



# StateLines

For and about FSU people

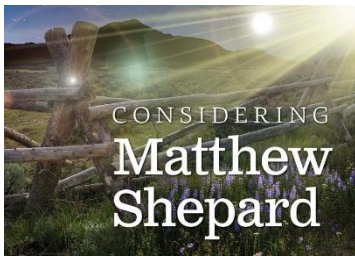
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Copy deadline: noon Wednesday, Candis Johnson at [statelines@frostburg.edu](mailto:statelines@frostburg.edu)

For all events, FSU is following CDC guidance based on current area conditions. For current health and safety guidelines visit [www.frostburg.edu/COVID19](http://www.frostburg.edu/COVID19). Event attendees are encouraged to visit [www.frostburg.edu/checkin](http://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.

## Departments of Music and Theatre and Dance Will Present 'Considering Matthew Shepard'



FSU's Department of Music, in collaboration with the Department of Theatre and Dance, will present Craig Hella Johnson's "Considering Matthew Shepard" **Friday, May 6**, at 7:30 p.m. and **Saturday, May 7**, at 3 p.m. in the Pealer Recital Hall of FSU's Woodward D. Pealer Performing Arts Center. On **Sunday, May 8**, there will be a performance at 3 p.m. at St. Ignatius Catholic Community in Baltimore.

This powerful masterwork explores the importance of elevating love and caring for one another through music. In 1998, Shepard, an LGBTQ student at the University of Wyoming, was kidnapped, beaten, tied to a fence and left to die.

With inspirations from Bach to Broadway, the compelling message of this performance is still essential today and shows the significance of unity and recognizing those who feel marginalized.

"Matt Shepard and his story have led me on an inspiring, challenging and deeply meaningful journey that I continue to this day," said Johnson. "In composing 'Considering Matthew Shepard,' I wanted to create, within a musical framework, a space for reflection, consideration and unity around his life and legacy."

The Chicago Tribune remarked about the piece, "Listen to this music ... and you'll encounter the antithesis of despair and gloom. Yes, 'Considering Matthew Shepard' conjures the horror of the crime, but through its synthesis of poetry, excerpts from Shepard's journal and comments from his parents, the piece renders Shepard much more than just a victim: He's a real-life, multidimensional person whose death led Johnson not only to lament what happened but to point toward a better path for humanity."

For info, visit [www.frostburg.edu/consider](http://www.frostburg.edu/consider) or contact the FSU Department of Music at 301-687-4109.

## Music

Unless otherwise noted, music performances will take place in Pealer Recital Hall and are free and open to the public. For info, contact FSU's Department of Music at 301-687-4109. Music events will also be livestreamed; the link will be posted at [www.frostburg.edu/concerts](http://www.frostburg.edu/concerts).

## Theatre Selections Will Be Featured in Brass Ensemble Concert

FSU's Department of Music will present its Brass Ensemble, directed by *Joshua Bishop*, in concert on **Monday, May 2**, at 7:30 p.m. The event will also feature the FSU Low Brass Ensemble.

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Performers will include **MJ Harden**, **Nikki Kehl**, **Joey Orr** and **Kael Sorensen** on trumpets; **Brice Simpson** and **Sam White** on horns; **DeAndre Cook** and **Zach English** on trombones; **Alex Frye**, **Casey Swartz** and **Zoe Wenstrand** on euphoniums; and **Doug Holtz** on the tuba.

The theme of the performance is “Theatre,” and all selections are from movies or operas. The program will include “Fanfare” from “Also Sprach Zarathustra” by Richard Strauss; “The Nightmare Before Christmas” by Danny Elfman; “Remember Me” from “Coco” by Robert Lopez and Kristen Anderson-Lopez; “Theme” from “The Pacific” by Blake Neely, Geoff Zanelli and Hans Zimmer; “Star Wars Medley” by John Williams; “Theme” from “The Avengers” by Zimmer; “March” from “Aida” by Giuseppe Verdi; “Nessun Dorma” by Giacomo Puccini; and “Elsa’s Procession to the Cathedral” and “Prelude to Act 3” from “Lohengrin” by Richard Wagner.

“Also Sprach Zarathustra, Op. 30” is a tone poem Strauss composed in 1896, which was inspired by Friedrich Nietzsche’s philosophical 1883-1885 novel of the same name. The initial fanfare, titled “Sunrise,” became well-known after its use in Stanley Kubrick’s 1968 film “2001: A Space Odyssey.”

