



# StateLines

For and about FSU people

A publication of Communications and Media Relations

Volume 52, Number 22, March 7, 2022

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

## **CES at FSU Will Present Nicole Halmos in a Performance of Nassim Soleimanpour's 'White Rabbit, Red Rabbit'**



**Nassim Soleimanpour and Nicole Halmos**

CES at FSU, in association with Aurora Nova and Boat Rocker Entertainment, will present Nicole Halmos in a performance of Nassim Soleimanpour's inventive play, "White Rabbit, Red Rabbit" on **Sunday, March 13**, at 3 p.m. at the Frostburg Palace Theatre, 31 E. Main St. In lieu of purchasing tickets, audience members are encouraged to make donations to benefit the Palace Theatre.

Described by The New York Times as a "playful, enigmatic and haunting show," "White Rabbit, Red Rabbit" involves no rehearsals, no set and no director. Instead, the actor is handed a script – sealed in an envelope – to perform without preparation.

Forbidden to leave his country, Iranian playwright Soleimanpour transcribed his experience of isolation into this unique stage work, an absurdist adventure that blends comedy and drama. It has been performed across the world more than 3,000 times by some of the biggest names in theatre and film, including Nathan Lane, Martin Short, Cynthia Nixon, Laura Linney and Wayne Brady.

Irish-born, Cumberland-based actress Halmos has performed in numerous off-Broadway and national productions and national and international tours, including "The Sound of Music." Regional audiences will recognize her from her roles in many Cumberland Theatre productions, including "Clue," "Gypsy," "Assassins" and most recently, "The Cake."

This play is not overtly political; it operates on a deeper, metaphoric level and very expressly avoids political comment. Be advised that the performance includes profane language and scenes discussing suicide that may trigger past traumatic experiences for some people.

This performance is presented as part of the worldwide initiative, "Let There Be Theatre." In March 2020, many theatres closed their doors because of the pandemic. The initiative celebrates the resilience of the arts sector as a global community and the important role theatres play for their audiences and society.

For info, visit the CES webpage at [ces.frostburg.edu](https://ces.frostburg.edu) or call 301-687-3137.

## **Help for Students**

### **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.

---

Appointment-based/in-person tutoring course offerings are as follows: ACCT 211/212/311, BIOL 109/149/160/161/304/310/322/435, CHEM 201/202/311/312/321/322/455, COSC 101/102/240/241, DVMT 099/100, ECON 201/202, EXSS 103/115/175/200/313/341/401, GEOG 103/104/275, ITEC 345, MATH 104/109/119/120/236/237, MGMT 355/357, PHSC 101/203, PHYS 215/261/262/263, Writing and Academic Skills (textbook strategies, study skills, time management and learning strategies). Students use TutorTrac to make appointments.

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, BIOL 322 on **Fridays** from 11 a.m. to noon in Compton 326, CHEM 202 on **Tuesdays** from 6 to 7 p.m. in Compton 358, 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, 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 through 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](mailto: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>.

## PAWS Pantry Hours

PAWS Pantry hours are **Mondays and Wednesdays** from 10 a.m. to 4 p.m. and **Thursdays** from 1 to 7 p.m. at the Braddock House, 20 Braddock Road.

If the pantry regular hours do not work for you, email [pawspantry@frostburg.edu](mailto:pawspantry@frostburg.edu) to set up an appointment.

Updated Liability Form: The pantry recently updated its Intake and Liability Waiver. All customers (new and returning) will need to complete this form before using the pantry. You will receive your new Pantry ID card at your first visit to the pantry this semester.

---

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](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.

## Theatre

### Mountain Maryland Theatre Festival to Be Held for Grades 8 Through 12



The Department of Theatre and Dance at FSU will host the third Mountain Maryland Theatre Festival: Masking Through History for grades 8 to 12 on **Friday, March 18**, and **Saturday, March 19**, on the campus at FSU. The festival promises an exciting lineup of events for young artists in the areas of acting, design and technology, and stage management.

The festival will feature professional workshops in acting, musical theatre, dance, improvisation, design and technical theatre, as well as one-act and scene presentations, a fun Tech Olympics challenge, adjudication in acting and singing, portfolio presentations for design and stage management, a keynote experience and an awards ceremony.

