



For and about FSU people

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

U.S. Army Blues to Perform as Part of FSU's Eighth Annual Jazz Festival



As part of FSU's Department of Music's eighth annual Jazz Festival, the U.S. Army Blues will perform on **Saturday, Feb. 17**, at 4 p.m. in the Pealer Recital Hall. This event will also be livestreamed; the link will be posted at www.frostburg.edu/concerts.

The concert is free and open to the public, but tickets are required. Seating is general admission and is on a first-come, first-served basis. Tickets can be ordered at

<https://frostburgtix.universitytickets.com/w/event.aspx?id=2009>. Tickets will also be available at the door on the evening of the concert.

The U.S. Army Blues, part of the U.S. Army Band "Pershing's Own," is the premier jazz ensemble of the U.S. Army. After informal beginnings in 1970, this 18-piece ensemble became an official element of the Army Band in 1972. The Army Blues strive to fulfill their mission through public concerts, educational outreach and the preservation of the tradition of America's unique art form: jazz.

For info on the U.S. Army Blues, visit <https://www.usarmyband.com/ensembles/the-u-s-army-blues>.

The Jazz Festival also provides an opportunity for high school students in the Mid-Atlantic region to spend the afternoon in clinics focused on jazz music. From 9 a.m. to noon there will be high school jazz ensemble clinics, and from 1 to 2 p.m. there will be sectional clinics with members from the U.S. Army Blues. The classes are open to the public and will take place in the Pealer Performing Arts Center.

For info, contact Dr. Brent Weber at 301-687-4116 or jazz@frostburg.edu.

Help for Students

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. They will be given a numeric identifier for tracking purposes, so their name and information are never used in any reporting. 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 begins on **Monday, Feb. 5**, and ends on **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). (Note: Some tutors will have schedules after 4:30 p.m. **Mondays through Thursdays**). Tutoring is free.

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. on **Mondays** and on 3:30 to 5:30 p.m. on **Tuesdays**, both in Compton 326 with Keri Rapp; and PHYS 216/262 – to be determined.

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.

Student Health Center

The Student Health Center is staffed with two nurse practitioners, two registered nurses and two front office staff. Center hours are **Mondays through Fridays** from 9 a.m. to 4 p.m.

Services offered include treatment for minor illness/injury, women's health/birth control, emergency contraception, immunizations, STI testing, sexual assault resources, allergy injections and wellness and smoking cessation programs.

Appointments can be scheduled online through the patient portal or by calling 301-687-4310.

The center is located on the first floor of the Education and Health Sciences Center. Free over-the-counter items are available to students in the waiting room, including Tylenol, ibuprofen, cough drops, menstrual products and condoms.

Additional resources and information can be found at www.frostburg.edu/brady-health.

Student Counseling Center

The Student Counseling Center offers brief but comprehensive counseling services to FSU students, including individual and group therapy.

The center is open **Mondays through Fridays** from 8 a.m. to 4:30 p.m., excluding holidays. Several same-day appointments are available every day for students who are in crisis and in immediate need of speaking with someone.

Crisis services are available in the evenings and on the weekends and holidays. Those services can be accessed by calling University Police at 301-687-4223 and asking to speak with a crisis counselor.

Wait times to meet with a counselor for ongoing support are no more than 10 business days, and often within five business days.

To make an appointment, call 301-687-4234 or stop by the center during business hours. In-person and telehealth options are available for appointments. There is no additional cost to students for services.

The Student Counseling Center is on the first floor of the Education and Health Sciences Center in the same space as the Student Health Center.

Many self-help resources can be found on the Student Counseling Center webpage at www.frostburg.edu/caps.

TRIO/Student Support Services



TRIO/Student Support Services, located in Pullen 133, offers academic advising, tutoring and study skills, financial aid assistance and guidance, graduate school assistance, career development, and educational and cultural events for first-generation students. Student Support Services is an academic support program to help first-generation college students stay in school and graduate.

To make an appointment, call 301-687-4481. Hours are 8 a.m. to 4:30 p.m. **Mondays through Fridays.**

SafeRide



The SafeRide Program, an initiative of the Student Government Association, offers safe transportation to the students at FSU. SafeRide, a student-operated program, is free to all students. SafeRide runs almost anywhere in the city of Frostburg, including 7-Eleven, Weis, McDonalds, Burger King, Urgent Care, etc.

