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# StateLines

For and about FSU people

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

## ODEI Presents ‘CLAY1613: A Family in Black and White’

FSU’s Office of Diversity, Equity, and Inclusion will host “CLAY1613: A Family in Black and White” on **Thursday, March 2**, in the Adams/Wyche Multicultural Center. The 60-minute documentary will begin at 6 p.m. and conclude with a question-and-answer period with executive producer Leontyne Clay Peck.

“CLAY1613,” inspired by the family research of Peck and the Clay Family Society, is a film about the heritage of the CLAY family and the journey of Peck and other Clay descendants in finding and connecting the dots to their family lineage. The historical and genealogical research focuses on connecting the poor, rich, Black, White, known and unknown descendants of an English planter, John Clay, who arrived in Jamestown, Va., aboard the ship Treasurer in 1613.

Historical mentions include noted relatives such as Sen. Henry Clay, Mitchell Clay Jr., Muhammad Ali, abolitionist Cassius Clay and poet Langston Hughes.

Michael Jones, the director, has woven the stories of descendants, historians, artists and genealogists to connect the Clay family dots from 1613 to 2022. The interviews include a journey of storytelling with Peck, Mary Richardson, Dr. Lindsey Apple, Eric Brooks, Keith Winstead, Rahman Ali, Dr. Ian Ralby, Carren Clarke, Shannon Christmas and Dr. Justene Hill Edwards.

The purpose of the documentary is to uplift and inspire all families to honor their ancestors and document their family histories.

Jones, of Independent Film Fund, is a Charlottesville-based filmmaker, photographer and writer. His past films include “The Propagation of Sheep” (2017), “The View From the Porch” (2019) and “KINFOLK” (2021).

Peck, a native of Piedmont, W.Va., is an educator, author, family historian and speaker with more than 30 years of experience in presenting African American programs. Among her accolades are Maryland Business and Professional Woman of the Year, Maryland Commissioner on African American History and Culture and a Ford Foundation Scholar in African American Studies. Peck is the author of “Our Mother’s Dresses: An Ancestry Tribute to My African, European and American Mothers,” “Silver Children: The African American Family of Henry Clay” and “Paxton Street.”

For info, contact the Office of Diversity, Equity and Inclusion at [odei@frostburg.edu](mailto:odei@frostburg.edu) or 301-687-4050.

## Help for Students

### Tutoring Information

Tutoring will continue through **Thursday, May 11**. Hours of operation are **Mondays through Thursdays** from 10 a.m. to 7 p.m. and **Fridays** from 10 a.m. to 2 p.m. Math and natural sciences tutoring will take place in Pullen 139 and business, computer science and writing tutoring in Pullen 151.

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For info, call 301-687-3077.

### Appointment-Based/One-to-One Tutoring Courses

Students use TutorTrac to make appointments. Courses include ACCT 211/212, Academic Skills (textbook strategies, study skills, time management and notetaking), BIOL 149/160/161, CHEM 201/202, COSC 100/101/240/241, DVMT 095/099, ECON 201/202, GEOG 103 (one tutor available), MATH 104 (one tutor or contact Kim Kurek in the PASS Office at [kmkurek@frostburg.edu](mailto:kmkurek@frostburg.edu) or 301-687-4442), MATH 109 (walk-in only at CCIT 237 on **Thursdays** from noon to 1:30 p.m.), MATH 118 (one tutor), MATH 119/120/236/237, PHYS 261/262 and Writing.

### NetTutor (Online Tutoring)

For classes not listed under appointment-based, this is a 24/7, third-party, online tutoring platform accessible via Canvas. Students should send an email to [msmith@frostburg.edu](mailto:msmith@frostburg.edu) to gain access. Information about NetTutor is posted outside of Pullen 151.

### What If There Is No Assistance for My Class?

If there is no assistance, form a study group; speak with professor about other support options; try Khan Academy (video tutorials); try Upchieve (free online help); try Study Stack, Study Blue or Quizlet; try Purdue Online Writing Lab; try Grammarly (Writing); or try Hippocampus (plethora of academic resources).

## PAWS Pantry Hours

FSU's PAWS Pantry provides food and basic necessities to FSU students at no cost. The pantry aims to decrease the impact that food insecurity has on the academic success of students through hunger alleviation and increased education in the areas of personal budgeting, nutrition and wellness.

Hours for the fall semester are **Mondays** from 1 to 7 p.m., **Wednesdays** from 1 to 5:30 p.m., **Thursdays** from 11:30 a.m. to 3 p.m. (by appointment only) and **Fridays** from 1 to 5:30 p.m. If the pantry's regular hours do not work for you, email [pawspantry@frostburg.edu](mailto:pawspantry@frostburg.edu) to set up an appointment.

