CES at FSU Hosts the Trick of the Light Theatre’s Production of ‘The Griegol’

The Cultural Events Series at FSU will present “The Griegol” by New Zealand’s Trick of the Light Theatre on **Wednesday, March 29**, and **Thursday, March 30**, both performances at 7:30 p.m. in the F. Perry Smith Studio Theatre of FSU’s Woodward D. Pealer Performing Arts Center.

“The Griegol,” a mythic tale without words about death, love, grief and monsters, tells the story of a child who, following her grandmother’s death, suspects she is being pursued by the shape-shifting smoke demon from the old woman’s stories. The performance draws on techniques of early cinema, conjuring magic and laughter out of silhouettes, puppetry, live music and animation. The New Zealand publication Theatreview praised its “dynamism, cleverness and beauty,” declaring it to be “a touching, delightful and exciting theatrical experience.”

Immediately following the performances, as part of the Offstage Series With WFWM, WFWM’s station director, **Chuck Dicken**, will join the artists for a conversation with the audience. Gain a greater understanding of how the company communicates without words, and discuss universal themes of grief, loss, memory and – ultimately – connection.

Based in New Zealand, Trick of the Light was founded by Hannah Smith and Ralph McCubbin Howell. With “The Griegol,” they push the boundaries for a company already renowned for its inventive staging. “Essentially we’ve built the world’s most absurdly high-tech overhead projector,” says Howell. “It combines lo-fi shadow puppets, hand cranks and lightboxes with live video streams and projection. We’ve shifted things that usually take place out of sight onstage to form part of the action, so that audiences get to see both the visual effects and the ways in which they’ve been created.”

Tickets are $20 for adults, $18 for FSU faculty/staff and military, $15 for youth under 18 and free for FSU students. This performance is recommended for children ages 7 and older.

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

This engagement of Trick of the Light is made possible in part through the Performing Arts Global Exchange program of Mid Atlantic Arts with support from the National Endowment for the Arts with assistance from the Australian Government through the Australia Council, its arts funding and advisory body, and the Embassy of Australia in Washington, D.C. CES is supported in part by the Maryland State Arts Council (msac.org), the Allegany Arts Council and the City of Frostburg.
telling their own story through songs that also encapsulate the essence of people and places who have helped define their era

Paul, said “Some artists document their lives through their music. Others chronicle their times. It’s a rare artist who can express the feelings, thoughts and sensibilities to which most people, regardless of age or upbringing, can relate

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won the Boston Music Award for “Outstanding Folk Act.” She has also appeared on various NPR programs.

Duvekot has extensive touring experience. She is a compelling live performer and has been invited to play top festivals, such as th

FSU’s Mountain City Traditional Arts will present singer-songwriters Antje Duvekot and Ellis Paul in a performance on Sunday, March 26, 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.

Born in Germany and transplanted to the U.S. as a young teen, Duvekot began to hone her observational skills through a lens of biculturalism when she picked up a guitar during that move. Some years later, the confessional folk of Dar Williams and Ani DiFranco gave her license to share her observations, no matter how personal, in her first emerging songs. She has never let go of that tenet of vulnerability.

Duvekot has extensive touring experience. She is a compelling live performer and has been invited to play top festivals, such as the Newport Folk Festival, Mountain Stage and Kerrville Folk Festival. Internationally, she’s headlined the Celtic Connections Festival in Scotland and the Tonder Festival in Denmark. Duvekot has won some of the top songwriting awards, including the Grand Prize in the John Lennon Songwriting Competition and the “Best New Folk Award” at Kerrville. In one of the nation’s top music markets, she won the Boston Music Award for “Outstanding Folk Act.” She has also appeared on various NPR programs.

Though some may refer to Paul as a folk singer, he is more of a singular storyteller, a musician whose words reach out from inside and

express the feelings, thoughts and sensibilities to which most people, regardless of age or upbringing, can relate – the exhilaration of the open road, a celebration of heroes, the hope for redemption and the sharing of love. Reviewer Lee Zimmerman, in writing about Paul, said “Some artists document their lives through their music. Others chronicle their times. It’s a rare artist who can do both, telling their own story through songs that also encapsulate the essence of people and places who have helped define their era overall.”
Paul’s music has been shared through commercials, documentaries, TV shows and in the soundtracks of several blockbuster films, among them three by the Farrelly Brothers – “Hall Pass,” “Me, Myself and Irene” and “Shallow Hal.”

