



For and about FSU people

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Copy deadline: noon Wednesday, Candis Johnson at [cvjohnson@frostburg.edu](mailto:cvjohnson@frostburg.edu)

## Black History Month Opening Ceremony: A Celebration of Black History

Welcome back to campus and welcome to the start of a month-long celebration of the history of African Americans in America. The Office of DEI, the Office of the Vice President for Student Affairs and the FSU Affiliate Branch of the Association for the Study of African American History and Literature will sponsor an Opening Ceremony for Black History Month on **Thursday, Feb. 1**, at 5:30 p.m. in Lane Manicur Hall.

While many of you on campus have not been able to sit in on the Introduction to African American History, taught by *Robin Wynder* each semester, this will be an opportunity to share in some short vignettes about Black history and why we celebrate the month.

The program will include words of support, hope and inspiration by *Acting President Al Delia*, *SGA President Racheal Michalski*, *BSA President Maddie Gregory*, *Provost Traki L. Taylor*, *Associate Vice President for Student Affairs Dr. Jeff Graham*, *Assistant Vice President Robert Cooper*, *Chaplain Elijah Ferebee* and student leader *Kayla Donaldson*. Come to be impressed from the heart with the spoken word and walk away in knowledge that is so important.

More programming will start at the Adams Wyche Multicultural Center under the leadership of *Gianni Jones*. Be on the lookout for other programs aimed at celebrating all the multicultural aspects of FSU.

The Black History Month Opening Ceremony will be just one of the center's signature programs throughout the year. Be sure to come for the start of the journey for information and celebration!

## 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 10 a.m. to 1 p.m. and 3 to 5 p.m. on **Mondays**; 10 a.m. to 1 p.m., 3 to 5 p.m. and 6 to 8 p.m. on **Wednesdays**; and noon to 3 p.m. on **Fridays**. Other weekdays are by appointment. To schedule an appointment, email [pawspantry@frostburg.edu](mailto:pawspantry@frostburg.edu).

All students (new and returning) using the pantry must complete the Intake and Waiver, which they can complete at the pantry or access at <https://portal.frostburg.edu/pantry>.

### 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.

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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](http://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](http://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.**

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

## Points of Pride

### First Cohort of ADAPT Participants Graduates From Program



The first cohort of participants in the ADAPT program at FSU are, from left, front row, **Jesse Puffenberger, Alec Edwards, Denise Arnold and Lori Kimble**, and, back row, **Jennifer Chisholm, Toni Hathaway, Katie Miller and Kelly McDonagh**.

On Dec. 7, the inaugural cohort of the Administrative Development and Professional Training (ADAPT) program at FSU graduated after nine months of in-person and online learning. Designed in 2021 by the Office of the President in partnership with the Department of Human Resources, the program provides professional development opportunities to administrative professionals across campus and aims to enhance skills that support employee development and FSU's strategic plan.

The first cohort of participants in Frostburg's ADAPT program included **Jennifer Chisholm, Toni Hathaway, Katie Miller, Kelly McDonagh, Jesse Puffenberger, Alec Edwards, Denise Arnold and Lori Kimble**. Present at the ceremony in support of the program were the graduates' supervisors and other administrative staff.

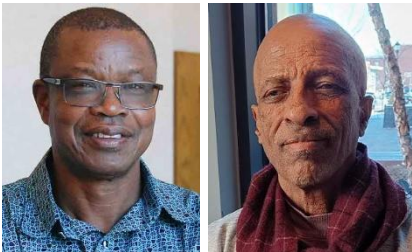
Over the course of the program, this group of administrative professionals focused on building and strengthening their hard and soft skills to enhance their job performance, gaining knowledge about FSU's policies and systems and promoting their personal values and work styles. In addition, they had the opportunity to interact with colleagues from different departments to build professional relationships.

