

For and about FSU people

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

MCTA to Host Ellen Gira and Jocelyn Pettit



Ellen Gira, left, and Jocelyn Pettit

FSU's Mountain City Traditional Arts will host Ellen Gira and Jocelyn Pettit on **Wednesday, March 13**, 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.

From the east coast of the U.S., Gira is an accomplished cellist who has performed throughout North America and the U.K. She has collaborated and recorded with numerous acclaimed traditional musicians and is pursuing a doctorate in Scottish music at the Royal Conservatoire of Scotland. If her name sounds familiar, that's because she's the granddaughter of **Dr. Catherine Gira**, who served as

FSU's president for many years.

From the west coast of Canada, Pettit is a vibrant fiddle player, stepdancer and singer. With grace and passion, she has delighted audiences and ignited stages across Canada and worldwide, appeared on national television and radio, and released three multi-award-nominated albums.

Gira and Pettit were already two well-established musicians when they found in each other a kindred musical spirit and joined forces in Glasgow in 2018. With Gira on cello and Pettit on fiddle, they push the boundaries between traditional and contemporary genres to create a powerfully uplifting and soulful performance. Complementing their instrumental talent with vocal harmonies and lively stepdancing, they perform a high-energy repertoire from Scotland, Ireland, North America and Scandinavia. FolkWorld Magazine has called them "A dazzling duo!"

For info, call 301-687-8040.

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

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

Courses for Appointment-Based/Individual Tutoring

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

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

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

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

Pioneer Conservationist Dr. Mamie Parker to Present ‘A Black Woman’s Journey: Breaking Concrete Blocks to Help Save Our Planet to Save Ourselves’



FSU’s departments of Biology, Educational Professions and Recreation and Parks Management will host a presentation by Dr. Mamie Parker, titled “A Black Woman’s Journey: Breaking Concrete Blocks to Help Save Our Planet to Save Ourselves,” on **Monday, March 11**, from 7 to 9 p.m. in room 208 of the Education and Health Sciences Center. Parker is the former Student Conservation Association chair and the U.S. Fish and Wildlife Service (FWS) head of Fisheries and Habitat Conservation. This event is free and open to the public.

In addition, Parker will give a talk, “What’s Next? Secret Sauces Leading to Fulfilling Natural Resource Jobs With Interdisciplinary Approaches,” on **Tuesday, March 12**, from 11 a.m. to 12:15 p.m. in the Natural History Museum of FSU’s Compton Building. This session is open to students only.

Parker’s nearly three-decade-long career as a fish and wildlife biologist with FWS took her to various locations across the country. Her exceptional leadership within the agency earned her the prestigious Ira Gabrielson Award FWS Leadership Award and the distinction of being the first Black FWS regional director and member of the Senior Executive Service in FWS.

She is on the board of directors of the National Wildlife Federation, Chesapeake Bay Foundation, Duke University Nicholas School of the Environment, The Nature Conservancy – Virginia Chapter, American University School of Public Affairs, Ducks Unlimited and the Student Conservation Association.

Her impact extended beyond agency walls as she spearheaded crucial initiatives such as negotiating with General Electric Corporation for environmental cleanup efforts, the largest cleanup in the history of this country. Parker’s work has resulted in her receiving the William P. Reilly Environmental Leadership Award and the Presidential Rank Award, the highest honor bestowed on the top 1 percent of federal employees.

Parker’s influence reaches across continents, from her work in Lesotho and Southern Africa as an Aspen Institute Fellow to her advocacy for climate change action at the World Fisheries Congress in China. Forbes Magazine invited her to join other legendary icons at the 30/50 Women’s Forum in Abu Dhabi, honoring her work. She is one of the authors of “The Future of Fisheries: Perspectives for Emerging Professionals,” published by the American Fisheries Society on mentoring. In addition, she joined other women wildlife professionals in writing the Wildlife Society’s “Women in Wildlife Science: Building Equity, Diversity and Inclusion,” the first book to address the challenges and opportunities for women, mainly from underrepresented communities, in wildlife professions.

