



For and about FSU people
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Bobcat Giving Day Is Almost Here!!



FSU's #BobcatGivingDay is back! From noon on **Wednesday, March 6**, to noon on **Thursday, March 7**, FSU will be celebrating 24 hours of giving to the fund of your choice. Stop by the Lane Center as Giving Day kicks off with an indoor tailgate from noon to 2 p.m. Enjoy snacks, cupcakes, prizes and some surprises!

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

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

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.

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 paws pantry@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 Torotrak 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.

Net Tutor/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 Net Tutor link in the Tutor Resources course in your Canvas list. Information about Net Tutor 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.

Theatre

Department of Theatre and Dance Play Traces Legacy of ‘Radium Girls’



Grace Stevenson and Brendon McCabe will appear in “Radium Girls.”

FSU’s Department of Theatre and Dance will start its spring season with performances of “Radium Girls” by D.W. Gregory **Wednesday, March 6, through Saturday, March 9**, at 7:30 p.m., with a matinee on **March 9** at 2 p.m. All performances will take place in the F. Perry Smith Studio Theatre in the Performing Arts Center.

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 cast includes *Grace Stevenson* (Grace Fryer), *Kyle Wolford* (Tom Kreider), *Brendon McCabe* (Arthur Roeder), *Casey Allison* (Sob Sister), *Paige Brubaker* (Diane Roeder), *Ashlee Casey* (Kathryn Wiley), *Hayden Shoemaker-Davis* (Raymond Berry), *Elena Echeandia* (Mrs. Alma MacNeil), *Caleb Friend* (C.B. “Charlie” Lee), *Luke Harrison* (Edward Markley), *TJ Kelly* (Reporter/Dr. Joseph Knep), *Sydney Martinez* (Kathryn Schaub), *Lillian McKenzie* (Society Woman), *Leah Moreland* (Irene Rudolph), *Whitney O’Haver* (Anna Fryer) and *Sarah Slack* (Madame Curie).

In addition to Green, creative team members include *Francis Sharkey* (stage manager), *George Georgeson* (scenic/sound design), *Brendon McCabe* (costume design), *Ronald Breitfeller* (lighting design), *Elijah Reed* (properties design), *Mackenzie Guynes* (assistant stage manager) and *Ronald Breitfeller* (assistant costume design).

Tickets 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.

Music

Unless otherwise noted, performances will take place in Pealer Recital Hall and will be livestreamed; the link will be posted at www.frostburg.edu/concerts. For info, contact FSU’s Department of Music at 301-687-4109.

Joshua Bishop to Perform in Faculty Artist Series Concert, ‘Pantomime’

FSU’s Department of Music will present *Joshua Bishop* on the euphonium in a Faculty Artist Series concert, “Pantomime,” on **Monday, March 4**, at 7:30 p.m. He will be accompanied by pianist **Dr. Jay DeWire**. The concert is free and open to the public.

Bishop will perform “Gavotte-Scherzo” from “Pequena Suite” by Heitor Villa-Lobos; “Moderato quasi Andante,” “Tres lent” and “Moderato molto” from “Sonata in F Major, Op. 67” by Melanie Bonis; “Allegro,” “Adagio” and “Presto” from “Concerto for Trombone, Op. 114” by Derek Bourgeois; and “Pantomime” by Philip Sparke.

Villa-Lobos composed “Pequena Suite” (“Little Suite”) in 1913. It consists of a series of six short pieces in a relatively conventional style.

“Sonata in F Major, Op. 67” was composed in 1905. Bonis dedicated it to Maurice Demaison, an art critic, writer and doctor of law.

Derek Bourgeois’ “Concerto for Trombone, Op. 114” is a masterwork that has tested the limits of trombone technique since its premiere in 1989.

“Pantomime” was commissioned by euphonium virtuoso Nick Childs in 1986. Designed to show off the lyrical and technical prowess of the instrument, the piece draws on the varied characters of the Italian commedia dell’arte tradition for its wide emotional range.

Music Department Presents Choral Concert, ‘Awake the Voice: Awake the String’

FSU’s Department of Music will present its choral concert, titled “Awake the Voice: Awake the String,” on **Friday, March 8**, at 7:30 p.m. The FSU choral artists, conducted by **Dr. Scott Rieker**, director of Choral Activities and Music Education, along with collaborative pianist **Dr. Joseph Yungen**, will be joined by the WVU Graduate String Quartet and several FSU faculty members to present an evening of works featuring collaborative performances with wind, string and percussion players. The concert is free and open to the public with the generous support of the Marta T. and Ralph M. Race Western History Lecture Fund.

