

For and about FSU people
A publication of Communications and Media Relations
Volume 54, Number 25, April 8, 2024

Copy deadline: noon Wednesday, Candis Johnson at cvjohnson@frostburg.edu

Theatre and Dance Closes Season With Comedic ‘Martin and Margaret and the MINDSWAP’



Pictured here are cast members Hayden Shoemaker-Davis (Martin Buchanan) and Ava Breighner (Margaret Henkel).

FSU’s Department of Theatre and Dance will close its 2023-2024 season with the farcical comedy “Martin and Margaret and the MINDSWAP” by Mike Long and Amaree Cluff. Performances will take place **Friday, April 19**, and **Saturday, April 20**, and **Thursday, April 25**, through **Saturday, April 27**, at 7:30 pm, with a matinee performance on **April 20** at 2 p.m., all in the F. Perry Smith Studio Theatre in the Woodward D. Pealer Performing Arts Center.

Directed by *Darrell Rushton*, this lighthearted and fun play was originally intended for the 2020 season but cancelled due to the pandemic. The department is excited to bring it back for this Main Stage season.

On the brink of World War II, a genius professor invents the ultimate spy device, a machine that swaps minds. The Nazis want this wonder device, but two American heroes are fighting to keep it – and its inventor – out of enemy hands. As the MINDSWAP machine takes hold, everyone loses their mind, literally, resulting in mistaken identities, comedic chase scenes and the chaos that can only come from a mad, brain-swapping scientist.

The cast features performances by graduating seniors *Brendon McCabe* (Professor Georg Wachtendorf) and *Hayden Shoemaker-Davis* (Martin Buchanan), as well as *Ava Breighner* (Margaret Henkel), *Finley Manocchio* (Natasha Von Metzgemörder), *Caleb Friend* (James Burkhardt and Hans Burckhardt), and *TJ Kelly* and *Cheyenne Daisy* (understudies).

In addition to Rushton, creative team members include *Sarah Slack* (stage manager), *George Georgeson* (scenic and sound design), *Ronald Breitfeller* (costume design), *Carson Luther* (lighting design), *Nicole Mattis* (dialects), *Shea-Mikal Green* (intimacy direction), *Andrew Watkins* (assistant stage manager), *Mackenzie Guynes* and *Kyle Wolford* (assistant scenic design) and the Stagecraft II class (properties design). The artwork was designed by *Breighner*.

Tickets for all performances can be purchased online at <https://frostburgtix.universitytickets.com/?cid=169>. Tickets are \$18 for the general public, \$15 for FSU faculty and staff, \$10 for youth and \$7 for FSU students.

For info about the season and group sales, call the Theatre and Dance box office at 301-687-7462 **Mondays through Fridays** from 9 a.m. to 12:30 p.m. and 1:30 to 3 p.m. The lobby box office opens one hour before performances.

Help for Students

Student Counseling Center Offerings

For info and/or to register call 301-687-4234.

Hands-On Group for Self-Expression

This group meets **Mondays**.

Everyone is welcome with no experience needed to join. This will be a judgment-free zone to build confidence and safely express feelings and thoughts as well as learn social, interpersonal, self-advocacy and problem-solving skills through creative activities.

“Visual Board” on April 8: Using various materials, complete a visual board about your life plans and projects.

College Survival Guide

Sessions are offered **Tuesdays** from 5 to 6 p.m. in room 211 of the Education and Health Sciences Center.

These sessions will provide helpful information for navigating your time at college and beyond. Join your guide, Emily Llewellyn, LCPC, on the adventures of adulthood.

“Daily Living” on April 9

“Food and Groceries” on April 16

“Body and Health Basics” on April 23

“Job Interviews” on April 30

“Transitioning From College” on May 7

LGBTQ+ Support Group

The LGBTQ+ Support Group meets **Wednesdays** from 3 to 4 p.m. in room 118 of the Education and Health Sciences Center.

This group will present an opportunity for students with diverse sexual orientations and gender identities to explore life challenges together. It provides an inclusive environment in which to address various issues (e.g., coming out, spirituality, family relationships, depression, self-esteem, etc.). Goals include reducing isolation, finding support and making positive changes.