The pantry recently updated its Intake and Liability Waiver form at <https://bit.ly/3vRurh6>. All customers (new and returning) will need to complete this form before using the pantry.

Have you been exposed to COVID and/or are symptomatic? Email [PAWSPantry@frostburg.edu](mailto:PAWSPantry@frostburg.edu) to request a delivery, and a pantry representative will be in touch to coordinate a delivery day and time with you. Only those who have been exposed to the virus, have been informed to self-quarantine and/or are symptomatic should use this option.

## National Suicide Hotline

If you or someone you know is in distress, you can reach the National Suicide Hotline by dialing 9988 from an on-campus landline phone or 988 from an off-campus phone. (The previous number, 800-273-8255, can still be used, indefinitely.) This line serves veterans in crisis as well. As always, you can also reach University Police at 301-687-4223 if you are in distress.

For info, visit <https://988lifeline.org/faq> and <https://www.frostburg.edu/about-frostburg/Administrative-Offices/university-police/index.php>.

## Presentations

### African American Studies Program to Host Author Dr. Babacar M'Baye



As part of Black History Month, FSU's African American Studies Program will host Dr. Babacar M'Baye in a lecture titled "Race and Africa in Lorraine Hansberry's 'A Raisin in the Sun'" on **Wednesday, Feb. 22**, from 7 to 8:30 p.m. in Lane 111. This event is free and open to the public.

M'Baye is a professor and chair of the Department of English at Kent State University. A native of Senegal, he received his doctorate in American culture studies from Bowling Green State University in Toledo, Ohio, in 2002. His research interests include Pan-African literature, film and music to Black post-colonial and trans-national cultures.

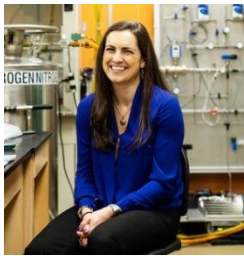
He is the author of "Black Cosmopolitanism and Anticolonialism: Pivotal Moments" (Routledge, 2017) and "The Trickster Comes West: Pan-African Influence in Early Black Diasporan Narratives" (University Press of Mississippi, 2009). M'Baye is the co-editor of "Crossing Traditions: American Popular Music in Local and Global Contexts" (Scarecrow Press, 2013) and "Gender and Sexuality in Senegalese Societies: Critical Perspectives and Methods" (Lexington Books, 2019).

The presentation is co-sponsored by the Department of Geography and the FSU Student Chapter of the NAACP.

For info, contact Dr. James Saku, coordinator of the African American Studies Program, at 301-687-4724 or [jsaku@frostburg.edu](mailto:jsaku@frostburg.edu).

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## 'Toxic Titan'



Dr. Sarah Hörst, Department of Earth and Planetary Sciences, Hopkins Extreme Materials Institute at Johns Hopkins University and an adjunct astronomer at the Space Telescope Science Institute, will give a presentation, "Toxic Titan," on **Wednesday, March 1**, from 7 to 8 p.m. in Gira Center 397. This event is free and open to the public. No tickets are required.

Saturn's largest moon, Titan, is unique in this solar system. Below Titan's thick organic haze layer, rivers of methane carve channels into an icy bedrock and flow into large hydrocarbon seas. Across the landscape, water ice mountains and extensive organic sand dune fields are simultaneously alien and reminiscent of Earth. Titan's lake-mottled surface and thick, organic-rich atmosphere may be an ideal setting for life as we do not know it, and there is certainly much yet to be learned about our own home from the study of Titan.

Telescopes will be available afterward for viewing the moon if the weather is favorable.

This event is sponsored by the Multimedia Learning Center at FSU and the Cumberland Astronomy Club and funded by an FSU Faculty Development Speaker Grant.

For info, contact Dr. Jason Speights at [jcspeights@frostburg.edu](mailto:jcspeights@frostburg.edu).

## Focus Frostburg – Call for Participation



Focus Frostburg 2023: "Learn-In" for a Sustainable Future featuring sustainable transportation will take place **Wednesday, April 19**.

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, there will be a partnership with the regional community to feature topics of sustainable transportation. Proposals on that topic are especially encouraged, but all topics focusing on aspects of environmental and social sustainability are welcome. Student presentations make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged.

### Presenter Criteria

To participate, email Dr. Kara Rogers Thomas at [krogerstthomas@frostburg.edu](mailto:krogerstthomas@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 **Sunday, March 19**.

