



# 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).

## CES at Frostburg State University Announces 2023 Spring Season



From left, a scene from “The Griegol,” Dan and Chris Brubeck, and Cirque Kalabanté dancers performing in “Afrique en Cirque”

CES at FSU will present its spring 2023 season with professional performing artists from New Zealand, Guinea, Canada and the United States in genres of dance, theatre, circus arts and jazz. All performances begin at 7:30 p.m.

On **Wednesday, March 29**, and **Thursday, March 30**, in the F. Perry Smith Studio Theatre of the Woodward D. Pealer Performing Arts Center, New Zealand’s Trick of the Light Theatre will present “The Griegol,” a tale without words about death, love, grief and monsters. Drawing on techniques of early cinema, it conjures magic and laughter from silhouettes, puppetry, live music and animation. This engagement 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.

The year 2020 marked the centennial of the birth of American jazz legend Dave Brubeck. To celebrate his legacy, the Brubeck Brothers Quartet, led by Dave’s sons Chris and Dan, will present a heartfelt, multimedia performance experience on **Friday, April 14**, in the Alice R. Manicur Assembly Hall of the Lane University Center. With stories told by his sons and music performed by the quartet, the show invites audiences to travel along the timeline of Brubeck’s extraordinary life and career. The club-style performance will feature intimate table seating, a selection of snacks and a cash bar.

On **Tuesday, April 25**, Cirque Kalabanté will perform “Afrique en Cirque” in the Pealer Recital Hall of the Performing Arts Center. Set to the pulsing rhythms of djembes, koras and other native West African instruments, the performance blends the vitality of traditional Guinean music and dance with the innovation of modern circus. Pure joy from start to finish, the daring acrobats and spirited live musicians will create a breathtaking journey for the whole family. This event is sponsored by Thomas Automotive and presented in partnership with FSU’s Department of Student Engagement.

For info, visit 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 FSU Lane University Center, is open **Mondays through Fridays** from 10 a.m. to 4 p.m.

CES is supported in part by the Maryland State Arts Council ([msac.org](http://msac.org)), the Allegany Arts Council and the City of Frostburg.

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## Theatre and Dance Presents ‘Where Words Once Were’



Pictured here are **Dominique Little (Girl)** and **Caleb Friend (Teacher)**. Photo credit: **Ashlee Casey**.

The Department of Theatre and Dance at FSU will present Finegan Kruckemeyer’s “Where Words Once Were” **Thursday, March 9, through Saturday, March 11**, at 7:30 p.m., with a matinee performance on **March 11** at 2 p.m. Directed by *Shea-Mikal Green*, performances will take place in the F. Perry Smith Studio Theatre of FSU’s Performing Arts Center.

In “Where Words Once Were,” young Orhan lives in a world called “The City,” where words are very precious and very dangerous. Restricted as a result of war, only 1,000 of them can exist. All other words are forbidden, and if a new word is introduced into what they call “The Language,” another word must be stricken from the list and considered “erased.”

Only officials are allowed pens and students are assigned a pen for school that must be returned at the end of the day. Violators of the rules are punished by losing all words. They may not speak the words and words may not be spoken to them so that they too, like the “erased” words, eventually fade from notice of the world. When Orhan accidentally takes a pen (a mighty weapon indeed!) from school, he sets in motion an adventure to reclaim lost words.

“Where Words Once Were” touches on the often-overlooked beauty and power of words. Words can be weapons of hate or messengers of love, and a single word can have many meanings depending on the context it is spoken in or simply who is using it. Kruckemeyer treats language as a central theme in the play and creates a touching tale of things lost but not forgotten and the imbued meaning behind the words we allow ourselves to say out loud.

This production is recommended for children ages 9 and up.

The cast includes *Dominique Little* (Girl), *Brendon McCabe* (Isaac), *Caleb Friend* (Teacher), *Grace LaCount* (Eila), *Hayden Shoemaker-Davis* (Orhan), *Kassidy Andris* (Kieran) and *Whitney O’Haver* (Ali).

