



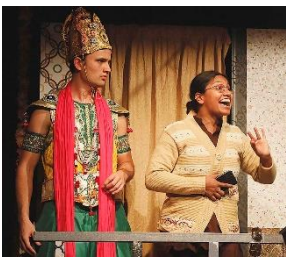
For and about FSU people

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

CES Presents New Zealand's Indian Ink Theatre Company in 'Mrs. Krishnan's Party'



CES at FSU will present New Zealand's Indian Ink Theatre Company in "Mrs. Krishnan's Party" on **Saturday, March 2**, at 7:30 p.m. in Lane Manicur Hall. The performance is sponsored by Novus Physical Medicine & Pain Management.

Audience members will step into the back room of Mrs. Krishnan's store, where garlands decorate the ceiling, food simmers on the stove, laughter abounds and strangers become friends. The New Zealand Herald raved that "the show's generous spirit offers a timely reminder that live theatre is a gift [that] engenders connection, sharing and celebration of community." Come along for a joyful experience full of music, dancing and a hearty serving of vegetarian dahl prepared live during the performance.

On **Friday, March 1**, from 6 to 7:30 p.m., the company will present a free theatre workshop, "Acting With Teeth." Participants will discover the transformative power of mask technique in creating characters. Exercises teach improvisational skills that help actors release joy, find pleasure in failure and experience freedom when approaching theatrical text. Attendance is limited and reservations are required.

Based in New Zealand, Indian Ink Theatre Company blends Western theatrical traditions with Eastern flavors to create intimate productions that remind audiences of the simple truths in life. Live music, heightened theatricality, humor, pathos and great storytelling are hallmarks of their work. The troupe's international successes include tours throughout Australia, the United States, Singapore, Germany, India and the United Kingdom. The company's founders describe their mission to "make theatre that is beautiful, funny, sad and true. We go to the theatre to be transported by a great story and to enjoy characters that live large in our imaginations. We want the experience to leave an indelible imprint on your hearts. That's why we're called Indian Ink!"



To celebrate the company's visit, CES will present a community dinner, "Flavors of India," on **Wednesday, Feb. 28**, from 4:30 to 8 p.m. at FSU's Chesapeake Dining Hall. Attendees will enjoy an all-you-care-to-eat buffet that will feature dishes inspired by the aromatic, regional cuisines of India. The cost per person is \$14.75 and payment will be taken at the door. Advance registration is requested.

Performance tickets are \$20 for adults; \$18 for FSU employees, military and 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.

Financial Aid Office to Host FAFSA, Student Finance Workshop

FSU's Financial Aid Office will host a "Money Talk\$" event on **Wednesday, Feb. 21**, from 11 a.m. to 2 p.m. in the Lane University Center to offer assistance completing the 2024-2025 FAFSA form or the FSU Foundation Scholarship application. Students can also get help with their current FSU account.

The “Money Talk\$” event will have several laptops available, but students are encouraged to bring their own device.

Students should complete the 2024-2025 FAFSA form (<https://studentaid.gov>) and FSU Foundation Scholarship application (<https://frostburg.academicworks.com>) by the Maryland priority deadline of **Friday, March 1**, to maximize their eligibility for financial aid.

If families are unable to finish either application by March 1, they can still be completed after that priority deadline, but this could result in delayed award notifications or a slightly less competitive application.

FSU encourages students to complete both the FAFSA form and the scholarship application, even if prior applications were not awarded, because students could see significant changes to their eligibility as a result of the completely remodeled federal application.

Federal Student Aid (FSA) and system providers continue to work feverishly on the mandated changes in an effort to provide schools with accurate FAFSA data beginning in **early March**.

FSU’s Financial Aid Office, located in Pullen Hall, is open **Mondays through Fridays** from 8 a.m. to 4:30 p.m. Students and families with financial aid questions can call the office at 301-687-4301 or email FSUFINAID@Frostburg.edu.

Students should monitor their FSU email account for updates. Family members with FSA accounts should also continue to monitor their emails for updates. The FSU Financial Aid webpage (<https://www.frostburg.edu/admissions-and-cost/financial-aid/fafsa-simplification-news/index.php>) will also be updated regularly.

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**.

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>.

A grand opening event will take place **during April 2024**. 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.

Presentations

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.

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 Display Celebrates FSU Years, 1987 to Present



The Lewis J. Ort Library culminates its 125th anniversary celebration of FSU by exhibiting a display dedicated to the FSU years, 1987 to the present. The exhibit highlights campus growth, the opening of the University System of Maryland at Hagerstown, student life, sports, programs and the change in status from state college to state university and FSU’s subsequent inclusion in the University System of Maryland in 1988.