## Readings

### CLA Opens Spring Reading Series With Reading by Poet Ed Doyle-Gillespie

FSU's Center for Literary Arts will host a reading by Ed Doyle-Gillespie on **Thursday, Feb. 23**, at 7:30 p.m. in room 237 of FSU's Lewis J. Ort Library. This event is free and open to the public.

Doyle-Gillespie is a long-time Baltimore resident. A police detective, he holds a degree in history from George Washington University and a master's from Johns Hopkins University. He is the author of several poetry collections, including "Gentrifying the Plague House," "Masala Tea and Oranges," "Aerial Act" and "On the Later Addition of Sancho Panza."

For info, contact the Center for Literary Arts at 301-687-4340 or [cla@frostburg.edu](mailto:cla@frostburg.edu).

## Music

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

### Dr. Mark Gallagher to Perform Faculty Artist Series Concert

FSU's Department of Music will present *Dr. Mark Gallagher* in his clarinet concert on **Tuesday, Feb. 14**, at 7:30 p.m.. He will be accompanied by *Dr. Jay DeWire* on piano and *Dr. Brent Weber* on bassoon.

Gallagher will play the six movements, "Andante sostenuto," "Allegro risoluto," "Moderato," "Allegro ma non troppo," "Andante molto" and "Allegro," of "Duos for Clarinet and Bassoon, Op. 24" by Robert Muczynski, arranged by Gallagher; the three movements, "Andante molto," "Allegretto" and "Leidenschaftlich schnell," of "Three Romances for Clarinet and Piano, Op. 22" by Clara Schumann; the three movements, "Allegro moderato," "Andante" and "Presto," of "Sonate for Klarinet (B) og Klaver, Op. 23" by Trygve Madsen; and the three movements, "Allegro con brio," "Adagio" and "Tema con variazioni" ("Pria ch'io l'impegno"), of "Piano Trio in B-flat Major, Op. 11" ("Gassenhauer Trio") for Clarinet, Bassoon and Piano by Ludwig van Beethoven.



Muczynski was an American pianist, teacher and composer. His “Duos for Clarinet and Bassoon, Op. 24” (1991) consists of six short pieces. The first movement features a melodic obligato over a slowly ascending clarinet line. The second movement is a jaunty mixed-meter dance. In the third movement, the two instruments trade expressive melodic lines before joining together at the dynamic peak. The fourth movement explores the juxtaposition of unison passages with rhythmically complex subdivisions of the beat. The fifth movement is lyrical and expressive. The final movement is a stream of eighth notes that race to an exciting conclusion.

Schumann, the most prolific female pianist of the Romantic era, wrote “Three Romances, Op. 22” in 1853, one of the last pieces she composed. The first romance has an inner passion full of pathos despite the movement’s seemingly calm nature. The second romance is more pensive with hints of playfulness. The finale romance, with its rippling arpeggios in the piano part, is exuberant in spirit.

Madsen is a Norwegian composer and pianist. He composed “Sonate for Klarinett (B) og Klaver, Op. 23” in 1980.

“Piano Trio in B-flat Major, Op. 11” was composed by Beethoven in 1797. It is one of a series of early chamber works, many involving woodwind instruments because of their popularity and novelty at the time. The piece is also sometimes known by the nickname “Gassenhauer Trio.” This arose from its third movement, which contains nine variations on a theme from the then-popular *dramma giocoso* “L’amor marinaro ossia Il Corsaro” by Joseph Weigl. This particular melody, “Pria ch’io l’impegno” (“Before I Go to Work”), was so popular it could be heard in many of Vienna’s lanes (“Gasse” in German). A “Gassenhauer” usually denotes a simple tune that many people have taken up and sing or whistle for themselves.

## Department of Music to Present West Shore Piano Trio in Faculty-Guest Artist Series Concert



West Shore Piano Trio members Dr. Jay DeWire, Diana Flesner and Heather Haughn

FSU’s Department of Music will present the West Shore Piano Trio in a Faculty-Guest Artist Series concert on **Sunday, Feb. 26**, at 3 p.m.

The West Shore Piano Trio, comprised of *Dr. Jay DeWire* on piano, Heather Haughn on the violin and Diana Flesner on the viola, will perform “Piano Trio No. 2, Op. 27: ‘Quasi una Ballata’” by Vítězslav Novák and “Piano Trio in B-flat Major, Op. 97” by Ludwig van Beethoven.