In her home state of Arkansas, Parker’s achievements have been immortalized in the University of Arkansas at Pine Bluff. The governor enshrined her into the Arkansas Outdoor Hall of Fame, where she stands as the first native Arkansan to lead the nation’s fisheries. Several years after Gov. McAuliffe appointed her as a commissioner, she was elected chair of the Virginia Department of Wildlife Resources. She also received the Association of Fish and Wildlife Agencies’ John L. Morris Lifetime Achievement Award. Throughout her career she has worked to advance diversity and opportunities for minority students in conservation and fisheries careers; in 2016 she was awarded the Emmeline Moore Prize from the American Fisheries Society for these efforts.

A dedicated member and Basileus of the Year of the Alpha Kappa Alpha Sorority, Inc., and The Links, Incorporated, Parker is deeply committed to mentoring future leaders in STEM fields. STEM teaching majors, in particular, can benefit from Parker’s insights as they seek to shape the minds and lives of all students, encouraging underrepresented youth to pursue their dreams as STEM majors. Her story will inspire FSU students, the community and the generations of students our teaching majors will influence.

Funding for this event was possible through the USDOE Teacher Quality Partnership Grant, Award Number U336S190008.

For info, contact Dr. Natalia Buta, chair and associate professor, FSU’s Department of Recreation and Parks Management, at nbuta@frostburg.edu.

CLA to Host Poet Jason Irwin

As part of its spring semester Reading Series, the Center for Literary Arts will host a reading by poet Jason Irwin on **Thursday, March 28**, at 7:30 p.m. on the third floor of the Lewis J. Ort Library. This event is free and open to the public.

Irwin is the author of three full-length poetry collections, most recently “The History of Our Vagrancies” (Main Street Rag, 2020). He was a 2022 Zoeglossia Fellow and part of the Poetry Foundation’s Disability Poetics Project. His nonfiction has been published in Santa Ana Review, Panorama, The Catholic Worker and City of Asylum’s Pittsburgh Live/Ability: Encounters in Poetry and Prose Project.

For info about the author, go to <https://jasonirwin.blogspot.com>.

Olympian/Coach Sherry Winn Will Share Secrets of Winning

A Campus United Presenter Series will host a presentation by Sherry Winn on **Tuesday, April 2**, at 7 p.m. in Gira Center 397. This event is free and open to the campus community.

Winn is a two-time Olympian and national championship coach. Her 34 years of building championship teams provide an opportunity to capture the secrets of creating winning organizations. Learn the winning secrets needed to motivate a team to achieve greatness where every member is selflessly and unconditionally committed to reaching the common goal with no interest in who gets the credit.

Winn has delivered more than 1,700 hours of paid speaking engagements and is the author of six books, including an Amazon bestseller.

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



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

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

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

Special Events

‘#BobcatsAgainstBias’ Week Coming April 1-4

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.

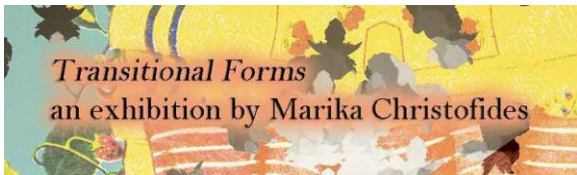
There will be an information table in the Lane Center upper lobby every day between 11 a.m. and 1:30 p.m. Student organizations, faculty and staff are also invited to submit to ODEI any program, classroom assignments/discussion or events they are holding that support the #BobcatsAgainstBias mission.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

Exhibitions

‘Transitional Forms’ by Marika Christofides at Roper Gallery



FSU’s Department of Visual Arts is hosting a solo exhibition by visiting artist Marika Christofides, “Transitional Forms,” **through Thursday, March 28**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition, which is free and open to the public, will be on display.

Christofides is a teaching assistant professor of studio art at Oklahoma State University. As a printmaker and visual artist, she explores the biosciences through a feminist lens. She collects illustrations from feminine-coded mid-century print ephemera, such as sewing packets, greeting cards and recipe books, which she translates into digital collage and print-based works. Her work has recently been exhibited at Highpoint Center for Printmaking and the Morgan Conservatory and Lawrence Art Center. She has attended residencies at Emmanuel College in Boston and In Cahoots in Petaluma, Calif.