SafeRide is just a tap away! Download the TransLoc app today! Use the app to request your ride and to receive notifications when your driver arrives. Sign in using your FSU credentials and request a ride during SafeRide hours. You can also request a ride by calling the SafeRide Office at 301-687-7433.

Hours of operation are 10 p.m. to 2 a.m. **Fridays and Saturdays.**

Workshops

CES Presents Hot Club of Baltimore Guitar Workshop



The Hot Club of Baltimore will feature Amanda Jones.

On **Saturday, Feb. 17**, at 3 p.m., CES at FSU will present a free hands-on workshop in Django Reinhardt-style guitar technique led by celebrated bandleader and composer Michael Joseph Harris and members of the Hot Club of Baltimore. The event, which will take place at the Allegany Arts Council, 9 N. Centre St., Cumberland, is supported in part by a Maryland State Arts Council Presenting and Touring Grant. This event is free and open to the public. Registration is requested at <https://frostburgtix.universitytickets.com/w/event.aspx?id=1945>.

Harris is the artistic director and founder of the Charm City Django Jazz Fest and has been featured at the John F. Kennedy Center for the Performing Arts, Festival Django Reinhardt in France, The Blue Note, the National Gallery of Art, Jazz Club Lyon St. Georges in France, Art Base in Brussels and the Preston Jazz and Improvisation Festival in England. His ensemble, the Hot Club of Baltimore, showcases irresistible renditions of Django Reinhardt jazz, the romantic appeal of French musette and the rollicking fun of '30s and '40s swing.

The Hot Club of Baltimore will also present a performance at Loft 129, 129 Baltimore St., Cumberland, on **Feb. 17**. This event is sold out. To join the waiting list, 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), the Allegany Arts Council and the City of Frostburg.

Music

Irish Musicians Seán Gavin and Colm Gannon Will Perform at MCTA



Colm Gannon, left, and Seán Gavin

FSU's Mountain City Traditional Arts will host acclaimed Irish musicians Seán Gavin and Colm Gannon on **Thursday, Feb. 15**, at 7 p.m. at 25 E. Main St. in Frostburg. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Gavin is one of the most highly regarded Irish musicians of his generation. Master uilleann piper and flute player, he is the first and only musician born outside Ireland to win the prestigious Seán Ó Riada Gold Medal. Among his many accomplishments, he was musical director for the PBS program, "I Am Ireland," and for the long-running Atlantic Steps.

Gannon is a talented accordion player, having won All Ireland on button accordion in 1994. He's toured extensively with some of Ireland's top bands, including Riverdance, Dervish and DeDannan, and has developed a strong expertise on the history of Irish music, particularly that of Connemara.

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

Department of Music to Hold Brass Fest! 2024



The FSU Department of Music will hold its Brass Fest! 2024 on **Friday, Feb. 16**, from noon to 7 p.m. High school brass students are invited to spend a day at FSU as participants in the Brass Festival. Register at <https://forms.frostburg.edu/214>.

Brass instructors participating in the event include *Dr. Avery Pettigrew*, horn; *Joshua Bishop*, euphonium; and *Dr. Donald Albrecht*, trumpet.

Registered students will receive a free 30-minute lesson voucher, assistance with scholarship audition preparation and a free dinner and will take part in sectional coaching by FSU faculty and Brass Ensemble rehearsal.

The event will culminate in a concert at 7 p.m. in Pealer Recital Hall with performances by FSU brass faculty, current FSU brass students and registered Brass Fest! students.

All who register will be accepted. Registration must be submitted by **Thursday, Feb. 15**, at 9 p.m.

For info, contact Bishop, brass instructor, at 252-886-0499 or jabishop@frostburg.edu.

Webinars

Doctor of Education – Educational Leadership Webinar

FSU's Doctor of Education in Educational Leadership will prepare you to shape and change the future of education. The program is rooted in practical experiences, exploration of case studies, problem-based learning activities and an integrated practicum. This applied doctoral degree is perfect for individuals aspiring to be educational leaders, such as administrators, supervisors, master teachers, policy specialists and others in P-12 and higher education settings at all levels.

FSU's Department of Educational Professions is offering a webinar that will provide more information about the program. The webinar is hosted by a faculty member and a current student and is a great way to get a sense of what the program offers. The webinar will be offered **Tuesday, Feb. 20**, from 6 to 7 p.m. The webinar is expected to last for 30 to 45 minutes. Students can register at <https://shorturl.at/sCHO5>.