The Troubadours will perform Atlanta-based composer Joel Thompson’s challenging meditation on police violence against people of color, “Seven Last Words of the Unarmed.” The piece contains seven movements, each of which quotes the last words of an unarmed Black man before he was killed. Thompson has said that in composing the piece, he used the liturgical format in Joseph Haydn’s “The Seven Last Words of Christ” to humanize the men and reckon with his identity as a Black man in this country in relation to police brutality. He was also inspired by the illustrations of Iranian-American artist Shirin Barghi. The work premiered in 2015.

The Chamber Singers will perform Norwegian composer Ola Gjeilo’s complementary works, “Dark Night of the Soul” and “Luminous Night of the Soul,” where the singers perform as equal partners with the pianist and string quartet. The original version of “Dark Night of the Soul” was composed in 2010 for the Phoenix Chorale, while “Luminous Night of the Soul” was written as a sequel for Cantare Houston in 2011. Inspired by the grace and passion of a medieval poem, “Dark Night of the Soul” offers intense dramatic exchanges among choir, piano and string quartet. Sentiments of stillness and peace are beautifully portrayed. “Luminous Night of the Soul” is a moving, lush and symphonic work with piano and string quartet that has a contrasting brighter, lighter feel. Added contemporary text describes the divine spirit of all art.

The University Chorale will present the world premiere of Rieker’s arrangement of Ralph Vaughan Williams’ masterwork, “Five Mystical Songs,” alongside voice faculty member **Dr. Colin Johnson**, baritone soloist. “Five Mystical Songs” was composed between 1906 and 1911. The piece sets four poems (“Easter” divided into two parts) by 17th-century Welsh poet and Anglican priest George Herbert from his 1633 collection “The Temple: Sacred Poems.” While Herbert was a priest, Vaughan Williams himself was an atheist at the time (he later settled into a “cheerful agnosticism”), though this did not prevent his setting of verse of an overtly religious inspiration.

Alumni to Play in Concert

FSU’s Department of Music will present its Alumni Concert, conducted by **Peter Lewis**, on **Saturday, March 9**, at 7:30 p.m., following a Q&A period with the alumni from 6 to 7 p.m. The concert is free and open to the public.

Cellist **Maggie Malat ’22/M’23** will perform the fifth movement, “Menuet,” from “Suite No. 1” by Johann Sebastian Bach. Bach most likely composed his cello suites between 1717 and 1723. As usual in a Baroque musical suite, the movement is based around a baroque dance type.

Guitarist **Corey Snowden ’19** will play “Just Samba” by Ricardo Giuffrida, a guitarist and composer who combines the technique and discipline of classical music with the most intricate rhythms and harmonies of jazz and Brazilian music.

Vocalist **Sean Scriber ’16** and pianist **Mirto Dorcil ’19** will perform “Lydia” by Gabriel Fauré and “I Can’t Help It” by Michael Jackson, arranged by Stevie Wonder. “Lydia” is a beautiful love song that simply heaps praise on the beloved (in this case Lydia). “I Can’t Help It” is a jazz piece.

Bassist **Grant Stryckning ’19**, drummer **Kamonte Johnson ’22** and Dorcil will play “Tip Toe” by Dorcil.

Vocalist **Samantha Donaldson Heverly ’20**, drummer **Matthew Heverly ’18**, Stryckning and Dorcil will perform “You and You” by Michael Mayo, which is from his album, “Bones.”

Wind Ensemble Will Perform Its Concert, ‘Wayward Voyage’

FSU’s Department of Music will present its Wind Ensemble, conducted by **Peter B. Lewis**, in its concert, titled “Wayward Voyage,” on **Sunday, March 10**, at 3 p.m.

The program will include “Barnum and Bailey’s Favorite” (1913) by Karl L. King; the world premiere of “Pan” (2023) by Brian McClosky; “Lisbon” (“Sailor’s Song”), “Horkstow Grange (“A Miser and His Man: A Local Tragedy”), “Rufford Park Poachers” (“Poaching Song”), “The Brisk Young Sailor” (“Who Returned to Wed His True Love”), “Lord Melbourne” (“War Song”) and “Lost Lady Found” (“Dance Song”) from “Lincolnshire Posy” (1937) by Percy Aldridge Grainger, edited by Frederick Fennell; “In Living Color” (2021) by Katahji Copley; “This Cruel Moon” (2017) by John Mackey; “Symphonic Dance No. 3 ‘Fiesta’” (1964/1967) by Clifton Williams; and “Splinter” (2019) by Holly Harrison.