From 2013-2019, she worked as an associate acquisitions editor at the University of Illinois Press, where she acquired scholarly manuscripts in anthropology and science fiction studies. For info about the artist, go to <https://www.marikachristofides.com>.

For this show, the Roper Gallery is open **Mondays through Fridays** from 11 a.m. to 5 p.m.

For info, contact April Wright, professor of sculpture and gallery director, at 301-687-4351 or ajwright@frostburg.edu.

Workshops

Upcoming Workshops at Summit Station



Summit Station at Innovation Park will present a workshop, Remote Working 101, on **Thursday, April 4**, from 9 a.m. to noon at 1 Technology Drive in Frostburg.

This workshop will introduce and describe remote work. By the end of the workshop, participants will have the knowledge and skills needed to succeed in a remote work environment. The agenda will include an introduction/description of remote work, the benefits/challenges of remote work, remote work best practices and hands-on learning.

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

Registration is required. Register at <https://forms.gle/vKunRwkHCZTiG5De6>.

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

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>.

Points of Pride

Retention Rates, Transfer Student Enrollment at FSU on the Rise

While many colleges and universities across the nation are experiencing decreases in student enrollment, at FSU, enrollment among transfer students is on the rise with an 11.2 percent increase in transfer students from spring 2023 to spring 2024. Additionally, FSU boasts an 89.2 percent retention rate in first-time undergraduate students from fall 2023 to spring 2024.

The uptick in transfer enrollment is attributed to strong collaborations with FSU’s partner community colleges and its new nursing programs.

Sixty-eight percent of students who transfer from a Maryland community college to a USM university complete their bachelor’s degree within six years, which compares very favorably to the 42 percent six-year graduation rate for transfer students nationwide.

FSU offers students the option of choosing from more than 50 majors and more than 30 specializations. One of the programs seeing big gains this spring was the new online Licensed Practical Nurse (LPN) to Bachelor of Science in Nursing (BSN) program, which allows students flexibility completing their studies. The online LPN to BSN program has 47 students enrolled for spring 2024.

FSU continues to see growth in underrepresented minorities enrollment, reaching spring 2020 numbers.

Other new offerings this fall included an innovative joint Master in Environmental Management in Sustainability in partnership with the University of Maryland Center for Environmental Sciences (UMCES) to leverage the environmental studies expertise of UMCES and FSU’s diverse student body to prepare leaders who can address 21st-century sustainability challenges and an interdisciplinary Bachelor of Science in Environmental Science program to replace the environmental science concentrations previously offered within the Biology and Earth Sciences majors.

FSU is also offering a new Post-Master’s Certificate in Advanced School Counseling designed for professionals working in school districts and social service agencies, and this year FSU began offering a dual certification in Elementary/Special Education utilizing a grant from the U.S. Department of Education for Rural Educators for Appalachian Children (REACH).

At FSU, students receive a valuable educational experience with low tuition costs and strong financial aid packages from a reputable institution that doesn’t leave students saddled with debt after graduation. In fact, graduates, on average, have a median starting salary of \$57,900, which is just one of the reasons that FSU provides students with everything they need to get where they’re going.

Forging Futures: Students, University and Region Benefit

FSU’s comprehensive fundraising campaign known as Forging Futures: The Campaign for Frostburg State University began in July 2016 with a goal of raising \$25 million to support annual initiatives, increase the number and amount of scholarships available for students, support classroom and experiential student experiences, create regional partnerships and help fund capital projects. You can read more about the campaign goals at <https://frostburgstateforgingfutures.com/campaign-priorities>.

On Sept. 5, 2021, FSU launched the public phase of the campaign, and completion was set for the end of 2023 in conjunction with the University's 125th Anniversary. But thanks to many generous donations, the campaign goal was achieved early, hitting the \$25 million mark in August! However, the need for support in all these areas continues, and the FSU Foundation Board of Directors has decided to extend the campaign through **Dec. 31, 2025**.