The webinar will provide an overview of the FSU Doctor of Education program, including the program specializations, course schedule and the expectations of time involved in successfully completing the program. Information on how to apply, tuition cost and other important information will also be provided.

For info, contact Dr. Jamelyn Tobery-Nystrom, director, Ed.D. and M.Ed. programs, at 301-748-9200 or jctoberynystrom@frostburg.edu. For the latest news, follow the program on Facebook at <https://www.facebook.com/FSUEdD>.

Presentations and Discussions

Author Kelsea Peterson to Appear as Part of Campus United Presenter Series

As part of the Campus United Presenter Series, author Kelsea Peterson will give a talk on **Tuesday, Feb. 13**, at 7 p.m. in the Lane Atkinson Room (232). This event is free and open to the campus community.

Peterson isn't just a veteran, engineer, author, coach and speaker. She's a guiding light, embodying resilience. Despite battling borderline personality disorder, anxiety, depression, addiction and a harrowing suicide attempt, she's turned her experiences into stepping stones.

In her book "Expensive Skin," she shares these struggles, ensuring you know you're not alone. Peterson stresses the importance of aligning your identity with your goals, advocating for a 30-day sobriety challenge and daily workouts. In her workshops, she equips you with vital coping skills, urging you to remain present amid overpowering emotions. She also offers an enlightening "Fear Inventory," guiding you in replacing outdated survival thoughts. Moreover, she aids you in crafting a steadfast purpose statement, a reliable anchor in stormy seas.

Attorney Gregory D. Yancey Will Speak on the Reality of Racism



As part of Black History Month, the African American Studies Program at FSU will host Gregory D. Yancey, Esq., on **Tuesday, Feb. 20**, for a lecture titled "The Reality of Racism: Recognizing Obstacles and Opportunities to a More Perfect Union." The lecture will take place from 6 to 7:30 p.m. in Lane 111. The event is free and open to the public.

Yancey is an attorney, author, minister, teacher and activist. A graduate of the Georgetown University Law Center, he has practiced law as an associate, in-house counsel and principal owner of a law firm. He is known for the quote "It came down to either going to law school or becoming a superhero, so I decided to do both!"

Yancey was inspired by his father's involvement in the integration of the Georgia Institute of Technology to commit his life to establishing a more perfect union. He now serves the state of Maryland as chief of staff in the Governor's Office of Community Initiatives.

Yancey previously served as president of The Waring Mitchell Law Society of Howard County, chair of the Social Justice Committee for The African American Community Roundtable and chair of the Political Action Committee for the Howard County NAACP.

The presentation is co-sponsored by the African American Studies Program and FSU's Department of Geography.

For info, contact Dr. James Saku, coordinator of African American Studies Program, at 301-687-4724 or jsaku@frostburg.edu.

Philosophical Society Presents 'Are Emotions a Waste?'

Come for a discussion titled "Are Emotions a Waste?" hosted by the Philosophical Society on **Monday, Feb. 12**, at 6 p.m. in Dunkle 132A.

For info, contact Abigail Donaldson at agdonaldson0@frostburg.edu.

Exhibitions

Faculty Art Exhibition at the Stephanie Ann Roper Gallery



The Department of Visual Arts is hosting a Faculty Art Exhibition **through Thursday, Feb. 22**, at the Stephanie Ann Roper Gallery in the Fine Arts Building. Come see works from the full-time Visual Arts faculty.

The gallery hours for this exhibit are **Mondays through Fridays** from 11 a.m. to 5 p.m. Be sure to sign the guest book when you visit.

For info, call 301-687-4797.

Ort Library Celebrates Black History Month With 'Black Political Figures in America'



In celebration of Black History Month, The Lewis J. Ort Library will exhibit "Black Political Figures in America," curated by FSU student **Julia Seddon**. The exhibit highlights historic Black political and cultural leadership across America through ephemera such as buttons, flyers and pamphlets found within the George A. Meyers, J. Glenn Beall, and Albert and Angela Feldstein Collections. Learn about leaders, including Angela Davis, Shirley Chisholm, Jesse Jackson and Martin Luther King Jr. These figures are represented in a wide political spectrum that includes the Communist Party USA, Republican Party and Democratic Party.