In addition to Green, creative team members include *Mackenzie Guynes* (stage manager), *Conrad Maust* (scenic designer), *Ronald Breitfeller* (costume designer), *George Georgeson* (props, sound and lighting designer), *Carson Luther* (assistant stage manager) and *Ashlee Casey* (assistant director).

Tickets are \$15 for the general public, \$12 for FSU employees and senior citizens, and \$7 for all students. Online tickets can be purchased at [frostburgtix.universitytickets.com](http://frostburgtix.universitytickets.com). For info, call the Theatre and Dance Box Office at 301-687-7462.

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## Help for Students

### TRIO – Student Support Services



Student Support Services, a federal TRIO program, is an academic support program to help first-generation college students stay in school and graduate.

Services include academic advising, tutoring and study skills instruction, financial aid assistance and guidance, graduate school assistance, career development, and educational and cultural events.

For info, contact Bridgette Karalewitz at [bkaralewitz@frostburg.edu](mailto:bkaralewitz@frostburg.edu) or call the SSS office at 301-687-4481.

### 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.

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).

## 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.

### Joshua Bishop Will Perform Faculty Artist Series Concert



FSU's Department of Music will present *Joshua Bishop* on the euphonium in a Faculty Artist Series concert on **Monday, March 6**, at 7:30 p.m. He will be accompanied by pianist *Dr. Jay DeWire*.

Bishop will perform the sixth and final short piece, "Gavotte-Scherzo," from "Pequena Suite" by Heitor Villa-Lobos; the three movements, "Moderato, quasi andante," "Très lent" and "Moderato molto," of "Sonata for Violoncello" by Mélanie Bonis; "All Those Endearing Young Charms" by Simone Mantia; and the three movements, "Allegro," "Adagio" and "Presto," of "Trombone Concerto, Op. 114a" by Derek Bourgeois.

Villa-Lobos occupies an unrivalled position in the music of his native Brazil. "Pequena Suite" ("Little Suite") for cello and piano was written in 1913, and in a relatively conventional style influenced, it has been suggested, by his admiration for the cellist and composer David Popper. The suite is testimony to the technical assurance of Villa-Lobos at this period. The work is in a late romantic idiom with relatively little trace of specifically Brazilian inspiration, akin rather to French music of the period.

Bonis was a prolific French late-Romantic composer who wrote more than 300 pieces. "Sonata pour Piano et Violoncelle in F Major, Op.67" was composed in 1905, and is dedicated to Maurice Demaison, an art critic and writer. The descending motion of the cello melody, starting each phrase at the high point and meandering downwards in pitch, is very important in the first movement. The second movement is song-like. In the final movement, the piano and the cello engage in an agitated conversation, until easing into a calm song.

Mantia was the first master of euphonium to work in the era of recorded sound and as a result, left a legacy as euphonium soloist on several Sousa and Pryor band recordings. "Believe Me, if All Those Endearing Young Charms" is a popular folk song of early 19th-century Ireland and America. Mantia, a pioneer of American euphonium music, composed this theme and variations on the melody in the early 20th century, and it remains a staple of the solo euphonium repertoire today.

Bourgeois was a prolific composer for brass and wind bands. He composed "Trombone Concerto, Op. 114a" in 1988.

### Choral Artists to Present Spring Concert, 'Music of Life and Death'

FSU's Department of Music will present the FSU Choral Artists, under the direction of *Dr. Scott Rieker*, in "Music of Life and Death" on **Friday, March 10**, at 7:30 p.m. They will be accompanied by pianist *Dr. Joseph Yungen*.

For this event, the FSU Chamber Singers, University Chorale and Troubadours Tenor-Bass Choir will explore composers' reflections on life and death in a concert with repertoire spanning five centuries and many genres. The evening features the performance of Paul Carey's "Civil War Requiem" and Morten Lauridsen's "Lux Aeterna," as well as works by Williametta Spencer, Orlando Gibbons and Carlo Gesualdo.