PAWS Pantry

The PAWS Pantry at FSU provides food and basic necessities to FSU students at no cost. The pantry is open and available to all students. Students will complete a brief survey and paperwork to register as a pantry member during their first visit. During regular hours, students may come to the pantry and shop from the selection of non-perishable foods and hygiene products (when available).

The pantry is located at Braddock House at 20 Braddock Road. Walk-up hours are noon to 6 p.m. on **Mondays**, 3 to 8 p.m. on **Wednesdays** and 1 to 7 p.m. on **Thursdays**. Other weekdays are by appointment. To schedule an appointment, email pawspantry@frostburg.edu. For info, visit <https://www.frostburg.edu/student-engagement/student-life/service/paws-pantry/PAWS-Pantry.php>.

Tutoring Information for Spring 2024

Tutoring will continue until **Tuesday, May 14**, and will be held **Mondays through Thursdays** from 8:30 a.m. to 4:30 p.m. and **Fridays** from 8:30 a.m. to 4 p.m. in Pullen 151 (top of the ramp). Tutoring is free.

Note: Some tutors will have schedules after 4:30 p.m. **Mondays through Thursdays**.

Courses for Appointment-Based/Individual Tutoring

Students use TutorTrac to make face-to-face appointments. Courses include Academic Skills (textbook strategies, study skills, time management and note-taking), BIOL 109/149/160/161, CHEM 150/201/202, COSC 100/101/102/240/241, DVMT, MATH 104/119/120/236/237, PHYS 216/262 and Writing.

Walk-In/Group Offerings (show up, sign in and get assistance)

Offerings are as follows: BIOL 321 (Note: Location may change to EHSC later in the semester per Dr. Karen Keller) – 5:30 to 7:30 p.m. **Mondays** and 3:30 to 5:30 p.m. **Tuesdays**, both in Compton 326 with Keri Rapp.

NetTutor/Online Tutoring (via the Tutor Resources course in your Canvas list of courses; sign-up no longer required)

This is a 24/7, third-party, online tutoring platform accessible via Canvas. Look for the NetTutor link in the Tutor Resources course in your Canvas list. Information about NetTutor is posted outside of Pullen 151. Some of the available subjects are accounting, anatomy, biology, business, chemistry, computer science, economics, foreign languages, geology, history, literature, logic, math, music, nursing, philosophy, physics, political science, psychology, sociology, student success and writing.

Tips and Resources

Look into academic skills tutoring (via the FSU Tutoring Center) to see if textbook strategies, study skills, time management or note-taking may be the root of your academic struggles. To make an appointment for an academic skills chat, contact Mark Smith at msmith@frostburg.edu.

Form a study group with classmates.

Speak with your professor, advisor, mentor or athletic coach.

Try Khan Academy (online video tutorials on a broad range of subjects) at <https://www.khanacademy.org>.

Try the Purdue Online Writing Lab at <https://owl.purdue.edu>.

Try Grammarly at <https://www.grammarly.com> for all types of writing help.

Try Landmark Citation Machine online at <https://www.citationmachine.net> for MLA, APA and other citation assistance.

Try Study Stack (flash cards and study games) at <https://www.studystack.com>.

Try the CollegeInfoGeek channel on YouTube (hosted by Thomas Frank) at <https://www.youtube.com/channel/UCG-KntY7aVnIGXYEBQvmBAQ> for all things college-related.

Bobcat Career Closet



The Bobcat Career Closet provides professional clothing to FSU students. Available items include suits, blazers, shirts, trousers, skirts, dresses and ties. Students can choose from a variety of professional clothing for career events such as career fairs, job interviews, internships, first day on the job and conferences. The Career Closet is located in Pullen 110. Students should contact the Career and Professional Development Center to schedule an appointment at careerservices@frostburg.edu or CPDC Calendar at <https://shorturl.at/fALPW>.

Follow CPDC on Instagram [@frostburg_cpdc](https://www.instagram.com/frostburg_cpdc) for career events and job postings.

All clothing items have been donated by FSU faculty, staff, alumni and community members. These are new and gently used workplace-appropriate items.

For info, contact the Career and Professional Development Center team at 301-687-4403 or careerservices@frostburg.edu.

Special Events

Focus Frostburg 2024: 'Learn-In' for a Sustainable Future



Focus Frostburg 2024, a “Learn-in” for a Sustainable Future, will take place **Wednesday, April 17**, at FSU’s Lane University Center. The full day event 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.