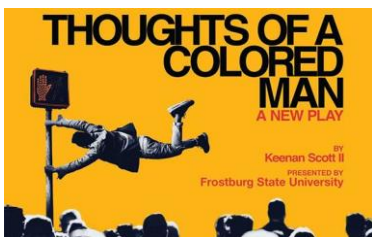
“Piano Trio No.2, ‘Quasi una Ballata,’” was composed in 1902 when Novák’s allegiance was torn between two musical camps. He was still attracted to the use of folk melody advocated by the older and more conservative generation of Czech composers, but also to the tonal modernism emerging in Europe at the turn of the century. Although the trio is written in one movement, hence a ballad, it nonetheless follows traditional classical structure in that it has four succinct episodes. It begins with an introductory “Andante tragico,” full of pessimism, and though tonally advanced for the time, there are still traces of Moravian folk songs. This is followed by an “Allegro,” which has a heroic theme for its main subject but it too is tinged with a sense of the tragic. Next comes a sarcastic scherzo, “Allegro burlusco.” In the fourth section, the “Andante tragico” is reprised, this time followed by a very dramatic “Allegro” that leads to a somber and funereal coda.

Beethoven completed his “Piano Trio in B-flat Major, Op. 97” in 1811. It is commonly referred to as the Archduke Trio, because it was dedicated to Archduke Rudolph of Austria. Rudolf was an amateur pianist and a patron, friend and composition student of Beethoven, and Beethoven dedicated about a dozen compositions to him. The Archduke Trio was written late in Beethoven’s so-called “middle period.” It follows the traditional four-movement structure with sonata form in the first and rondo sonata form in the last movement. It also allows for a more prominent part for the piano than previous compositions.

## Theatre

### ‘Thoughts of a Colored Man’ Comes Home!

#### Critically Acclaimed Broadway Show Returns to FSU



“Thoughts of a Colored Man,” the critically acclaimed play written by *Keenan Scott II ’09*, will return to FSU this spring, after its 2021 Broadway run.

“Thoughts of a Colored Man” will be performed as part of the Theatre and Dance season this spring. The FSU public performances are scheduled for **Friday, April 14**, and **Saturday, April 15**, and **Thursday, April 20, through Saturday, April 22**. Ticket information will be announced in **early February**.

Scott, who wrote the play when he was a theatre student at FSU, will return to campus to direct his work.

Scott is a playwright, poet, actor, director and producer of original work from Queens, New York. His work has been workshopped and produced at notable theaters such as National Black Theater, New York Theater Workshop, Arena Stage and Woolly Mammoth. His critically acclaimed piece “Thoughts of a Colored Man” world premiered at Syracuse Stage for its 2019-2020 season and transferred to Baltimore Center Stage to finish its regional run, before settling at the Golden Theater during the 2021-2022 Broadway season, where Scott made his writing and unconventional acting debut. Scott was chosen to be a part of the 2021 TED Fellow cohort to be among a global community of artists, inventors and scientists. His latest work “The Migration LP” and new original musical “The Return of Young Boy” are being developed at New York Stage & Film, while his other stage plays are in various stages of development. He is a part of the creative team of the miniseries “A Luv Tale” by Sidra Smith, now on BET+. He is also developing an array of projects for television and film, including a pilot with UCP of NBCUniversal, and adapting a novel by JJ Bola called “The Selfless Act of Breathing” with BRON Studios.

“Thoughts of a Colored Man,” described as “vulnerable, vibrant, raw and live,” weaves spoken word, slam poetry and rhythm into a mosaic of the inner lives of seven contemporary Black men who live in one Brooklyn neighborhood. The show explores the men’s lives, pressures, passions, challenges and triumphs.

The FSU production will mark the first college or university performance of the play since its Broadway debut.

The University is seeking partners and sponsorships for the performance in Western Maryland. If you or your business would like to support the production and programming, contact John Short, vice president for University Advancement, at 301-687-4068 or Kathleen Breighner, development officer in Advancement, at 301-687-4200.

## Poster Contest

### Design the Next Poster for “Thoughts of a Colored Man”

FSU students across disciplines are invited to submit a design that, if selected, will be used for the poster and print materials of this production. The winning poster will be personally selected by Scott.

If selected, the winning designer will receive a \$100 award. The image will be turned into print/poster materials with text and dates with the help of graphic designers.

Email a high-resolution PDF or JPEG (300 DPI) of your design by **Monday, Feb. 13**, to Jamison Odone at [jaodone@frostburg.edu](mailto:jaodone@frostburg.edu). In the subject line, write Poster Submission.

It is recommended that you read the play to aid in your design process. Copies of the play are on hold at the Lewis J. Ort Library front desk. You can also read about the play online. The play has both Facebook and Instagram pages.