"A Civil War Requiem" is a multi-movement work setting Civil War texts by Herman Melville, Walt Whitman, Emily Dickinson and others. The setting is quite unusual in that much of the raw musical motifs for the piano part as well as the voices are borrowed from Charles Ives' epic "Concord Sonata." The poems progress through the story of the Civil War (a short poem about John Brown by Melville begins the piece), and the piece ends with a poem of grit yet hope by Whitman, who was a volunteer wound-dresser during the war. The movement "Shiloh," text by Melville, is quite touching. Another movement, "Melt the Bells," describes the fervor in the South as citizens tried to match the North's resources, going so far as asking churches to allow the generals to melt down church bells into cannonballs.

Each of the five connected movements in "Lux Aeterna" contains references to light, assembled from various sacred Latin texts. Lauridsen composed the piece in response to his mother's final illness and found great comfort in setting to music these timeless and wondrous words about this universal symbol of illumination at all levels – spiritual, artistic and intellectual. The work opens and closes with the beginning and ending of the "Requiem Mass," with the central three movements drawn respectively from the "Te Deum," "O Nata Lux" and "Veni Sancte Spiritus." A quiet setting of the "Agnus Dei" precedes the final "Lux Aeterna," which concludes with a joyful celebratory "Alleluia." "Lux Aeterna" premiered in 1997.

### FSU Student Joshua DeVoe Will Perform Senior Voice Recital

FSU's Department of Music will present tenor *Joshua James DeVoe* in his senior voice recital on **Saturday, March 11**, at 7:30 p.m. He will be accompanied by pianist *Dr. Joseph Yungen*.

The program will include "Die Schwalben," "Scheideblick," "Mignons Klage" and "Abschied" from "Opus 10" (1841) by Josephine Lang; "La Farfalletta," "L'allegro Marinaro" and "L'abbandono" from "Composizioni de Camera" (1935) by Vincenzo Bellini; "La grenouille Américaine" and "Chanson du chat" from "Ludions" (1923) by Eric Satie; "Les papillions" (1883) by Ernest Chausson; "Le dromedaire" and "Le dauphin" from "Le Bestiaire" (1919) by Francis Poulenc; "Le martin-pêcheur" from "Histoires Naturelles" (1906) by Maurice Ravel; "Villanelle des petits canards" (1889) by Emmanuel Chabrier; and "Come Away, Come Away, Death," "Who Is Silvia?" "Fear No More the Heat o' the Sun," "O Mistress Mine" and "It Was a Lover and His Lass" from "Let Us Garlands Bring" (1942) by Gerald Finzi.



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# Department of Music to Present Wind Ensemble Concerto Competition Concert

FSU's Department of Music will present its Wind Ensemble, conducted by *Dr. Ash Glenn*, in the Wind Ensemble Concerto Competition concert on **Sunday, March 12**, at 3 p.m. Featured performers will be soloists Alex Frye and Eileen Martin.

The Concerto Competition is designed to highlight some of the best musicians in the department by providing them an opportunity to be featured performers with the FSU Wind Ensemble. Student candidates prepared their desired solo, worked with their studio instructors and faculty accompanist and then auditioned for a panel of judges. For many undergraduate students, winning a coveted spot in a Concerto Competition can be the springboard to their choice of graduate performance programs.

The program will include "Flourish for Wind Band" by Ralph Vaughan-Williams; the first two movements, "Moderato" and "Lento," of "Concerto for Euphonium and Wind Band" by Jacob Horowitz; "Rhapsody for Baritone Saxophone and Wind Ensemble" by Mark Watters; and "Hymn to the Infinite Sky" by Satoshi Yagisawa.

The short piece "Flourish for Wind Band" (which is only about 90 seconds long) was scored for military bands with numerous clarinets, cornets, saxophones, euphoniums and timpani. Having been written as an overture to a pageant in the Royal Albert Hall, the score was then lost, only to reappear in 1971. On its discovery, the work was adapted twice by Roy Douglas – first for brass band and then for symphony orchestra. The orchestral version is scored for wind instruments, together with double basses, timpani and percussion. This version had its first performance in 1974. The original and the adaptations have been published by Oxford University Press, although no recordings are known.

