



StateLines

For and about FSU people

A publication of Communications and Media Relations

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

CES Presents Valentine's Day Weekend Performance With Jazz Vocalist Alicia Olatuja, 'Intuition: Songs From the Minds of Women'



CES at FSU will present a Valentine's Day weekend performance with jazz vocalist Alicia Olatuja, "Intuition: Songs From the Minds of Women," on **Saturday, Feb. 12**, at 7:30 p.m. This CES Club Series event, which will be held in the Alice R. Manicur Assembly Hall in FSU's Lane University Center, will feature club-style table seating, a food menu and bar service.

Praised in The New York Times as "a singer with a strong and luscious tone," Olatuja combines the earthy with the sublime, bringing a grounded relatability to genres as lofty as classical, as venerated as jazz and as gritty as R&B. Olatuja first gained international recognition during President Barack Obama's 2013 inauguration ceremony, with a soaring solo of "The Battle Hymn of the Republic." Since this historic performance, she has shared the stage with musical legends Chaka Khan, BeBe Winans, Christian McBride,

Dr. Lonnie Smith and Billy Childs and has earned accolades through performances at music venues around the world.

Immediately following the performance, WFWM-FM Station Director **Chuck Dicken** will join the artists onstage for a lively, interactive discussion with the audience.

Before the show, audience members may opt to enjoy a romantic three-course dinner in the Lane Center. Menu selections include filet mignon, potato-crust red snapper and eggplant cannelloni. All meals include a choice of appetizer, dessert and beverage service. A cash bar will be available at 5 p.m. and dinner service will begin at 5:30 p.m.

Performance tickets are \$18 for adults; \$16.20 for FSU faculty/staff, military and youth under 18; and free for FSU students. The cost for dinner ranges from \$36 to \$47 depending on selected menu items.

For info, visit the CES webpage at ces.frostburg.edu or contact the University box office at 1-866-849-9237 or 301-687-3137. The box office, located in the Lane Center, is open Monday through Friday from 10 a.m. to 4 p.m.

This engagement is made possible through the Jazz Touring Network program of Mid Atlantic Arts Foundation with support from the National Endowment for the Arts. CES is supported in part by the Maryland State Arts Council (msac.org), the Allegany Arts Council and the City of Frostburg.

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.

Help for Students

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>.

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>. 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>) 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.

For the following events, 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.

Music

Unless otherwise noted, music performances will take place in Pealer Recital Hall and are free and open to the public.

Pianist Dr. Scott Cuellar to Perform in Guest Artist Series Concert



FSU's Department of Music will present pianist Dr. Scott Cuellar in a Guest Artist Series concert on **Saturday, Feb. 5**, at 7:30 p.m. Cuellar will also offer a masterclass that day at 3 p.m.

The program will include "Vallée d'Obermann, S. 160" by Franz Liszt; the three movements – "Vivace ma non troppo," "Prestissimo" and "Gesangvoll, mit innigster Empfindung. Andante molto cantabile ed espressivo" – of "Piano Sonata No. 30 in E Major, Op. 109" by Ludwig van Beethoven; and the four movements – "Allegro moderato," "Allegretto," "Tempo di valzer lentissimo" and "Vivace" – of "Piano Sonata No. 6 in A Major, Op. 82" by Sergei Prokofiev.

"Vallée d'Obermann" is the sixth work in the nine pieces of Liszt's first part of "Années de pèlerinage" titled "Suisse" (Switzerland) and is the longest and most profound of the set. The entire "Années de pèlerinage" was written over 23 years from 1838 to 1861. "Obermann" is the name given to the imaginary Swiss location but also refers to the character in an 1804 novel by Étienne Pivert de Senancour who turns to Alpine solitude for solace. The opening of the piece is solemn, and dramatic pauses followed by cadenza-like statements mark the work throughout.

"Piano Sonata No. 30 in E Major, Op. 109," composed in 1820, is the third-to-last of Beethoven's piano sonatas. In it, after the huge "Hammerklavier Sonata, Op. 106," Beethoven returns to a smaller scale and a more intimate character. It is dedicated to Maximiliane Brentano, the daughter of Beethoven's long-standing friend Antonie Brentano. Musically, the piece is characterized by a free and original approach to the traditional sonata form. Its focus is on the third movement, a set of variations that interpret its theme in a variety of individual ways. Overall, the sonata is endowed with abundant melody and interesting, complex harmony.

