FSU’s Department of Theatre and Dance Presents Comedic Musical, ‘The 25th Annual Putnam County Spelling Bee’

From left, FSU students Grace LaCount, Casey Allison and Hayden Shoemaker-Davis, who are appearing in “The 25th Annual Putnam County Spelling Bee”

The Department of Theatre and Dance at FSU will feature the award-winning comedic musical, “The 25th Annual Putnam County Spelling Bee,” Thursday through Saturday, March 3 to 5, at 7:30 p.m., with a matinee performance on March 5 at 2 p.m. Directed by faculty member Shea-Mikal Green, performances will take place in the F. Perry Smith Studio Theatre of FSU’s Woodward D. Pealer Performing Arts Center.

It’s spelling bee season for six awkward tweens who navigate the stress and anxiety of competition and prepubescent existence as they spell their way through a series of (potentially made-up) words, hoping to remain in contention for the star prize. With wildly funny songs and touching stories from their home life, this Tony award-winning musical buzzes with wit and comedic genius.

The “25th Annual Putnam County Spelling Bee” was conceived by Rebecca Feldman with music and lyrics by William Finn, based on the book by Rachel Sheinkin with additional material by Jay Reiss.

The cast includes FSU students Brian Records (Chip Tolentino), Grace LaCount (Logainne Schwartzandgrubenniere), Hayden Shoemaker-Davis (Leaf ConeyBear), Casey Allison (Marcy Park), Kassidy Andris (William Barfee), Ebony Gennes (Vice Principal Panch), Whitney O’Haver (Mitch Mahoney), Laurel Pitnik (Olive Ostrovsky) and Zoë Collins (Rona Lisa Pereti). Understudies include Caleb Friend (Barfee/Leaf/Chip), Dominique Little (Olive/Mitch), Erica Bennett (Rona/Logainne) and Ryann Cooper (Panch).

The creative team consists of Green, Kelly Schrecengost (musical director), Kristin Kavanagh (choreographer), Rebekah Reimer (production manager/technical director/scenic designer), Alyssa Bahner (stage manager), Kayla Holleman (assistant stage manager), Ronald Breitfeller (costumes assistant), George Georgeson (lighting and sound designer) and Francis Sharkey II (properties designer/assistant scenic designer).

Tickets can be purchased online by visiting https://frostburgtix.universitytickets.com. Tickets are $7 for students, $12 for FSU employees and senior citizens and $15 for the general public.

FSU is following CDC guidance based on current area conditions. Currently, masks are to be worn indoors in the presence of others, regardless of vaccination status. Event attendees are encouraged to visit www.frostburg.edu/checkin for symptom monitoring. Users can display the portal’s “Reduced Risk” badge on a mobile device for admission, or they may respond to symptom-check questions posted at events.

Performers will not wear masks while on stage and there will be a 12-foot distance between performers and audience members.

For info, call the Theatre and Dance box office at 301-687-7462, Mondays through Fridays, 9 a.m. to 12:30 p.m. and 1:30 to 3 p.m.
**Spring Tutoring Information**

The last day of tutoring will be **Tuesday, May 10**. Hours of operation are **Mondays through Thursdays** from 10 a.m. to 9 p.m. and **Fridays** from 10 a.m. to 3 p.m. Math and natural sciences tutoring will take place in Pullen 139, and writing, business and computer science tutoring will be held in Pullen 151.


Walk-in/group sessions are as follows: ACCT 211 on **Wednesdays** from 6 to 7 p.m. in Framptom 208, BIOL 149 on **Tuesdays and Thursdays** from 5 to 6 p.m. in Compton 225, CHEM 202 on **Tuesdays** from 6 to 7 p.m. in Compton 358 (begins on **Feb. 15**), CHEM 311/312/321/322 on **Mondays** from 7:30 to 8:30 p.m. in Compton 226, CHEM 455 on **Mondays** from 8:30 to 9:30 p.m. in Compton 226, GEOG 103 on **Thursdays** from 6 to 7 p.m. in Gunter 219 (begins on **Feb. 17**), MGMT 355 on **Tuesdays** from 5 to 6:30 p.m. in Framptom 303, MGMT 357 on **Mondays** from 5 to 6:30 p.m. in Framptom 323 and PHYS 215/261/262/263 on **Tuesdays and Thursdays** from 3 to 5 p.m. in Compton 234 and **Mondays and Thursdays** from 11 a.m. to noon in Compton 236.