This event is supported by funding from the Maryland State Arts Council. MCTA is a program of FSU in partnership with the Maryland Traditions Program of the State Arts Council.

For info, call 301-687-8040 or email Dr. Kara Rogers Thomas at krogerthomas@frostburg.edu.

**FSU Student Jasmin Golson Will Perform Senior Clarinet Recital**

FSU’s Department of Music will present student Jasmin Golson in her senior clarinet recital on Saturday, April 1, at 7:30 p.m. She will be accompanied by pianist Dr. Joseph Yungen and guest artists Maggie Longerbeam on the flute and Evelyn Anderson on the clarinet.


**FSU Student Ayanna McDonald In Senior Saxophone Recital**

FSU’s Department of Music will present student Ayanna McDonald in her senior saxophone recital on Sunday, April 2, at 3 p.m. She will be accompanied by pianist Dr. Joseph Yungen.

The program consists of “Fantasia for Alto Saxophone” (1937) by Claude T. Smith, written for American saxophonist Dale Underwood; the three movements, “Allegro,” “Vivace” and “Adagio and Presto,” of “Sonata for Alto Saxophone” (1937) by Bernhard Heiden, written for and premiered by Larry Teal; and “Rapsodie for Alto Saxophone and Piano” (1975, rev. 2002) by Claude Debussy, arranged by Eugene Rousseau.

**FSU Student Joshua Foreman Presents His Senior Saxophone Recital**

FSU’s Department of Music will present student Joshua Foreman in his senior saxophone recital on Friday, April 7, at 7:30 p.m. He will be accompanied by pianist Dr. Joseph Yungen and guest artist Emily Freedom on the flute.

Foreman will perform “Prologue en fanfare,” “Romantica” and “Valse vulgaire” from “Les tréteaux: trio pour flûte, saxophone alto et piano” by Pierre Max Dubois; “Run, Bird,” “Sing, Bird” and “Fly, Bird” from “Fuzzy Bird Sonata pour saxophone alto et piano” by Takashi Yoshimatsu; “Ballade pour saxophone et orchestre ou piano” by Henri Tomasi; and “Fantasia for Alto Saxophone” by Claude T. Smith.

**Workshops**

**Career Fair Prep Week**

Since the Spring 2023 Virtual Career Fair is coming on Wednesday, March 29, the Career and Professional Development Center will hold several workshops to help students prepare to interact with employers. All workshops will be held in Lane 111 on the following dates at these times:

- **Monday, March 13** – Resume Writing at 3 p.m., Networking at 4 p.m.
- **Tuesday, March 14** – Resume Writing at 2:30 p.m., LinkedIn Profile at 3:30 p.m.
- **Wednesday, March 15** – Preparing for the Fair at 3 p.m., Resume Writing at 4 p.m.

**Presentations**

**Women’s Studies Spring Speaker Series**

Women’s Studies will begin its Spring Speaker Series on Tuesday, March 14, when Kim Kelly will give a talk about labor history. This event will take place at 7 p.m. in Gira Center 397 and is free and open to the public.

Kelly will discuss some of the previously forgotten labor resistance that she has uncovered, discuss the ways that gender, sexuality and race affect whose labor history gets documented and studied and offer insights into the current and future labor conditions in the U.S. Aside from her talk, she will also be a guest in the Collective Behavior and Social Movements class.

Kelly is an independent journalist, author and organizer whose work focuses on labor, class, gender, race and culture. She recently published the groundbreaking book “Fight Like Hell: The Untold History of American Labor,” which disrupts traditional labor scholarship that has largely focused on white-male-dominated fields by highlighting a variety of labor organizing and strikes initiated by women, queer folks, racially marginalized people, incarcerated people, sex workers and others. Kelly is the labor...
For info, contact Dr. Angie Luvara at alluvara@frostburg.edu.

Media Literacy Series

Dan Boylan

Join communication and journalism students for a workshop on Tuesday, March 28, from 12:30 to 1:45 p.m. in Gira Center 397. The workshop, which is facilitated by Dan Boylan on investigative journalism, will include media literacy principles that can benefit all citizens.

Boylan is an award-winning journalist and creative consultant with experience across five continents dealing with some of recent history’s most high-profile conflicts, crises and characters, including Saddam Hussein, Donald Trump and Mark Zuckerberg. Following 9/11, he served as a communications advisor to the U.S. Department of Defense, U.S. State Department and multiple foreign governments. Boylan lectures on investigative journalism, political polarization, global strategic communications, media history and street art. A filmmaker, his work was shown at the Cannes Film Festival, and he has also been on radio and TV stations, including NPR, the BBC and C-Span. He advises governments, militaries, NGOs and corporations around the world.