Events kick off at 10 a.m., with presentations and workshops running through 4 p.m. Featured topics include sustainable agriculture, genetically modified organisms, energy efficiency, Native Americans and public-land partnerships, green religion, outdoor recreation and economic development, environmentalism and the U.S. Market System, sustainable smart-grid technology, writing about rare, threatened and endangered species of Allegany County, the environmental benefits of Frostburg’s new Habitat Store, FSU’s Master of Environmental Management, zoos and animal behavior, the fossil record of flowering plants and a progress report from the city of Frostburg’s Green Team.

In addition, there will be poster presentations on various topics, including invasive species and female sustainability leaders who have worked or are working in areas that support the United Nations Sustainable Development Goals. At noon, the FSU Tree Campus Higher Education group will proclaim Arbor Day in celebration of the importance of trees to our campus, state, country and world. There will also be opportunities for students to learn more about voter registration. FSU’s Sustainability Awareness Society will host an Eco-brick Workshop from 1 to 3 p.m. And sustainability-themed films will run throughout the day in the Alice R. Manicur Assembly Hall of the Lane Center.

Wednesday’s activities culminate in the program Bridging the Divide With Curiosity, Compassion and Civility, an evening of conversation, community, learning and fact-based dreaming, hosted by Transform Mid Atlantic in Lane Manicur Hall at 6:30 p.m. This program explores how conversations can be more productive if approached with intellectual and cultural humility, and the understanding that science is real and facts matter. Presenters will also share valuable resources to enhance civic literacy and the capacity to replace judgment about differences with curiosity. After remarks from speakers and a Q&A period, attendees will adjourn to a reception area where, in the spirit of the documentary “2040,” they will engage in some “fact-based dreaming” as they highlight some of the assets of this community and share some new initiatives. And they’ll discuss how to amplify the voices of today’s youth and make sure they feel heard.

Related activities throughout the week include the Reduce, Reuse, Recycle poster contest, which highlights the talent and creativity of students in ART 207 Graphic Design. To help communicate environmental awareness for FSU’s celebration of Earth Week, students designed posters for this contest. To vote, visit www.facebook.com/frostburglg from **Wednesday, April 17, through Sunday, April 21**.

On **Tuesdays, April 16 and 23**, Sustainability students will host a Sustainability Cafeteria Takeover at dinner in the Chesapeake Dining Hall by serving and assisting at the dish carousel while promoting less waste. Consider dining at Chesapeake this week to learn more about global hunger as well as campus and community sustainability food initiatives, and to donate to the Sustainability Studies Minor Food Drive. Posters and an information/donation table for the SUST Food Drive will be available throughout the week.

The full schedule will be posted to <https://www.facebook.com/frostburglg> and <https://www.frostburg.edu/lglg> by **Monday, April 8**. For info, contact Dr. Kara Rogers Thomas at krogersthomas@frostburg.edu.

CES at FSU Presents Cirque FLIP Fabrique in ‘BLIZZARD’



CES at FSU will present the astonishing acrobats of Cirque FLIP Fabrique in “BLIZZARD” on **Tuesday, April 9**, at 7:30 p.m. in the Drama Theatre of FSU’s Pealer Performing Arts Center.

With “BLIZZARD,” Cirque FLIP Fabrique delivers a spirited, head-over-heels journey into the dead of winter and invites audience members to lose themselves in a moment of complete wonder. Edinburgh Festival Magazine stated that the family-friendly performance “brings all the magic of a snow day to young and old alike.”

Founded in 2011 and based in Québec, Cirque FLIP Fabrique’s fresh, fun take on contemporary circus results in playful, breathtaking performances. These world-class artists have worked with the prestigious Cirque du Soleil and Cirque Éloize and have performed at circus festivals across the world. The New York Times declared that “after watching them perform, you may suspect that they hail from a different planet.”

Tickets are \$35 for adults, \$31.50 for FSU employees and members of the military, \$17 for youth under 18 and free for FSU students.

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, 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) and receives financial support from the Allegany Arts Council and the City of Frostburg.

Music

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

Guitar Ensemble Presents ‘Strings Unleashed’

FSU’s Department of Music will present its Guitar Ensemble, directed by *Dr. Felipe Garibaldi de Almeida*, in concert on **Thursday, April 11**, at 7:30 p.m.