Any employee in an administrative professional role at FSU is eligible to participate in ADAPT. Applications for the 2024 cohort are currently being accepted and are due by **Monday, Jan. 22**. Qualifying employees may apply by visiting <https://www.frostburg.edu/human-resources/hr-service-areas/Training-and-Development/adapt-program.php>.

ADAPT is offered at no cost to departments or the University and is being fully funded by campus administrative professionals, which shows a commitment by FSU's admin community to growth and professional development opportunities.

Several members of the inaugural class showed their appreciation and support of future classes with a \$225 contribution at graduation. Those wishing to contribute to the program can make a donation at <https://give.frostburg.edu/campaigns/17170/donations/new?a=4037079> and search for "ADAPT." All funds go directly to support program content and materials.

### FSU Professors Appointed to Md. Commission on African Affairs



**Dr. James Saku, left, and Dr. Alemseged Abbay**

Two FSU professors, **Dr. James Saku** and **Dr. Alemseged Abbay**, were recently appointed to Gov. Wes Moore's Commission on African Affairs for their professional and personal ties to Africa and Maryland's diverse African population.

Saku, a professor in FSU's Department of Geography, coordinates the African American Studies program. Saku is also a member of the Association of American Geographers' Africa Specialty Group, the University of Cape Coast Alumni Association in North America, the Council of Ewes in North America and the Ewe Association of Washington, D.C.

Abbay, a professor in FSU's Department of History, specializes in global history, African history, Middle Eastern history, the comparative history of genocide and African American studies. He actively presents his research at national and international conferences.

To learn more about this commission, visit <https://goci.maryland.gov/governors-commission-on-african-affairs>.

### FSU Team Wins First Place at Design Day



Congratulations to FSU's team, Kick Master 3000, for winning first place at this year's University of Maryland (College Park) Design Day. The team's project objective was to produce a football holder that mimics a fast-paced and realistic field goal scenario to better prepare kickers during practice for a game.

Team members included **Awah Banga, Savannah Grimm, Jackson McGahey, Kambria Rice, Kevin Smith** and **John Struss**. The team is supervised by **Dr. Jamil Abdo**, professor and chair of FSU's Department of Engineering. A total of 17 teams competed in the event.

UMD's Design Day highlights the talents and creativity of mechanical engineering students, who are tasked with presenting prototypes built to solve selected engineering problems.

For info, contact Abdo at [jabdo@frostburg.edu](mailto:jabdo@frostburg.edu).

### USMH Awarded United Against Hunger Grant

The University System of Maryland at Hagerstown was awarded a \$1,000 United Against Hunger Grant from the United Way of Washington County, Md., in support of USMH's newly established student food pantry.

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Wanting to alleviate the challenge some students may face with access to food, USMH established its food pantry earlier last fall to provide students with access to grab-and-go nonperishables. With this grant, USMH can purchase a refrigerator and microwave and offer healthy and fresh options for students.

To learn more about or donate to USMH's student food pantry, visit <https://bit.ly/usmhfoodpantry>. For info about USMH, visit [www.hagerstown.usmd.edu](http://www.hagerstown.usmd.edu).

## Office of Sponsored Programs Successes/News

On Jan. 12, project director **Jodi Broadwater**, director, SBDC, was awarded \$44,390 by the University of Maryland, College Park, Maryland Small Business Development Center – Lead Center for the project, MD Economic Opportunity Center.

On Jan. 8, project director **Jason Litten**, co-director, Western Maryland Regional GIS Center, was awarded \$19,900 by the city of Cumberland for the project, Environmental Assessment of the Constitution Park Trails.

On Jan. 2, project director **Melanie Moore**, director, Cultural Events Series, was awarded \$3,775 in a Presenting and Touring award by the Maryland State Arts Council in support of the project, Hot Club of Baltimore.

On Dec. 12, project director **Dr. Holly Currie**, associate professor, Department of Chemistry and Physics, and director, Center for Teaching Excellence, was awarded a \$1,500 Faculty Development Mini-Grant by Transform Mid-Atlantic for the 13th Annual Regional Conference on Teaching, Learning and Scholarship.