The exhibit will be on display on the main floor of the library for the remainder of the semester.

Conferences

Registration Open for CTE’s Regional Conference

The FSU Center for Teaching Excellence’s 13th Annual Regional Conference on Teaching, Learning and Scholarship will be held on **Friday, March 15**, from 8:15 a.m. to 4:15 p.m. in the Gira Center and Lane Center. Instructors, staff, administrators and education students from regional colleges, universities and schools are invited. Registration is free and meals are included.

The conference features concurrent sessions on teaching, learning and the scholarship of teaching and learning led by FSU and regional instructors. The conference aims to help college and university faculty and other educators share ideas and pedagogical strategies while strengthening partnerships within the region.

The Motivate Lab will give the keynote address. The Motivate Lab is driven to improve people’s lives through rigorous motivation research and focuses on understanding the mindsets and motivations that promote learning, growth and well-being. Those insights are used to develop evidence-based solutions that can be applied across educational, extracurricular and work contexts.

Support for the conference is provided by the Transform Mid-Atlantic Faculty Development Mini-Grant, the Woodward and Virginia Pealer Endowed Fund and FSU’s Office of the Provost.

For info, email cte@frostburg.edu. To register, visit the conference website at <https://cteregionalconference.my.canva.site>. Follow CTE on Instagram and Facebook.

CTE accepts donations of any size to help with the costs of the conference and other events. To make a donation, go to <https://give.frostburg.edu/campaigns/25076/donations/new?a=4939356>.

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.

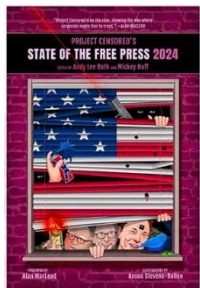
FSU’s Department of Educational Professions is offering a webinar that will provide more information about the program. The webinar is hosted by a faculty member and a current student and is a great way to get a sense of what the program offers. The webinar will be offered **Tuesday, Feb. 20**, from 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 FSU Ed.D. in Educational Leadership on Facebook at <https://www.facebook.com/FSUEdD>.

Points of Pride

Recent FSU Alums Contribute Two of Project Censored’s Top 25 Censored News Stories of 2022-2023



Of Project Censored’s Top 25 Censored News Stories of 2022-2023 (<https://www.projectcensored.org/top-25-censored-news-stories-of-2023>), two were contributed by FSU students who graduated in December 2023. Both reports are included in the project’s latest book, “State of the Free Press 2024,” edited by Mickey Huff and Andy Lee Roth, from The Censored Press and Seven Stories Press.

No. 12, “Fossil Fuel Money Skews University Climate and Energy Research” (<https://www.projectcensored.org/fossil-fuel-money-climate-energy-research>), was the work of student researcher **Beverly “Angel” Kifer** of Mount Savage, who graduated magna cum laude with a major in English, with a concentration in professional writing and a minor in journalism.

No. 20, “Derailment Furor Ignores Alarming Frequency of Toxic Chemical Spills” (<https://www.projectcensored.org/derailment-frequency-toxic-chemical>), was the work of student researcher **Julia Broberg** of Frederick, who graduated summa cum laude with a major in mass communication and minors in sustainability studies and journalism.

The initial faculty evaluator for both projects was **Andy Duncan**, a professor in the Department of English and Foreign Languages and coordinator of FSU’s journalism minor. Each subsequently went through multiple rounds of vetting, as described by Project Censored at <https://www.projectcensored.org/note-research-evaluation-censored-news-9>.

The volume’s co-editor, Mickey Huff, is a frequent virtual visitor to FSU as a guest of **Dr. Sheri Whalen**, an associate professor of emerging media in the Department of Communication.

For info on Project Censored and the California-based nonprofit’s promotion of “independent investigative journalism, media literacy and critical thinking,” visit <https://www.projectcensored.org>.

Dr. Amy Branam Armiento Appointed to Poe Baltimore’s Board of Directors

On Jan. 30, **Dr. Amy Branam Armiento**, a professor in the Department of English and Foreign Languages, accepted the appointment to Poe Baltimore’s Board of Directors. The organization’s mission is “to fund, maintain and interpret The Edgar Allan Poe House and Museum.” Poe lived in the home at 203 N. Amity St. with his Aunt Maria Poe Clemm and her daughter, Virginia Clemm (Poe’s cousin and future bride). While living in Baltimore, Poe began to pursue his writing career more seriously. His short story, “MS. Found in a Bottle,” won a contest sponsored by Baltimore’s Saturday Visiter, and it was published in this periodical in October 1833 when Poe was 24 years old.