The three-movement structure of "Concerto for Euphonium and Wind Band" reflects a classical outlook concerning concertos. Traditionally, this design favors the listener, first in the head, then the heart and finally in the toes. In the first movement, the soloist combines clear strong phrases with gentle melismatic meandering as well as negotiates many acute-angled leaps that justify themselves by enharmonic changes beneath. The slow movement has a long main melody and contains the only cadenza element in the work: two pastoral passages, homage to the mysteriously beautiful Border Country. The finale opens with a driving, motoric introduction followed by a cheeky rondo theme. Repeated quotations of this are elaborated with increasingly intricate variations until an unaccompanied whole-tone version of the theme brings the work to a fast close.

Watters is a six-time Emmy Award-winning composer and conductor whose diverse career spans 400 television episodes, feature films, DVDs and video games. "Rhapsody for Baritone Saxophone and Wind Ensemble" was composed in 1985.

"Hymn to the Infinite Sky" is a tone poem based on the words of the conductor of the Nihama Primary School band in Ichikawa City, Japan, who commissioned the work: "The sky has to be a symbol of peace. However, there is sky where combat planes are flying when children look up. That is very sad. I wish there would be no more conflict on the Earth. I hope that children all over the world will hold on to their dreams towards the sky. I pray to the infinite sky for world peace." Yagisawa composed the piece in 2006.

## Workshops

### How to Negotiate When Accepting a Job



Can I negotiate my salary when accepting a new job? What benefit packages should I be looking for?

The Career and Professional Development Center, along with the Society for Human Resource Management, will host a How Do I Workshop on **Tuesday, March 7**, at 5 p.m. in Lane 111. An HR expert will explain what and how to negotiate when accepting a position.

For info, contact Elizabeth Taylor-Raley at [emtaylorry@frostburg.edu](mailto:emtaylorry@frostburg.edu).

### 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

### 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 [krogerstomas@frostburg.edu](mailto:krogerstomas@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.**

## Exhibits

### 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 Display in Honor of President Lillian Compton



In honor of *President Lillian Compton*, the Lewis J. Ort Library is featuring a display for **March**, Women’s History Month. Compton was Frostburg State Teachers College’s second president after *John Dunkle*’s long reign, 1923-1945. She was initially hired to close the college after declining enrollment due to WWII. Talking with local community leaders, she quickly understood the value of the Teachers College in Frostburg and fought to keep it open. After the war, enrollment increased in part due to the GI Bill, making college education a reality for veterans. During her 10-year tenure at the Teachers College, Compton oversaw the completion of three major buildings: Lowndes Hall, new library and administration (1950); Garrett Hall, the science building, now part of the Guild Complex (1957); and a new gymnasium/auditorium complex, which would be named Compton

Hall in her honor (1954). Compton retired in 1954. After a productive retirement, particularly as an active member of the Grace United Methodist Church in Cumberland, she died in 1973. The exhibit is on the fourth floor of the Ort Library.

The Ort Library is also featuring a display dedicated to Irish Music for the month of **March**, Irish Heritage Month. The display is located on the fifth floor.

## 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.

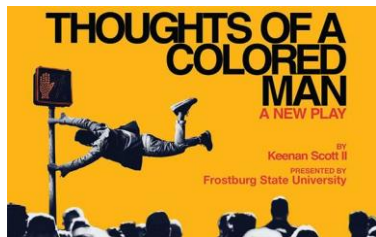
This practicum highlights two of CPED’s guiding principles for program design: the opportunity to apply learning in field-based contexts and to collaborate on solving problems of practice. This webinar will cover the structure of the transformed practicum, benefits experienced for students and community 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 [hhurst@frostburg.edu](mailto:hhurst@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 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 National 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 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.

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](https://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 matinee on **Wednesday, April 19**. Local high school educators interested in bringing a school group to attend a special matinee performance of “Thoughts of a Colored Man” should contact [cesoutreach@frostburg.edu](mailto: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](https://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.

## Special Events

### Communication Leadership Lab Events Coming Soon

Join a facilitated discussion about “Mental Health Civility: Navigating Bias and Inclusion” on **Thursday, April 6**, at 6 p.m. in Gira Center 397. This Choose Civility: Allegany County sponsored event will be facilitated by the Communication Leadership Lab and students from the CMST 310 Civic Communication class as part of FSU’s #BobcatsAgainstBias week.