Register online by **Sunday, March 13**, at <https://bit.ly/3prXB3U>.

The cost of the festival is \$40. Meals, a festival T-shirt and other fun items will be provided for registrants.

For info, contact the Department of Theatre and Dance at 301-687-4145 or [theatreanddance@frostburg.edu](mailto:theatreanddance@frostburg.edu).

## Dance

### CES at FSU Presents Velocity Irish Dance in Celebration of Irish-American Heritage Month



Celebrate Irish-American Heritage Month when CES at FSU presents Velocity Irish Dance. The **Wednesday, March 16**, performance will take place at 7:30 p.m. in the Pealer Recital Hall of FSU's Woodward D. Pealer Performing Arts Center.

Velocity has been described by The New York Times as a "multimedia show for all ages, earnestly tracing the evolution of Irish dance while toying with tradition." James Devine, the Guinness World Record holder for the "Fastest Feet in the World," and five-time World Champion Irish dancer, David Geaney, join a crew of mind-blowing musicians, including an old-school scratch DJ, to create a riveting, fast-paced celebration of the past, present and future of Irish dance.

Performance tickets are \$28 for adults; \$25.20 for FSU faculty/staff, military and youth under 18; and free for FSU students.

For info, visit the CES webpage at [ces.frostburg.edu](http://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.

## 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).

### Award-Winning Musician Dr. Greg Latta to Perform as Part of Irish-American Heritage Month

As part of Irish-American Heritage Month, award-winning musician *Dr. Greg Latta* will present a performance of Celtic music on **Thursday, March 10**, at 7 p.m. in FSU's Lewis J. Ort Library. The event, which is free and open to the public, will feature vocals, cittern, bouzouki, guitar and hammered dulcimer. The performance will also be available to view virtually at Latta's YouTube page at <https://www.youtube.com/user/glatta0>.

Irish-American Heritage Month, first celebrated in 1991 by proclamation of the U.S. Congress and the president, honors the achievements and contributions of Irish immigrants and their descendants living in the United States.

For info, visit the CES webpage at [ces.frostburg.edu](http://ces.frostburg.edu) or call 301-687-3137.

### MCTA Resumes Live Concert Series With Performance by April Verch and Cody Walters



FSU's Mountain City Traditional Arts will resume its live concert series with a concert by husband-and-wife duo April Verch and Cody Walters on **Sunday, March 13**, at 4 p.m. at 25 E. Main St. in Frostburg. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Be it regional Canadian roots, American old-time, '50s country, Scandinavian folk music or something original that sounds as though it's been around for a century, Verch and Walters have a love and reverence for the music and traditions that have been passed down to them. Their performances showcase endless creativity and versatility as they transition effortlessly from traditional Ottawa Valley step-dancing and fiddle tunes, to old-time fiddle-banjo duets with tight-knit vocal harmonies, to innovative sandpaper foot percussion, all contrasted against Verch's soprano voice.

The duo's diverse repertoire and unbridled passion come to life on stage with a presence that is versatile, robust and masterfully executed. Audiences remark at their sincerity in sharing stories between tunes. Their ability to preserve the authentic folk traditions of the past and reintroduce them into the musical landscape of the present is a testament to their masterful musicianship and widespread appeal.

Together, Verch and Walters are exemplary tradition-bearing performers – never forgetting the roots of the music, that connection to the people in the audience or on the dance floor, to the community sparked by a good song. To them, "It's about joining together to celebrate everyday life, through music."

For info, call 301-687-8040 or email Dr. Kara Rogers Thomas at [krogersthomas@frostburg.edu](mailto:krogersthomas@frostburg.edu).

### FSU Student Emily Brobst in Junior Flute Recital

FSU's Department of Music will present student *Emily Brobst* in her junior flute recital on **Sunday, March 13**, at 3 p.m. She will be accompanied by pianist *Dr. Joseph Yungen*, along with two student guest artists, *Joshua Foreman* on the saxophone and *Maggie Longerbeam* on the flute.