To learn more about Poe Baltimore, visit <https://www.poeinbaltimore.org>.

Phi Kappa Phi Wins Division IV Award for Fall Service Project

The Phi Kappa Phi chapter at FSU has won the Division IV award for its 2023 Fall Service Project. The Council of Students voted to award a \$200 Amazon gift card for FSU’s STEM night event, held at the South Cumberland Library on Nov. 7. Chapter officers and members conducted hands-on activities in chemistry, computer science and physical science for K-12 students. The event was chosen

to fill a need for programming at that particular library branch, located in a lower-income area of Cumberland. The gift card will be awarded to the library to purchase supplies for its children's area.

For info, contact Dr. Linda Steele at lsteale@frostburg.edu.

Office of Sponsored Programs Successes/News

On Feb. 2, project director **Dr. Cody Kent**, an assistant professor in the Department of Biology, was awarded \$124,816 of National Science Foundation funds by The George Washington University for the project, Collaborative Research: How Different Forms of Competition Shape Trait Evolution and Coexistence: A Tale of Two Castes in the Turtle Ants.

On Feb. 1, **Nicole Higgins**, assistant athletic director, Engagement, was awarded a \$1,000 "NACDA U" Professional Development Grant by the National Association of Collegiate Directors of Athletics for the 2024 Senior Administrators Mentoring Institute.

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

Take Note

Join the Bobcat Giving Day Celebration on March 6!



Come celebrate #BobcatGivingDay on **Wednesday, March 6!** An indoor tailgate will be held from noon to 2 p.m. in the Lane University Center. Enjoy snacks, cupcakes, prizes and some surprises!

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 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.

For info, visit www.frostburg.edu/givingday or go to <https://give.frostburg.edu/bobcat-giving-day-2024/?a=7616748> to make your gift early.

Trip to the Holocaust Museum



The Office of Diversity, Equity and Inclusion will travel to the Holocaust Museum in Washington, D.C., on **Saturday, Feb. 24**. Use the QR code at left to register.

Transportation and a ticket to the museum are provided. This trip is open to all students. Attendees are responsible for their own meals.

For info, contact Robin Wynder, assistant vice president for Student Affairs, at rwynder@frostburg.edu or 301-687-4050 or Gianni Jones at

gdjones@frostburg.edu or 301-687-3158.

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.

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'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.)

Save the Dates – '#BobcatsAgainstBias' Week

FSU's Office of Diversity, Equity and Inclusion (ODEI) will host the third annual "#BobcatsAgainstBias: A Week of Celebrating Diversity, Equity and Inclusion" **Monday, April 1, through Thursday, April 4**. Each day will have a different theme, and information will be disseminated in the Lane Center lobby throughout the week.

April 1 is "Take a Pledge" day. There will be various opportunities to commit to being a part of the #BobcatsAgainstBias movement. Student organizations, residence halls community members and campus divisions/offices are encouraged to create a banner reflecting the #BobcatsAgainstBobcats campaign. More information will be available closer to the date. There will be a Black History Mobile Museum set up in Lane Manicur Hall from 10 a.m. to 3 p.m. Be sure to plan to spend a few minutes visiting the museum and hear a presentation by its creator, Mr. Khalid El-Hakim.

April 2 is "Spirituality Forgiveness" day. There will be a Cultural Conversation, "I Hate When . . .," at 6 p.m. in the Adams/Wyche Multicultural Center.

On **April 3**, the theme is "Words Matter." A "Safe Space" training workshop facilitated by Diane Illig, director of Safe Spaces at Salisbury State University, will be held in the Adams/Wyche Multicultural Center from 4 to 7 p.m. Dinner will be provided, and registration is required.

The theme for **April 4** is "Racial Healing." The Rev. Dr. Martin Luther King, Jr. was assassinated on April 4, 1968. While the national MLK day is on Jan. 15 (his birthday), classes are not in session at FSU, so his legacy will be honored on **April 4**. Come for "The MLK You Never Knew," which will be presented by Rasheed Cromwell, Esq. at 7 p.m.

There will be an information table in the Lane Center upper lobby every day between 11 a.m. and 1:30 p.m. Student organizations, faculty and staff are also invited to submit to ODEI any program, classroom assignments/discussion or events they are holding that support the #BobcatsAgainstBias mission. Additional programming will be announced later.

The "BobcatsAgainstBias" hashtag and logo were created and first used by *Annie Danzi* and students in the Department of Communication and later adopted for this week celebrating the diversity on campus and committing to doing the work to reduce biases and micro-aggressions that negatively impact the campus climate.