For NetTutor, the 24/7, third-party, online tutoring platform accessible via Canvas, students must send an email to Mark Smith at msmith@frostburg.edu to gain access. Information about NetTutor is posted outside Pullen 151.

For info, contact the FSU Tutoring Center at 301-687-3077 or 301-687-4066. You can also visit the website at [http://www.frostburg.edu/admin/provost/academic-success-network/tutor/?forceAbsoluteURLs=false&skipGA=false](http://www.frostburg.edu/admin/provost/academic-success-network/tutor/?forceAbsoluteURLs=false&skipGA=false).

**PAWS Pantry Hours**

The PAWS Pantry facility located at 20 Braddock Road is currently closed for renovations.

The PAWS Pantry team will still be supplying food to students out of the Lane University Center by appointment only.

Email PAWSPantry@frostburg.edu to set up an appointment and receive details on procedures while renovations take place.

**FSU Scholarship Application Now Open!**

More than $1 million is available to be awarded to qualified applicants. If you applied in the past and didn’t get anything, you are encouraged to apply again anyway. There are more than 330 scholarships – all with different criteria. Some scholarships are only available to upperclassmen, so as a student earns more credits they may be eligible for scholarships they were not able to be considered for previously.

If you wish to apply for FSU Institutional and Departmental Scholarships for the 2022–2023 academic year, go to [https://frostburg.academicworks.com](https://frostburg.academicworks.com).

To log in to the scholarship application, you will use the same username and password that you use to access your FSU email account. Instructions for the scholarship application, as well as FSU scholarship policies, can be found on the application site and on the Financial Aid Office website at [https://www.frostburg.edu/admissions-and-cost/financial-aid/aid-programs/fsu-scholarships--grants.php](https://www.frostburg.edu/admissions-and-cost/financial-aid/aid-programs/fsu-scholarships--grants.php). The Financial Aid Office recommends that you read the instructions before applying for scholarships.

When you log in to the system and complete the application, you automatically will be applying for any scholarships for which you are eligible. However, pay attention to the recommended opportunities page, which includes scholarships that require manual applications. Some of these awards require additional documentation, so be sure to include all necessary information.

It is also recommended that you complete your scholarship essay before accessing the system and then copy and paste it into the appropriate field. If too much time is taken writing the essay, the user may be timed out.

The deadline to apply for 2022–2023 scholarships is **Tuesday, March 1**, at 11:59 p.m., EST.

Finally, don’t forget to complete your 2022–2023 FAFSA form ([https://studentaid.gov/h/apply-for-aid/fafsa](https://studentaid.gov/h/apply-for-aid/fafsa)) as soon as possible. This is required if you wish to be considered for need-based scholarships.

For info, contact the Financial Aid Office at fsufinaid@frostburg.edu or 301-687-4301.

**Derek Thomson Sheely Leadership Award (Scholarship)**

Do you know an outstanding leader? Do you know a student who excels academically and deserves consideration for a full-tuition scholarship for senior year?

The campus community is invited to nominate outstanding students for the Derek Thomson Sheely Leadership Award.

**Derek Sheely** was a remarkable leader – on and off the football field. This award honors the spirit of a young man who consistently demonstrated his genuine concern for others. Derek understood that leaders acquire influence as a result of the quality of their...
relationships and the respect they give to others. FSU has partnered with Derek’s parents, Kenneth and Kristen Sheely, to create an award that will be given annually to the student who exemplifies the qualities of leadership that Derek so clearly demonstrated.

Applicants must be enrolled full-time at FSU with a minimum cumulative GPA of 3.4 and have completed no less than 70 and no more than 95 credit hours. Student(s) must be nominated for this award by a member of the campus community. Student(s) who are nominated will be required to complete an essay reflecting on their leadership experiences and how these experiences have shaped their growth as an individual. The selection committee will conduct interviews of the finalists for this award. The recipient must have demonstrated the ability to provide leadership to a group of students – in the classroom, a student organization or on an athletic team. Before completion of their senior year, the recipient will be expected to engage in 40 hours of service that will increase awareness and research of concussions and traumatic brain injuries, with a focus on youth sports.

To nominate a student, forward this information to the student. Include a note why you would like to nominate the student for this award and remind them to act promptly to submit an application by the deadline of Tuesday, March 1.