Brobst will perform the four movements, "Allegro deciso," "Scherzo," "Andante" and "Allegro con moto," from "Sonata for Flute and Piano" by Robert Muczynski; "Epitaphe de Jean Harlow" by Charles Koechlin; the two movements, "Allegretto" and "Rondo – Presto," from "Hamburger Sonata" by C.P.E. Bach; "Danza de la Mariposa" by Valerie Coleman; and the third and fourth movements, "La Lumiere blanche" and "La Lumiere tournante dans le reve," of "Au-delà du temps" by Joku Uebayaski.

Chicago-born contemporary composer and pianist Muczynski published more than 50 compositions. "Sonata for Flute and Piano" was premiered in 1961. For the flute, Muczynski veered away from its serene and sweet melodic texture to reveal its ability to project music with a strong and sharp character.

"Epitaphe de Jean Harlow" is a flowing piece with an unusually romantic sensibility. Avoiding clichéd jazz and blues-influenced inflections, Koechlin provides a fitting and tasteful musical inscription for the death of actress Harlow, who died in 1937 at 26.

One of Bach's more well-known sonatas for flute is the "Hamburger Sonate für Flöte und Basso continuo," which he composed in 1735. The first movement is in binary form and continues on to the second movement without pause following a typical rondo form.

Coleman's "Danza de la Mariposa" is a rhythmic, melodic tone poem, giving the listener a tour of South America. Inspired by the various species of butterflies inhabiting the continent, this work is full of rich color. Its slower sections pay homage to the beautiful and sorrowful sounds in the style of Yaravi, a Peruvian lament song.

Uebayashi's "Au-delà du temps" ("Beyond Time") for two flutes and piano is modern in style, exploiting tonality, rhythm and the ensemble.

## Readings

### CLA Hosts Reading by Poet Zhang Er



The Center for Literary Arts will present a reading by Zhang Er on **Wednesday, March 16**, at 7 p.m. in Ort Library 237. This event is free and open to the public.

Zhang, a poet, translator and opera librettist, is the author of seven collections of poetry in Chinese, most recently, "Sea Volts and Bullets Twirl" (Showwe, 2021). Her most recent book in English translation, "First Mountain" (2018), a collaborative work with American poet Joseph Donahue, is from Zephyr Press, which has also published her selected poems in two bilingual collections, "So Translating Rivers" and "Cities and Verses on Bird." She has seven chapbooks in English translation, among them "The Disappearance of Little Fang Family Lane." Zhang co-edited and participated in the translation of the anthologies "Another Kind of Nation: An Anthology of Contemporary Chinese Poetry" (Talisman House Publishers) and "The Art of Women in Contemporary China: Both Sides Now" (Cambridge Scholars Publisher).

Zhang is also known for her translations of the works of American poet John Ashbery over the past 20 years, which have been published in various poetry journals in China. In addition, she writes opera libretti in English for American composers.

## Presentations

### Choose Civility Events

#### "What Did You Meme?" Event Explores Role of Memes and Misinformation in Our Lives

The Department of Communication's Communication Leadership Lab and *Dr. Chelsea Daggett's* CMST 302 Argumentation and Advocacy class will facilitate a presentation and discussion titled, "What Did you Meme?: A Discussion About Avoiding Misinformation," on **Tuesday, April 5**, at 2 p.m. in Gira Center 161. This open discussion on media literacy will feature examples of logical fallacies in memes and how misinformation spreads in online spaces. Participants will be invited to engage in an open discussion about our difficulties assessing information and the quality of arguments online.

For info, contact Daggett, instructor of Communication Studies, at [crdaggett@frostburg.edu](mailto:crdaggett@frostburg.edu) or Communication Leadership Lab assistants Juston Bailey at [jcbailey0@frostburg.edu](mailto:jcbailey0@frostburg.edu) or Jacques Metayer at [jmmetayer0@frostburg.edu](mailto:jmmetayer0@frostburg.edu). The event is one of many available at FSU as part of the #BobcatsAgainstBias campaign to promote an inclusive campus environment.