For info, visit <https://www.keananscott.com>.

## Keenan Scott II Will Hold Auditions for “Thoughts of a Colored Man”

### Auditions Open to All FSU Students



Auditions for Keenan Scott II’s acclaimed play “Thoughts of a Colored Man” will take place **Friday, Feb. 17**, from 6 to 8 p.m. and **Saturday, Feb. 18**, from 1 to 4 p.m. in room 224 of the Pealer Performing Arts Center. Scott will return to campus for the auditions.

Auditions are open to all FSU students, regardless of major or experience.

The cast will consist of FSU students, campus community members and alumni.

Those cast members must be available for rehearsals **Monday, March 27**, through **Thursday, April 13**. During his residency, Scott will engage with FSU students and the campus community.

Contact Nicole Mattis in the Department of Theatre and Dance at [nmattis@frostburg.edu](mailto:nmattis@frostburg.edu) or in PAC 302B for info, to receive an audition packet and/or to schedule an audition. Scripts can be checked out through the front desk of the Lewis J. Ort Library.

## Special Events

### Bobcat Giving Day Returns on March 1!



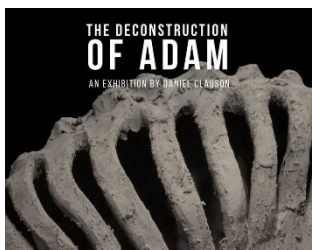
FSU’s Bobcat Giving Day is back! From noon EST on **Wednesday, March 1**, to noon on **Thursday, March 2**, the Frostburg community will be celebrating 125 years of FSU with 24 hours of giving.

Organized by the FSU Office of University Advancement, Bobcat Giving Day is returning for its second year. The day is a way for the FSU community to collectively make contributions to their favorite FSU Foundation funds. To add to the incentive, the fund that receives the most donors (not dollars) will once again earn an extra \$10,000 from the FSU Foundation Board of Directors. Donors giving \$60 or more will receive a pair of limited-edition Bobcat socks (while supplies last). Above all, Bobcat Giving Day is a way for the Frostburg community to come together and support University programs, scholarships, departments, organizations and students.

To learn more, visit [www.frostburg.edu/givingday](http://www.frostburg.edu/givingday) or contact Stephanie Loar, annual giving specialist, at [srloar@frostburg.edu](mailto:srloar@frostburg.edu).

## Exhibits

### Department of Visual Arts Presents an Exhibition by Daniel Clauson



FSU’s Department of Visual Arts is hosting an exhibition by Daniel Clauson, titled “The Deconstruction of Adam,” through **Friday, Feb. 24**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition is free and open to the public.

“The Deconstruction of Adam” is an exhibition of the negative infliction of society’s standards as well as the promise for a community that accepts and validates transformation. These works reach toward a desire to preserve life as well as relinquish traditions that necessitate oppression toward queerness. The exhibit is a collection of works expressing the current political climate of being transgender in

America. Clay as a material focal point expresses through its natural cyclical processes of construction, destruction and reclamation the resilience of queer folk. The different material states of ceramics, video, photography and writing simultaneously convey and criticize the values of preservation.

Clauson is a queer and trans artist focusing mostly in ceramics. Through ceramics he creates bodily forms that resist the limitations of biological and systematic structure and reach toward an empathetic, critical and political figurative form. Clauson uses his past experiences of gender dysphoria, relationships and “home” to influence his work, connecting contradicting ideas of love and pain, trauma and acceptance, intimacy and ambiguity. He grew up in the Pacific Northwest, where the coastal and mountainous erosion qualities have influenced the textures and surfacing techniques in his work. Clauson has exhibited nationally in group and solo exhibitions and has received multiple awards and scholarships.

For this show, the Roper Gallery is open **Mondays through Fridays** from 11 a.m. to 5 p.m.

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

## Ort Library Celebrates Black History Month



The Lewis J. Ort Library is celebrating Black History Month 2023 by highlighting the history and accomplishments of the FSU Collegiate Chapter of the National Council of Negro Women, Inc. FSU’s chapter was started on May 1, 2012, when 76 FSU students organized its creation. The chapter aims to lead, empower and advocate for Black women. Its emphasis is on community and membership is open to all students regardless of gender or race. There are 60 members in the chapter’s 2022-2023 year.

Since its inception, NCNW has sponsored countless events and activities, including the Mr. NCNW Pageant, local business fundraisers, social justice marches and self-care events. It regularly participates in community service activities.

The exhibit is on the fifth floor of the library and will be on display through February. NCNW advisor **Robin Wynder**, president **Jasmine White** and historian **Sarah Ekeinde** collaborated on the exhibit.