Prokofiev's "Piano Sonata No. 6 in A Major, Op. 82" is a sonata for solo piano, the first of the Three War Sonatas. It was first performed in Moscow in 1940. The greater part of the first movement is dominated by grinding dissonances and frequent modulation, increasing the despair of the work. The second movement has a march-like sound with staccato chords. The third movement is similar to a waltz, slower and romantic in the outer sections, but with a stormy, bell-like middle section. The closing movement is a headlong rondo.

Cuellar won the gold medal at the 2016 San Antonio International Piano Competition. Additionally, he was the winner of the Rice and Oberlin concerto competitions and was a semifinalist in the 2017 Seoul International Piano Competition. He has given solo recitals at major venues around the world, including Carnegie Hall's Weill Recital Hall, Vienna's Konzerthaus and Bösendorfersaal, the Newport Music Festival and the Shenyang Conservatory of Music. He has appeared as a soloist with the San Antonio Symphony, the Rochester Symphony Orchestra, the Oberlin Orchestra, the Lima Symphony Orchestra and several others. He is a founding member of the Rodin Trio. His recording of Gity Razaz's "Duo for Violin and Piano" with violinist Francesca DePasquale will be released in 2022 on BIS Records, Sweden. Cuellar is an assistant professor at the Oberlin Conservatory of Music, where he teaches chamber music.

For info, contact FSU's Department of Music at 301-687-4109.

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.

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 rehearsal.

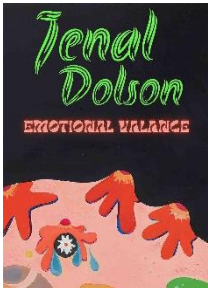
The event will culminate in a concert at 7 p.m. with performances by FSU brass faculty, current FSU brass students and registered Brass Fest! students.

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

For info, email music@frostburg.edu or contact Dr. Brent Weber, Music Department chair, at 301-687-4116.

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," which will open with a reception on **Friday, Feb. 4**, from 7 to 9 p.m. 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, Feb. 25**.

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.

Workshops

Office of Diversity, Equity and Inclusion Hosting Two February Workshops

Angry, tired, frustrated, scared, disgusted, disappointed, irritated and confused. Many college students share these feelings as they continue to experience and/or witness the challenges of the pandemic and heightened racial injustice.

On **Tuesday, Feb. 1**, and **Wednesday, Feb. 2**, FSU will host a two-part series that is interactive, engaging and educational. It provides historical narrative, compelling examples and thought-provoking dialogue that answer these questions and many more. The facilitator blends his legal background as an attorney with American history and diversity, equity and inclusion principles to take participants on a journey that increases awareness, knowledge and skills as it relates to social justice and advocacy. He tackles traditionally difficult topics that can be uncomfortable to discuss and transforms them into learning opportunities for growth, as well as presents the information in an evidence based, non-offensive manner.

Be sure to join the Office of Diversity, Equity and Inclusion and the University Council for Diversity, Equity and Inclusion for these thought-provoking and timely workshops. Connections to academic courses and student participation are encouraged.

“Say What? Freedom of Speech: Hate, Hope and Healing,” Feb. 1, 7 p.m., Glra Center 156

Are First Amendment rights absolute? What is the difference between hate speech and hate crimes? How can students reconcile the intersectionality of legal rights, social justice and culture and community? This powerful kickoff presentation empowers participants with this information and more.

“Protest for Peace,” Feb. 2, 7 p.m., Glra Center 397

There has been a series of events that have taken place in America igniting what appear to be a new social justice movement. Although the movement appears to be new, the strategies are historically rooted in civil rights movements. In this interactive and engaging session, the presenter accomplishes this by addressing the following:

- Sit-ins and die-ins: The origination of a movement
- Demonstrations, protests, and riots: Clarifying the narrative
- More than a movement: Examining the four-prong strategy of SCLS
- Bigger than a bowl game: How college students at Mizzou won
- Gen Z protests: Infusing the civil rights movement with social media for change
- Continuing the fight: Transitioning the work to the next group of leaders
- Now what? How student leaders and administrators can collectively manifest change

For info, contact Robin Wynder at rwynder@frostburg.edu or Dr. Kara Rogers Thomas at krogerstthomas@frostburg.edu.

Readings

CLA Presents FSU’s Gerry LaFemina in Release Reading for ‘The Pursuit: A Meditation on Happiness’



FSU’s Center for Literary Arts will present *Gerry LaFemina*, a professor in FSU’s Department of English and Foreign Languages, in a release reading for “The Pursuit: A Meditation on Happiness” on **Tuesday, Feb. 8**, at 7:30 p.m. at Clatter, 15 S. Broadway, in Frostburg.