“The Nightmare Before Christmas” is the 15th soundtrack album by American composer Elfman. It was released in 1993 by Walt Disney Records to promote the animated musical dark-fantasy film.

“Remember Me” is a song from the 2017 animated Pixar film “Coco.” It won Best Original Song at the 90th Academy Awards in 2018.

The HBO miniseries “The Pacific” tracks the intertwined real-life journeys of three U.S. Marines across the vast canvas of the Pacific Theater during World War II. The main theme from the soundtrack is titled “Honor.”

The classic “Star Wars Medley” was created shortly after the original release of “Star Wars” in 1977 and still remains the best transcription of Williams’ stunning movie score.

“The Avengers” is the film score for the Marvel Studios film “The Avengers” by Alan Silvestri. It was released by Hollywood Records in 2012.

“Aida” is an opera in four acts by Verdi to an Italian libretto by Antonio Ghislanzoni. Set in the Old Kingdom of Egypt, it was commissioned by Cairo’s Khedivial Opera House and premiered there in 1871. In the story, the Egyptians have captured and enslaved Aida, an Ethiopian princess. An Egyptian military commander, Radamès, struggles to choose between his love for her and his loyalty to the King of Egypt.

“Nessun Dorma” (“Let No One Sleep”) is an aria from the final act of Puccini’s opera “Turandot” and one of the best-known tenor arias. It is sung by Calaf, who falls in love at first sight with the beautiful but cold Princess Turandot. Any man who wishes to wed Turandot must first answer her three riddles; if he fails, he will be beheaded. In the aria, Calaf expresses his triumphant assurance that he will win the princess.

“Lohengrin, WWV 75” is a Romantic opera in three acts that was first performed in 1850. The story of the eponymous character is taken from medieval German romance, notably the Parzival of Wolfram von Eschenbach, and its sequel Lohengrin, inspired by the epic of Garin le Loherain. It is part of the Knight of the Swan legend.

## **FSU Student Kamonté Johnson Performing Senior Percussion Recital**

FSU’s Department of Music will present student **Kamonté Johnson** in his senior percussion recital on **Wednesday, May 4**, at 7:30 p.m. He will be accompanied by **Mirto Dorcil** on piano and **Grant Stryckning** on bass guitar.

Johnson will perform “Triptych Boom” by Chad Floyd; “A Little Prayer” by Evelyn Glennie; “Sonata for Timpani” by John Beck; Giant Steps by John Coltrane, arranged by Mirto Dorcil; and “Jelly’s Da Beener” by Robert Glasper.

## **FSU Student Alexander McNemar in Junior Saxophone Recital**

FSU’s Department of Music will present student **Alexander McNemar** in his junior saxophone recital on **Sunday, May 8**, at 7 p.m. He will be accompanied by pianist **Dr. Jay Dewire**.

McNemar will perform the first two movements, “Adagio ma non tanto” and “Allegro,” of “Flute Sonata in E Major, BWV 1035” by Johann Sebastian Bach; the three movements, “Animé,” “Lent” and “Tres Animé,” of “Fantasia for Saxophone, Three Horns and Strings, W490” by Heitor Villa-Lobos; the first two movements, “Energetic” and “Meditative,” of “Concerto for Alto Saxophone, Op. 26” by Paul Creston; and “Billie, for Alto Saxophone and GhettoBlaster” by Jacob ter Veldhuis.

## **Theatre and Dance**

### **Theatre and Dance Presents Dramatic Comedy ‘The Wolves’**



Cast members, front row, from left: **Grace LaCount** (No. 7), **Madilyn McManaway** (No. 46) and **Dominique Little** (No. 00); back row, from left: **Alyssa Bahner** (No. 11), **Alex Manocchio** (No. 14), **Amaya Hatcher** (No. 13), **Ashlee Casey** (No. 2), **Elena Echeandia** (No. 8) and **Zoie Collins** (No. 25)

FSU’s Department of Theatre and Dance will present “The Wolves” **Thursday, May 5, through Saturday, May 7**, at 7:30 p.m. Directed by faculty member **Nicole Mattis**, performances will take place in the F. Perry Smith Studio Theatre of FSU’s Woodward D. Pealer Performing Arts Center.