Students may be eligible for other scholarship awards just by submitting a completed scholarship application! Students applying for the Sheely Scholarship must complete additional requirements (including an essay) through Academic Works no later than March 1. Finalists will be interviewed.

Note for Students: Click https://frostburg.academicworks.com/opportunities/7683 to view the criteria and sign in to Academic Works. Follow the instructions and use the email of the faculty/staff member who nominated you for the “recommendation from a member of the campus community” requirement.

For info, contact Lynn Ketterman in the Advancement Office at iletterman@frostburg.edu or Jessica Taylor in Financial Aid at jltaylor@frostburg.edu.

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**Music**

**Jesse Rackley Will Perform In Guest Artist Series Concert**

FSU’s Department of Music will present Jesse Rackley on the euphonium and trombone in a Guest Artist Series concert on **Tuesday, Feb. 15**, at 7:30 p.m. He will be accompanied by pianist **Dr. Joseph Yungen**.


Grondahl was a Danish composer and conductor who is best known for his trombone concerto, written in 1924. Rota wrote one of the most loved and well-known songs in Italian music history, “Parla Piu Piano,” the “Love Theme From ‘The Godfather.’”

Sulek was a Croatian composer, violinist, conductor and music teacher. His sonata very quickly became a world bestseller after its publication in 1973. The beautiful, deeply expressive, intense, neo-romantic work belongs to the recital repertoire of the trombonists.

Written for and commissioned by Jason Ham, principal euphonium with the U.S. Military Academy Band at West Point, “Concert Piece No. 1” is technically challenging yet has sections of expressiveness. It is also a work where the euphonium and piano each share an equal part.

Censhu composed “A Walk in the Woods” in 2004 for euphonium and piano. It was commissioned by euphonium player Shuji Takahashi. The piece is in three-part form and features beautiful melodic lines throughout the euphonium and piano parts.

One of the core repertoire works for the euphonium and one of the most demanding for the instrument, “Symphonic Variants” runs the gamut of technical facility, range, endurance and power to project and balance. This superb work opens with a flourish of technique and runs to high c before presenting the lyrical theme. This is one of the most physical works in the repertoire and one of the standard works frequently performed.

Rackley is an accomplished tenor trombonist and euphonium performer and educator. He is the principal trombonist of the Fayetteville Symphony and Second Trombone with the Carolina Philharmonic. He has performed with the North Carolina Symphony, Charleston Symphony, Virginia Symphony, Wilmington Symphony, Chamber Orchestra of the Triangle and Eastern Music Festival Orchestra. As a soloist, Rackley has been featured with the Triangle Brass Band, 440th U.S. Army Band, East Carolina Tuba Ensemble and numerous high school and community ensembles. He is the artistic director and conductor for the Triangle Youth Brass Bands.
**Department of Music to Host Brass Fest! 2022**

The FSU Department of Music will hold its Brass Fest! 2022 on **Friday, Feb. 18**, from 4 to 8 p.m. High school brass students are invited to spend a day at FSU as participants in the Brass Festival. Register at [www.frostburg.edu/brassfest](http://www.frostburg.edu/brassfest).

Brass instructors participating in the event include Dr. Avery Pettigrew, horn; Josh Bishop, euphonium; and Dr. Luke Spence, trumpet.

Registered students will receive a free 30-minute lesson voucher, assistance with scholarship audition preparation and a free dinner and will take part in sectional coaching by FSU faculty and Brass Ensemble rehearsals.

The event will culminate in a concert at 7 p.m. with performances by FSU brass faculty, current FSU brass students and registered Brass Fest! students.

All who register will be accepted. Registration must be submitted by **Thursday, Feb. 17**, at 9 p.m.

For info, email [music@frostburg.edu](mailto:music@frostburg.edu) or contact Dr. Brent Weber, Music Department chair, at 301-687-4116.

**West Shore Piano Trio In Faculty-Guest Artist Series Concert, ‘Russian Piano Trios’**

FSU’s Department of Music will present the West Shore Piano Trio in a Faculty-Guest Artist Series concert, “Russian Piano Trios,” on **Sunday, Feb. 20**, at 3 p.m. The concert is free and open to the public. This event will also be livestreamed; the link will be posted at [www.frostburg.edu/concerts](http://www.frostburg.edu/concerts).