The guitar ensemble consists of *Andrew Gula*, *Nicholas Mellen*, *Raymond Gibson* and *Samuel Dolly*. They will be joined by guest artists *Chassady Redhead* and *Leah Boggs* on violins, *Evelyn Shanholtz* on viola and *Bekah O’Rourke* on cello.

The multi-genre guitar concert will include “Baiãozinho” and “Sambinha” by Celso Machado; “Spanish Romance,” an anonymous composition arranged by de Almeida; two selections by Johann Sebastian Bach – “Bouree” from “Lute Suite, BWV 996,” arranged by Jan-Olof Erikson and “Jesu, Joy of Man’s Desiring” from “Cantata, BWV 147,” arranged by Claudio Weizman; “Liberum Fluxus” by de Almeida; and “Don’t Fear the Reaper” by Buck Dharma, arranged by Nicholas Mellen.

Machado, a Brazilian world music guitarist, percussionist and multi-instrumentalist, composed “Baiãozinho” and “Sambinha.” They are two of his “Five Modinhas Brasileiras.” The modinha, in Brazil, is a type of sentimental love song. It is generally considered part of the roots of Brazilian popular music, along with the lundu, because they were the first representative music of the people of Brazil, at the time of getting their identity as Brazilians, not the dwellers of Portuguese colony.

“Romance Anónimo” (“Anonymous Romance”) is a piece for guitar, also known as “Spanish Romance.” The style of the piece is that of the parlor music of the late 19th century in Spain or South America.

“Bourree in E Minor” is a popular lute piece, the fifth movement from “Suite in E Minor, BWV 996” written by Bach between 1708 and 1717. The piece is arguably one of the most famous among guitarists. “Jesu, Joy of Man’s Desiring” is the popular English title of the chorale from the 1723 Advent cantata, “Herz und Mund und Tat und Leben (Heart and Mouth and Deed and Life), BWV 147.”

“Don’t Fear the Reaper” is a song by American rock band Blue Öyster Cult from the band’s 1976 album “Agents of Fortune.” The song, written and sung by lead guitarist Donald “Buck Dharma” Roeser, deals with eternal love and the inevitability of death. Dharma wrote the song while picturing an early death for himself.

Dr. Brent Weber to Perform Faculty Artist Series Concert, ‘React’

FSU’s Department of Music will present saxophonist and tenor *Dr. Brent Weber* in a Faculty Artist Series concert on **Friday, April 12**, at 7:30 p.m. He will be accompanied by the FSU Faculty Jazz Combo and the FSU Saxophone Quartet.

In addition to Weber, the Faculty Jazz Combo includes *Dr. Donald Albrecht* on trumpet, *Tom Harrison* on piano, *Peter Lewis* on bass and *Dr. Mackenzie LaMont* on drums, and the FSU Saxophone Quartet includes soprano *Raegan Barrett*, alto *Gabe Hicks* and baritone *Eileen Martin*.

The concert will feature “Pitch Black” by Jacob ter Veldhuis, “My Funny Valentine” by Richard Rogers, “Donna Lee” by Charlie Parker, “Sandu” by Clifford Brown, “Gertrude’s Bounce” by Bud Powell, “A Remark You Made” by Joe Zawinul and “Wayne’s Thang” by Kenny Garrett.

“Pitch Black,” for sax quartet and audio, was composed in 1998. The audio track reproduces the voice of trumpet player Chet Baker, from one of the last interviews before his tragic death by falling from an Amsterdam hotel room window in 1988. Baker talks about his past as a drug addict and his life in prison, his first audition with jazz saxophonist, band leader and composer Parker and playing without drums.

“My Funny Valentine” is a show tune from the 1937 Rodgers and Lorenz Hart coming-of-age musical “Babes in Arms.” The song became a popular jazz standard, appearing on more than 1,300 albums performed by more than 600 artists.

“Donna Lee” is a bebop jazz standard attributed to Parker, although Miles Davis has also claimed authorship. Written in A-flat, it is based on the chord changes of the jazz standard “(Back Home Again in) Indiana.” Beginning with an unusual half-bar rest, “Donna Lee” is a very complex, fast-moving chart.