#### Day of Civility "Social Media Civility" Event to Feature Leader-in-Residence and Panelists Who Lead Local Communication Campaigns

This Choose Civility: Allegany event will be held on the annual Day of Civility in Allegany County on **Thursday, April 7**, at 6 p.m. in the Lane Atkinson Room (232). This year's leader-in-residence will be Dr. Dorene Ciletti, associate professor and program director of Marketing and Sales and H.J. Heinz Company endowed chair at Point Park University in Pittsburgh. Ciletti has experience in integrated marketing communication and communication ethics and will speak to the emerging needs for integrating civility and strategy into social media and hybrid communication. The following additional local panelists will join to contribute to a discussion about "Social Media Civility: Influencing Community and Strategy Online and on the Ground," adding their diverse perspectives on how to contribute to constructive and responsive communication that connects and moves people across channels, modalities and purposes.

Mandela Echefu, owner, Wheelz Up Adventures, Cumberland

Ian Robinson, vice president and co-chair of Social Media Committee of NAACP Local Chapter 7007

*Ashley Swinford*, director of Marketing and Outreach, Allegany County Library System (FSU COB alum)

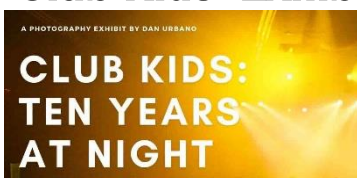
*Ashli Workman*, director of Tourism in Allegany County (FSU Mass Communication alum)

The event is also one of many available at FSU as part of the #BobcatsAgainstBias campaign to promote an inclusive campus environment. Access will also be possible virtually for the public to join (the link will be provided later).

For info, contact Dr. Elesha L. Ruminski, coordinator of Leadership Studies, at [elruminski@frostburg.edu](mailto:elruminski@frostburg.edu), or Patrick O'Brien, director of the Office of Civic Engagement, at [pobrien@frostburg.edu](mailto:pobrien@frostburg.edu).

## Exhibits

### 'Club Kids' Exhibit on Display at Roper Gallery



"Club Kids: Ten Years at Night," a photography exhibit by Dan Urbano, will be on view at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building **through Friday, March 25**.

For this exhibit, the Roper Gallery will be open **Mondays through Fridays** from 1 to 5 p.m.

---

For info, contact Ash Lester at [allester@frostburg.edu](mailto:allester@frostburg.edu).

## Points of Pride

### David Bunnell Writes Blog About PA Practice

*David Bunnell*, an assistant professor in FSU's Department of PA Medicine, has started writing a blog about PA practice in Medscape.

To check out his first post, "PA Practice Is Well-Suited to Support Rural Healthcare Communities," visit <https://www.medscape.com/viewarticle/969137>.

### Andy Duncan Reads From His Novelette 'The Devil's Whatever'

*Andy Duncan*, a professor in FSU's Department of English and Foreign Languages, reads from his novelette "The Devil's Whatever," originally published in the 2018 Bantam anthology "The Book of Magic," in the March installment of the "A Slice of Literary Pie" reading series sponsored by the Friends of the Washington Street Library in Cumberland. The video can be accessed from the group's Facebook page at <https://www.facebook.com/friendsofthewashingtonstreetlibrary>.

### Office of Sponsored Programs Successes/News

On Feb. 21, project director *Sandy Mehalko* (Small Business Development Center) was awarded \$25,229 by the University of Maryland, College Park, Maryland SBDC for 2022. SBDC provides outreach, review and assistance in business plan and financial proposal preparation, marketing strategies, procurement-related certifications and strategic planning based on the client's stage in the business life cycle.

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

## Take Note

### '#BobcatsAgainstBias' Week

FSU's Office of Diversity, Equity and Inclusion (ODEI) will host "#BobcatsAgainstBias: A Week of Celebrating Diversity, Equity and Inclusion" the week of **Friday, April 1, through Friday, April 8**. Each day will have a different theme, and events, workshops and information will be offered throughout.

**Friday, April 1, through Sunday, April 3:** Members of the campus community will participate in the National Coalition-Building Institute, Leadership Development Training. On completion of the two-and-a-half-day training, participants will receive a certificate of completion and be eligible to continue developing the skills of a DEI facilitator. For info and to register, contact the office at [odei@frostburg.edu](mailto:odei@frostburg.edu).