Almost two-thirds of the money raised in the campaign has been for scholarships, approximately \$16 million, with more than 130 new scholarship funds opened during the campaign. A significant portion of these contributions has gone toward the endowment, which has grown from just under \$20 million at the start of the campaign to more than \$42 million today. More students have benefitted each year from these gifts and the growth in the endowment. For example, in FY16, 483 students received 810 awards totaling \$788,616, and in FY23, those numbers increased to 579 students receiving 1,095 awards totaling \$1,225,285. An additional \$7 million has gone to various restricted funds, many of which directly benefit students, and the balance of the donations has gone toward capital projects or are unrestricted.

Since reaching the \$25 million goal in August, an additional \$2 million has been raised to support scholarships and other student and University needs.

Learn more about campaign priorities and how to support FSU and its students by visiting www.frostburg.edu/forgingfutures.

FSU Faculty/Staff Coach Teams in Lego League Competitions



Five of FSU's faculty and staff members coached teams in the First Lego League Competitions this year. Each team was invited and attended the Maryland State First Lego League Competition on Feb. 24 to compete against 70 teams in this state competition. **Dr. Jennifer Rankin**, an associate professor in the Department of Educational Professions, co-coached the North 40 team, with five students competing. The North 40 team scored 11th in the robot competition with 370 points under Rankin's guidance. **Dr. Michael Flinn**, professor and chair, Department of Computer Science and Information Technology, co-coached the Bishop Walsh Burgundy team with three middle school students. The Bishop Walsh Burgundy team scored 305 points in its

robot competition under Flinn's guidance. **Kenneth Emerick**, director, Bookstore, Mail and Print Services, co-coached the Calvary Christian Academy 3D Eagles team with five students on their team. The CCA 3D Eagles team earned 300 points in their robot competition. **Brian Lang**, IT Field Technology manager, and **Clarissa Lang**, director, Veterans Services, co-coached the Braddock Middle School Programming Porcupines team, with nine students competing. The Programming Porcupines team scored 275 points in the robot competition.

First Lego League is a Lego robot competition in grades 4 through 8. Volunteers coach teams, teaching coding and programming skills while building robots with Legos and supporting their decisions with research. For info on the First Lego League, visit www.firstinspire.org.

Andy Duncan Participates in Read Across America

Andy Duncan, a professor in the Department of English and Foreign Languages, read R.J. Palacio's "We're All Wonders" to first-, second- and third-graders March 6 at Humbird Elementary in Cumberland as part of the Allegany County Public Schools celebration of Read Across America.

Launched in 1998 by the National Education Association to commemorate the birthday of Dr. Seuss, Read Across America is "the nation's largest celebration of reading."

For info, visit <https://www.nea.org/professional-excellence/student-engagement/read-across-america>.

Office of Sponsored Programs Successes/News

On Feb. 29, project director **Jodi Broadwater**, director, SBDC, was awarded \$50,000 in Federal Small Business Administration funds by the University of Maryland, College Park, in support of the Western Region Small Business Development Center for FY2024. SBDC provides outreach, review and assistance in business plan and financing proposal preparation, marketing strategies, procurement-related certifications and strategic planning based on the client's stage in the business life cycle.

For info, go to <https://www.frostburg.edu/osp/Successes%20News.php>.

USMH Named Small Business of the Year

During the Washington County Chamber of Commerce Business Awards Reception held recently, the University System of Maryland at Hagerstown was named the 2024 Small Business of the Year.

Keep an eye on USMH's social media outlets as they spotlight the individuals who dedicate their time and energy to ensuring USMH remains a resource for the community in accessing affordable higher education.

Take Note

Visit Maryland's State Capitol in Annapolis

Learn and Practice Your Civic Engagement Skills!