Brown’s “Sandu” has long been a jam-session staple for anyone who wants to shred some E-flat blues. The familiar melody is featured with a trumpet and tenor sax duet at the top of the tune and returns with the duet at the end. “Sandu” also includes written or improvised solos for tenor sax and trumpet with a great “rhythm out” interlude between the solos. There’s also an excellent sax section solo and a roaring shout chorus before the recap.

The lesser-known Powell composition, “Gertrude’s Bounce,” features an upbeat melody and happy-go-lucky style that works well for a jazz ensemble.

“A Remark You Made” is a composition by Zawinul, one of the founders of Weather Report, and is included on the band’s seventh album, “Heavy Weather,” released in 1977. It would prove to be the band’s most commercially successful album.

“Wayne’s Thang” is from “Sketches of MD: Live at The Iridium,” one of the few live albums by Garrett, released in 2008. The “MD” of the title track refers to Garrett’s old bandleader, Miles Davis.

Department of Music Presents Vocal Studios Recital

FSU’s Department of Music will present the FSU Vocal Studios in a recital of art songs and selections from opera and musical theatre on **Tuesday, April 16**, at 7:30 p.m.

The concert will feature music majors and minors from the vocal studios of *Dr. Colin Johnson* and *Dr. Chun-Ting Chao*, accompanied by pianist *Dr. Joseph Yungen*.

Jazz Combo Will Perform Spring Concert

FSU’s Department of Music will present its Jazz Combo, directed by *Tom Harrison*, in concert on **Thursday, April 18**, at 7:30 p.m.

In addition to Harrison on bass, performers will include *Max Partlow* on tenor sax, *Joey Orr* and *Sam White* on trumpets, *Alex Frye* on trombone, *Taylor Bryan* on violin and piano, vocalist *Catherine Owens* on piano, *Riley House* on piano and alto sax, *Andrew Gula* on guitar, *Matt Alexander* on bass and *Ben Alvey* on drums.

The Jazz Combo will perform many of the historically important jazz standards in their repertoire from the pens of some of the most respected performers in the business, including Herbie Hancock, Tom Harrell, Oliver Nelson, Horace Silver, Bronisław Kaper, Erroll Garner, Antonio Carlos Jobim and Chick Corea.

“Tell Me a Bedtime Story,” from Hancock’s eighth album, “Fat Albert Rotunda,” was recorded in 1969 and is one of his most intricate compositions.

“Moon Alley” was written by award-winning trumpet player Harrell who is known for his lyrical playing and composing.

“Stolen Moments” was written by saxophonist Nelson and recorded on the 1961 album “Blues and the Abstract Proof.” The album demonstrates his unique arranging talents.

Pianist Silver is represented in this concert by two well-known jazz standards. “Song for My Father,” from his 1965 album by the same name, is Silver’s best-known tune and has become a jazz standard. This and “Nutville,” from Silver’s “Cape Verdean Blues” album, were inspired by his father who was born in Cape Verde off the coast of Africa.

“On Green Dolphin Street” was composed for the 1947 film “Green Dolphin Street.” The music was written by Kaper and Ned Washington provided the lyrics. The instrumental version became a jazz classic and has been recorded by countless artists.

“Misty,” written by Pittsburgh pianist Garner, is his best-known composition with lyrics added by Johnny Burke later.

“Corcovado” (known in English as “Quiet Nights of Quiet Stars”), which refers to the mountain in Rio de Janeiro, was composed by prolific composer and Brazilian musician Jobim in 1960. It is in the bossa nova style that he is so well-known for writing.

“You’re Everything” was recorded on the classic album “Light as a Feather” by Corea and jazz band Return to Forever with lyrics by Neville Potter. The Jazz Combo will feature Owens on a version inspired by Earth, Wind and Fire vocalist Philip Bailey.

FSU Student Raegan Barrett in Senior Saxophone Recital

FSU’s Department of Music will present student *Raegan Barrett* in her senior saxophone recital, “My Mountain Top,” on **Saturday, April 20**, at 7:30 p.m. She will be accompanied by pianist *Dr. Joseph Yungen* and guest artists *Dr. Brent Weber* on alto saxophone, *Bryce Campbell* on marimba, *Eileen Martin* on baritone saxophone and *Gabe Hicks* on alto saxophone.