Seddon is a senior history major and has worked as a student assistant in the J. Glenn Beall Archives for two years. She is a member of the FSU Percussion Ensemble and a percussion instructor at Mountain Ridge High School.

The exhibit will be on display on the fifth floor of the library for the remainder of the academic year.

Points of Pride

Office of Sponsored Programs Successes/News

On Jan. 29, project director **Amy Hutcherson**, off. vice president, Regional Development and Engagement Division, and Challenger Center Launch coordinator, was awarded a \$750,000 grant by the National Aeronautics Space Administration, Shared Services Center for the project, FSU Regional Science Center.

On Dec. 21, project director **Melanie Moore**, director, Cultural Events Series, was awarded a grant by Mid Atlantic Arts to attend the Mid Atlantic Arts, Jazz Touring Network meeting.

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

Take Note

Bobcat Giving Day Returns on March 6!



FSU's Bobcat Giving Day is back! On **Wednesday, March 6** (beginning at noon EST and lasting until noon on **Thursday, March 7**), the Frostburg community will celebrate 24 hours of giving.

Organized by the FSU Office of University Advancement, Bobcat Giving Day is returning for its third year. The day is a way for the FSU community to collectively make contributions to their favorite FSU Foundation funds. To add to the incentive, the fund that receives the most donors (not dollars) will once again earn an extra \$10,000 from the FSU Foundation Board of Directors, and the fund that receives the second most donors (not dollars) will earn an additional \$5,000.

Donors giving \$75 or more will receive a pair of limited-edition Bobcat socks (while supplies last). Above all, Bobcat Giving Day is a way for the Frostburg community to come together and support University programs, scholarships, departments, organizations and FSU students.

To learn more, visit www.frostburg.edu/givingday or contact Stephanie Loar, annual giving specialist, at srloar@frostburg.edu.

Note: There may be more surprises in store! Stay tuned for details about the Giving Day Launch Party in the Lane Center.

EAB and FSU Form Partnership

A partnership between the Educational Advisory Board (EAB), a national organization designed to support higher education, and FSU was formed in November 2023 in an effort to increase enrollment and revenue in FSU's online programs to support the mission and strategic vision for the future of the University.

FSU has chosen to target the market segment of working adults that may have earned some college credit hours but did not earn a degree. FSU would also like to expand its reach within the market segment of working adults/professionals who are seeking advanced degrees at the graduate level.

To this end, EAB and FSU are working collaboratively to develop and implement an innovative blueprint for adult enrollment growth through best practice research and EAB expertise to include the following:

- Building a prospect pool with advantaged audience generation, direct access to a proprietary consumer database and channels that deliver high-intent, best-fit students to FSU

- Driving enrollment results with choreographed, responsive marketing to keep pace with shifting student behavior and trends in the graduate and adult learner market

- Developing a nimble, forward-thinking growth strategy based on custom and best practice research guided by a team of EAB experts

- Illuminating the student journey and fueling each decision with micro and macro insights derived from digital body language, proprietary data sets and predictive analytics

EAB meets regularly with the deans, program coordinators and directors, key leadership positions in the Office of the Provost, IT, Admissions and the Office of Marketing and Communications to develop the necessary marketing and recruiting materials to launch this effort in **April 2024**.

USMH to Host Spring Open House

The University System of Maryland at Hagerstown invites the public to attend its upcoming open house on **Tuesday, March 5**, from 5 to 7 p.m. at 32 W. Washington St. in Hagerstown.

Representatives from partner universities will be on site to answer questions about the programs offered at USMH as well as share details on transferring, scholarships, classes and more. All community members are invited to attend to learn more about earning degrees in business, management, computer technologies, education, health professions, psychology and social sciences, and social work.

Walk-ins are welcome, but preregistration is requested for this free event. For full event details and to preregister, visit usmhspring2024openhouse.eventbrite.com.

SPIN

FSU faculty, staff and students are encouraged to create user accounts in SPIN, an online funding opportunity database. SPIN contains more than 40,000 funding opportunities from more than 10,000 federal, public, nonprofit and private sponsors and grantors. Registered users can set up and save search preferences, sign up for email notifications, and organize and export funding searches.