High knees! Butt kicks! Grapevine! Move, move, move! As a high school girls indoor soccer team warms up in the safety of their stretch circle, tiny battles cross the turf with slicing precision. A finalist for the Pulitzer Prize for Drama in 2017 and winner of the 2015 Relentless Award for Playwriting, “The Wolves” zooms in on a group of warriors coming of age in contemporary American society, upending preconceived ideas about girlhood and growing up. Hailed by The New York Times as “the scary, exhilarating brightness of raw adolescence,” “The Wolves” is a high-energy dramatic comedy that flits from scene to scene with grit, high stakes and the power of the pack.

The cast features *Alyssa Bahner* (No. 11), *Zoie Collins* (No. 25), *Amaya Hatcher* (No. 13), *Madilyn McManaway* (No. 46), *Ashlee Casey* (No. 2), *Grace LaCount* (No. 7), *Elena Echeandia* (No. 8), *Dominique Little* (No. 00), *Alex Manocchio* (No. 14) and *Erica Breighner* (Soccer Mom).

In addition to Mattis, the creative team includes *Francis Sharkey* (scenic design), *Whitney O’Haver* (costume design), *Brendon McCabe* (lighting design), *George Georgerson* (sound design), *Rebekah Reimer* (props design), *Ryann Elise Cooper* (stage manager), *Kristin Hall* (assistant stage manager) and *Mina Del Borrello* (soccer consultant).

“The Wolves” is recommended for ages 14 and older.

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

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.

## Exhibits

### Roper Gallery to Feature Spring 2022 Senior Exhibition, ‘Expressive Solution’



FSU’s Department of Visual Arts will host the spring 2022 Senior Exhibition, “Expressive Solution,” at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. The opening will be held on **Saturday, May 7**, from 2 to 4 p.m., and the exhibit will run **through Thursday, May 19**. This event is free and open to the public.

The following art and design students will exhibit their artwork.

**Kahlil Broderick** is a transfer student from Anne Arundel Community College. He is graduating from FSU with a bachelor’s in art and design, with a minor in fine arts. His focus areas are graphic design and illustration. Broderick hopes to pursue a career in graphics and user interface design.

**Lyell Curtis** is graduating with a bachelor’s, with focuses in graphic design and illustration and minors in computer information systems and art history. After attending the graduate program in human-centered design and engineering at the University of Washington, Curtis plans to become a front- and back-end developer, then transition to software engineering.

**Matt Knies** is graduating from FSU with a bachelor’s in art and design, with a focus in photography and a dual minor in art history and graphic design. Knies plans to pursue a career in photography and become an event photographer.

**Delaney Krotz** is graduating with a bachelor’s in art and design and a minor in graphic design and art history, while focusing in graphic design and printmaking. After graduation, Krotz plans to concentrate on graphic design and web design.

**Haven Lilly** is graduating with a bachelor’s in art and design and minors in graphic design and finance. After graduation, he plans to continue with freelance work and help with his family business.

**Levi Linn** is graduating with a bachelor’s in art and design, with a dual focus in illustration and graphic design and a minor in art history. After graduation, he plans to continue illustrating, focusing on fantasy and comic artwork, both freelance and professional.

**Michael Lynch** is graduating from FSU with a bachelor’s in art and design, with a focus on graphic design and sculpture and a minor in art history. After graduating, he plans to work as a professional graphic designer.

**Alexis Nelms** will graduate from FSU with a bachelor’s in art and design, with a focus in graphic design and a minor in small business. After graduation, she plans to continue her career in graphic design.

**Gabriela Oramas** is a transfer student from Prince George’s Community College. She is graduating from FSU with a bachelor’s in art and design, with a dual focus in graphic design and illustration. After graduation, she plans to work in book design and/or children’s illustrations. She also plans to freelance and sell prints of her artwork.

**Darius Sampson** is graduating from FSU with a bachelor’s in graphic design and advanced illustration. After graduation, he plans to become a freelance illustrator and pursue a career in illustration.

**Brandyn Saunders** is graduating from FSU with a bachelor’s in art and design, with a focus in illustration. After graduation, he plans to pursue a career as an illustrator.

**Aaron Smith** is a transfer student from West Virginia University – Potomac State College where he earned an associate degree in journalism. He will graduate from FSU with a bachelor’s, with a major in art and design and a minor in art history. After graduation, he plans to travel to different countries, teaching English as a foreign language while pursuing freelance art and photography projects.

