



For and about FSU people
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Copy deadline: noon Wednesday, Candis Johnson at cvjohnson@frostburg.edu

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://frostburgtx.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.

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.**

Career Closet

Students who do not have (or cannot afford) appropriate clothing for internship and job interviews can visit the Career Closet. The space, located in the Career and Professional Development Center office in Pullen Hall, houses suits, shirts, ties, skirts, jackets and other items.

According to *Amy Shimko*, director of the Career and Professional Development Center, students browse the Career Closet not only for interviews, but all professional events, including career fairs, internships, first day of the job and conferences. All clothing items have been donated by FSU faculty, staff, alumni and community members. There is no charge for any student with a valid FSU ID.

Students are permitted to take whatever items they need and keep them as their own.

The closet officially opened for business this past fall.

For info, or to make a donation of new or nearly new professional clothing items to the FSU Career Closet (skirts, pants, blazers, suits, ties, dresses, blouses and dress shirts), contact the Career and Professional Development Center at 301-687-4403 or careerservices@frostburg.edu.

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 krögerstthomas@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.

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.

Theatre

Theatre and Dance Presents "Radium Girls" and "Martin and Margaret and the M.I.N.D.S.W.A.P."

FSU's Department of Theatre and Dance will resume its 2023-2024 production season with performances of "Radium Girls" and "Martin and Margaret and the M.I.N.D.S.W.A.P." All performances will take place in the F. Perry Smith Studio Theatre in the Pealer Performing Arts Center.

"Radium Girls" by D.W. Gregory will start the spring semester with performances **Wednesday, March 6, through Saturday, March 9**, at 7:30 p.m., with a matinee on March 9 at 2 p.m.

Directed by *Shea-Mikal Green*, "Radium Girls" traces the efforts of Grace Fryer, a dial painter, as she fights for her day in court. Her chief adversary is her former employer, Arthur Roeder, an idealistic man who cannot bring himself to believe that the same element that shrinks tumors could have anything to do with the terrifying rash of illnesses among his employees. As the case goes on, however, Grace finds herself battling not just with the U.S. Radium Corporation, but with her own family and friends, who fear that her campaign for justice will backfire. "Radium Girls" offers a wry, unflinching look at the peculiarly American obsessions with health, wealth and the commercialization of science.

The Theatre and Dance season will close with the comedy "Martin and Margaret and the M.I.N.D.S.W.A.P." by Mike Long and Amaree Cluff.

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 M.I.N.D.S.W.A.P. 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.

Directed by *Darrell Rushton*, performances will take place on **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.

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.

Discussions and Presentations

Campus Discussion

Join *President Nowaczyk*, along with members of the executive cabinet, on **Thursday, Feb. 8**, from 3 to 4:30 p.m. in the Lane Atkinson Room to share thoughts and ask questions about the influence of external factors on the future of FSU. Everyone is aware of numerous articles regarding changes in the perception of the value of higher education and the challenges higher ed is facing in the upcoming years. This session will provide a broader campus discussion.

In this time of uncertainty, discussions like this are important if we are to define our future rather than having it defined for us. Be sure to come and join in a productive discussion about our future!

For info, contact Donnell VanSkiver, executive administrative assistant, at dhvanskiver@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.

Webinars

Doctor of Education – Educational Leadership Webinars

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 several webinars that will provide more information about the program. These webinars are hosted by a faculty member and a current student and are a great way to get a sense of what the program offers. Webinars will be offered **Tuesday, Feb. 13**, and **Tuesday, Feb. 20**, both from 6 to 7 p.m. The webinars are expected to last for 30 to 45 minutes. Students can register for one or both webinars at <https://shorturl.at/sCHO5>.

The webinars 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>.

Points of Pride

Three FSU Faculty Members Awarded Sabbatical Leave for Spring 2025 Semester



From left, Pete Herzfeld, Dr. Jeffrey McClellan and Dr. Rebekah Taylor

This year, a group of 10 outstanding faculty from FSU submitted applications requesting sabbatical leave to focus on career goals and other academic interests. Three faculty members, one from each of FSU's colleges, have been awarded sabbatical leave.