In addition, a lecture by Boylan, “Chaos, What Chaos? Polarization in American Politics,” will be held on Tuesday, March 28, at 7 p.m. in Gira Center 397. The lecture explores how polarization now rules public discourse, how moderates are made voiceless and how the news media has evolved to help bring us here.

A panel discussion, “News, Technology and Time,” will be held on Wednesday, March 29, at 7 p.m. in the Lane Atkinson Room (232). How does news shape the way you see the world, how leaders communicate or how armies wage war? What are the positives and negatives these rapidly evolving communication technologies present? A select panel of journalist and media thought-leaders – Boylan, along with Christina Bellantoni and Guy Taylor – will wrestle with these questions.

Christina Bellantoni

Bellantoni is a professor and director of the University of Southern California’s Annenberg’s Media Center. She also is a contributing editor with the independent nonprofit newsroom The 19th News, which focuses on gender, politics and policy. Bellantoni served as an assistant managing editor at the Los Angeles Times, as editor-in-chief of the Capitol Hill newspaper Roll Call and political editor and an on-air analyst at the PBS NewsHour. She is a former vice president of the Washington Press Club Foundation and frequently appears on television and radio, including NPR, CNN, MSNBC, Fox News and HBO’s “Real Time” With Bill Maher.

Guy Taylor

Taylor is a national security team leader at The Washington Times, overseeing the paper’s State Department, Pentagon and intelligence coverage. A series Taylor led on Russia’s attempts to influence the 2016 U.S. election was recognized with a Gerald R. Ford Journalism Prize for Distinguished Reporting on the Presidency and a Society for Professional Journalists award. He has reported from dozens of countries and been a guest on the BBC, CNN, NPR, FOX, C-SPAN and The McLaughlin Group.

This series is hosted by the Department of Communication and Supported by the FSU Foundation. For info, contact Dr. Sheri Whalen at sawhalen@frostburg.edu.

Nursing Lunch and Learning

Come for a discussion about nursing on Thursday, March 30, at 12:30 p.m. in Lane 113.

The discussion will cover what you can do with a nursing degree, what the nursing program progression looks like at FSU and how to get on track to apply to the program. An open Q&A will follow. You can also chat with registered nurses and nurse practitioners.

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 krogerthomas@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.
Department of Visual Arts Hosts ‘Cosmic Trauma E1 S1,’ an Installation by Krysta Sa

FSU’s Department of Visual Arts is hosting an installation by Krysta Sa, “Cosmic Trauma E1 S1,” through Friday, March 24, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition is free and open to the public.

Sa creates constellations of screen-based performances that are unruly and interdependent. Urgent remedies and frantic relief motivate her rhizomatic practice. Sa makes connections to mystical traditions, illness, DIY medicinal practices, body maintenance, language, sex, occult, alternative health, reality television, ancient science, comedy, possession, therapy, celebrity, gender, cinema and celestial bodies. By trapping light, language and information, her phone is the conception point of her process in which she generates videos, objects and images. These illuminated artifacts become part of larger hyper-sensory experiences and installations.

Sa works primarily in performance, video, image and installation. Her work has been exhibited nationally and internationally at venues such as Vox Populi (Philadelphia), The Anderson (Richmond, Va.), Toledo Museum of Art (Toledo, Ohio) and Winnipeg Underground Film Festival (Winnipeg, Manitoba). Most recently, Sa was a recipient of the PerforcraZe International Artist Residency in Kumasi, Ghana, as well as the Digi Myths Grant from Soft Surplus in Brooklyn, New York.

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 Honors President Jimmy Carter

In honor of President Jimmy Carter, who served from 1977 to 1981, the Lewis J. Ort Library is featuring a display of election buttons, posters, newspaper front pages, T-shirts and other campaign memorabilia. Carter is known for his emphasis on energy conservation – including investing in renewable energy sources, expanding protection of U.S. wilderness areas and lowering transportation prices through deregulation. His foreign policy prioritized human rights and peacekeeping efforts, work that he continued in his productive post-presidency.

Most of the materials on display are from the Albert and Angela Feldstein Collection. Additional items, such as a family photograph taken with President and Rosalynn Carter after Carter’s Sunday school lesson (Plains Maranatha Baptist Church, 2017), were loaned by Dr. Kevin Kehrwald, chair of FSU’s Department of English and Foreign Languages. The exhibit is located on the fourth floor of the Ort Library.