## Points of Pride

### Drs. Abdo and Eltayeb Receive MIPS Award

**Dr. Jamil Abdo** (PI), a professor in FSU’s Department of Physics and Engineering, and **Dr. Mohammed Eltayeb** (investigator), an associate professor in that department, received a Maryland Industrial Partnerships (MIPS) award from the Maryland Technology Enterprise Institute and the Beitzel Corporation for the project, Mobile Solar PV Power Plant With Battery Storage. The award amount is \$160,000 (80,000 from MIPS and \$80,000 from the Beitzel Corporation). The project starts in February 2023 and will run for one year.

#### Purpose of the Project

Many industries operate in remote locations with limited access to grid power. Typically, power on such sites is provided by diesel generators. Existing alternatives are mobile solar PV systems, which are typically mounted to small trailers or contained within larger shipping containers. However, the smaller trailer systems are typically incomplete (inverters and batteries not included) and cannot produce the required power to replace a 25-kW generator. Full container systems are too expensive due to increased system complexity and the need for cranes to move on site. A solution to reduce dependency on generators is a complete plug-and-play PV system (racking, mods, inverters and batteries included) mounted to a 35-foot gooseneck trailer. Applications of this solar trailer could be extended to farming, FEMA/humanitarian aid, military, oil/gas sites and any off-grid environments. The goal of the project is to reduce the cost of fuel and dependence on generators for mobile electricity generation in rural and remote locations lacking access to grid power.

## USMH Holds Open House for 2023 Physician Assistant Cohort Students



FSU Physician Assistant (MMS) 2025 cohort students completing an activity in the Anatomage Lab

Faculty and staff from FSU’s Physician Assistant (MMS) program welcomed the 2023 cohort students to an open house held recently at the University System of Maryland at Hagerstown’s Agnita M. Stine Schreiber Health Sciences Center.

Activities provided students with the opportunity to hear from and speak with several PA program faculty members as well as currently enrolled PA students. The 2023 cohort students also took part in station rotations with the Anatomage Table (life-size interactive digital cadavers) and Sim Man “Fred” (advanced patient simulator mannequin), as well as heard from USMH representatives about scholarship and student housing opportunities. Since the PA program is rigorous, faculty also took time to discuss mental health strategies for the students and provide them with resources and methods to balance their life and studies during the program.

The 2023 cohort consists of 25 students who were selected out of more than 300 applicants and will begin their two-year program in May.

To learn more about the Physician Assistant (MMS) program or any other programs offered at USMH, visit <https://hagerstown.usmd.edu>.



## Take Note

### Derek Thomson Sheely Leadership Award Nominations Sought

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

*Derek Sheely* was a remarkable leader – on and off the football field. This award honors the spirit of a young man who consistently demonstrated his genuine concern for others. Derek understood that leaders acquire influence as a result of the quality of their relationships and the respect they give to others. He innately understood that influence is much more enduring than power, which can be very ephemeral. Never complacent, he strove for excellence in all he did. One of his instructors commented on his desire to achieve a thoughtful, deep and complex understanding of issues that he studied, and stated that Derek was determined to clear “a path for those searching for truth and achieving goodness in this life.”

FSU has partnered with Derek’s parents, Kenneth and Kristen Sheely, to create an award that will be given annually to the student who exemplifies the qualities of leadership that Derek so clearly demonstrated.

This award will include a full-tuition scholarship for the recipient’s senior year.

#### Derek Thomson Sheely Leadership Award Criteria

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

To nominate a student, forward this information to the student. Include a note why you would like to nominate the student for this award and remind them to act promptly to submit an application by **Wednesday, March 1**. If they choose to apply, you will be asked to provide them with a recommendation letter.

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

Note for Students: Go to <https://frostburg.academicworks.com/opportunities/8502> to view the criteria and sign in to Academic Works (<https://frostburg.academicworks.com>). Follow the instructions and request a letter of support from the faculty/staff member who nominated you for the “include a letter of nomination/recommendation from a member of the campus community” requirement.

For info, contact Lynn Ketterman in the Advancement Office at [lketterman@frostburg.edu](mailto:lketterman@frostburg.edu).

### Spring Staff Recognition Day

Come out for pizza and drinks and to support the FSU Women’s and Men’s Basketball teams on Spring Staff Recognition Day, which will be held on **Wednesday, Feb. 22**, from 4:30 to 5:30 p.m. in the Hall of Fame room in the Cordts PE Center.

The event will be followed by free admission to the Women’s Basketball game at 5:30 p.m. and afterward by the Men’s Basketball game.