After review of the applications by the Faculty Development and Sabbatical/Research Leave Subcommittee, department chairs, college deans and the provost, the following three faculty members have been awarded sabbatical leave: **Pete Herzfeld**, a professor in the Department of Visual Arts, College of Arts, Humanities and Social and Behavioral Sciences; **Dr. Jeffrey McClellan**, a professor in the Department of Management, College of Business, Engineering and Computational and Mathematical Sciences; and **Dr. Rebekah Taylor**, an associate professor and chair of the Department of Biology, College of Education and Health and Natural Sciences.

Herzfeld will use his sabbatical to examine how to integrate artificial intelligence into the visual arts curriculum at FSU.

During McClellan's sabbatical, he will draft and initiate the process of publishing a book titled "Momentary Leadership: How Leaders and Followers Partner to Cocreate Effective Leadership." McClellan has been developing the content for this book during the past 16 years at FSU.

Finally, Taylor will utilize the Del Signore Microscopy Suite in FSU's Compton Science Center to create interdisciplinary partnerships, stimulate discovery and promote the University as a regional leader in science. Her work will help strengthen the connection between science and the visual arts by merging the practices of microscopy and photography. She will also create a digital repository of images taken in the suite.

On their return from sabbatical leave, each of these professors will report on the results of their work and share their experiences with the campus community.

NAEYC Recognizes Dr. Janet Mattern for Volunteer Service

The National Association for the Education of Young Children (NAEYC) has acknowledged *Dr. Janet Mattern*, an associate professor in FSU's Department of Educational Professions, with a letter of recognition for her scholarly volunteer service.

Mattern has provided service, scholarly work and national leadership to NAEYC and the early childhood field. Over the past year, she has been a peer review team chair in NAEYC's Accreditation of Early Childhood Higher Education Programs system. Because of the contributions of Mattern and her colleagues, NAEYC has conducted program reviews that have resulted in the accreditation of degree programs at 166 institutions through fair and thorough reviews of their ability to meet national standards.

Mattern's review of early childhood degree programs has involved a considerable time commitment and collaboration with colleagues at other institutions toward a thoughtful scholarly evaluation of programs relative to the standards put forth by NAEYC and the early childhood field. The observations peer reviewers make regarding a program's evidence of meeting standards are extremely important and often high stakes. Mattern accepted the additional responsibility and workload associated with being a team chair, and her expertise has been instrumental in guiding this important work.

Drs. Brent Weber and Joseph Yungen Participate in WSC



Dr. Joseph Yungen, left, and Dr. Brent Weber at WSC

Music faculty members *Dr. Brent Weber* and *Dr. Joseph Yungen* participated in the 19th World Saxophone Congress (WSC) in Las Palmas, Gran Canaria, Spain, on Dec. 7. WSC is the most prestigious conference for saxophonists, drawing more than one thousand people from five continents. The selection process for performers is competitive, entailing application and review of performance videos and credentials.

Weber and Yungen were selected to perform Richard Strauss' "Oboe Concerto" as arranged for soprano saxophone by Weber. The recital was well-received.

Gran Canaria is part of the Canary Islands, an autonomous community of Spain off the coast of Morocco.

To view the performance video, visit <https://shorturl.at/opuAF>.

Arabic Translation of Andy Duncan's 'Wakulla Springs' Debuts



The Arabic translation of a novella co-written by *Andy Duncan*, a professor in the Department of English and Foreign Languages, debuted in January at the Cairo International Book Fair. "Wakulla Springs" by Duncan and Ellen Klages won a World Fantasy Award in 2014 and has been republished since in China and the UK. The new edition is from Yatakyhloon in Jeddah, Saudi Arabia, with cover art and design (pictured) by Ahmed Al-Sabbagh.

The original English version is at <https://reactormag.com/wakulla-springs>.

Department of Chemistry and Physics Hosts High School Students



For three days in January, FSU's Department of Chemistry and Physics hosted nearly 275 local high school students and teachers from Allegany County Public Schools.