Webinars

‘Engaging the Community Through a Consultancy-Based Group Practicum’

The Ed.D. in Educational Leadership faculty, program graduates and community partners will provide a national webinar through the Carnegie Project on the Educational Doctorate (CPED) about the transformed practicum experience that Ed.D. students complete in their final year in the program. The webinar will be offered on Tuesday, April 4, from 1 to 2 p.m. EST.

After inequities were discovered in the solo practicum experiences students were having, the practicum was transformed into a consultancy-based group practicum in which teams of students respond to problems of practice as presented by community partners, including institutions of higher education, PK12 schools and education-adjacent nonprofits.

This practicum highlights two of CPED’s guiding principles for program design: the opportunity to apply learning in field-based contexts and to collaborate on solving problems of practice. This webinar will cover the structure of the transformed practicum, benefits experienced for students and community partners, and challenges encountered and overcome in the practicum experience.

One of the presenters is Dr. Heather Hurst, an associate professor in FSU’s Department of Educational Professions and director of the Educational Doctoral program in educational leadership at FSU. She teaches qualitative research design and methods. For info, email Hurst at bhurst@frostburg.edu. To RSVP to the practicum, visit https://frostburgedd.live/CPEDwebinar.

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. The FSU public performances are scheduled for Friday, April 14, and Saturday, April 15, and Thursday, April 20, through Saturday, April 22, at 7:30 p.m., with a matinee performance on April 15 at 2 p.m. All performances will take place in the Drama Theatre of the Pealer Performing Arts Center.
Scott, who wrote the play when he was a theatre student at FSU, is returning 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 New Black Theater, New York Theater Workshop, Arena Stage and Woolly Mammoth. 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 Lav 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.

After several regional productions, “Thoughts of a Colored Man” opened on Oct. 13, 2021, at the John Golden Theatre in New York City. Described as “vulnerable, vibrant, raw and live,” the play 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.

Tickets are $25 for the general public, $20 for FSU employees and senior citizens, and $10 for students. Online tickets can be purchased at frostburgtix.universitytickets.com.

For info, call the Theatre and Dance box office at 301-687-7462, or visit FSU TheatreDance on Instagram or Theatre and Dance at FSU on Facebook.

**Plus!** There will be a free high school matinée on **Wednesday, April 19**. Local high school educators interested in bringing a school group to attend a special matinée performance of “Thoughts of a Colored Man” should contact cesoutreach@frostburg.edu to make reservations. Free tickets will be provided on a first-come, first-served basis.

This program is supported in part by the Maryland State Arts Council (msac.org).

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.
Nominations Open for President’s Distinguished Faculty Award and President’s Distinguished Staff Award

Awards will be presented during the State of the University Address and include a $2,500 monetary prize.

President’s Distinguished Faculty Award

Nominations are being sought for the annual 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, 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 2022 and/or spring 2023 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

Nominations are being sought for the President’s Distinguished Staff Award. Similar to the annual President’s Distinguished Faculty 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 who they know 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 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 2022-2023 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.

**Deadline**

Submit nominations to Donnell VanSkiver, Office of President, at dhvanskiver@frostburg.edu, send in campus mail or deliver to Hitchins 218 by Friday, March 31.

**USMH Names Dr. Jacob Ashby New Executive Director**

*Dr. Jacob Ashby* has been named the next executive director of the University System of Maryland at Hagerstown. The appointment comes after an extensive search chaired by FSU’s vice president for Student Affairs, Artie Travis, and a search committee including local business and community leaders. Ashby will serve as the third executive director for the regional higher education center and replaces *Mark Halsey* who retired in July.

Ashby currently serves as the assistant dean of academic assessment and articulation at Frederick Community College (FCC). He has been employed in various roles at FCC since 2011, including a limited-term position as associate vice president of the Center for Teaching and Learning where he helped the institution navigate academic operations during the unprecedented pandemic. Ashby has taught as an adjunct instructor and a lecturer at FCC and Hagerstown Community College (HCC).

Ashby earned his doctorate in organizational leadership in higher education from Shenandoah University in Winchester, Va., his master’s in integrated marketing communications from West Virginia University and his bachelor’s in business administration and marketing from Shippensburg University in Shippensburg, Pa. He began his education at HCC.