On Dec. 11, project director **Dr. Traki Taylor**, provost, was awarded a \$19,000 Integrating Civic Learning Into the Curriculum award by the University System of Maryland for the project, Integrating Civic Learning Into the Curriculum at Frostburg State University.

On Dec. 11, project director **Dr. Artie Travis**, Vice President for Student Affairs, was awarded \$8,900 by the University System of Maryland, Carnegie Classification for Community Engagement grant program for the project, FSU Carnegie Classification for Community Engagement.

On Dec. 7, project director **Dr. Jacob Ashby**, executive director, USMH, was awarded a \$20,000 University System of Maryland Quasi Endowment grant.

On Dec. 7, project director **John Short**, vice president for University Advancement and executive director of the FSU Foundation, was awarded a \$45,000 University System of Maryland Quasi Endowment grant.

On Dec. 1, project director **Jennifer Browne**, lecturer, Department of English and Foreign Languages, was awarded a \$3,500 General Operating Grant by the Allegany Arts Council in support of the Frostburg Center for Literary Arts (FY2024).

On Nov. 30, project director **Dr. Jennifer Rankin**, associate professor, Department of Educational Professions, was awarded \$49,964 by the University System of Maryland, Maryland Center for Computing Education for the project, Integration of Emerging Technologies in Pre-service Programs at Frostburg State University.

On Nov. 14, **Sierra King**, assistant professor, Department of Nursing, was awarded a \$10,000 (FY24) New Nurse Faculty Fellowship, part of the Nurse Support Program II funded through the Health Services Cost Review Commission and administered by the Maryland Higher Education Commission.

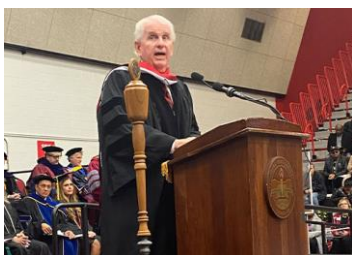
On Oct. 4, project director **Dr. Jamelyn Tobery-Nyström**, professor, Department of Educational Professions, was awarded a \$75,000 Strong Families Community-Based Child Abuse Prevention grant by the Maryland Family Network for the project, FSU HUB@USMH.

On Aug. 10, project director **Lisa Clark**, director, A STAR! (Appalachian Service Through Action and Resources) in Western Maryland, was awarded \$493,109 in Corporation for National and Community Service funds by the Governor's Office for Service and Volunteerism for the AmeriCorps project, A STAR! in Western Maryland, FY2024. The project funds AmeriCorps members who build capacity for nonprofits, institutions of education and government agencies, serving communities in Allegany, Garrett, Washington and Frederick counties through resource development and organizational support.

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

## Take Note

### Donald P. Hutchinson Given Honorary Doctorate at Commencement



FSU presented **Donald P. Hutchinson**, former Maryland politician and president/CEO of the Maryland Zoo in Baltimore, with an Honorary Doctorate of Humane Letters, Honoris Causa at its 163rd commencement ceremony held on Dec. 20.

Hutchinson attended public schools in Baltimore County and graduated from FSU in 1967 with a bachelor's degree. He also holds honorary doctorates from Towson University and the University of Baltimore.

He was active in politics for many years as a delegate to the Constitutional Convention of Maryland (1967-1968) and then in the Maryland House of Delegates, representing District 5 in Baltimore County (1969-1974). During his time as a state delegate, Hutchinson served as a member of the Constitutional and Administrative Law Committee and served on the Commission on Young Offenders.

In 1975, Hutchinson was elected to the Maryland State Senate representing District 7, also in Baltimore County, a position he held until 1978. While a state senator, he was on the Constitutional and Public Law Committee as well as the Maryland Commission on Intergovernmental Cooperation.

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In 1978, Hutchinson was elected as the 6th District county executive of Baltimore County and was reelected for a second term in 1982.