**Monday, April 4:** This is Kickoff Day, honoring the legacy of the Rev. Dr. Martin Luther King Jr on the 54th anniversary of his assassination. The MLK event will start with the dedication ceremony of Brownsville Hall (residential hall) at 6 p.m., followed by a unity march to Gira Center 397 for a Racial Healing program. Student organizations, residence halls, community members and campus divisions/offices are encouraged to create a banner reflecting the #BobcatsAgainstBias campaign. More information will be available closer to the date.

**Tuesday, April 5:** Tuesday will be "Take a Pledge Day." There will be various opportunities to commit to being a part of the #BobcatsAgainstBias movement. **Dr. Chelsea Daggett**, a Communication Studies faculty member, will present "What Did You Meme? A Discussion About Avoiding Misinformation" at 2 p.m. in a hybrid format meeting in Gira Center 161 and online. At 6 p.m. there will be a town hall meeting in the Lane Atkinson Room (232). The topic for the town hall meeting is "Women in Public Service."

**Wednesday, April 6:** The theme is "Words Matter." There will be a hybrid brown bag lunch session, "Safer Spaces," presented by the Maryland Commission on Civil Rights from noon to 2 p.m. In-person attendance will be limited, and registration will be required.

**Thursday, April 7:** The theme is "A Day of Civility." The evening program, hosted by the Allegany County "Choose Civility," is "Social Media and Civility" at 6 p.m. in the Lane Atkinson Room and online "Social Media Civility: Influencing Community and Strategy Online and on the Ground."

**Friday, April 8:** The week will culminate with "Building a Legacy of Kindness" with campus community members engaging in a service project (TBA) from 2 to 4 p.m. More information will be available closer to the date.

There will be information tables and activities in the Lane Center upper lobby each weekday between 10 a.m. and 2 p.m. to promote an inclusive campus environment and provide opportunities for all to learn more about various ways we may be impacted by bias. Student organizations, faculty and staff are also invited to submit to ODEI any program, classroom assignments/discussion or events they are holding that support the #BobcatsAgainstBias mission.

The "#BobcatsAgainstBias" hashtag and logo were created by Communication Studies senior *Raye Maquire* and were adopted for this week celebrating the diversity on campus by committing to doing the work to reduce biases and microaggressions that negatively impact the campus climate. Additional information will be provided closer to the start of the campaign. For info, contact Robin Wynder, senior DEI officer, or McKenna Booker, ODEI program management specialist, at 301-687-4050 or [odei@frostburg.edu](mailto:odei@frostburg.edu).

---

# Nominations Open for President's Distinguished Faculty and Staff Awards

Nominations are being sought once again for the annual President's Distinguished Faculty and Staff Awards. These awards are presented during the May commencement ceremony and include a \$2,500 monetary prize.

Submit nominations to Donnell VanSkiver in the Office of President (email to [dhvanskiver@frostburg.edu](mailto:dhvanskiver@frostburg.edu), fax to 301-687-7070, send in campus mail or deliver to Hitchins 218) by **Friday, April 1**.

## President's Distinguished Faculty Award

This award recognizes faculty members who advance the University in ways consistent with its mission and the goals outlined in the Strategic Plan.

Examples of qualifying activities include focusing learning on the acquisition and application of knowledge, providing engaging experiences that challenge students to excel and expanding regional outreach and engagement and aligning University resources – human, fiscal and physical – with strategic priorities.

Applications must be made through a letter of nomination by FSU colleagues. Self-nominations will not be accepted. Activities outlined in the nomination letter should have occurred in the fall 2021 and/or spring 2022 semester(s). The letter should consist of a narrative of no more than two pages in the form of an executive summary, plus any supporting documentation.

## President's Distinguished Staff Award

This award recognizes and encourages FSU staff members who provide exceptional service to the University and who have helped to advance its mission, goals and priorities.

Staff and faculty are invited to nominate staff colleagues whom they know to have a recent record of significant contributions to the success of the University. Examples of qualifying activities could include, but are not limited to, suggesting new methods to help increase enrollment or student retention; involvement with innovative student activities to promote safety and well-being; providing leadership for a project or initiative making a favorable impact on the campus community; efficiency and effectiveness efforts leading to significant savings of cost, time, labor or other resources; community relations to help strengthen ties between FSU and local residents or businesses; assisting in FSU's contribution to economic development in Western Maryland, the region and the state; and other contributions deemed to be far above and beyond the staff member's regular job duties.