For info, contact Robin Wynder, assistant vice president for Student Affairs and senior DEI officer, or Gianni Jones, ODEI program management specialist, at 301-687-3158 or odei@frostburg.edu.

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.

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.

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

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.

For info, call 301-687-4310 or email bradyhealth@frostburg.edu.

Grants and Funding Opportunities

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.)

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.

Scholarships

USMH Announces the USMH Inspire Scholarship

The University System of Maryland at Hagerstown announces the introduction of the USMH Inspire Scholarship. This unique scholarship opportunity, valued at \$250, is available to prospective students who visit the USMH campus and become enrolled as new, full-time undergraduate students in programs offered on its campus for the 2024-25 academic year.

For info, including scholarship eligibility criteria and application deadline, visit <https://hagerstown.usmd.edu/academics-admissions/scholarships>.

Fellowships

Fellowship Opportunities for the 2024-2025 Academic Year

The Office of Civic Engagement and FSU partner with local and regional entities to assist students in applying for civic-related fellowship opportunities. These fellowships allow students to engage with other students, professionals and guest speakers on campus and from the region, learn about civic leadership and related topics, and engage their communities in making a positive impact. Each fellowship has different opportunities and benefits, ranging from cash stipends to book scholarships, experiential opportunities and more. There are currently three fellowship opportunities available to students for the next academic year:

University System of Maryland Langenberg Legacy Fellowship (State) – Applications due **Tuesday, Feb. 20**

Transform Mid-Atlantic Civic Fellowship (Regional) – Applications due **Tuesday, Feb. 20**

Global Civic Leaders Fellowship (FSU) – Applications due **Friday, April 12**

For info about these opportunities or to apply, visit the Civic Engagement Fellowships webpage at <https://shorturl.at/asyFT>.

If you have questions, contact the Office of Civic Engagement at 301-687-7599 or email civicengagement@frostburg.edu.

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

Volunteer 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>.

FSU-TV3

‘Get Up and Vote’



“Get Up and Vote” discusses everything you need to know about voting in 2024. Learn about how to get civically engaged on campus and let your voice be heard! The show was produced during the fall 2023 semester by students in the MCOM 388 Multi-Camera Studio Production class and is now airing on FSU-TV3. Watch it on video on demand at <https://bit.ly/49enybX>, or download the streaming app from the Apple or Play Stores to watch it.

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: 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.

Health and Safety Messages

It’s Not Too Late to Get a Flu Shot!



Influenza season lasts through spring, so getting the vaccine late can still give you some protection.

In the U.S., annual flu vaccine campaigns begin in early September, before temperatures start to cool down and the cycle of people catching and spreading virus commences. The Centers for Disease Control and Prevention recommend that most people get vaccinated as soon as updated

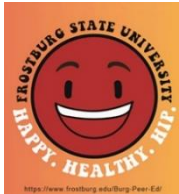
shots become available for the season. In an ideal world everyone would be vaccinated by the end of October. But what if you put off going to a pharmacy or doctor's office for your shot?

Experts, including those at CDC, say it's better to get the vaccine late than to skip it entirely. **Flu season runs from October to May, with a peak usually occurring in February.** Getting vaccinated at any time during the season can keep you from falling ill and missing work or school.

Vaccine effectiveness can vary a lot depending on the season. But even when the vaccine fails at preventing infection, it can still reduce the severity of symptoms and lower your chances of hospitalization. In vulnerable groups, like pregnant women, older adults and very young children, the vaccine can also save lives. A 2022 study in children, for example, found that the flu vaccine reduced children's risk of severe life-threatening influenza by 75 percent.

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

Heart Health



Mental Health Monday: Mental Health and Heart Health

<https://shorturl.at/cuAI9>

Tell Yourself Tuesday: Affirmations for Heart Health

<https://www.maketimecount.com/5-affirmations-to-cultivate-a-healthy-mind-heart-body-and-spirit>

Wacky Wednesday: Ten Interesting Heart Facts

<https://www.templehealth.org/about/blog/10-interesting-heart-facts-you-may-not-know>

Thankful Thursday: Love Your Heart

<https://www.phelpsmemorial.com/love-your-heart-know-importance-your-hearts-health>

Fun Friday: Sixteen Fun Facts About the Heart

<https://www.unitypoint.org/news-and-articles/16-surprising-facts-about-your-heart-infographic>

Social Saturday: Grab a Friend and Get Your Hearts Pumping

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/3-kinds-of-exercise-that-boost-heart-health>

Self-Love Sunday: Boost Your Heart Health With Self-Love

<https://www.yogajournal.com/lifestyle/self-love-practices-that-also-boost-heart-health>

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.