Ashby will officially assume his position on Wednesday, April 5. *Lisa McCulloh*, business manager, will serve as the interim executive director until that time. *Dr. Lawrence Weill* served as interim from August through February.

**Spring Break Library Hours**

The Ort Library will operate on the following adjusted schedule during spring break week:

- **Saturday, March 18** and **Sunday, March 19** – Closed
- **Monday, March 20**, through **Friday, March 24** – 9 a.m. to 5 p.m.
- **Saturday, March 25** – Closed
- **Sunday, March 26** – 1 to 9 p.m.

Digital resources remain accessible via the library’s website 24/7. Research assistance will be available during the library’s open hours via chat, email or phone or at the main desk.

For info, email libref@frostburg.edu.

The library will return to regular semester hours and services on **Monday, March 27**.

**Beautify the ’Burg**

Volunteers are needed for the annual Beautify the ’Burg event to be held on **Saturday, May 6**, from 9 a.m. to noon. Volunteer spots are limited and will be accepted on a first-come, first-served basis. If you or your student organization is interested in serving, email civicengagement@frostburg.edu no later than **Friday, March 17**, to request the online registration form. Registration forms will be due back by **Thursday, March 30**, to ensure everyone receive a T-shirt.

Once submitted, the Planning Committee will be in touch with your organization to give you details about your service site for the day.

For info, contact the Office of Civic Engagement at 301-687-4210 or civicengagement@frostburg.edu.
Town Hall Meeting

A Town Hall Meeting will be held on **Tuesday, March 14**, at 6 p.m. in the Lane Atkinson Room (232). Join the group for a conversation on the issues important to you!

This event is sponsored by the Office of Civic Engagement, the J. Glenn Beall Institute for Public Service and the Student Government Association.

For info, contact the office of Civic Engagement at 301-687-4210 or email Patrick O’Brien at pobrien@frostburg.edu.

Bikes for Rent!

Are you part of a sports team, sorority, fraternity or other student group? Then here is the perfect team-building activity for you! Individuals are also encouraged to participate.

The Department of Recreation and Park Management has bought 12 bikes for students to use at their convenience. Rentals are free!

A helmet is required to rent a bike. Helmet rentals are also free.

For info, contact Rachel West in Cordts PE Center room 270 or at rtwest@frostburg.edu.

Visit Maryland's State Capitol In Annapolis

Learn and practice your civic engagement skills!

Sign up for a free trip to meet state governmental officials on **Wednesday, March 15**. Tour the statehouse, have lunch with the Western Maryland delegation and current FSU interns and see live debate on current state legislation. Dress is business casual (no jeans or sneakers). The charter bus departs 7:30 a.m. from the Performing Arts Center lobby entrance and returns to FSU at around 9 p.m. Lunch is provided, but it is recommended that you bring money for dinner/snacks. Seating is limited, so sign up early; no shows will be charged $25.

This event is sponsored by the J. Glenn Beall Jr. Institute for Public Affairs and the Office of Civic Engagement.

For info, contact Tim Magrath at 301-687-4080 or Patrick O’Brien at 301-687-7599.

Benefits Walk-In Hours

The Office of Human Resources is offering Benefits Walk-in hours **Wednesdays**. Employees can stop by Hitchins 330 to meet with Lee Ann Nightingale, manager, Benefits & Wellness Program, regarding employee benefits on a first-come, first-served basis. The walk-in schedule is intended for questions about benefit-related matters that can be covered during a brief 15-minute meeting; all other meetings are by appointment only. The walk-in schedule is emailed to employees on **Tuesdays**; check your email for the weekly announcement.

USM/MetLife Benefits – 2023 Annual Enrollment

Annual Enrollment will continue through **Wednesday, March 15**.

Get ready for the annual enrollment for the USM-sponsored MetLife benefits. If you work 20 or more hours per week and are a regular or contingent II employee, this is your once-a-year opportunity to newly enroll or make changes to your MetLife Optional Life and Long-Term Disability insurance.

For info, contact Lee Ann Nightingale at 301-687-4398 or inightingale@frostburg.edu.

AL Seeks Nominations for the 2023 Richard A. Johnson Environmental Education Award

Dr. Richard A. Johnson

The Appalachian Laboratory of the University of Maryland Center for Environmental Science is seeking nominations of outstanding individuals, organizations or projects for its 2023 Richard A. Johnson Environmental Education Award. Recipients of the award receive a monetary prize to advance the environmental education efforts of their choice and a plaque commemorating their achievements during a special event in **August**. Nominees are limited to those who have made a noteworthy impact on environmental education in Allegany and Garrett counties.