The West Shore Piano Trio, comprised of Dr. Joy DeWire on piano, Heather Haughn on the violin and Diana Flesner on the cello, will perform “Piano Trio in A Minor, Op. 50” by Pyotr Ilyich Tchaikovsky and “Piano Trio No. 2 in E Minor, Op. 67” by Dmitri Shostakovich.

“Piano Trio in A Minor, Op. 50” was composed between 1881 and 1882. It is subtitled “À la mémoire d’un grand artiste” (“In Memory of a Great Artist”) in reference to Nikolai Rubinstein, Tchaikovsky’s close friend and mentor, who had died. The piece is marked by a tragic perspective. The “Pezzo elegiac” is a darkly brooding and rather conventional romantic first movement with a beautiful opening cello solo with a theme that returns for a final funeral march. The second movement opens with an almost classical melody and then proceeds with an assured set of variations. After working itself into more and more ecstatic heights culminating with the final variation, it suddenly goes through a surprising modulation to the original minor key, and the theme from the first movement returns with an even greater gravity. The entire piece concludes with yet another death march.

Composed in 1944 in memory of Shostakovich’s close friend Ivan Sollettinskiy, a musicologist and critic who died suddenly, “Piano Trio No. 2 in E Minor, Op. 67” seems to comment more broadly on the tenor of the times, suggesting an elegy for the tragic victims of war in general. The trio begins very quietly in eerie high harmonics as a solo cello introduces a meditative subject in its highest range that grows, when joined by violin and piano, into a weighty fugue, deeply tinged with melancholy. Portions of the fugue subject transform into new thematic materials across the movement of generally escalating motion and dynamics. The brisk and spiky scherzo constantly teeters on the edge between lively and frantic, between rolling scales and harsh, repetitive rhythmic motifs like a jovial folk dance. The slow, third movement is a deeply felt lament, a passionate funeral dirge that grows out of an initial stark chord progression from the piano. The finale breaks the grief with a compelling musical narrative featuring a march, piquant folk dancing and a poignant, weeping recall of fugal subject from the first movement.

**FSU Student Shawn Zimmerman to Perform Junior Guitar Recital**

FSU’s Department of Music will present student **Shawn Zimmerman** in his junior guitar recital on **Friday, Feb. 25**, at 7:30 p.m. He will be accompanied by student guest artist **Emily Brobst** on the flute.


“Variations on a Theme by Handel, Op. 107” is one of Giuliani’s most popular set of variations. The theme comes from the popularly nicknamed “The Harmonious Blacksmith,” the final movement, “Air and Variations,” from “Suite No. 5 in E Major, HWV 430” by Handel. Giuliani does not follow Handel’s variations but simply uses the theme and writes his own set.

Barrios composed “Julia Florida” in 1938 while living in Costa Rica. It was apparently a difficult time for the composer due to diminishing health and a lack of regular employment. “Julia Florida” was dedicated to Julia Martinez, whom Barrios taught.

Bach commissioned an instrument maker named Hildebrand to build a keyboard lute (Lautenwerk) of Bach’s design. He subsequently wrote three compositions believed to be for that instrument. “Lute Suite in C Minor, BWV 997” was composed between 1738 and 1741.

“Histoire du Tango” (1986) charts the evolution of tango from its beginnings as a primarily Argentine urban song and dance form that developed in the poor immigrant barrios on the outskirts of Buenos Aires to its assimilation by classical composers such as
Stravinsky and Bartók. The work has four movements, each spanning a different era in the story of tango music: "Bordel 1900" ("Brothel 1900"). “Café 1930,” “Nightclub 1965” and “Concert d’aujourd’hui” ("Concert for Today").

“Les Voix Humaines” (1701) is the most famous piece of the “Second Book of Music for Viola da Gamba” by Marais, the renowned viol player and composer who, under Louis XIV, greatly enlarged the repertoire of this instrument. In this Baroque piece, Marais seems to allude to the nuance and beauty of the human voice with his musical phrases and gestures.

“Elogio de la Danza,” the advanced solo guitar piece by Cuban artist Brouwer, was composed almost 50 years ago in a couple of days on TV. The piece is in two movements because the choreographer wanted to pay homage to the “Grand Adagio” from classical ballet and to “Ballet Russes,” including Stravinsky.