This event is sponsored by the Office of the President, the FSU Foundation, Athletics, the University Store and the FSU Staff Senate.

Use this link to RSVP: <https://forms.frostburg.edu/217763>.

Bring the family! The President’s Office is covering the cost of admission to the game for each staff member and guest. Admission is free for children 17 and younger. (Note that there is no admittance without prior RSVP.)

### Times Talk Discussion

The next Times Talk Discussion will be held on **Thursday, Feb. 16**, from 12:30 to 1:30 p.m. in Lane 111.

Interested faculty, staff and students will gather for a discussion on a current topic in the news.

Each week the conversation will be framed around a recent news article selected by an office or student organization. Next week’s Volunteer Service email will include the article and topic of discussion.

Every faculty and staff member and student at FSU has a free subscription to the New York Times! To activate yours, go to <https://nytimesineducation.com/access-nyt> and create an account using your FSU email. Or visit the FSU Ort Library page at <https://libguides.frostburg.edu/az.php> and select New York Times.

### Science Saturdays for Spring 2023

Science Saturdays feature space news, a sky tour and a full-dome movie. Telescopes are available afterward for viewing the moon and planets when the weather is favorable.

Shows are free, tickets are not required and anyone is welcome to attend. They start at 5 and 7 p.m. and last about an hour.

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Dates are scheduled to optimize the use of telescopes.

**Feb. 25:** “Out There: The Quest for Extrasolar Planets”

**April 1:** “Phantom of the Universe: The Hunt for Dark Matter”

**April 29:** “The Sun, Our Living Star”

**May 27:** “From Earth to the Universe”

Also coming is an event on **Wednesday, March 1**, about the Dragonfly Mission to Saturn’s largest moon, Titan.

For info, visit [www.frostburg.edu/mlc](http://www.frostburg.edu/mlc).

## Interested in Joining the Relay For Life Planning Committee?

Relay For Life will be hosted at FSU on **Saturday, April 29**.

The American Cancer Society Relay For Life movement is the world’s largest peer-to-peer fundraising event dedicated to saving lives from cancer. For more than 35 years, communities across the world have come together to honor and remember loved ones and take action for lifesaving change. Funds raised through Relay For Life directly support breakthrough research, 24/7 support for cancer patients, access to lifesaving screenings and much more.

If interested in assisting with planning this year’s Relay for Life event, email Ashley Daniels at [amdaniels@frostburg.edu](mailto:amdaniels@frostburg.edu) or stop by Lane 231.

## Folk Printmaking Series at MCTA



Mountain City Traditional Arts, at 25 E. Main St. in Frostburg, will host a Folk Printmaking Series for young artists, grades 6 to 8, **Tuesdays, Feb. 21 to March 28**, from 6 to 7:30 p.m. During this six-week workshop, young artists will design and carve out their own image. Each week the artist will learn and demonstrate proper techniques and vocabulary used in relief printmaking.

Cost of the series is \$20. Space is limited.

For info or to register, contact Dr. Kara Rogers Thomas at [krogersthomas@frostburg.edu](mailto:krogersthomas@frostburg.edu).

## Deadlines

### Undergraduate Grade Changes

The last day for undergraduate grade changes, including the removal of incomplete grades for the fall 2022 and Intersession 2023 semesters is **Friday, March 3**.

## FSU-TV3

### FSU-TV3 Programming Highlights



FSU-TV3 has a variety of programming produced by students at FSU as well as other contributors.

Check out the playlists the Creative Communication Club, MCOM 101 FSU-TV3 Television Workshop and Mass Comm 388 Studio Production groups have produced!

Need to find some calm in your life? Join Yoga instructor Patricia Baker in “Yoga for Health and Joy” on **Wednesdays** at 9:30 a.m. and **Fridays** at 4:30 p.m. Or on demand!

Watch all this for free on Video on Demand at <https://cloud.castus.tv/vod/frostburgtv3/?page=HOME>. You can also download the streaming app at <https://www.frostburg.edu/fsu-tv3/fsu-tv3-app.php>.

If you would like to support FSU-TV3, visit [www.frostburg.edu/GiveTV3](http://www.frostburg.edu/GiveTV3). Your support will help provide additional educational programming on the app and the channel.

## Jobs

### Student Van Drivers Needed – \$13.25/hour



The Office of Civic Engagement is hiring van drivers for its ECHOSTARS AmeriCorps program. Van drivers transport students to and from service projects in the greater Allegany County area. Most van driver schedules vary from 5 to 15 hours a week based on availability and program needs. Weekday and weekend hours are available. Interested students must have a clear driving record, successfully complete an online van-driving safety module to become van certified and pass both a state and FBI background check.