For this show, the Roper Gallery is open **Mondays through Fridays** from noon to 5 p.m.

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

## Presentations/Discussions

### Taylor & Thiel to Present at Mountain Maryland Native Plant Festival

*Dr. Rebekah Taylor*, chair of FSU's Department of Biology and an associate professor in that department, and *Clara Thiel*, a lecturer in biology, will give presentations at the Mountain Maryland Native Plant Festival on **Saturday, May 14**, at New Germany State Park (near Grantsville in Garrett County).

Taylor will present "Lyme Disease and Tick Safety" and Thiel, "Rare Plants and Ecosystems of Mountain Maryland."

Info about the free event can be found at <https://mdflora.org/event-4683825>.

## Points of Pride

### Winners of the 2022 Earth Day Facebook Contest

Congratulations to the winners of the 2022 Earth Day Facebook Contest sponsored by Learning Green, Living Green at FSU! These posters helped communicate environmental awareness for FSU's celebration of Earth Week.

*Grace Lapid* won first place (\$100) with "Would You Want to Swim in This?"

*Olivia McCoy* won second place (\$50) with "Keep the Sea Plastic Free."

*Kayla Lowdermilk* won third place (\$25) with "How Long Can You Hold Your Breath Underwater?"

*James Boyd* also won third place (\$25) with "Say No to Plastic."

### Armiento Speaks at Poe Baltimore Event

On April 19, *Dr. Amy Branam Armiento*, a professor in FSU's Department of English and Foreign Languages, delivered a presentation titled "Poe's Feminine Ideal: The Death of a Beautiful Woman" sponsored by the Edgar Allan Poe House and Museum located in Baltimore. This invited talk is one of many included in a monthly series dedicated to the bicentennial of Virginia Poe's birth. Virginia Poe was the child-bride of Edgar Allan Poe, and although she is considered one of his muses, she is not discussed very often. This eight-month celebration has been designed to bring much-needed attention to such a significant woman.

For info on the series, visit [https://www.facebook.com/PoeBaltimore/events/?ref=page\\_internal](https://www.facebook.com/PoeBaltimore/events/?ref=page_internal).

## Take Note

### Student Research Showcased in 2022 Undergraduate Symposium

Student research and experiential learning projects will be the focus of FSU's annual Undergraduate Research Symposium on **Friday, May 6**, from 11 a.m. to 2 p.m. in the Lane University Center. The symposium provides participants the opportunity to present their work to their peers and share experiences across disciplines.

The event is free and open to members of the public, who may come at any time during the three-hour window.

The symposium will feature the work of 149 students who were mentored by 41 members of the faculty and staff from FSU and the Appalachian Laboratory of the University of Maryland Center for Environmental Science. The presentations will represent work completed during 2021 and 2022.

Some students will be stationed by their poster presentations in Lane Manicur Hall to explain their findings to interested individuals, while others will be giving scheduled oral presentations in other rooms on the first floor of the Lane Center. Guides to the research topics and a schedule of oral presentations will be available at the door.

For info, contact Dr. Karen Keller at [klkeller@frostburg.edu](mailto:klkeller@frostburg.edu) or 301-687-4174.

### Bobcats on Bikes Big Deal Ride



Wheelzup Adventures and FSU CANOE, in partnership with Student Activities at FSU, will sponsor a bike ride for students on **Friday, May 6**, at 2 p.m. This will be an approximately 25-mile bike ride on the Great Allegheny Passage.

All participants should meet in the Cordts PE Center parking lot. Bikes will be provided if needed. Transportation to and from Downtown Cumberland and the bicycles will be provided for a \$5 fee.

There are only 12 spots available, so register soon!

For info, contact Dr. Natalia Buta at 301-687-4458 or [nbuta@frostburg.edu](mailto:nbuta@frostburg.edu).

## Say Thank You to Teachers Who Have Made a Difference!



The Center for Teaching Excellence invites FSU students and the campus community to celebrate Thank a Teacher Week (**Monday, May 2, through Friday, May 6**) by sending Thank-a-Grams to your favorite teachers, mentors or teaching/learning assistants who have helped you learn and made a difference to you.