Department of Music to Present Joshua Bishop in Faculty Artist Series Concert, ‘Flow’

FSU’s Department of Music will present Joshua Bishop on the euphonium in a Guest Artist Series concert, “Flow,” on Monday, Feb. 28, at 7:30 p.m.

Bishop will perform “Mandelbrot’s Dream” by Ben McMillan, “My Mountain Top” by Andy Scott, “Flow” by Ben Taylor, “Soundtrack” by Brian Sadler, “… a night devoid of stars” by Peter Meechan and “Hummingbrrd” by Steven Bryant.

Mandelbrot’s Dream is written in three sections: “Catch You on the Flip Side,” “And Goodbye” and “Fractus Metallum.” The first section is a chilled-out stroll through an urban, fractal cityscape, displaying the euphonium’s agility. The second section uses elements of jazz and rock in a slightly cinematic style. The final section features rhythmic and melodic elements of metal. In keeping with the celebration of Mandelbrot’s work in chaos, the piece climaxes into aural chaos.

As a piece of music for euphonium and electronics, “Flow” incorporates recorded water sounds and flowing melodies layered on top of electronic drum beats with intricate rhythms. The primary melodic material for the work is generated from the four letters in the word flow, which produce the pitches A, B-flat, E and F.

“Soundtrack” is a difficult piece for solo trombone with digital MP3 accompaniment. This composition allows the solo trombonist to perform with an exciting orchestral backing track influenced by the sounds of modern film music.

“… a night devoid of stars” is a collection of three short, reflective pieces for unaccompanied euphonium, each inspired by the writings of Dr. Martin Luther King Jr., specifically a passage from “Where Do We Go From Here? Chaos or Community?”

“Hummingbrrd” is an adaptation of Bryant’s original piece for solo euphonium and pre-recorded backing track. It’s a lively, energetic, three-minute encore-type work that shows off the full range of the instrument.

Readings

CLA Presents a Valentine’s and Lupercalia Reading

FSU’s Center for Literary Arts will host a Valentine’s and Lupercalia Reading on Tuesday, Feb. 15, at 7:30 p.m. at Clatter, 15 S. Broadway, in Frostburg. This event is free and open to the public.

Whether you’re looking for a romantic evening of poetry or a fun night with friends, celebrate the theme of love (or wolves, fertility, women or health) through poetry, short fiction and short creative nonfiction. Those who would like to participate in the readings are encouraged to bring pieces they themselves have written, or their favorite works by a writer whom they admire. All who attend are encouraged to participate in the readings!

For info on CLA’s Spring Reading Series, contact the Center for Literary Arts at 301-687-4340 or cla@frostburg.edu.

Exhibits

Department of Visual Arts Presents an Exhibition of Paintings by Jenal Dolson, ‘Emotional Valance’

FSU’s Department of Visual Arts will host an exhibition of paintings by Jenal Dolson, titled “Emotional Valance,” through Friday, Feb. 25, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This event is free and open to the public.

Dolson lives between Puslinch, Ontario, and Chicago. She has participated in residencies at Tempus Projects (Tampa, Fla.), Artscape Gibraltar Point (Toronto) and the Vermont Studio Centre (Johnson, Vt.). Dolson recently received an Exhibition Assistance Grant from the Ontario Arts Council and the Artist Relief Fund from the
Hamilton Arts Council. She also received the Visual Artist Project Grant from the Toronto Arts Council and has been awarded the Emerging Artist Award from the Ontario Arts Council. Dolson received her bachelor’s in 2007 from the University of Waterloo in Waterloo, Ontario, and her master’s in 2020 from the University of South Florida.

For this show, the Roper Gallery is open **Mondays through Fridays** from noon to 4 p.m.

For info, contact the Department of Visual Arts at 301-687-4797.

**Special Collections Celebrates Black History Month With Exhibit Dedicated to BSA**

The David M. Gillespie Special Collections at the Ort Library is celebrating Black History Month with an exhibit dedicated to the history and legacy of the FSU Black Student Alliance (BSA). The Frostburg State College Afro-American Society was started in 1969 when there were only 17 students of color on campus. By 1973, it had changed its name to the Black Student Alliance and has been active on campus since. BSA has sponsored countless events celebrating Black heritage over the years, including FSU’s first celebration of Martin Luther King Day in 1983. The club has also been historically committed to social justice issues on campus. For info, contact Liza Zakharova, Special Collections librarian/archivist, at ylzakharova@frostburg.edu.

