/choosecivility. For info on the Western Maryland Food Council and the annual conference, visit www.wmdfoodcouncil.com/conference.html.

On **April 8** from 7 to 8 p.m., join in a virtual Braver Angels college debate, organized and moderated by students from FSU's Debate Team and LEAD 401 Citizen Leadership class. Allegany College of Maryland's Democracy Commitment Committee and FSU's Communication Leadership Lab will co-sponsor the event, guided by Choose Civility principals. Info about how to attend this session will be posted to the Choose Civility: Allegany County Facebook page and website, www.alleganycountylibrary.info/choosecivilitypartners.

Next Times Talk: 'Diversity and Inclusion'

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, "Diversity and Inclusion," will be held on **Wednesday, March 10**, from 3 to 4 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.

Take, Make and Donate

Service Opportunities During Staycation Week

The Office of Civic Engagement will host three Take, Make and Donate events during Staycation week. At these events, students can come to the Lane Atkinson Room (232) to pick up materials to make T-shirt toys for dogs and cats in animal shelters, as well as tie 'n' stuff pillows and no-sew blankets for those in need. All the materials needed for the donation project will be supplied, along with a link to a how-to video (while supplies last!). Students can donate their items directly to their favorite charity or they can return them to the Office of Civic Engagement in Lane 234 on **Friday, March 19**, and **Monday, March 22**, from 9 a.m. to 4:30 p.m. Returned T-shirt toys will be donated to the Allegany County Animal Shelter, and the returned tie 'n' stuff pillows and no-sew blankets will be donated to HRDC, Hope Station and the Union Rescue Mission.

Events will take place in the Lane Atkinson Room from 11 a.m. to 1 p.m. Dates for these events are as follows:

T-Shirt Toys, Tuesday, March 16

Tie 'n' Stuff Pillows, Wednesday, March 17

No-Sew Blankets, Thursday, March 18

PAWS Pantry Donation Drive

A PAWS Pantry Donation Drive will be held on **Saturday, March 20**, from 11 a.m. to 4 p.m. at the Save A Lot in Frostburg to help stock up the pantry for FSU students.

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.

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

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. Handson 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.

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**. (Classes will be held as usual every day but **March 17**.)

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

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 distributers 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/2021WMFCConference 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.

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 klkeller@frostburg.edu.

Jobs

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 tparnold@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

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.

FSU-TV3

The Bottom Line on Air/FSU-TV3 Airing Weekly Broadcast Show



The Bottom Line, FSU's independent student newspaper, and FSU-TV3, FSU's educational access channel, will air the second episode of their weekly news broadcast show on **Wednesday**,

March 10, at 8 p.m. The 30-minute show will be available on Facebook, YouTube and on 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 are as follows:

Brian Records, a theatre major fresh off a leading role in the Theatre and Dance Department's production of "Seven Keys to Baldpate," will give a behind-the-scenes look into the creative process amid a pandemic.

Phillip Fralin, editor of FSU's literary magazine Bittersweet, will talk to us about this year's edition, "Life Under Lockdown," and how students can submit their own stories for both print and digital publication.

SGA Student Affairs chair *Delanie Blubaugh*, SGA Sen. *Jenna Griffith* and *Satie Ramdat* will break down the Student and Military Voter Empowerment Act, a piece of legislation being debated in the Maryland State Senate that seeks to make FSU a polling place in future elections.

Watch the show on FSU-TV3's YouTube 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.

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 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, offering the only on-campus, apartment-style living experience. Edgewood Commons is a top choice with an array of residential amenities and apartments that include all-private bedrooms, furnished apartments with full kitchens, full-size washers 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 email at info@edgewoodFSU.com.

Secure your new home and apply today at http://edgewoodfsu.com. Check out Edgewood Commons on Facebook at <a href="https://www.instagram.com/edgewoodfsu.

Health and Safety Messages

Don't Make These Spring Safety Mistakes!



Mowing the Lawn

Lawn mowers and gardening tools, like weed whackers, can be dangerous. Children should never be allowed to play anywhere near mowers. Objects hidden in the grass, such as rocks, screws or metal wire fragments, can become dangerous projectiles, striking the body or the eye. Wear protective eyewear and turn the mower completely off before clearing grass from the lawn mower.

Lifting Heavy Objects

Back pain is one of the most common complaints in the ER all year long. Back injuries can occur with lifting, bending and twisting that is performed improperly. Whether you're organizing the garage or cleaning closets, practice good lifting techniques — use proper posture by lifting with your legs, not your back. Get help with lifting heavy furniture and wear a supportive back brace or lift belt for additional support.

Storing Chemicals

For the safety of children, always keep chemicals, such as pesticides, out of reach and locked up with secure lids. Never store chemicals in anything once used for food or drink. In addition, do not mix chemicals unless you're following specific directions, since this can produce hazardous fumes.

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.