During the visit, students from Allegany, Fort Hill and Mountain Ridge high schools and the Career Center were introduced to the department's faculty, staff and current students and participated in several hands-on learning activities.

Led by FSU chemistry and physics members, ACPS students learned about the organic synthesis of smelly eaters, investigative acid and the base chemistry lab, the creation of hand lotion and the science behind it, and an exploration of the physics lab. Additionally, the students participated in a question-and-answer session and a brief chemistry demonstration with FSU students.

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.

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.

Board of Regents Staff Awards

A Council of University System Staff (CUSS) initiative, the University System of Maryland Board of Regents Staff Awards represent the highest honor bestowed by the Board of Regents for achievements of exempt and nonexempt staff employees from institutions within USM. The awards are presented to individual staff employees who have demonstrated excellence.

The nominee's success should be beyond the scope of their full-time professional responsibilities and the impact the individual has on his or her department, school or community. These awards are based on the quality of the nominee's work within their institution, community or surrounding environment. The awards are measured by the impact the nominee makes within one of the five award categories listed below.

Exceptional Contribution to the Institution and/or Unit to Which the Person Belongs

Outstanding Service to Students in an Academic or Residential Environment

Extraordinary Public Service to the University or Greater Community

Effectiveness and Efficiency

Inclusion, Multiculturalism and Social Justice

Each USM university can only submit one nonexempt and one exempt packet for each of the five categories – up to 10 nominations per campus. In the Effectiveness and Efficiency category, an award can be given to two exempt or two nonexempt staff employees or one exempt and one nonexempt. Each awardee will receive a \$2,000 stipend and a plaque in recognition of the award being received.

A nomination packet must be generated for each nominee that includes the following documents, organized in the order listed: nomination cover sheet, nomination letter, president's endorsement letter, position description to include purpose and specific job duties and three one-page letters of recommendations (emails are acceptable). Email one electronic (PDF preferred) copy of each nomination packet by **Friday, Feb. 9, 2024**, to CUSSBOR@usmd.edu. The subject line should be "BOR Award Nomination."

Awards will be announced in **mid-July 2024** and formally presented to the awardees at the Board of Regents **September** meeting.

For a nomination packet, visit <https://www.usmd.edu/usm/workgroups/SystemStaff/borawards.html>.

For info concerning the Board of Regents Staff Awards, contact Chris Everett, HR business partner, at cseverett@frostburg.edu or Deniz Erman, co-chair of the CUSS Awards and Outreach Committee, at CUSSBOR@usmd.edu.

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: **Monday, Feb. 5, through Friday, March 15, 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. 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.)

FSU Celebrates Phi Kappa Phi Week

FSU will celebrate Phi Kappa Phi week by hosting Trivia Night on **Thursday, Feb. 8**, at 6 p.m. in the Lane Atkinson Room. The event is open to all students, faculty and staff. Refreshments will also be provided. Bring your friends and form a team with a chance to win prizes.

For info, contact Dr. Linda Steele at 301-687-4137.

To view a complete list of what to bring to FSU's VITA site, visit <https://www.irs.gov/individuals/checklist-for-free-tax-return-preparation>.

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.

Cordts PE Center Hours

General Facility Hours

Mondays through Thursdays, 6 a.m. to 11 p.m.

Fridays, 6 a.m. to 9 p.m.

Saturdays, 11 a.m. to 9 p.m.

Sundays, noon to 9 p.m.

Fitness Center

Mondays through Thursdays, 6 a.m. to 10 p.m.

Fridays, 6 a.m. to 8 p.m.

Saturdays, 11 a.m. to 8 p.m.

Sundays, noon to 8 p.m.

Climbing Wall

Mondays and Tuesdays and Thursdays and Fridays, 4 to 8 p.m.

Swimming Pool (faculty/staff/adult AFL members only hours)

Mondays through Fridays, noon to 1p.m.