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**Points of Pride**

**AECB Grades’ Articles Published In ‘Southeastern Naturalist’**

*Kendyl Hassler*, a 2021 graduate from the Applied Ecology and Conservation Biology (AECB) MS program in the Department of Biology, published three articles from her thesis research on the eastern spotted skunk in West Virginia. The eastern spotted skunk is a species that has suffered severe population declines and is of conservation concern. Hassler’s publications are in a special issue of “Southeastern Naturalist” focused on the species. *Dr. Kelly Pearce*, also a former graduate of the AECB program (and now a professor at Allegheny College in Pennsylvania), also contributed a publication (focused on the eastern spotted skunk in Maryland) to the special issue.

The articles in *Southeastern Naturalist* 20 (special issue on Ecology and Conservation of the Eastern Spotted Skunk) are as follows:


- Pearce, K.J., T.L. Serfass, J.M. McCann and D.J. Feller. “Status and distribution of the eastern spotted skunk in Maryland: A historic review and recent Assessment.” pp. 52-63.

**Dr. Rebekah Taylor Appears on ‘Outdoors Maryland’ on MPT**

*Dr. Rebekah Taylor*, associate professor and chair, Department of Biology, appeared in the first episode (Nov. 9) of the current season (Season 33) of “Outdoors Maryland” on Maryland Public Television. The segment was the second feature on the episode, describing the work she has done with The Nature Conservancy on managing tick populations using controlled forest burns.

The episode can be viewed at [https://www.mpt.org/programs/odm-episodes](https://www.mpt.org/programs/odm-episodes).

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**Take Note**

**Event Cancellation: Ghost-Note**

The CES presentation of Ghost-Note, originally scheduled to take place on **Thursday, March 31**, has been canceled. Ticket purchasers will receive automatic credit card refunds.

**Save the Date for Homecoming 2022**

Homecoming this year will be held **Thursday, Oct. 6, through Sunday, Oct. 9**.

For info, contact the Office of Alumni Relations at 301-687-4068 or alumni@frostburg.edu.

Follow Homecoming on Twitter #homesweetburg
Meditation Room Now Open at Lane Center

Clear Your Mind – Nourish Your Spirit

The renovation of the Meditation Room located within the AstraZeneca Fitness Center at the Lane University Center has been completed.

The Meditation Room is a quiet, communal space for meditation, prayer or reflection and is available at all times when the AstraZeneca Fitness Center is open. Multiple individuals and groups may use the space at the same time, subject to fire code limitations.

Amenities such as a white noise speaker, a fountain and a tabletop garden are provided. No reservations are required and the space is available on a first-come, first-served basis.

Department of Communication to Host Info Table on Feb. 14

The Department of Communication will host an information table outside the department’s office suite, Gira Center 348, on Monday, Feb. 14, from 9 a.m. to noon to greet returning and interested students with information about their updated academic programs, treats and coupons from local restaurants. Communication Studies now offers Strategic Communication Leadership and Strategic Social Media tracks, and Mass Communication offers focus in Digital Audio, Digital Video, or Digital Media Production or Digital Media Strategies. Major programs require or encourage the integration of other academic programs to emphasize cross-disciplinary study, and interdisciplinary minors in Leadership Studies and Social Media are also offered.

For info, stop by to talk to any of the department’s staff or faculty, email comm@frostburg.edu or contact Annie Danzi, associate professor and interim chair, at amdanz@frostburg.edu. You can also recommend advisees search the FSU website for program links and follow the Department of Communication, Communication Leadership Lab or Creative Communication Club pages on Facebook, Twitter and Instagram.

Mindful Mondays

You can join biweekly virtual Mindful Monday check-in sessions at 4:45 p.m. The 30-minute sessions are open to and led by FSU students, faculty and staff. To join or lead a session, email Dr. Eleshia L. Ruminski (Department of Communication) at elruminski@frostburg.edu, Dr. Anne Murtagh (Psychology) at ammurtagh@frostburg.edu or Mikayla Mackall (Student Government Association student representative on mindfulness) at nmackall0@frostburg.edu. Be sure to share with students and colleagues and follow this and other mindful well-being efforts at FSU at this Instagram link: https://www.instagram.com/frostburgmindfulness.