Access SPIN at <https://spin.infoedglobal.com/Authorize/Login> or from the Office of Sponsored Programs webpage under Funding Discovery (<https://www.frostburg.edu/osp/Sponsored%20Programs%20Administration/Funding-Discovery.php>). Eligible SPIN users must be currently affiliated with FSU and have an active FSU email address.

For info, contact Susan Manger at smanger@frostburg.edu.

RecycleMania



RecycleMania is an eight-week nationwide competition designed to help colleges and universities find pathways toward zero waste on campus. FSU will compete with dozens of other campuses across the country to promote waste reduction.

Be sure to pitch in by bringing all recyclables to any of the recycling stations across campus to help FSU rank in the competition.

For info, contact Facilities Management at 301-687-4125.

Red Cross Blood Drive



The FSU Veterans Center, National Society of Leadership and Success Frostburg Chapter and Pre-Med Society will host a Red Cross Blood Drive on **Wednesday, Feb. 21**, from 9 a.m. to 3 p.m. The Red Cross is in dire need of donations during this time. If you are interested in signing up for an appointment, go to <https://www.redcrossblood.org/give.html/find-drive>, type in 21532 for the zip code and select Lane Center. This will be the biggest blood drive at FSU.

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

FSU Foundation Opportunity Grants



The FSU Foundation is once again seeking funding proposals from faculty, staff and students for Foundation Opportunity Grants and several other awards for fiscal year 2025 (academic year 2024-25).

Those interested should complete the FSU Foundation Opportunity Grant Request Form (application link at www.frostburg.edu/opportunity), which includes a line-item

budget. All applications must be limited to two pages. A third page is only permitted for the line-item budget. New this year – Although you may request funding for food, you have to specifically list how much of your request is for food and you have to justify why that expense is absolutely necessary. After you complete the form, you must submit it online at www.frostburg.edu/opportunity. No paper or emailed applications will be accepted.

The deadline for proposals is midnight on **Sunday, March 17**. Applicants will be notified of the awards following the Foundation Board meeting on **Friday, June 7**.

Projects may be funded from the following:

Annual Fund for projects that support FSU's institutional priority to enhance experiential and applied learning opportunities for students inside and outside the classroom

Bowling Family Global Citizen Funds to support the global competence of FSU students

Al and Dale Boxley Faculty Award/Student Research Award to support faculty or student projects

J. Frederick Gibraltar Regional and Cultural Arts Funds to support regional and cultural arts programs at FSU

Jonathan Gibraltar Presidential Leadership Fund for Alcohol Awareness and Education to support educational programs, social programs and/or community service-related programs geared toward alcohol awareness and the importance of responsible behaviors and decision making

Catherine R. Gira Campus-to-Community Awards to support students or student projects that demonstrate an entrepreneurial spirit, critical thinking skills and a determination to be successful

Kim and Marion Leonard Mindful Leadership of Self and Others Experiential Learning Funds to support FSU faculty, staff and students to understand the value placed on mindfulness, authenticity, awareness, vulnerability, openness, trust, listening and respect

Woodward and Virginia Pealer Faculty Development Award to support student scholarships and faculty development initiatives for stipends/funding and travel expenses for visiting scholars, lecturers, artists, performers and programs; recognition and promotion of these activities; equipment purchases in conjunction with these activities; and outreach/professional development programs for Allegany County

Martha T. and Ralph M. Race Western History Lecture Funds to support an annual lecture series on the topic of Western history

Stephen M. Spahr Student Activism Award to provide financial assistance to student organizations, classes or informal groups of students needing funds to travel to programs or centers of governmental activity to experience, firsthand, the workings of the democratic process

Marlene Weimer Memorial Scholarly Endeavors Fund to support scholarly endeavors in the area of innovative mathematics faculty development initiatives and/or scholarship support for outstanding mathematics students, depending on the area of greatest need as determined annually by the Mathematics Department

You can access the award descriptions at www.frostburg.edu/opportunitygrants and a list of previously supported projects at <https://www.frostburg.edu/foundation/files/pdfs/fundedprojects.pdf>. (Current year successful applications are on file at the library.)

FSU's VITA Site Returns for Spring 2024 Semester

The IRS-sponsored Volunteer Income Tax Assistance (VITA) program will return to FSU's campus for the upcoming tax-filing season to offer free tax return preparation to qualified individuals, typically those making less than \$64,000 a year.