An “Eat, Learn, Teach” discussion and demonstration is set for **Wednesday, April 26**, at 10 a.m. in the teaching kitchen in Chesapeake Hall. A snack-based cooking demonstration will be led by local author and dietician Theresa Stahl, who will also speak about her recent book, “I’m Full: Remindful Eating Tips to Feel Great and Make Peace With Your Plate.” The Eat, Learn discussion series began in 2016 to put food at the center of civil conversations about mindful food choices, sustainable food processes and diverse food partnerships. This is a Choose Civility: Allegany County event co-sponsored by the Department of Communication and Wholesome Harvest Co-op that supports the Center for Teaching Excellence’s Be Well, Learn Well Campaign. The discussion will be hosted and facilitated by FSU’s Communication Leadership Lab and students from the CMST 310 Civic Communication class.

For info about these events, contact Dr. Elesha L. Ruminski, chairperson of the Department of Communication and Communication Leadership Lab coordinator, at [elruminski@frostburg.edu](mailto:elruminski@frostburg.edu).

### 40th Spring Festival of Children's Literature



This year the 40th Annual Spring Festival of Children’s Literature will take place on **Friday, April 28**, and **Saturday, April 29**, at FSU. Each year the house is packed full of librarians, educators, parents and FSU students who come to share their love of children’s literature and learn more about successful ways to share that love with children. In the “share and learn” atmosphere of the Spring Festival, adults who direct

children’s learning interact firsthand with authors and illustrators, who bring characters to life and inspire children to read.



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At this year's festival featured authors and illustrators Ann Braden, Peter Catalanotto, Matthew Cordell and Carole Boston Weatherford will present their amazing work. In addition, participants will have the opportunity to engage in Professional Development Workshops that will feature a variety of topics on reading strategies, motivation, inclusive libraries and literature integration. Educators from Maryland and Pennsylvania can earn continuing professional development credits.

For info and updates regarding the Spring Festival of Children's Literature, visit the CLC webpage at <https://www.frostburg.edu/childrens-literature-centre/spring-festival/index.php> or the CLC Facebook page at <https://www.facebook.com/clcfsu>.

A scholarship established by Annetta Hammill Marshall is available for FSU students, alumni and educators. Marshall had a passion for teaching and children's literature. In 2004, she established the Annetta H. and Lloyd M. Marshall Scholarship to provide assistance with registration fees. Teacher candidates can receive a full scholarship, and alumni and educators can receive a partial scholarship. Apply at <https://docs.google.com/forms/d/e/1FAIpQLSe9RXUDoJix84ZfTxa3K9paFCAI-uP4DCGDnJCE6xDZSwLotQ/viewform>.

You can register for the Spring Festival of Children's Literature by visiting <https://forms.frostburg.edu/217745>.

## Points of Pride

### Andy Duncan Named Judge for Endeavour Award

*Andy Duncan*, a professor in FSU's Department of English and Foreign Languages, has been named one of three judges for the Endeavour Award, which honors "a distinguished science fiction or fantasy book written by a Pacific Northwest author or authors." Duncan, Catherine Asaro and Fran Wilde will choose the winner, to be announced in April at Norwescon 45 in SeaTac, Wash.

For info, including a list of finalists, visit <https://osfci.org/endeavour> and <https://www.norwescon.org>.

## Take Note

### Invitation to Weekly Group Practicing Falun Gong



The weekly practice of Falun Gong takes place **Wednesdays** from 3 to 4 p.m. in Compton 328. This event is free.

Falun Gong, also known as Falun Dafa, is a spiritual practice in the Buddhist tradition that espouses the core tenets of truthfulness, compassion and tolerance. Falun Gong practitioners aspire to live by these principles in their daily lives. Although introduced to the public in China in 1992, its roots extend back thousands of years.

Meetings include a brief introduction to Falun Gong, then participants learn how to practice standing exercises 1 to 4 and later on sitting meditation exercise 5, following tranquil music.