Sign up for a free trip to meet state governmental officials on **Wednesday, March 13**, tour the statehouse, have lunch with the Western Maryland delegation and current FSU interns and see live debate on current state legislation. Dress is business casual (no

jeans or sneakers). The charter bus departs at 7:30 a.m. from the Pealer Performing Arts Center lobby entrance and returns to FSU at around 9 p.m. Lunch is provided, but it is recommended that you bring money for dinner/snacks. Seating is limited, so sign up early. No-shows will be charged \$25. This event is for students only.

Get your free ticket at the Lane Center box office weekdays from 10 a.m. to 4 p.m. or online at <https://frostburgtix.universitytickets.com/w/event.aspx?id=2052>.

For info, contact Tim Magrath at 301-687-4080 or Patrick O'Brien at 301-687-7599.

SGA Accepting Nominations for Outstanding Senior Service Award

FSU's Student Government Association is accepting nominations for the annual Outstanding Senior Service Award (OSSA). Nominations must be that of students with an expected competition date of **May 2024**. **December 2023** graduates may also be nominated. The award represents the cumulative effort in service, to the University and the community, over the duration of the student's undergraduate coursework.

Send nominations, including name and email address, to Lacey Shillingburg at lshillingburg@frostburg.edu. The deadline to submit OSSA nominations is 4 p.m. on **Friday, March 15**.

FSU Spring 2024 Virtual Career and Internship Fair



Student registration is open! FSU will host the spring 2024 Virtual Career and Internship Fair on **Wednesday, March 27**, from 11 a.m. to 3 p.m. in Handshake. Once registered for the fair, students can connect with employers from all over the region by attending group or one-on-one sessions. The FSU virtual fairs host more than 70 employers who are looking to hire FSU students!

Click on any of the emails sent to your FSU student account from Handshake, or visit <https://shorturl.at/nxGU6> to register now and see which employers are attending.

For info, email careerservices@frostburg.edu.

FSU CANOE Has Outdoor Recreation Equipment for Rent

FSU CANOE has outdoor recreation equipment for rent, including bikes, canoes, paddleboards, snowshoes, fly fishing rods and camping gear. Daily rates vary. Visit the equipment rental link at <https://outlook.office365.com/owa/calendar/FSUCANOEOutdoorEquipmentRentals@frostburg.onmicrosoft.com/bookings>.

For info, contact graduate assistant Rachel West in Lowndes Hall 117 or at rtwest@frostburg.edu, or go to the FSU CANOE webpage at <https://www.frostburg.edu/fsu-canoel/index.php>.

Guided Bike Ride

On **Wednesday, March 13**, FSU CANOE will host a guided bike ride across campus. Students will meet at Lowndes Hall at 5 p.m. All bikers must wear the provided helmet. Light refreshments will be provided.

FSU's VITA Site Returns for Spring 2024 Semester

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

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

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

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

Not all services are offered at all VITA sites, so interested taxpayers should confirm when making an appointment.

Taxpayers arriving for an appointment should bring the following:

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

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

Copy of last year's complete federal and state returns

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

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

Focus Frostburg Call for Participation



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

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

To participate, email Dr. Kara Rogers Thomas at krogersthomas@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.

Spring Festival of Children’s Literature



The Children’s Literature Centre announces that its 41st annual Spring Festival of Children’s Literature will be held on **Friday, April 26**, and **Saturday, April 27**, at FSU. Each year, librarians, educators, parents and FSU students come to share their love of children’s literature and learn about successful ways to share that love with children. In the “share and learn” atmosphere of the festival, adults who direct children’s learning interact firsthand with authors and illustrators who bring characters to life and inspire children to read. At this year’s festival, the featured authors and illustrators – Salina Yoon, Frank Morrison, Hena Khan and Dusti Bowling – will present their award-winning books. In addition, participants will have the opportunity to engage in professional development workshops, which will feature a variety of topics, including writing children’s books, the “One Book One School Program,” introducing Manga to students, AI-powered ELA and more.

Educators from Maryland and Pennsylvania can earn continuing professional development credits by attending the festival. For info and updates regarding the Spring Festival of Children’s Literature, visit the CLC webpage at <https://www.frostburg.edu/childrens-literature-centre/spring-festival/index.php> or the CLC Facebook page at <https://www.facebook.com/clcfsu>.