The Richard A. Johnson Environmental Education Award honors those who mentor and inspire citizens and future leaders in environmental science and stewardship, recognizes excellence in environmental education and in the research and public service that support environmental education, and enhances environmental education opportunities for students of all ages.
To nominate an individual, organization or project, describe (in 200 words or less) why your nominee is deserving of the Richard Johnson Environmental Education Award. Nominations can be submitted online at www.umces.edu/al/RAJ-Nomination-2023, emailed to rschwinabart@umces.edu or mailed to “Attn: Rhonda Schwinabart, UMCES-Appalachian Laboratory, 301 Braddock Road, Frostburg, MD 21532.”

The deadline for submission is 5 p.m. on Friday, March 31.

For info, visit www.umces.edu/al/johnson-environmental-education-award or contact Schwinabart, coordinator of Outreach, at 301-689-7102 or rschwinabart@umces.edu.

Teaching Kitchen Spring Events

The following will be offered this spring. All events are free to students regardless of meal plan status and take place Thursdays at 5:30 p.m. The Teaching Kitchen in Chesapeake Hall features a culinary classroom.

April 6: Halal and the use of berries
May 4: Sushi

Contact diningservices@frostburg.edu to make your reservations for two to four people.

10th Annual FSU Undergraduate Research Symposium Coming on May 5

FSU will host the 10th annual Undergraduate Research Symposium on Friday, May 5, from 10:30 a.m. to 2 p.m. in the Lane University Center. The symposium showcases the research and experiential learning projects of FSU’s undergraduate students and provides participants the opportunity to present their work to their peers and share experiences across disciplines. The symposium will include poster presentations, oral presentations and physical displays representing work completed during summer 2022, fall 2022 or spring 2023.

Students can obtain Registration forms to present in the symposium from their faculty or staff mentors. Registration forms are due by Friday, March 17, and must be submitted as an email attachment to Dr. Karen Keller at klkeller@frostburg.edu. Full project descriptions/abstracts will not be due with the Registration form but will be due by Friday, April 7, as a separate email attachment to Keller.

For info, email Keller or call 301-687-4174.

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.

Dates are scheduled to optimize the use of telescopes.

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.

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 or stop by Lane 231.

Save the Date for Homecoming

Homecoming 2023 will be held Thursday, Oct. 5, through Sunday, Oct. 8.

For info, check out https://www.frostburg.edu/alumni/homecoming.php.
**Deadlines**

Attention Teacher Education Candidates!

Online applications for Entrance to Program, Internship I and Internship II for the fall 2023 semester are to be submitted on or before Friday, March 17.

For info, email Jennifer Delaney at jjdelaney@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: March 31 and April 14 and 28.

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

**Health and Safety Messages**

**Power Outage Tips**

Keep freezers and refrigerators closed. It is OK to consume refrigerated food up to 4 hours after the power goes out. If power is out longer, pack items with ice in a cooler to keep them below 40 degrees F. It takes about 48 hours for frozen items to thaw in a full freezer, but that falls to 24 hours if your freezer is half full.

Use a generator, but only outdoors and away from wind cows.

Do not use a gas stove or oven to heat your home.

Disconnect appliances and electronics to avoid damage from electrical surges.

Have alternate plans for refrigerating medicines or using power-dependent medical devices.

Call your local utility to report an outage. They might be able to tell you when the power is expected to come back on.

Check with local officials about heating and cooling locations open near you.

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

Mental Health Monday Tip: Celebrate Responsibly

https://www.wesupportmentalhealth.org/celebrating-st-patrick’s-day-responsibly

Tell Yourself Tuesday Tip: We’re Lucky to Have You


Wacky Wednesday Tip: Fun Facts About St. Patrick’s Day

https://www.history.com/news/st-patricks-day-facts

Thankful Thursday Tip: Be Thankful for the Luck of the Irish

https://www.rd.com/list/st-patrick’s-day-good-luck-traditions

Fun Friday Tip: St. Patrick’s Day Safety Tips

https://safer-america.com/st-patrick’s-day-safety-tips

Social Saturday Tip: St. Patrick’s Day Mocktails for Everyone

https://mindfulmocktail.com/st-patrick’s-day-mocktails

Self-Love Sunday: The Healing Rainbow

https://momunderthepalm.com/2019/03/17/st-patrick’s-day-self-love-the-healing-rainbow

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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.