Workshops

Training From the Office of Human Resources

The Office of Human Resources will offer the following training sessions for **April and May**:

Navigating Difficult Conversations

Friday, April 26, 1 to 3 p.m., EHS 209

Difficult conversations generally follow a pattern. The details depend on the nature of the conversation, your objectives and the situation, among other factors. But here's an "Overview."

In "Review the Stages of a Difficult Conversation," the class will examine each of these steps: preparing for the conversation, initiating the conversation, delivering the message, listen and respond, explore alternatives and solutions, closing the conversation and following up.

The workshop will incorporate individual activities with group activities and role playing.

Progressive Discipline (Disciplinary Actions)

Friday, May 10, 2 to 3:30 p.m., EHS 209

Supervisors will be able to demonstrate how to document and follow the Progressive Discipline Process from a counseling review to the termination process for exempt and nonexempt staff employees.

The training will inform supervisors on working through the discipline process in conjunction with USM policies, FSU policies and the AFSCME MOU(s). It will include hands-on learning on how to complete a Corrective Action Report, documentation and the follow through for the process.

To register, go to Etrieve at <https://fsucentral.etrieve.cloud/Index#/form/139> and complete the registration form(s) for each training session you would like to attend. For info, contact Danielle Dabrowski at dldabrowski@frostburg.edu.

Upcoming Workshops at Summit Station

Summit Station is located at 1 Technology Drive in Frostburg. Its mission is to cultivate an environment that supports the growth and development of startups and early-stage businesses. By fostering a diverse community that brings together individuals from various backgrounds and industries, Summit Station empowers entrepreneurs, freelancers and remote workers to thrive and reach their full potential.

For info, go to <https://www.frostburg.edu/drde/summit-station/index.php> and click on Upcoming Events, or contact Eugene Ebb Jr., general assistant, Remote Work Center, at efebbjr@frostburg.edu.



"One-Day Patent Boot Camp Workshop"

Summit Station at Innovation Park will present "One-Day Patent Boot Camp Workshop" on **Thursday, April 18**, from 9 a.m. to 5 p.m.

This workshop is tailored for entrepreneurs, small businesses and inventors. Insights into patent application processes, tools and resources will be offered. The agenda will include how to search prior art, how to properly draft claims, understanding the application forms and how to use Patent Center to file electronically.

Registration is required. Register at <https://forms.gle/xfX3d99sVQV5VFHfA>.

"One-day Trademark Boot Camp Workshop"

Summit Station at Innovation Park will present "One-day Trademark Boot Camp Workshop" on **Thursday, May 2**, from 9 a.m. to 5 p.m.

Learn best practices to protect your ideas, grow your business and protect your brand. The agenda will include fundamentals and searching, applications and filing, and responses and registration.

Registration is required. Register at <https://forms.gle/Tf5EjF3fwZDXrqjSA>.

Presentations

Tom Barkin, President of Federal Reserve Bank of Richmond, to Speak on Economic Growth



The Greater Cumberland Committee and FSU will host a morning coffee chat with Tom Barkin, president and CEO of the Federal Reserve Bank of Richmond, on **Tuesday, April 9**, from 8 to 10:30 a.m. in Pealer Recital Hall. This event is free and open to the public.

The topic of discussion will be "Fostering Economic Growth in Today's Economic Landscape." Barkin will share his insights on the economic landscape, monetary policy and the role of the Federal Reserve in fostering economic growth.

Reserve your seat today on Eventbrite at <https://shorturl.at/kqtG7>.

Points of Pride

FSU, WVU School of Pharmacy Announce Partnership

FSU and the West Virginia School of Pharmacy (WVUSoP) have entered into a partnership that will allow students to earn their Bachelor of Science degree in chemistry from FSU and their Doctor of Pharmacy degree from WVUSoP in just seven years. This dual-degree program is a cooperative undergraduate/graduate opportunity to attract qualified students to both institutions.

Students will complete their first three years at FSU as a chemistry major, and after successful completion of the prerequisite courses and program requirements, students will then enter the WVUSoP program. After students complete their first year of pharmacy school, they will earn their Bachelor of Science degree from FSU while counting this toward their four-year experience at WVU.

For info about FSU's Chemistry and Physics Department, visit <https://www.frostburg.edu/academics/colleges-and-departments/chemistry/index.php>. For info about WVUSoP, visit <https://pharmacy.wvu.edu>.