Regular exempt and nonexempt staff employees with at least three consecutive years of service to FSU are eligible to be nominated. Colleagues may nominate an eligible staff member with the knowledge and consent of the nominee. Contractual staff employees, faculty members and student workers are not eligible. Vice presidents, deans and other senior leadership are excluded.

Nomination for the President's Distinguished Staff Award is to be made through a letter from FSU staff and/or faculty colleague(s). Multiple nominations for the same staff member are acceptable. Self-nominations and anonymous submissions will not be accepted.

Addressed to the president, a nomination letter should identify an eligible staff member and clearly document why their service is worthy of this award. Activities outlined in the nomination should have occurred during the 2021-2022 academic year. A nomination must be concise, summarizing the staff member's outstanding accomplishments and positive impact in one or two pages, plus any supporting materials not to exceed three additional pages.

## Event Cancellation: 'Mrs. Krishnan's Party'

The CES presentation of the Indian Ink Theatre Company production of "Mrs. Krishnan's Party," originally scheduled to take place on **Friday, April 8**, and **Saturday, April 9**, has been canceled. Ticket purchasers will receive automatic credit card refunds.

## Leadership Development Opportunity

Looking for ways to increase inclusivity and diversity in the workplace, the classroom or your community? The National Coalition Building Institute (NCBI) offers hands-on leadership models to increase cultural competence in diverse settings. The FSU NCBI campus affiliate is hosting the NCBI Leadership for Diversity Three-Day Train-the-Trainer on the FSU campus **Friday, April 1, through Sunday, April 3**. This training is appropriate for faculty, staff and students and is provided to participants free of charge.

The train-the-trainer session consists of a series of incremental, experiential activities that finetunes the leadership skills necessary to build inclusive environments and increase cultural competence. Participants also learn the NCBI Controversial Issue Process, which demonstrates how to move hotly contested issues forward by listening to the heartfelt concerns on all sides and reframe the debate in a way that builds bridges and doesn't divide.

Founded in 1984, NCBI International is a nonprofit leadership training organization dedicated to ending the mistreatment of every group, whether it stems from nationality, race, class, gender, religion, sexual orientation, age, physical ability, job or life circumstance. With chapters in nearly 50 cities worldwide, NCBI has dealt with prejudice and conflict in virtually every form. Each chapter is composed of leaders who are trained to provide prevention-based programs to reduce prejudice and intergroup conflict in their communities.

The FSU NCBI campus affiliate is affiliated with NCBI International. Its programs develop principled leaders who examine their own leadership, initiate diversity programs and enter the heat of emotional group conflict to build bridges across difference.

For info, contact Robin V. Wynder, chapter director, in Hitchins 116, at 301-687-4050 or at [rwynder@frostburg.edu](mailto:rwynder@frostburg.edu).

---

## Fulbright U.S. Student Program Information Session



A Fulbright U.S. Student Program Information Session will be held **Tuesday, March 8**, from 3 to 4 p.m. in Gira Center 156.

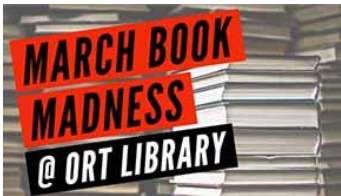
Are you a junior interested in doing research or teaching English abroad? The Fulbright U.S. Student Program offers grants each year for final-year undergraduates and recent graduates. Types of awards include Open Study/Research Awards, English Teaching

Assistant Awards and Critical Language Enhancement Awards. Grants, usually nine months long, are available to more than 100 countries. Two important requirements for applicants are that they must be U.S. citizens and they must have earned a bachelor's degree by the start of their grant. There is no minimum GPA, but most successful applicants have 3.5 GPAs or higher.

The FSU Fulbright preliminary application deadline is **Sunday, May 1**. The final application deadline is **Tuesday, Oct. 11**.

For info, visit the program website at <https://us.fulbrightonline.org> or contact Dr. Richard Russo, FSU Fulbright Program advisor, at [rarusso@frostburg.edu](mailto:rarusso@frostburg.edu).