Hutchinson has also served as a member of the Board of Visitors of Towson State University (1981-1989), the Chesapeake Bay Critical Area Commission (1985-1988), the State Board of Education (1991-1992) and the Governor's Commission on Efficiency and Economy in State Government (1994). He was the chair of the Governor's Commission on School Funding (1994), a member of the BWI Airport Commission (1994-1996) and the Governor's Port Land-Use Task Force (1996).

Hutchinson was also the president of the Greater Baltimore Committee just prior to becoming the president and CEO of SunTrust Bank, Maryland (2002-2007). While on the Greater Baltimore Committee, he played a leading role in the construction of the Ravens' new football stadium, the revitalization of the Hippodrome Theatre and his work on the development of a biotech park and neighborhood revitalization on Baltimore's east side.

From 2008 until 2020, Hutchinson served as the president and CEO of the Maryland Zoo in Baltimore. He and his wife, Peggy, live in Timonium, Md., and have three adult children and three grandchildren.

To watch a recording of the livestream of commencement, visit the Commencement webpage at <https://www.frostburg.edu/commencement>.

## 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](mailto: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](mailto:cseverett@frostburg.edu) or Deniz Erman, co-chair of the CUSS Awards and Outreach Committee, at [CUSSBOR@usmd.edu](mailto: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](http://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](http://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

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**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](http://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 FSU's Framptom Hall room 208 on the following days and times: **Jan. 29 through Feb. 2, Mondays, Wednesdays and Fridays** from 9 to 9:30 a.m. and **Mondays through Wednesdays** from 1 to 1:30 p.m.; **Feb. 5 through 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.)

Note that to file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign required forms. 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>.

## 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.

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## Community Course in Basic Ceramics



FSU's Department of Visual Arts will offer a non-credit community course in basic ceramics this spring. The class will be held on **Tuesdays, Jan. 30 through March 26**, from 6 to 9 p.m. in Fine Arts 107. Work can be picked up on **Tuesday, April 2**.

This eight-week course will provide an introduction to the basic ceramic processes, including hand-building, and the pottery wheel.

The cost is \$200, plus the cost of clay. (Pay in the Billing Office in Pullen 148.) Students under the age of 18 must be accompanied by an adult who is also registered for the class.

For info, contact the Department of Visual Arts at 301-687-4797, or email Jackie Brown at [jbrown@frostburg.edu](mailto:jbrown@frostburg.edu).

## Formal Informational Meeting

The Lambda Mu chapter of Kappa Alpha Psi Fraternity, Inc., will present a Formal Informational Meeting on **Wednesday, Jan. 31**, at 7 p.m. in Pullen 149. Business attire is required.

For info, email [lmnupas1983@outlook.com](mailto:lmnupas1983@outlook.com) or call 443-422-9068.

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

## Flu Vaccine Available



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

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

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

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

For info, call 301-687-4310 or email [bradyhealth@frostburg.edu](mailto:bradyhealth@frostburg.edu).

## Announcements About Weather-Related Delays and Closings

Below is information on how to find out if FSU is closed, delayed or will close early on days with inclement weather. The following applies to in-person classes and activities and on-campus employees only, and for the FSU campus only.

### If the campus is closed:

In-person classes are cancelled.

In-person employees and hybrid teleworkers who are scheduled to be on campus the day of the closure should not report to work.

Essential personnel are required to report to work at their scheduled time.

### If there is a delay:

In-person classes scheduled before the announced opening time are cancelled. Classes after that time occur as scheduled.

In-person employees and hybrid teleworkers scheduled to be on campus that day should begin their shifts at the announced opening time.

Essential personnel are required to report to work at their scheduled time.

### If there is an early closure:

In-person classes scheduled after the announced closure time are cancelled. Classes before that time occur as scheduled.

In-person employees and hybrid teleworkers scheduled to be on campus that day should end their shifts at the announced closure time.

Essential personnel are required to remain at work until their scheduled time.

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**Hybrid teleworkers and online classes:**

Fully online classes will continue regardless of campus status.