A scholarship established by Annetta Hammill Marshall is available for FSU students, alumni and educators interested in attending. Marshall had a passion for teaching and a passion for children’s literature. In 2004, she established the Annetta H. and Lloyd M. Marshall Scholarship to provide assistance with festival registration fees. Teacher candidates can receive a full festival scholarship, and alumni and educators can receive a partial scholarship. Apply for the scholarship at <https://shorturl.at/gjqt4>.

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

Undergraduate Research Symposium

The FSU Undergraduate Research Symposium will be held in person on **Friday, May 3**, from 11 a.m. to 2 p.m. in the Lane Center.

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.

Jobs

Upward Bound 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.**

Deadlines

Attention Teacher Education Candidates

Online applications for entrance to Program, Internship I and Internship II for the fall 2024 semester are to be submitted on or before **Friday, March 15.**

FSU-TV3

Check out FSU-TV3's Variety of Programming



FSU-TV3 is FSU's educational access channel that carries a variety of programming produced by students at FSU as well as other contributors. There are three ways to watch the channel's programming:

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>

The free download from the Apple or Play stores or the channel's streaming app at <https://www.frostburg.edu/fsu-tv3/fsu-tv3-app.php>, or scan the QR Code to download the app

Check out the playlists for student-produced work from the MCOM 101 FSU-TV3 Television Workshop, Emerging Media Studio Production class and MCOM 213 podcasts.

If you would like to support FSU-TV3, visit <https://bit.ly/47wRLlk>. Your support will help to provide additional educational programming on the app and the channel.

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 29, April 12 and 26, and May 10.**

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

Study Abroad and International Fair



The Study Abroad and International Fair will be held on **Wednesday, March 27**, from 11 a.m. to 2 p.m. in the Lane Atkinson Room (232). Students, faculty and staff are invited.

For info, contact the Center for International Education at 301-687-4714 or FSUInternational@frostburg.edu.

Health and Safety Messages

Doing Work Around the House? Here Are Some Basic Rules for Ladder Safety



Use the right ladder for the job. Consider your own weight as well as the weight of your equipment, tools and materials. The ladder must be long enough to work from without using the top 3 feet.

Inspect the ladder before and after use. Check the ladder's stability. Ensure that all screws, bolts and hinges are tight and that the base of the ladder is secure. Look for loose or damaged rungs, steps, side rails, supports and any other structural damage. Check for any dirt, grease or paint that could cause slips and falls. Your ladder should not be close to electrical wiring.

When using a portable ladder, make sure it is placed on a level surface and that it has non-slip base pads. A straight ladder should be placed at a four-to-one ratio, which means that the base should be 1 foot away from the wall or vertical surface for every 4 feet of height to the point of support. When climbing onto a roof or platform from a ladder, the ladder must extend at least 3 feet above the edge and be tied off at the top.

Climb and descend the ladder with caution. Stay near the middle and face the ladder while holding onto the side rails with at least one hand when climbing or descending. Always keep at least three limbs on the ladder.

For info, visit <https://alliancesafetycouncil.org/2021/09/29/5-basic-rules-for-ladder-safety>.

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



Mental Health Monday Tip:

https://www.researchgate.net/publication/372258287_Time_to_synergize_mental_health_with_brain_health

Tell Yourself Tuesday Tip: <https://cmha.ca/news/understanding-brain-health-and-its-connection-to-mental-well-being>

Wacky Wednesday Tip: <https://www.linkedin.com/pulse/unlocking-secret-vital-difference-between-mental-tammy-whalen-blake>

Thankful Thursday Tip: <https://www.nuvancehealth.org/health-tips-and-news/your-brain-when-you-give-and-practice-gratitude>

Fun Friday Tip: <https://www.verywellhealth.com/physical-exercise-98465>

Social Saturday Tip: <https://www.health.harvard.edu/blog/3-ways-to-build-brain-boosting-social-connections-202109082585>

Self-Love Sunday Tip: <https://www.psychreg.org/self-love-neuroscience-behind-it>

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.