## March Book Madness at Ort Library



March Book Madness is back for 2022! This year's theme is 21st-Century Books.

All month long books go head to head and you determine the winner.

Vote at [libguides.frostburg.edu/mbm](http://libguides.frostburg.edu/mbm).

Follow the library [@ortlibrary](https://www.facebook.com/ortlibrary) on Facebook and [@ortlibrary](https://www.instagram.com/ortlibrary) on Instagram for matchups and winners!

## Planetarium Shows Return!

Science Saturdays feature space news, a sky tour and a movie and will be held on **March 12, April 9, May 7** and **June 4** at 5 and 7 p.m.

The movie for March is "From Earth to the Universe," for April is "Zula Patrol: Down to Earth," 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).

## FSU Virtual Career and Internship Fair



On **Wednesday, March 9**, FSU will host its Career and Internship Fair virtually from 11 a.m. to 2 p.m. through Handshake. Attend a group or one-on-one sessions with one of the 50+ employers that are looking for FSU students. Click on any of the emails sent to your FSU student email account from Handshake or go to <https://frostburg.joinhandshake.com> to view employers.

For info, call 301-687-4403, email [careerservices@frostburg.edu](mailto:careerservices@frostburg.edu) or stop by the Career and Professional Development Center in Pullen 110.

## Spring Virtual Education Fair



The FSU Career and Professional Development Center will host the Spring Virtual Education Fair on **Monday, March 14**, from 11 a.m. to 3 p.m. through Handshake. This fair is for all education majors. There are currently 30+ institutions and employers signed up, and you have the ability to participate in group and/or one-on-one sessions!

See your FSU email for more registration info or register at

[https://frostburg.joinhandshake.com/career\\_fairs/27306/student\\_preview?token=vRwzqMkZg8V\\_19kMM50qiI2T7VCyjFADZVbU9q69z1IYJvcrCrAM0g](https://frostburg.joinhandshake.com/career_fairs/27306/student_preview?token=vRwzqMkZg8V_19kMM50qiI2T7VCyjFADZVbU9q69z1IYJvcrCrAM0g).

## 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 Dr. Kara Rogers Thomas at [krogersthomas@frostburg.edu](mailto: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**

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 [kkeller@frostburg.edu](mailto:kkeller@frostburg.edu).

## **FSU-TV3**

### **Survey Time!**



FROSTBURG STATE UNIVERSITY

FSU-TV3, your educational access channel, wants to hear from you, the viewers, so they can improve your viewing experience. By taking the survey, you will be entered into a raffle for a \$25 Sheetz gift card or a Domino's gift certificate for one large three-topping pizza, bread side and two-liter of soda. You will also get another entry into the raffle for each person you recommend the raffle to who successfully completes the survey and mentions your recommendation.

Visit <https://bit.ly/3sugnm0> to take the survey.

### **New Episode Alert**

Every **Friday** at 7 p.m., "Smart Movie Show" brings you updates on what's new in theaters, what to watch at home and other movie news. If you can't tune in at 7, see it on **Saturday and Sunday** at 8 p.m. on Comcast channel 3.

Follow FSU-TV3 [@fsutv3](https://twitter.com/fsutv3) on Twitter, [@fsutv3](https://www.instagram.com/fsutv3) on Instagram and at <https://www.youtube.com/channel/UCBYNZFo1rDZdpNzDL1ruREQ> on YouTube. For info, go to <https://www.frostburg.edu/fsu-tv3>.

## **UCM**

### **Tuesday Is Body-Spirit Day**

Have you been feeling out of sorts, anxious and weighted down with the winter blues? Take a wellness break on **Tuesdays** when Lane 111 is open from 1 to 5 p.m. Come and go and spend as much time as you like. This event is available to the whole community.

During Body-Spirit Day, the focus is on practices that may help facilitate wholeness and balance in body-mind-spirit. Each week come to learn about ways and practices to bring wholeness and harmony into your life. There will be:

A self-guided meditation and prayer station.

Body-prayer. Body-prayer is similar to yoga so bring a yoga mat if you like; there will also be a chair option for those who may not want to get down on the floor.

A mindfulness station.