Taxpayers can get assistance with basic federal and Maryland state income tax returns from volunteer students who have been trained and approved by the IRS in tax law and in maintaining the privacy and confidentiality of all taxpayer information. All returns will be filed electronically.

Appointments must be made in advance to visit FSU's VITA site by calling Dr. Chelsea Schrader at 301-687-4158. Eligible taxpayers will be scheduled for 30-minute sessions with the site coordinator to review tax information and to drop off pertinent tax documents.

All intake appointments will be held in Framptom 208 on the following days and times: **Mondays, Wednesdays and Fridays** from 9 to 9:30 a.m., 11:15 to 11:45 a.m. and noon to 12:30 p.m. and **Mondays through Wednesdays** from 1 to 1:30 p.m. **through Friday, March 15**. If FSU is closed for any reason, the VITA site will also be closed, and all appointments will be rescheduled.

Not all services are offered at all VITA sites, so interested taxpayers should confirm when making an appointment. Taxpayers arriving for an appointment should bring the following:

Proof of identification (driver's license, state photo ID or other government-issued ID that includes a photo)

Social Security cards and birthdates for all individuals on the tax return

Copy of last year's complete federal and state returns

Proof of bank account routing and account numbers for direct deposit (i.e., blank check)

All pertinent tax documents and information for the 2023 tax year (W-2, 1099 form, SSA-1099 statements, etc.)

Focus Frostburg Call for Participation



Focus Frostburg 2024: "Learn-In" for a Sustainable Future will take place on **Wednesday, April 17**, on the FSU campus. Focus Frostburg features programs, discussions and hands-on activities highlighting issues of sustainability and climate awareness. Presentations are open to the campus community and the larger regional community.

Become a presenter at Focus Frostburg 2024! All topics focusing on aspects of environmental and social sustainability are welcome – from the sciences to the humanities. Student presentations make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged. The proposal deadline is **Monday, March 18**.

To participate, email Dr. Kara Rogers Thomas at krogerstthomas@frostburg.edu and submit a presentation/workshop title and one- or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environmental or climate awareness issue. In-person sessions are 50 minutes to coincide with class sessions. However, 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.

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

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.

The Registration form is due on **Friday, March 15**. All students who register for the symposium will receive a separate form to submit their abstracts, which are due **Friday, April 5**. Every student must have at least one faculty or staff mentor to participate in the symposium. A student will need to obtain the Registration form from the faculty or staff mentor to ensure that they have a mentor for their project. An email message will be sent out to students later letting them know to contact their mentors if they are interested in participating.

For info, contact Dr. Karen Keller at kkeller@frostburg.edu.

Flu Vaccine Available



The Student Health Center is administering the quadrivalent vaccine to FSU faculty, staff and students. This vaccine protects against four strains of the influenza virus.

The cost is \$30 (cash or check). Students have the option to bill their PAWS account but must make an appointment. Call or web-book appointments. Walk-ins are welcome.

You must be over 18. Be sure to wear short sleeves.

The center is located in room 118 of the Education and Health Sciences Center.

Study Abroad

Start Planning 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: Feb. 16, March 1 and 29, April 12 and 26, and May 10.**

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

Activities for Life

Group Swim Lessons

Four sessions of Group Swim Lessons will be offered for children 4 to 12 years **Mondays and Wednesdays** from 6:40 to 7:30 p.m. in the Cordts PE Center pool. Session 1 will take place **Feb. 19 through March 6**, Session 2 **March 11 through April 3** (no class on **Monday, March 18, and Wednesday, March 20**), Session 3 **April 8 through 24** and Session 4 **April 29 through May 15**.

Each session is limited to 20 participants.

For info or to register, contact Amy Nazelrod at anazelrod@frostburg.edu or 301-687-7934.

FSU-TV3

FSU-TV3 Offers Variety of Programming



FROSTBURG STATE UNIVERSITY



FSU-TV3 is continuing its collaboration with the SAFE Office in sharing its PAWSCAST series where *Dr. Amanda Vandivier* interviews local specialists, campus resources officials and more **Tuesdays and Thursdays** at 8 p.m. All episodes are also available on FSU-TV3's Video on Demand site as well as the streaming app.

The latest episode will delve into the intricate world of marijuana and dorm policies and regulations, featuring a special guest, *Dr. Katie Weir*, the associate

director of Residential Life at FSU.