Visit <https://faluninfo.net> for the history of Falun Gong and the persecution of those practicing Falun Gong in China, <https://falundafa.org> for free study and practice material (videos, audios and books) and <https://en.minghui.org> where Falun Gong practitioners share their experiences.

For info, contact Dr. Hongqi Li at [hli@frostburg.edu](mailto:hli@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.

Get your free ticket at the Lane University Center box office **Mondays through Fridays** from 10 a.m. to 4 p.m. or online at [frostburgtix.universitytickets.com](http://frostburgtix.universitytickets.com). (You must log in with your student ID.)

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

### Fulbright U.S. Student Program Information Session



Are you a junior interested in doing research or teaching English abroad after graduation? A Fulbright U.S. Student Program Information Session will be held on **Thursday, March 9**, from 1 to 2 p.m. in Lane 109. 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.

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The preliminary application deadline is **Friday, May 5**, and the final application deadline is **Thursday, Oct. 5**.

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

## 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 [lnightingale@frostburg.edu](mailto:lnightingale@frostburg.edu).

## Teaching Kitchen Spring Events



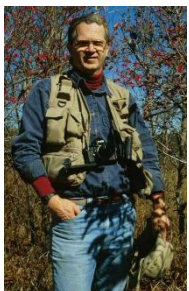
The following will be offered this spring. All events are free to students regardless of meal plan status and take place **Thursdays** at 5:30 p.m. The Teaching Kitchen in Chesapeake Hall features a culinary classroom.

**April 6:** Halal and the use of berries

**May 4:** Sushi

Contact [diningservices@frostburg.edu](mailto:diningservices@frostburg.edu) to make your reservations for two to four people.

## 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](http://www.umces.edu/al/RAJ-Nomination-2023), emailed to [rschwinabart@umces.edu](mailto: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](http://www.umces.edu/al/johnson-environmental-education-award) or contact Schwinabart, coordinator of Outreach, at 301-689-7102 or [rschwinabart@umces.edu](mailto:rschwinabart@umces.edu).

## Outstanding Senior Service Award

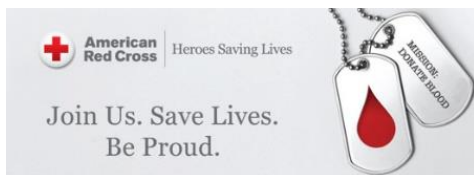
The Student Government Association of FSU is accepting nominations for the annual Outstanding Senior Service Award. Nominations must be that of students with an expected competition date of **May 2023**. December 2022 graduates may also be nominated. The award represents the cumulative effort in service, to the University and to the community, over the duration of the student’s undergraduate coursework.

Send all nominations, including name and email address, to Lacey Shillingburg at [llshillingburg@frostburg.edu](mailto:llshillingburg@frostburg.edu). The deadline to submit your OSSA nominations is **Monday, March 6**.



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## Veterans Center Will Hold Blood Drive



The Veterans Center, in partnership with the National Society of Leadership and Success Frostburg Chapter, will host a blood drive on **Thursday, March 9**, from 1:15 to 6 p.m. in the Cordts PE Center Hall of Fame room.

Be sure to sign up to donate blood and help save a life! Volunteers are also needed at the event.

For an appointment, visit <https://www.redcrossblood.org> or call 1-800-733-2767.

For info, call the Veterans Center at 301-687-4409.

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

## Spring Book Club

The spring Book Club will meet **Wednesdays** at 1 p.m. in Ort Library room 508. The same book that was used in the fall will be used this spring – “Uncommon Sense Teaching” by Barbara Oakley, Beth Rogowsky and Terrence Sejnowski. Oakley will serve as the keynote speaker for the Regional Conference on Teaching, Learning and Scholarship taking place on campus **Friday, March 17**.

You can purchase a copy of the book on Amazon or reach out to Holly Currie at [hcurrie@frostburg.edu](mailto:hcurrie@frostburg.edu) to borrow a copy. If you attended the Book Club in the fall, you are still welcome to attend this semester.

All are welcome to attend! RSVP to [hcurrie@frostburg.edu](mailto:hcurrie@frostburg.edu) if you have not done so yet. You can use the Book Club Notes Packet (at <https://frostburg.instructure.com/courses/5571/files/2807838?wrap=1>) as you read.