Hybrid teleworkers who are scheduled to work remotely on a day the campus is closed will follow their regular schedule. Those who do not work must use accrued leave time.

**Payroll and personnel information:**

Essential personnel are required to report to work in the event of any cancellation or delay. These individuals have been notified of their “essential” status by their department heads. If you are unsure of your status, check with your supervisor.

Personnel compensation for closures or delays (in-person only) will be based on the appropriate cancellation or delay message as presented on the FSU voicemail system.

As always, the most reliable information regarding delays and cancellations will come from FSU-controlled outlets (campus email, BURG Alerts, University voicemail, FSU website and social media sites). Notification of delays or closures will be made through these outlets:

BURG Alerts texts and campus emails (see registration information below)

Main University number 301-687-4000, Option 2 (after 6 a.m.)

On the top of the main page of the FSU website, [www.frostburg.edu](http://www.frostburg.edu)

Through various local radio stations

FSU X (formerly Twitter), [twitter.com/frostburgstate](https://twitter.com/frostburgstate)

FSU Facebook, [www.facebook.com/frostburgstateuniversity](http://www.facebook.com/frostburgstateuniversity)

Everyone with an FSU email is automatically signed up for BURG Alerts to that FSU email account. BURG Alerts, in addition to weather notifications, alert the campus in an emergency.

You may also opt to have alerts sent as text messages to your cell phones (standard texting rates apply) and to other email addresses. To sign up, visit <https://www.frostburg.edu/computing/fsualert> or click the Emergency link at the bottom of the FSU homepage. Follow the instructions, using your FSU username and password to access the site. You have the option to have alerts sent to two cellular numbers and six email addresses. (You may add family members, or they can create their own accounts using the link provided above.) **Make sure to follow the validation steps to activate your choices.**

If you spend any time in the Frostburg area, it is highly recommended that you sign up for the text alerts to ensure that you are notified of emergencies or weather-related schedule changes.

**Unless an FSU closure is announced on the outlets above, FSU is open. The final decision regarding your safety resides with you.** If, in your judgment, it is not safe for you to come to work while the University is still open, you must contact your supervisor and provide this information. If liberal leave is announced for employees, it is expected that everyone will make an effort to report to work. Employees who take liberal leave will be charged for the appropriate leave time. **The announcement of liberal leave does not cancel classes or relieve essential employees of their need to report to work during inclement weather.**

**Here are some ways you can check on weather conditions if you have to travel:**

FSU campus weather cam on Weather Bug: <https://www.weatherbug.com/weather-camera/frostburg-md-21532> (Other regional cams can be found here, too.)

Maryland DOT statewide cams: <https://chart.maryland.gov/trafficcameras/index.php#>

I-68 Exit 33 cam: <https://chart.maryland.gov/video/video.php?feed=7200276f018000a8005dd336c4235c0a>

**Do not call University police or the computer help desk for weather-related information.**

**Do check your FSU email, call the University switchboard or visit the FSU website.**

**You can also check the local radio stations. If there are mixed messages in the media, call the University switchboard for clarification. That number will always be the final authority in case of confusion from other sources.**

## 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.



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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](http://www.frostburg.edu/upward-bound), call Upward Bound at 301-687-4994 or email [upwardbound@frostburg.edu](mailto:upwardbound@frostburg.edu). Applications are available on the UB website and are due by **Monday, April 1**.

## Volunteers

### Harry Potter Book Night

The Children's Literature Centre is preparing for its Harry Potter Book Night event. This event is for children, and lots of volunteers are needed to make this event run smoothly.

The Harry Potter Book Night event will take place on **Saturday, Feb. 3, 2024**, at FSU's Lewis J Ort Library. Some volunteer jobs include wandering wizards, heads of houses, station helpers and sorting hat wizards. To volunteer, visit <https://shorturl.at/kCHR6>.

## Activities for Life

For info and registration, call 301-687-7934 or email [anazelrod@frostburg.edu](mailto:anazelrod@frostburg.edu).