Thank-a-Grams can be completed online or in person. To submit them online, fill out the form at <https://forms.office.com/r/mntMHMjnat>. Handwritten postcards are available to submit at locations across campus, including the library, Lane Center and Help Desk.

Submit your Thank-a-Grams by **May 6**.

Thanked teachers will receive an electronic Thank-a-Gram with your message after exams and the grading period have ended.

For info, contact the FSU Center for Teaching Excellence at [cte@frostburg.edu](mailto:cte@frostburg.edu).

## Coming to the Planetarium



“The Dark Matter Mystery” is coming to the Planetarium in May.

Science Saturdays feature space news, a sky tour and a movie and will be held on **May 7** and **June 4** at 5 and 7 p.m.

The movie for May is “The Dark Matter Mystery” and for June is “The Sun, Our Living Star.”

All shows last about an hour. Telescope observing will take place afterwards if conditions are favorable.

There will be no **Wednesday** public shows, but requests are being accepted for private shows. For info, contact Dr. Jason Speights at [jcspeights@frostburg.edu](mailto:jcspeights@frostburg.edu).

## Deadlines

### Graduate Grade Changes

The last day for graduate grade changes, including the removal of incomplete grades for the fall 2021 and Intersession 2022 semesters, is **Tuesday, May 10**.

## FSU-TV3

### Final Episode of ‘Good Morning Frostburg’



Tune in for the final episode of the semester of “Good Morning Frostburg” on **Wednesday, May 4**, at 9 a.m. This episode will feature **Chef Bryce Taylor** cooking in the TV studio, as well as FSU students.

For those who don’t have Comcast Cable, the show will also be featured on Facebook at <https://www.facebook.com/FSUTV3>, YouTube at <https://www.youtube.com/channel/UCBYNZFo1rDZdpNzDL1ruREQ> and the channel’s website at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>.

Follow FSU-TV3 on Instagram [@fsutv3](https://www.instagram.com/fsutv3), Twitter [@fsutv3](https://twitter.com/fsutv3) and Facebook at <https://www.facebook.com/FSUTV3>.

### ‘Frosty Media Showcase’ Coming on May 7



“Frosty Media Showcase” will take place on **Saturday, May 7**, at 2 p.m. in Gira Center 397. Hosted by the Department of Communication, Creative Communication Club, Communication Leadership Lab and FSU-TV3, the showcase will feature excellent FSU student work in media, Communication Department honors and the Phi Epsilon chapter of Lambda Pi Eta (LPH).

This event is free and open to the public.

For tickets, visit [tickets.frostburg.edu](https://tickets.frostburg.edu) (and click on Student Organizations), stop by the Lane Center box office or email [comm@frostburg.edu](mailto:comm@frostburg.edu).

## Community

### Bratislava Boys’ Choir

World Artists Experiences (WAE), in collaboration with the Embassy of Slovakia, continues its 20th season with a concert by the Bratislava Boys Choir on **Tuesday, May 10**, at 7 p.m. at St. Patrick Catholic Church of Our Lady of the Mountains Parish,

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201 N. Centre St., Cumberland. The concert is free and open to the public. No tickets are required, and donations are appreciated.

The Bratislava Boys' Choir has been part of Slovakia's artistic scene since 1982. The ensemble is part of a private music school with 90 students aged 7 to 28, and its concert ensemble has 45 members.

The choir's repertoire spans a wide selection of sacred and secular works, including Gregorian chants, Renaissance music, concert masses, arrangements of folk songs and works from contemporary composers. Several Slovak composers have dedicated specific works to this ensemble. The boys' comprehensive vocal training has also empowered them to perform in opera, stage plays, musicals and alongside pop stars.

WAE is a nonprofit organization that seeks to bridge international understanding through cultural and citizen diplomacy using the international language of the arts.

For info, call 301-268-4037.

## Mountainside Baroque Concludes Its 2021-22 Season of 'Festive' Weekends With Concerts on May 14 and 15



The silvery sound of Baroque trumpets will join the orchestra and choir in Mountainside Baroque's May 15 performance, "The Heavens Laugh: Festive Bach." Pictured are Nick Althouse and Nick Harvey, who will join the group for the concert.