You can watch the programming three ways:

On Comcast channel 3 with a cable subscription

Free online with the channel's Video on Demand site at <https://cloud.castus.tv/vod/frostburgtv3/?page=HOME>

By downloading the channel's free streaming app from the Apple or Play stores at <https://www.frostburg.edu/fsu-tv3/fsu-tv3-app.php> or scanning the QR Code

Jobs

Upward Bound Summer 2024 Residential Program Employment Opportunities

The Upward Bound Program at FSU seeks tutor/counselors for the Upward Bound Summer Residential Program 2024. Tentative dates are **Sunday, June 9, through Friday, July 19 (Wednesday, July 3, for the three-week program).**

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, and assisting students with social growth.

Benefits include room and board for the duration of the program (three to five weeks plus training week), supervisory experience, working with academic professionals and improving problem-solving and conflict-resolution skills.

To learn more about the Upward Bound Program at FSU, visit www.frostburg.edu/upward-bound, call Upward Bound at 301-687-4994 or email upwardbound@frostburg.edu. Applications are available on the UB website and are due by **Monday, April 1**.

Volunteers

Volunteers Needed for Special Olympics Maryland

Volunteers are needed at the Winter Games 2024 at the Wisp Resort – the time trials on **Sunday, Feb. 25**, and the games on **Monday, Feb. 26**, and **Tuesday, Feb. 27**. You do not need to be able to ski or snowboard to volunteer.

Volunteers are needed on snow to assist with timing, scorekeeping, course marshaling and escorting as well as off snow to assist with awards, athlete staging and social events.

For info, contact Ashley Daniels in the Office of Student Life at amdaniels@frostburg.edu. To register, visit <https://shorturl.at/aqzG8>.

Health and Safety Messages

Valentine's Day Is Good for Your Heart!



Valentine's Day is an opportunity to show affection or celebrate romance with cards, flowers and candy. It can also be a reminder of how expressions of love and caring may benefit the body. Research suggests that physical demonstrations of affection can improve some health factors and reduce the risk of heart disease.

Research shows that being touched or touching someone can activate areas of the brain that control empathy, emotions and certain social behaviors. Health experts believe that touch helps communicate a sense of connection and strengthens positive emotions that enhance family, friendly and romantic relationships. Research also shows that these positive aspects of relationships contribute to, and may even form a foundation for, good physical health.

Hugging, touching, kissing and sexual activity can boost levels of oxytocin, a hormone that causes relaxation and calmness. Research suggests that this bodily chemical has many heart-related health benefits

The touch of a loved one – holding hands, for example – can reduce the sensation of pain, research suggests. Touch can also reduce anxiety and stress caused by injury or chronic pain.

Some studies suggest that doing volunteer work can reduce depression and elevate moods, possibly because such work helps create bonds with others. Volunteer work also has been linked to longer life.

Pet parents understand that there's no need for cards and candy to share love with their companions. According to the Centers for Disease Control and Prevention, studies show that the bond between people and their pets is linked to health benefits such as lower blood pressure, lower cholesterol levels and decreased feelings of loneliness and anxiety.

For info, visit <https://www.uabmedicine.org/news/valentines-day-is-good-for-your-sweetheart-and-your-heart>.

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

Healthy Relationship. Healthy Life.



Mental Health Monday: Five Mental Health Tips to Take on Valentine's Day

<https://www.embarkbh.com/blog/5-mental-health-tips-to-take-on-valentines-day>

Tell Yourself Tuesday: Building Healthy Self-Esteem

<https://www.rockhurst.edu/counseling-center/student-success-series/building-healthy-self-esteem>

Wacky Wednesday: Five Mental Health Tips for Valentine's Day

<https://mhccnetwork.org/centers/mountain-plains-mhcc/news/5-mental-health-tips-valentines-day>

Thankful Thursday: The Importance of Showing Gratitude to Your Partner

<https://extension.usu.edu/relationships/faq/the-importance-of-showing-gratitude-to-your-partner>

Fun Friday: Valentine's Day: College Relationships

<https://gradguard.com/blog/valentines-day-college-relationships>

Social Saturday: Navigating Healthy Relationships

<https://news.syr.edu/blog/2023/01/23/navigating-healthy-relationships-this-valentines-day>

Self-Love Sunday: Practicing Self-Love This Valentine's Day

<https://www.activeminds.org/blog/practicing-self-love-this-valentines-day>

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.