## 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”

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.

## FSU-TV3

### New to On Demand and Streaming App



FROSTBURG STATE UNIVERSITY

Want to set a good intention to practice deep breathing with gentle movement? The “Tai Chi” series will guide you through slow, gentle movements and physical postures.

“Get Healthy With Holly” also has two new episodes featuring “All About the Squash” and “Forest Bathing for Mental Health.”

The February episode of “STRATA: Portraits of Humanity” is now available. Take a look at the vallus or the Gallo-Roman reaper that was used for farming in historical times.

Watch these and other programs on demand at <https://cloud.castus.tv/vod/frostburgtv3/?page=HOME> or on the FSU-TV3 streaming app found in the Play or Apple store with this link: <https://www.frostburg.edu/fsu-tv3/fsu-tv3-app.php>.

## 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](mailto:vmgearhart@frostburg.edu) to sign up for the session of your choice.

### Study Abroad and International Fair

**Don't Just Learn About the World – Experience It!**



Barcelona, Spain, Spring 2023

The Center for International Education will host a Study Abroad and International Fair on **Wednesday, March 8**, from 11 a.m. to 2 p.m. in the Lane Atkinson Room (232).

All students, faculty and staff are invited.

For info, contact the Center for International Education at 301-687-4714 or [FSUinternational@frostburg.edu](mailto:FSUinternational@frostburg.edu) or visit [www.frostburg.edu/StudyAbroad](http://www.frostburg.edu/StudyAbroad).

## Jobs

### 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

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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).

## Health and Safety Messages

### Healthy Vision Tips



**Eat right to protect your sight.** Keep your eyes healthy by eating a well-balanced diet. Load up on different types of fruits and veggies, especially leafy greens like spinach, kale and collard greens. Fish like salmon, tuna and halibut have also been shown to help the eyes.

**Get moving.** Being overweight or obese can put you at higher risk for diabetes and other conditions that can lead to vision problems.

**Keep the germs away.** Always wash your hands before putting them close to your eyes, especially if you're putting in or taking out contact lenses.

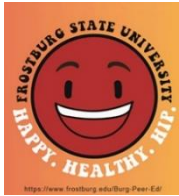
**Gear up.** Playing your favorite sport? Mowing the lawn? Wear the right protection to keep your eyes safe.

**Wear your shades.** Choose sunglasses that block 99 or 100 percent of UVA and UVB radiation from the sun.

**Give your eyes a break.** Staring at any one thing for too long can tire your eyes. Give your eyes a rest with the 20-20-20 rule: Every 20 minutes, look about 20 feet away for 20 seconds.

**Say no to smoking.** Smoking can put you at risk for some pretty serious eye issues, which can lead to blindness.

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



Mental Health Monday Tip: Coping With FOMO (Fear of Missing Out)

<https://www.psychologytoday.com/us/blog/stronger-at-the-broken-places/201501/10-ways-to-overcome-fear-of-missing-out>

Tell Yourself Tuesday Tip: You Don't Need to Keep Up With Everyone Else

<https://grownandflown.com/10-ways-teens-college-students-cope-fomo>

Wacky Wednesday Tip: The Power of Four Letters FOMO Is Not a Joke

<https://rosemaryloshin.medium.com/the-power-of-four-letters-ea6576a97733>

Thankful Thursday Tip: Gratitude Can Help Combat FOMO

<https://www.altamed.org/articles/female-taking-care-her-dog-fomo>

Fun Friday Tip: Fun Ways to Disconnect From Social Media and Overcome FOMO

<https://www.lifehack.org/280613/9-steps-disconnect-from-social-media-and-connect-with-life-again>

Social Saturday Tip: Making Real Connections Beyond Social Media

<https://www.psychologytoday.com/us/blog/the-human-connection/201912/making-real-connections-in-the-age-social-media>

Self-Love Sunday Tip Embracing Jomo (Joy of Missing Out) and FOMO

<https://gretchenrubin.com/articles/embracing-jomo-joy-of-missing-out-and-fomo>

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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.



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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).