Mountainside Baroque's final "Festive" weekend of its 2021-2022 Season, "A Joyous Reunion," will take place on **Saturday, May 14**, and **Sunday, May 15**. The Saturday evening concert will be at 8 p.m. at Emmanuel Episcopal Church, 16 Washington St., and the Sunday performance will be presented at 4 p.m. at the Shrine of St. Peter and Paul, 125 Fayette St. Both venues are in Cumberland.

"Mozart to Beethoven" opens the weekend with some of the trendiest music from the latter part of the 18th century, performed by world-renowned Baroque violinist Cynthia Roberts and fellow Julliard faculty member Yiheng Yang on fortepiano.

The Sunday performance, "The Heavens Laugh: Festive Bach," features nearly 50 performers. In a return to the high Baroque, the program of festive and seasonally appropriate sacred and secular music of Johann Sebastian Bach is made especially jubilant by the inclusion of silvery Baroque trumpets and timpani.

Tickets are available online at [mountainsidebaroque.org](http://mountainsidebaroque.org) and at the door.

## Health and Safety Messages

### Take Care of Your Mental Health!



Mental health is one of your greatest assets. It helps you focus at work, overcome obstacles, get along with the people around you and get well and stay well.

#### A Better Diet Means Better Mental Health

A healthy diet includes a full range of vegetables, fruits, legumes (lentils, chickpeas, beans), fish, whole grains (rice, quinoa, oats, breads, etc.), nuts, avocados and olive oil to support a healthy brain. Sweet and fatty foods should be special treats, not staples of

your diet.

#### Exercising Benefits Nearly All Aspects of a Person's Health

In addition to helping control weight, exercise can improve the chances of living longer, the strength of bones and muscles, and your mental health.

#### Sleep Affects the Entire Body

Your physical and emotional health depends so much on how rested you are. Sleep plays a role in your moods, ability to learn and make memories, the health of your organs, how well your immune system works and other bodily functions like appetite, metabolism and hormone release.

#### What Should I Do When Stress Doesn't Let Up?

Chronic stress and inflammation have been linked to the reduced ability to fight off viruses (from HIV to the common cold) and an increased risk for heart disease, headaches, intestinal problems, sexual dysfunction, diabetes and even cancer.

Here are some tips for dealing with stress:

Be realistic: You may be taking on more responsibility than you can or should handle.

Shed the "superman/superwoman" urge. Nobody is perfect. Ask yourself, What really needs to be done? Is the deadline realistic? What adjustments can I make?

Meditate: Just 10 to 20 minutes of quiet reflection may bring relief from chronic stress as well as increase your tolerance to it.

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Visualize: Use your imagination and picture how you can manage a stressful situation more successfully.

For people under tension or stress, their day-to-day workload can sometimes seem unbearable. Take on one task at a time.

Get a hobby: Take a break from your worries by doing something you enjoy.

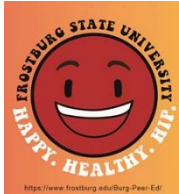
Vent to a friend or family member, but try to limit complaining and keep conversations constructive.

Be flexible: If you find you're meeting constant opposition in your personal or professional life, rethink your approach to the issue at hand.

Go easy on criticism: You may expect too much of yourself and others.

For info, visit <https://www.mhanational.org/mental-health-month>.

## Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: Defeating Depression

<https://www.healthline.com/health/depression/how-to-fight-depression>

Tell Yourself Tuesday Tip: Ten Tips for Improving Your Self-Esteem

<https://au.reachout.com/articles/10-tips-for-improving-your-self-esteem>

Wacky Wednesday Tip: Forty-Four DIY Creative Craft Activities to Do When You're Bored

<https://www.purewow.com/home/crafts-for-adults>

Thankful Thursday Tip: Ninety-Seven Ways to Show Someone You Genuinely Appreciate Them

<https://parade.com/1208701/kaitlin-vogel/how-to-show-appreciation>

Fun Friday Tip: Forty Fun Things to Do for Free With Friends

<https://www.clevergirlfinance.com/blog/fun-things-to-do-for-free-with-friends>

Social Saturday Tip: Fifty Ways to Take a Break

<https://www.odvn.org/wp-content/uploads/2020/05/50-ways-to-take-a-break-printable.pdf>

Self-Love Sunday Tip: Self-Care Activities for College Students

<https://www.collegegirlsmarts.com/self-care-activities-college-students>

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

#### CORE VALUES

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

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

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

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

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

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

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

#### STRATEGIC GOALS

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

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

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