“The Pursuit: A Meditation on Happiness” is creative nonfiction. It’s a hodge-podge: memoir, philosophy, literary criticism, pop culture, history and reflection. LaFemina calls it a meditation. It really is an essay in the French way of being a trial or an experiment. For info on the book, visit <https://madvillepublishing.com/product/the-pursuit-a-meditation-on-happiness>.

For info on CLA’s spring events, contact Jennifer Browne at jbrowne@frostburg.edu.

Points of Pride

Frostburg No-Shave November Campaign Benefits Haley Foundation



University Police and City of Frostburg Police recently presented checks totaling \$1,721 to the Holding Hands for Haley Foundation following their No-Shave November fundraising campaign in November and December. From left are FSUPD Chief Cynthia Smith; FSUPD Lt. Jason McCumber; FPD Lt. James Sites; FPD Chief Nicholas Costello, Patricia House of Holding Hands for Haley Foundation; FSUPD Sgt. Daniel Dunn; David and Candace Sandvick of Holding Hands for Haley Foundation; and FPD Sgt. Matthew Beeman.

FSU Staff Present at Annual Middle States Conference

Three FSU staff members, *Dr. Sara-Beth Bittinger*, interim assistant vice president for Analytics, *Dr. Benjamin Norris*, interim associate provost, and *Troy Donoway*, vice president for Administration and Finance, presented on FSU’s annual institutional effectiveness assessment process in December 2021 at the annual Middle States conference. More than 400 attended this presentation.

Take Note

Former FSU President Reinhard Dies at 91



FSU's 12th president, **Dr. Herb. F. Reinhard**, passed away at the age of 91 on Thursday, Jan. 13, in Alpharetta, Ga.

Reinhard was president of FSU from 1986 to 1991, years of significant transition for the institution, including when it gained university status in 1987 and when it joined the University System of Maryland in 1988. He increased enrollment and the size of the faculty, as well as secured funding for the Pealer Performing Arts Center, which opened in 1993. He was active in the local community himself, and he increased the University's involvement in a number of regional initiatives, including the organization that became The Cumberland Theatre. He also launched FSU's first capital campaign to fund equipment.

"My communications with him over the past several years showed the passion he had for Frostburg State University and the importance this school held for him as part of his long and successful career in higher education," said President Ron Nowaczyk. "He was particularly proud of his legacy when we moved from being a college to a university."

Before arriving at FSU, he became president of Slippery Rock State College in Pennsylvania in 1979, and he also led that institution to university status in 1983. He then became president of Morehead State University in Kentucky in 1984.

He earned his bachelor's and master's degrees from Florida State University and his doctorate from Indiana University.

Before embarking on his academic career, he had a varied and interesting professional journey, including as a professional youth tap dancer, a minor league baseball player and a U.S. Navy hospital corpsman and later a U.S. Marine.

He is survived by his wife, Nancy Warner Reinhard, their four children, eight grandchildren and a great-granddaughter.

A memorial service will be held **Saturday, Feb. 5**, at 1:30 p.m. at Johns Creek Presbyterian Church, 10950 Bell Road, Johns Creek, GA 30097. For info, visit <https://southcare-16518.meaningfulfunerals.net/obituary/dr-herbert-reinhard-jr>.

Mindful Mondays Begin Feb. 7



You can join biweekly virtual Mindful Monday check-in sessions beginning **Monday, Feb. 7**, 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. Elesha 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 mjmackall0@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>.

Ecobricks to Meet Fridays

FSU Ecobricks will meet at 4 p.m. on **Fridays** in Gunter 208. Join the group to construct Ecobricks and learn more about how you can transform your relationship with plastics. Ecobricking is a hands-on environmental movement, and FSU Ecobricks is making progress toward its first big project! Learn more on Friday, by following FSU Ecobricks on Facebook or by contacting Laurel Plitnik, president, at lgplitnik0@frostburg.edu or Tracy Edwards, advisor, at tedwards@frostburg.edu.

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/UCWRE8oJhI9oduNheVYSPEVg>.

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 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. 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

Undergraduate students will again have the opportunity to present their research in person at the FSU Undergraduate Research Symposium! The symposium is scheduled for **Friday, May 6**, from 11 a.m. to 2 p.m. in the Lane University Center. More information, including the Registration form, will be provided soon.

For info, contact Dr. Karen Keller at kkeller@frostburg.edu.

FSU Foundation Opportunity Grants



The FSU Foundation is once again seeking funding proposals from faculty, staff and students for Foundation Opportunity Grants and several other awards for fiscal year 2023 (academic year 2022-23).