Office of Sponsored Programs Successes/News

On Feb. 27, project director *Eric Seifarth*, associate athletic director, Compliance, was awarded a \$1,000 Professional Development Grant by the National Association of Collegiate Directors of Athletics for the 2024 NAAC Convention as part of the Professional Development Program for DII Compliance Administrators.

On May 5, project director *Dr. Boyce Williams*, dean, College of Education, Health and Natural Sciences, was awarded \$500,000 by the U.S. Department of Education for the project, Maryland Accelerates Program.

For info, visit the Office of Sponsored Program's Successes/News webpage at <https://www.frostburg.edu/osp/Successes%20News.php>.

Take Note

CSIT Presents the Spring Student Showcase

The Department of Computer Science and Information Technologies will present its Spring Student Showcase on **Thursday, April 11**, from 1 to 3 p.m. on the second floor of the Gira Center.

Be sure to come and explore a few of these awesome demonstrations. This is also a great opportunity to learn about what these majors do and the projects they will work on when they graduate. All majors will be represented: computer science, computer information systems, information technology, and secure computing and information assurance.

For info, contact Dr. Michael Flinn at mflinn@frostburg.edu.

Take Back the Night!



The Frostburg Network for Intersectional Feminism and the Office of Diversity, Equity and Inclusion are sponsoring Take Back the Night, which will be held on **Thursday, April 25**, at 7 p.m. at the Clock Tower.

Rally and march to fight against sexual assault and harassment!

For info, contact Dr. Tianna Bogart at tabogart@frostburg.edu.

FSU's ASTAR AmeriCorps Program to Host Annual Book and Resource Giveaway

FSU's ASTAR AmeriCorps program will hold a Book and Resource Giveaway Community Outreach Project **through Wednesday, April 10**, from 9 a.m. to 6 p.m. each day at City Place, 14 S. Water St. in Frostburg.

The public is invited to choose from a wide variety of items at no cost. This year's event will feature food, books and other miscellaneous items. Supply is limited, so those interested are encouraged to arrive early.

For info, contact FSU's Office of Civic Engagement at civicengagement@frostburg.edu or 301-687-7599.

Career and Internship Fair



Need a job? Looking for an internship? The on-campus Career and Internship Fair will be held on **Wednesday, April 10**, from 11 a.m. to 3 p.m. in the Lane Center. The fair is open to students of all majors and all class levels. Hosted by the FSU Career and Professional Development Center, this is one of the most exciting opportunities of the year at FSU, with more than 60 employers on campus to connect with FSU students!

Students can register in Handshake and view the attending employers. Register for the Career Fair at <https://shorturl.at/pwDH4>.

Spring Festival of Children's Literature



The Children's Literature Centre announces that its 41st annual Spring Festival of Children's Literature will be held on **Friday, April 26**, and **Saturday, April 27**, at FSU. Each year, librarians, educators, parents and FSU students come to share their love of children's literature and learn about successful ways to share that love with children. In the "share and learn" atmosphere of the festival, adults who direct

children's learning interact firsthand with authors and illustrators who bring characters to life and inspire children to read. At this year's festival, the featured authors and illustrators – Salina Yoon, Frank Morrison, Hena Khan and Dusti Bowling – will present their

award-winning books. In addition, participants will have the opportunity to engage in professional development workshops, which will feature a variety of topics, including writing children’s books, the “One Book One School Program,” introducing Manga to students, AI-powered ELA and more.

Educators from Maryland and Pennsylvania can earn continuing professional development credits by attending the festival. 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 interested in attending. Marshall had a passion for teaching and a passion for children’s literature. In 2004, she established the Annetta H. and Lloyd M. Marshall Scholarship to provide assistance with festival registration fees. Teacher candidates can receive a full festival scholarship, and alumni and educators can receive a partial scholarship. Apply for the scholarship at <https://shorturl.at/gjqt4>.

To register for the festival, visit <https://forms.frostburg.edu/217745>. For info, email clc@frostburg.edu or call 301-687-3133.

Undergraduate Research Symposium

The FSU Undergraduate Research Symposium will be held in person on **Friday, May 3**, from 11 a.m. to 2 p.m. in the Lane Center. For info, contact Dr. Karen Keller at kkeller@frostburg.edu.