If you are interested in applying to be an ECHOSTARS van driver, email [ECHOSTARS@frostburg.edu](mailto:ECHOSTARS@frostburg.edu) for application information, how to become van certified and other details.



## Upward Bound Summer 2023 Program Employment Opportunities

The Upward Bound Program at FSU is seeking tutor/counselors and a head resident (bachelor's degree required – May 2023 graduation acceptable) for the Upward Bound Summer Program 2023.

Upward Bound is a federally funded program for qualified Allegany County high school students who plan to enroll in college. Upward Bound provides fundamental support to participants in their preparation for college entrance. The program provides opportunities for participants to succeed in their precollege performance and ultimately in their higher education pursuits.

Duties include:

- Tutoring and mentoring high school students
- Creating a welcoming residential and learning environment
- Planning fun and engaging activities and events and chaperoning field trips
- Assisting students with social growth

The head resident supervises all residential staff and is responsible for all activities that occur outside of the classroom.

Benefits include:

- Room and board for the duration of the program (three to five weeks plus training week)
- Supervisory experience
- Working with academic professionals
- Improving problem-solving and conflict-resolution skills

To learn more about the Upward Bound Program at FSU, visit [www.frostburg.edu/upward-bound](http://www.frostburg.edu/upward-bound). For info, call Cassie Weese, assistant director, Upward Bound, at 301-687-4994 or email [upwardbound@frostburg.edu](mailto:upwardbound@frostburg.edu).

## Study Abroad

### Start Planning Your Study Abroad Experience for Summer and Fall 2023!



Nori Dawson in Ireland – Summer 2022

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 p.m. on the following **Fridays: Feb. 17, March 3 and 31 and April 14 and 28**. Email Victoria Gearhart at [vmgearhart@frostburg.edu](mailto:vmgearhart@frostburg.edu) to sign up for the session of your choice.

## Community

### 2023 Accessibility Inclusion Fellowship From NFB

The Accessibility Inclusion Fellowship is a one-year fellowship awarded by the National Federation of the Blind to three Maryland professors to assist them in integrating accessibility into their curriculum and teaching methods in at least one course. NFB awards \$2,000 to an instructor of a University System of Maryland school or a professor of an independent Maryland college, and two awards of \$1,500 each to Maryland community college instructors.

In addition to providing a financial stipend to each professor, NFB works individually with the professors/instructors to brainstorm solutions to their accessibility challenges, help them develop and implement an accessibility action plan, and provide meaningful educational resources and tools. As a result of the enhanced knowledge and skill sets of fellows, the fellows not only create greater access to students to all of their courses, but empower their students to consider accessibility from the ground up in all of their ensuing work, resulting in their greater demand in the marketplace.

The deadline for applications has been extended to **Wednesday, March 1**. (Note: The website is being updated, and the new deadline may not be listed yet.)

## Health and Safety Messages

### February Is Heart Disease Awareness Month



Too much cholesterol in your blood increases your risk for heart disease. Get tested to learn your total cholesterol, good (HDL) and bad (LDL) cholesterol, and triglycerides.

Physical inactivity boosts your risk even if you have no other risk factors. Aim for 2 1/2 hours of moderate-intensity aerobic activity per week.

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Smokers are up to six times more likely to suffer heart attacks. If you smoke, quit. Use tips to reduce and resist cravings (<https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/nicotine-craving/art-20045454>).

The higher your body mass index (BMI), the higher your risk for heart disease, especially at BMI > 30. Maintain a healthy weight.

High blood pressure greatly increases your risk. Get tested. Reduce your sodium intake.

Diabetes puts you at increased risk for heart disease. You can lower your risk by keeping your blood glucose close to the recommended target numbers.

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



Mental Health Monday Tip: <https://www.healthline.com/health/mental-health/mental-health-books>

Tell Yourself Tuesday Tip: <https://dailyburn.com/life/lifestyle/instagram-positive-affirmations>

Wacky Wednesday Tip: <https://www.penguin.co.uk/articles/childrens-article/16-weird-and-wacky-facts-on-the-human-body>

Thankful Thursday Tip: <https://everydaypower.com/thankful-quotes>

Fun Friday Tip: <https://inspiredbudget.com/fun-things-to-do-with-friends>

Social Saturday Tip: <https://events.frostburg.edu>

Self-Love Sunday Tip: <https://in.nau.edu/ucan/10-self-care-activities-for-body-positivity-and-self-love>

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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.

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).