Those interested should complete the FSU Foundation Opportunity Grant Request Form (application link at www.frostburg.edu/opportunity), which includes a line-item budget. All applications must be limited to two

pages. A third page is only permitted for the line-item budget. After you complete the form, you must submit it online at www.frostburg.edu/opportunity. **No paper or emailed applications will be accepted.**

The deadline for proposals is midnight on **Sunday, March 13**. Applicants will be notified of the awards following the Foundation Board meeting on **Friday, June 3**.

Projects may be funded from the following:

Annual Fund for projects that support FSU's institutional priority to enhance experiential and applied learning opportunities for students inside and outside the classroom

Bowling Family Global Citizen Funds to support the global competence of FSU students

Al and Dale Boxley Faculty Award/Student Research Award to support faculty or student projects

J. Frederick Gibraltar Regional and Cultural Arts Funds to support regional and cultural arts programs at FSU

Jonathan Gibraltar Presidential Leadership Fund for Alcohol Awareness and Education to support educational programs, social programs and/or community service-related programs geared toward alcohol awareness and the importance of responsible behaviors and decision making

Catherine R. Gira Campus-to-Community Awards to support students or student projects that demonstrate an entrepreneurial spirit, critical thinking skills and a determination to be successful

Kim and Marion Leonard Mindful Leadership of Self and Others Experiential Learning Funds to support FSU faculty, staff and students to understand the value placed on mindfulness, authenticity, awareness, vulnerability, openness, trust, listening and respect

Woodward and Virginia Pealer Faculty Development Award to support student scholarships and faculty development initiatives for stipends/funding and travel expenses for visiting scholars, lecturers, artists, performers and programs; recognition and promotion of these activities; equipment purchases in conjunction with these activities; and outreach/professional development programs for Allegany County

Martha T. and Ralph M. Race Western History Lecture Funds to support an annual lecture series on the topic of Western history

Stephen M. Spahr Student Activism Award to provide financial assistance to student organizations, classes or informal groups of students needing funds to travel to programs or centers of governmental activity to experience, firsthand, the workings of the democratic process

Marlene Weimer Memorial Scholarly Endeavors Fund to support scholarly endeavors in the area of innovative mathematics faculty development initiatives and/or scholarship support for outstanding mathematics students, depending on the area of greatest need as determined annually by the Mathematics Department

You can access the award descriptions at www.frostburg.edu/opportunitygrants and a list of previously supported projects at <https://www.frostburg.edu/foundation/files/pdfs/fundedprojects.pdf>.

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!

Transitions

Transitions Is StateLines' New Outlet for Announcements

StateLines is establishing a new outlet for campus announcements. Called Transitions, this is where department heads (academic and administrative) can announce structural and personnel changes of interest to the campus community at large. Here is the first example:

Marketing and Communications: The department that had been called Communications and Media Relations (part of University Advancement) is now Marketing and Communications to better reflect its mission. The department encompasses News and Media Services (*Nicole McDonald*, director) and Creative Services (previously called Publications; *Ed Lemire*, director). Marketing and Communications is being led on an interim basis by *Liz Medcalf*, who retired as director of News & Media Services in 2021.

FSU-TV3

Did You Know FSU Has Its Own Cable Channel?



FSU-TV3 is available on Comcast channel 3 on campus and in Frostburg, Mount Savage and Lonaconing! The channel offers a variety of programming, so tune in to see what's on!

For programming information, log on to <https://www.frostburg.edu/fsu-tv3/programming-information/1programming> or watch original programming at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

Follow FSU-TV3 activities on <https://www.facebook.com/FSUTV3>, <https://twitter.com/fsutv3>, <https://instagram.com/fsutv3> and <https://www.youtube.com/channel/UCBYNZFo1rDZdpNzDL1ruREQ>.

CCC Is Back!



The Creative Communication Club will hold its first General Body Meeting of the spring semester on **Tuesday, Feb. 1**, at 5 p.m. in Gira Center 333. Come hear about plans and activities for the spring semester!

Eligible for Federal Work-Study?

FSU-TV3 has several openings for this school year, including editors/captioners and camera operators. The pay is \$12.50/hour.

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.

UCM

For info, contact the Rev. Dr. Cindy Zirlott at c.zirlott@frostburg.edu.

United Campus Ministry Spring 2022 Schedule

Monday, Jan. 31, to Wednesday, Feb. 2: Sign up for Alternative Spring Break at Lane info tables, 11 a.m. to 3 p.m.

Monday, Jan 31: United Through Christ Bible Fellowship meets at 7:45 p.m. in Lane 108. The topic is "Power of the Tongue" with leader Reggie Morton.