Open Swim Hours (AFL, FSU students, faculty and staff)

Mondays through Thursdays, 10:30 a.m. through noon

Fridays, 11:30 a.m. through noon

Sundays, 2 to 5 p.m.

Racquetball Court

The racquetball court is for racquetball play only.

Participants must provide their own equipment.

A daily signup sheet will be available each morning. Persons will be permitted to sign up for one 45-minute slot.

The racquetball court is not available for group use.

Room 164, Practice Gym and Main Arena

Hours will vary daily.

These areas will close 15 minutes before the building closes.

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.

More information, including the registration form, will be provided after the spring semester begins.

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

Internships

Intern in DC This Summer!



A representative from The Washington Center will visit the FSU campus on **Wednesday, Feb. 7**. An Info Session, open to all majors, will be held at 3 p.m. in Lane 108.

Frostburg partners with TWC to provide students with academic internship opportunities in Washington, D.C., during spring, summer and fall each year. Students receive FSU credits for their experience.

To learn more about The Washington Center, visit <http://www.twc.edu> or contact Amy Shimko in the Career and Professional Development Center at alshimko@frostburg.edu.

FSU-TV3

FSU-TV3 Offers Variety of Programming



FROSTBURG STATE UNIVERSITY



FSU-TV3 offers a wide range of programming, including student-produced programming, talk shows, cooking shows, movie review shows and more!

Tune in at 8 p.m. on **Fridays, Saturdays and Sundays** for “Smart Movie Show.” Join Jen, Max and Victoria for movie news as they tell you what’s new in theaters and what to watch at home every week.

Did you make a New Year’s resolution to incorporate exercise or yoga into your activities? Join Patricia at 1:30 p.m. on **Saturdays and Sundays** for 30 minutes of stretching and movement with “Yoga for Health and Joy.” The show is also available on the streaming app anytime.

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

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. 9 and 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.

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.**

Health and Safety Messages

Get Rid of Winter Fatigue!



Photo by Roxane Clediere

Research has shown that you feel more tired during winter due to less sunlight exposure.

Days are shorter during winter. Plus, the cold weather often forces you to stay indoors. As a result, you'll get less sunlight, leading to an increase in melatonin production. When it's dark and cold, your brain will produce more melatonin, which activates your sleep mode. Likewise, your body also produces lower vitamin D levels, and studies have linked vitamin D deficiency with fatigue.

So, here are some ways you can fight off winter fatigue:

Ensure that you get sunlight exposure whenever possible. You can bask under the sun for about 15 to 20 minutes in the winter. Likewise, you can simply open your curtains and let in the sunshine.

Consider taking vitamin D supplements. You can also eat foods rich in vitamin D, such as fatty fish, red meat, egg yolks, liver and mushrooms.

Take a break once in a while. Do some self-care activities. Find a way to relax, Releasing the stress and anxiety can restore your energy and motivation.

Go for foods that naturally boost your energy, like oatmeal, oily fish, whole grains, nuts, leafy greens, fruits, eggs and root vegetables. And don't overeat. It will only make you drowsy.

Get just enough sleep. Stick to the recommended 7 to 8 hours.

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



Mental Health Monday Tip: <https://lumilivingmiami.com/2024/01/30/essential-tips-for-college-students>

Tell Yourself Tuesday Tip: https://www.henryherald.com/arena/parade/50-positive-affirmations-to-boost-your-confidence-and-change-your-life/article_6e936767-8e59-546a-84e1-14f2844a3a6f.html

Wacky Wednesday Tip: <https://buffer.com/resources/increase-your-motivation-tips>

Thankful Thursday Tip: <https://www.mrdenizates.com/blog/50-reasons-to-be-grateful>

Fun Friday Tip: <https://frostburgtix.universitytickets.com>

Social Saturday Tip: https://www.collegiatetimes.com/opinion/bring-social-etiquette-back-to-college-campuses/article_4c9f913e-be0e-11ee-803d-7f72375a9e94.html

Self-Love Sunday Tip: <https://medium.com/@anjishnuray/real-self-love-is-not-playing-with-your-future-self-962c332d8e5e>

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.