CPDC Spring Career and Internship Fair

The Career and Professional Development Center will host the Spring Virtual Career and Internship Fair on Wednesday, March 9, on Handshake from 11 a.m. to 2 p.m. and the On-campus Career and Internship Fair on Wednesday, April 20, in the Lane University Center, also from 11 a.m. to 2 p.m. Encourage your students to register and attend these events! Invitations to follow.

For info, contact Career Services at careerservices@frostburg.edu or 301-687-4403.

Call for Participation for Focus Frostburg

Focus Frostburg 2022: “Learn-In” for A Sustainable Future will take place on Wednesday, April 20. 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.

This year Focus Frostburg will be a hybrid event including in-person and virtual programming. Virtual presentations will be recorded in advance and uploaded to the Focus Frostburg YouTube channel at https://www.youtube.com/channel/UCWRE8oi99oduNheVY5PeVg.

Become a Presenter at Focus Frostburg 2022!

Be sure to indicate your preference on proposals. Student presentations make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged.

To participate, email krogerthomson@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. In-person sessions are 50 minutes, to coincide with class sessions, but multiple presenters can be accommodated in a single session, so participants may want to consider teaming up. 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 proposal deadline is Friday, March 18.
Undergraduate Research Symposium Coming In May

The in-person 2022 FSU Undergraduate Research Symposium is scheduled for Friday, May 6, from 11 a.m. to 2 p.m. in the Lane University Center. All FSU undergraduate students who have participated in experiential and investigative projects that are completed as part of course work or independent study in any department and major are welcome to participate in the symposium. Also, every student must have at least one faculty or staff mentor to participate.

The Registration form is due by 5 p.m. on Friday, March 18. At least one faculty or staff mentor must be listed for the registration form to be accepted. All students who register for the symposium will receive a separate form they need to use to submit their abstracts, which are due Friday, April 8.

For info and/or a Registration form, contact Dr. Karen Keller at kikeller@frostburg.edu.

Brady Health Offering Flu Vaccine

Brady Health is still administering the quadrivalent vaccine. The vaccine protects against four strains of the influenza virus – two type A strains and two type B.

Vaccinations are by appointment only. Call 301-687-4310 to schedule an appointment.

You must be over 18 years of age. The cost is $25. Payment can be made by cash or check. Be sure to wear short sleeves!

Group Swim Lessons

Four sessions of group swim lessons for children ages 5 to 12 years will be offered Mondays and Wednesdays from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool.

Session 1 will take place Feb. 7 to 13, Session 2 Feb. 28 to March 16, Session 3 March 28 to April 13 and Session 4 April 18 to May 4. Each session is limited to 20 participants and includes six lessons.

Payment must be made at the time of registration.

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

Looking for an Internship? Consider RUN!

RESILIENT UTILITIES NOW! (RUN!) is a 501(c)(3) nonprofit, tax-exempt organization focused on protecting U.S. critical infrastructure from rare but foreseeable catastrophic failure. Its focus is on promoting practical, affordable policies and programs that address those potential dangers to the infrastructure on which society depends.

RUN! is looking for students who want to engage in its remote/hybrid internship program. The goal is to support every student’s academic and career goals and RUN!’s objective by collaborating on projects relevant to their interests and capabilities.

Academic disciplines that could be a good match with RUN!’s plans include engineering, energy policy and political organizing, nonprofit administration and fundraising, website development, marketing communications, graphic design, journalism, law, project management, theater arts and filmmaking. A more comprehensive list of potential internship responsibilities can be found at https://drive.google.com/file/d/1u1ZWjX5_bxCWzr3yl-qcF6SDEV3gV6X/view.

In addition to the website, interns will have the opportunity to develop and help manage the organization’s Twitter, Facebook and Instagram platform pages and learn how to use popular project and collaborative management applications such as Asana and Slack.

After developing its strategy last summer, RUN! established a pilot program to determine how best to design a remote internship program. Based on that experience, one of these students is receiving academic credit for their work this semester, and others may be eligible with the approval of an academic advisor at FSU.

If you or someone you know is interested in this internship opportunity, email Madison Davis at midavis01@frostburg.edu or Michael Hollingsworth at mhollingsworth0@frostburg.edu.