Wednesday, Feb 2: 100 Percent Triumph meets at 7:30 p.m. in Lane 108 with leader Jamari Morgan.

Thursday, Feb. 3: Ladies of Faith meet at 6 p.m. in Gira Center 156. The topic is "Four Biblical Views of Women in Ministry" with leader *Chaplain Cindy*.

Sunday, Feb. 6: UCM's "Altar Call" (weekly Sunday vespers worship) takes place from 7 to 8 p.m. in Cook Chapel with leader Johnny Lawrence.

Monday, Feb 7, to Thursday, Feb. 10: Body-Spirit Prayer Stations (self-guided meditation) are open from 9 a.m. to 5:30 p.m. in Cook Chapel.

Body-Spirit Wellness Week

Have you been feeling out of sorts, anxious and weighted down with the winter blues? During Body-Spirit Wellness Week, **Tuesday, Feb. 8, through Thursday, Feb. 10**, from 1 to 10 p.m. in the Lane Atkinson Room (232), the focus is on practices that may help facilitate wholeness and balance in body-mind-spirit. UCM and Catholic Campus Ministries will offer information about various ways to bring harmony. There will be one-on-one Spiritual Direction Sessions and Self-Guided Prayer Stations, and you can learn about walk meditation with the Labyrinth Prayer Walk. Stop by to learn about these practices; there will be a short presentation at the top of every hour from 1 to 9 p.m.

Jobs

Student Van Drivers Needed for EHOSTARS Program – \$12.50/Hr.

The Office of Civic Engagement is hiring van drivers for its EHOSTARS 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 EHOSTARS@frostburg.edu or contact Misty Schurg at 301-687-4210 for application information, how to become van certified and other details.

Volunteers

Volunteers Needed to Rebuild After Wildfires in Paradise, Calif.



Alternative Break trips are fully immersive and highly organized service trips for students and young adults that allow them to make a direct impact in a community while learning more about the issues surrounding that community and the larger world.

For Spring Break 2022, FSU is heading to Paradise, Calif., to help with rebuilding after the wildfires.

The deadline to apply is **Friday, Feb. 4**.

Apply at <https://bit.ly/3pnmXH>.

For info, contact Ashley Daniels at amdaniels@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. 4 and 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.

Costa Rica – Pura Vida Trip, May 26-June 3



Explore ecotourism principles in the context of a country that is considered to be the ecotourism capital of the world. This study abroad experience is integrated as the experiential component of RECR 448 Principles of Ecotourism during summer session 2022. The dates of travel are **Thursday, May 26, through Friday, June 3**. The trip is open to any FSU student.

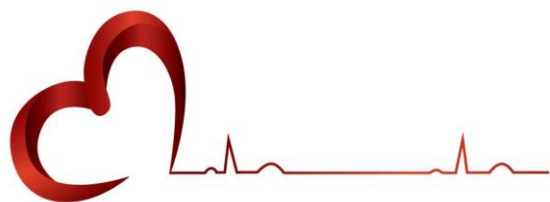
Students will engage in hands-on experiences as they board canal boats, kayaks, rafts and zip-lines to get an up-close and personal look at the ever-changing landscapes and unparalleled animal and plant life. The trip includes visits to five national parks in Costa Rica.

For info, contact the faculty trip leader, **Dr. Natalia Buta**, an associate professor in FSU's Department of Kinesiology and Recreation, at nbuta@frostburg.edu or 301-687-4458, or visit <https://www.frostburg.edu/student-life/campus-services/center-for-international-ed/study-abroad/student-abroad-programs.php>.

Health and Safety Messages

February Is American Heart Month

Seven Strategies to Live a Heart-Healthy Lifestyle



When you choose healthy behaviors, you can lower your heart disease risk while also preventing other serious chronic conditions like type 2 diabetes and some kinds of cancer.

Learn your health history. Know your risks and talk to your family and doctor about your health history.

Eat a healthy diet. Make healthy food choices like more fruits, vegetables, whole grains, lean meats and low-fat dairy products. Eat less salt, saturated fat and added sugar.

Move more, sit less. Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least two days a week.

Quit smoking. Take the first step and call 1-800-QUIT-NOW for free support.

Take medicines as directed. If you take medicine to treat high cholesterol, high blood pressure or diabetes, follow your doctor's instructions carefully. Never stop taking your medicine without talking to your doctor, nurse or pharmacist.

Rethink your drink. Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.

Monitor your blood pressure at home. Self-measured blood pressure monitors are easy and safe to use.

Learn more about keeping your heart healthy by visiting www.cdc.gov/heartdisease/prevention.htm.

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.