Summer Music Academy



The FSU Summer Music Academy welcomes musicians to FSU **Sunday, July 21, through Sunday, July 28**, for a week of intensive study and music making that will enrich their knowledge, technique and musicality. Register today at <https://forms.frostburg.edu/150>.

Activities will include the Alexander Technique; private lesson; chamber music coaching; ensembles; evening faculty performances; exposure to internationally renowned musicians, soloists and teachers; masterclasses from FSU faculty and guest artists; outdoor activities in the Allegany mountains; the Telford International Competition; and the SMA Gala Concert.

SMA participants between the ages of 10 and 22 are eligible and encouraged to participate in the Telford International Competition, which offers more than \$1,000 in prizes.

SMA aims to promote classical music education all over the world. SMA’s mission is to deepen the younger generation’s appreciation of culture through musical experiences. The academy brings leading artists from around the world to the Western Maryland region to inspire students and local residents and help to grow interest in music programs of all types of educational systems.

For info, contact Dr. Karen Lau, director of SMA and strings instructor at FSU, at 301-687-7458 or sma@frostburg.edu.

Study Abroad

Plan Your Study Abroad Experience for Summer and Fall 2024!



Cara Allen in Ireland – January 2024

Join the Center for International Education for a Study Abroad Information Session to learn more about study abroad, including types of study abroad programs, when students should study abroad, study abroad scholarships, using financial aid (Pell grants and student loans) for study abroad and transferring classes back to FSU.

Each virtual session will take place at 3 p.m. on the following **Fridays: April 12 and 26, and May 10**.

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

Health and Safety Messages

Ergonomic Tips



Follow these 10 ergonomic tips to help you avoid fatigue:

Make sure that the weight of your arms is supported at all times. If your arms are not supported, the muscles of your neck and shoulders will be crying by the end of the day.

Watch your head position, and try to keep the weight of your head directly above its base of support (neck). Don’t “crane” your head and neck forward.

Don’t be a slouch! Slouching puts more pressure on the discs and vertebrae of your back. Use the lumbar support of your chair and avoid sitting in a way that places body weight more on one side than on the other. Move your chair as close to your work as possible to avoid leaning and reaching. Make sure to “scoot” your chair in every time you sit down.

The monitor should be placed directly in front of you, with the top no higher than eye level. The keyboard should be directly in front of the monitor so you don’t have to frequently turn your head and neck.

The keyboard and the mouse should be close enough to prevent excessive reaching, which strains the shoulders and arms.

Avoid eye strain by making sure that your monitor is not too close; it should be at least an arm's length away.

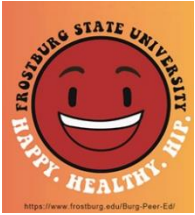
Take steps to control screen glare, and make sure that the monitor is not placed in front of a window or a bright background.

Rest your eyes periodically for several seconds by looking at objects at a distance.

If your feet don't comfortably reach the floor or there is pressure on the backs of your legs, use a footrest or lower the keyboard and chair.

For info, go to <https://ergo-plus.com/office-ergonomics-10-tips-to-help-you-avoid-fatigue>.

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



Mental Health Monday Tip: Nine Tips to Boost Your Mental Health

<https://integrisok.com/resources/on-your-health/2021/october/tips-to-boost-mental-health>

Tell Yourself Tuesday Tip: Twelve Inspiring Quotes About Mental Health

<https://www.goodtherapy.org/blog/stop-stigma-12-inspiring-quotes-about-mental-health-0512187>

Wacky Wednesday Tip: Finding a Balance

<https://care.unc.edu/finding-a-balance-how-i-manage-my-mental-health-in-college>

Thankful Thursday Tip: Gratitude Attitude

<https://www.sunshinebehavioralhealth.com/blog/gratitude-attitude-how-thankfulness-helps-in-mental-health>

Fun Friday Tip: Fun Activities to Help Improve Your Mood

https://www.healthywa.wa.gov.au/Articles/F_I/Fun-activities-to-help-improve-your-mood

Social Saturday Tip: Social Support

<https://www.heretohelp.bc.ca/wellness-module/wellness-module-3-social-support>

Self-Love Sunday Tip: Self-Love Tips

<https://www.psychologytoday.com/us/blog/click-here-happiness/202103/self-love-tips>

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.