An opportunity to talk one on one with a spiritual director. Spiritual direction is an intentional time of prayerful conversations with a trained spiritual director to help you hear and pay attention to the presence and work of God in your life.

For info, contact the Rev. Dr. Cindy Zirlott at [c.zirlott@frostburg.edu](mailto:c.zirlott@frostburg.edu).



## Jobs

### Upward Bound Tutor/Counselors and Head Resident

The Upward Bound Program is seeking tutor/counselors (undergraduate) and a head resident (bachelor's degree required) for its summer residential program on FSU's campus (three- and five-week programs). Upward Bound is a federally funded program that encourages qualified Allegany County high school students to seek education beyond secondary school. The summer residential program provides the main focus and aims to provide students with a sample of the college experience. The five-week program is from **Sunday, June 12, through Friday, July 22**, and the three-week program is from **Sunday, June 12, through Friday, July 8** (tentative dates). Both sessions include one week of training. The salary for a three-week tutor/counselor is \$1,300 plus room and board and for a five-week tutor/counselor is \$2,200 plus room and board. The deadline to apply is **Monday, March 28**. Send a letter expressing your interest and qualifications, a resume, three professional references and an unofficial transcript to [esteele@frostburg.edu](mailto:esteele@frostburg.edu).

### PASS Office Seeks Student Math Coaches

FSU's PASS Office is looking for student coaches for its fall 2022 Developmental Math Program. Earn \$800, receive 3 Educational Field Experience credits and build your resume! Coaches help their peers improve basic math skills by implementing learning programs in pre-algebra and intermediate algebra courses.

Dependable students with strong math, communication and organization skills are encouraged to apply.

Contact Kim Kurek at [kmkurek@frostburg.edu](mailto:kmkurek@frostburg.edu) for application materials, which are due by **Friday, March 18**.

### 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.

## 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: **April 1, 15 and 29**.

Email Victoria Gearhart at [vmgearhart@frostburg.edu](mailto:vmgearhart@frostburg.edu) to sign up for the session of your choice.

## Health and Safety Messages

### March is Brain Injury Awareness Month



There are more than 5.3 million individuals in the United States who are living with a permanent brain injury-related disability. That's one in every 60 people. If you or someone you love is living with a brain injury, you know that it is a misunderstood, misdiagnosed, underfunded neurological disease, and everyone's experience is different.

Brain injury is a leading cause of death and disability in the U.S. At least 2.8 million Americans sustain a traumatic brain injury each year.

#### Prevent Brain Injuries

Wear your seat belt.

Don't drive under the influence of drugs or alcohol.

Don't text or use a cell phone while driving.

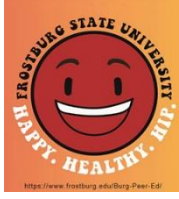
---

Wear a helmet and protective gear when participating in sports and recreational activities.

Prevent falls at home.

For info, visit <https://www.biausa.org/public-affairs/public-awareness/brain-injury-awareness>.

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



Mental Health Monday: Signs of Depression That Often Get Overlooked

<https://thoughtcatalog.com/january-nelson/2019/05/50-signs-of-depression-no-one-talks-about>

Tell Yourself Tuesday: Power Words to Increase Confidence!

<https://www.prolificliving.com/power-affirmation-words-confidence>

Wacky Wednesday: Odd Techniques to Help Soothe Anxiety!

<https://www.romper.com/p/19-weird-tricks-that-make-you-feel-less-anxious-right-away-80921>

Thankful Thursday: Ways to Make Your Parents Feel Valued

<https://blog.storyterrace.com/us/6-ways-to-make-your-parents-feel-valued>

Fun Friday: Fun Things to Do With Your Friends That Are Budget-Friendly!

<https://www.lifehack.org/articles/money/fun-things-with-your-friends-without-spending-much.html>

Social Saturday: How to Make Friends in College (for Anyone)

<https://shorelight.com/student-stories/how-to-make-friends-in-college-tips-for-international-students>

Self-Love Sunday: Ten Harsh Truths for a Happy Life

<https://www.youtube.com/watch?v=IFIVFIeNTJ0>

---

### 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](http://www.frostburg.edu/strategicplan).