Summer 2022 Employment With Lane University Center

Applications are now being accepted for summer 2022 employment with the Lane University Center and Event Services team for Event Services assistant staff. Event Services assistants play an integral role in the daily management, leadership and operations of events, camps and conferences at FSU. They assist with preparations, facilities management, peer leadership and support, administrative tasks and guest relations.
The position includes on-campus housing as well as meals. Summer employment is contingent on passing a criminal background check. Hours are not regular and evening/weekend work is required. Want to know what it's like to work for Event Services? Check out the employee testimonials at https://www.frostburg.edu/student-community-involvement/LUC/employment/employee-testimonials.php to hear from past student staff.

For info or to apply online, visit the Student Employment webpage at https://www.frostburg.edu/student-community-involvement/LUC/employment/index.php.

The deadline for applications is Friday, March 11. Hiring decisions are anticipated by spring break.

**Student Van Drivers Needed for ECHOSTARS Program – $12.50/Hr.**

The Office of Civic Engagement is hiring van drivers for its ECHOSTARS AmeriCorps program. Van drivers transport students to and from service projects in the greater Allegany County area. Most van driver schedules vary from 5 to 20 hours a week based on student availability and program needs. Weekday and weekend hours are available. Interested students must have a clean driving record, successfully complete an online van-driving safety module to become van certified and pass a state and FBI background check.

If interested in applying, email ECHOSTARS@frostburg.edu or contact Misty Schurg at 301-687-4210 for application information, how to become van certified and other details.

**FSU-TV3 Has Openings for Editors/Captioners and Camera Operators – $12.50/Hr.**

FSU-TV3 has several openings for this school year, including editors/captioners and camera operators.

Go to the Financial Aid Office to see if you qualify for Federal Work-Study, and for info, contact Melanie Lombardi at 301-687-3011 or mlombardi@frostburg.edu.

**Study Abroad**

**Start Planning Your Study Abroad Experience for Spring 2023!**

Join the Center for International Education for a Study Abroad Information Session to learn more about program options, requirements and financial aid for overseas experiences. Each virtual session will take place at 3:30 p.m. on the following Fridays throughout the semester: Feb. 25, March 4 and April 1, 15 and 29.

Email Victoria Gearhart at vmgearhart@frostburg.edu to sign up for the session of your choice.

**Health and Safety Messages**

**Keep Valentine’s Day Safe for Pets!**

When receiving an arrangement, sift through and remove all dangerous flora. Use the ASPCA’s online toxic and nontoxic plant libraries at https://www.aspca.org/pet-care/animal-poison-control/toxic-and-non-toxic-plants as visual guides of what shouldn’t be in your bouquets.

All types of chocolate are potentially life-threatening when ingested by pets. Methylxanthines are caffeine-like stimulants that affect gastrointestinal, neurologic and cardiac function. The high-fat content in lighter chocolates can potentially lead to a life-threatening inflammation of the pancreas.

Because animals are smaller than humans, a little bit of alcohol can do a lot of harm. Potentially fatal respiratory failure can also occur if a large amount is ingested.

Don’t let pets near treats sweetened with xylitol. If ingested, gum, candy and other treats that include this sweetener can result in hypoglycemia (a sudden drop in blood sugar).

And don’t let pets near roses or other thorny-stemmed flowers. Biting, stepping on or swallowing their sharp, woody spines can cause a serious infection if a puncture occurs.

Also, be sure to gather up tape, ribbons, bows, wrapping paper, cellophane and balloons after presents have been opened.

For info, go to https://www.aspca.org/pet-care/general-pet-care/valentines-day-safety-tips.
Happy, Healthy, Hip Tips From the BURG Peer Education Network

Mental Health Monday Tip: Release Stress Right at Home!

Tell Yourself Tuesday Tip: “You can learn a lot more about how feelings of peace and well-being can improve your life.”
https://www.happierhuman.com/positive-affirmations-anxiety

Wacky Wednesday Tip: Simple Ways to Combat Depression
https://www.youtube.com/watch?app=desktop&reload=9&v=N4Jk9Cu3WM8

Thankful Thursday Tip: Count Your Blessings!
https://learningenglish.voanews.com/a/take-a-moment-to-count-your-blessings-/5174083.html

Fun Friday Tip: Fun Things to Do in Your Dorm When It’s Too Cold!

Social Saturday Tip: Get-to-Know-You Games!
https://funattic.com/get-to-know-you-games


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.