Yoga classes will take place in Cordts PE Center room 104. Participants must provide their own yoga mat. The minimum number of participants needed is five. The registration deadline is Friday, Feb. 2.

### Water Aerobics

Water Aerobics will be offered **Tuesdays and Thursdays, Jan. 30 through Feb. 29** (with no class on **Tuesday, Feb. 20**) from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool. Participants may register for the Tuesday or Thursday class or both nights.

### Gentle Yoga

Gentle Yoga (beginner level) will be offered **Tuesdays, Feb. 6 through March 12**, from 6:30 to 7:30 p.m.

Come for a slow-flow yoga class designed to decrease stress and anxiety. Flowing postures will be combined with breath and meditation.

### Body Barre

Body Barre will be offered **Wednesdays, Feb. 7 through March 13**, from 5:30 to 6:30 p.m.

This is a hybrid toning class, combining moves from ballet, Pilates and yoga. It uses high reps and low-impact, small-range movements.

No shoes are required. Participants must provide their own 2- to 3-pound weights (if desired).

### Yoga Flow

Yoga Flow (beginner to intermediate) will be offered **Thursdays, Feb. 8 through March 14**, from 6:30 to 7:30 p.m. Participants should be comfortable moving through various yoga poses.

Join this invigorating class that strikes the perfect balance between beginner and intermediate levels. The session integrates gentle flows, incorporating elements of Vinyasa and Hatha yoga. Explore various yoga styles, enhancing flexibility, strength and mindfulness.

## Internships

### Maryland Public Service Scholars Program

The Maryland Public Service Scholars Program has paid summer 2024 internship opportunities available. Each year, Maryland college students (juniors and seniors of all majors) are selected for paid internships and leadership development opportunities to explore careers in government agencies and nonprofit organizations to make a difference in the lives of Marylanders. These fellowships provide students the opportunity to develop their skills, network, serve in the public service realm and become better future leaders in Maryland's public and social sectors.

Fellows are paid a \$3,500 stipend. Internships are from **Thursday, May 30, to Sunday, Aug. 11, 2024**. The final deadline is **Friday, March 1**. For info about the MPSS Program, visit <https://publicservicescholars.umbc.edu>.

## Health and Safety Messages

### Be Ready for Driving in Winter!



Keep these items in your vehicle:

Cell phone, charger, batteries

Blankets and extra clothing

Flashlights with extra batteries

First aid kit

Nonperishable food and bottled water

Sand or cat litter

Portable shovel

Windshield scrapper and brush

Booster cables

Small tools

Brightly colored cloth

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

#### Welcome Back Bobcats!



Mental Health Monday Tip: Kicking Off 2024!

<https://www.nytimes.com/2023/12/28/well/mind/mental-health-stress-management.html>

Tell Yourself Tuesday Tip: How to Build Self-Confidence

<https://au.reachout.com/articles/how-to-build-self-confidence>

Wacky Wednesday Tip: A Quick Way to Release Some Anxiety!

<https://www.youtube.com/watch?v=lrhPTqholcc>

Thankful Thursday Tip: Gratitude Helps Grow Friendships

[https://greatergood.berkeley.edu/article/item/how\\_gratitude\\_helps\\_your\\_friendships\\_grow](https://greatergood.berkeley.edu/article/item/how_gratitude_helps_your_friendships_grow)

Fun Friday: Taking Better Notes!

<https://inspirationfeed.com/aesthetic-note-taking>

Social Saturday: Making Friends

<https://collegeinfo geek.com/make-friends-college>

Self-Love Sunday: Fifty Things to Do by Yourself!

<https://parade.com/1219503/marynliles/things-to-do-by-yourself>

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#### VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

##### CORE VALUES

Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.

Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."

Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

##### OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

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Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

### **STRATEGIC GOALS**

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit [www.frostburg.edu/strategicplan](http://www.frostburg.edu/strategicplan).