“Barnum and Bailey’s Favorite,” the most famous of all circus marches, is among the most popular and often performed works in the vast march canon. Composing the march in 1913 while he was a baritone (euphonium) player in the Barnum and Bailey Circus Band,

King set about creating the “national anthem” of the circus for Barnum’s music director, Ned Brill. Brill’s love of “brassy” music must have surely inspired King to produce this tour de force for band.

“Pan” can seem like a bit of a tambourine concerto in moments, and that’s on purpose. The piece is dedicated to McClosky’s cousin Mike, who was a jokester, said he could play a tambourine and teased that he wanted to be in the composer’s bands. The mythical character Pan fit Mike’s personality perfectly. McClosky also used Robert Frost’s poem “Pan With Us” as inspiration. The line “the world found new terms of worth” is particularly meaningful, with Mike leaving the world too young, and in the poem, Pan doesn’t know what to play in the end.

“Lincolnshire Posy” was commissioned by the American Bandmasters Association and premiered in 1937, with the composer conducting. It is in six movements, all based on folk songs from Lincolnshire, England. Grainger’s settings are not only true to the verse structure of the folk songs but attempt to depict the singers from whom he collected the songs. Since its premiere, it has been recognized as a cornerstone of the wind band repertoire.

“In Living Color” is an ode to live music and the return to the wind band stage. This piece was inspired by the different colors of modern jazz like Snarky Puppy and the likes of George Gershwin to hits like Estelle’s “American Boy” to create a kaleidoscope of colors and energy. This is a celebration of life and, in Copley’s words, “all the small things that lead to the big things.”

“This Cruel Moon” is an adaptation of “Immortal Thread, So Weak,” the middle movement of “Wine-Dark Sea.” Mackey had received requests from band directors wanting to perform the middle movement of the symphony separately. This movement is the song of the beautiful and immortal nymph Kalypso, who finds Odysseus near death. She nurses him back to health, but after seven years, he wants to leave. The heartbroken Kalypso weaves a sail for him, then calls up a steady wind to carry him home. Shattered, she watches him go; he does not look back.

“Symphonic Dance No. 3, ‘Fiesta’” is one of five symphonic dances commissioned by the Minnie Stevens Piper Foundation to celebrate the 25th anniversary of the San Antonio Symphony Orchestra in 1964. Each of the five dances represents the spirit of a different time and place in the history of San Antonio. This dance reflects the excitement and color of the city’s many Mexican celebrations with their street bands, bull fights and bright costumes.

“Splinter,” which means to break into small, sharp fragments, refers to the way in which the piece is structured as a type of mosaic or stylistic patchwork. Many sections of the piece feature instrument sounds breaking or distorting in some way – whether this be in the extremes of register, wild glissandos or crunchy chords. “Splinter,” as a foreign object within the body, acts as a metaphor for Harrison’s experimentation with some lighter, delicate moments.

Admission is \$10 for adults; \$5 for seniors, member of the military, and FSU faculty and staff; and free for students and children. Advance tickets can be purchased online or at the University box office. They will also be available at the door on the evening of the performance. This event will not be livestreamed.

FSU Student Alex Frye in Junior Euphonium Recital

FSU’s Department of Music will present student *Alex Frye* in his junior euphonium recital, “Tales From the Shed,” on **Sunday, March 10**, at 7 p.m. He will be accompanied by pianist *Dr. Joseph Yungen* and guest artist *Joshua Bishop* on euphonium. The concert is free and open to the public.

Frye will perform “Bitcoins Bull Run” by Ben Taylor; “Symphonic Variants” by James Curnow; the four lieder, “Wenn mein Schatz Hochzeit macht,” “Ging heut’ Morgen über’s Feld,” “Ich hab’ ein glühend Messer” and “Die zwei blauen Augen von meinem Schatz,” of “Songs of a Wayfarer” by Gustav Mahler; and “Two-Part Invention” by Philip Sparke.

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.

Presentations

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>.

Workshops

Upcoming Workshop 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/vKunRwkHCZTtG5De6>.

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.

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.

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>.

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.

Points of Pride

Dr. Artie Travis Honored at Voice of Freedom Awards

Dr. Artie L. Travis, FSU's vice president for Student Affairs, was among the community leaders recently honored at the Allegany County NAACP 7007 fourth annual Voice of Freedom awards. This event acknowledges the actions and support of people of color in the community over the past year.

Travis received the Annual Historic Preservation Award for his work on the Negro Mountain African American historic site marker.

For info, visit <https://shorturl.at/hoHNX>.

Office of Sponsored Programs Successes/News

On Feb. 23, project director *Dr. Rebekah Taylor*, associate professor and chair, Department of Biology, was awarded a \$61,415 subaward of National Science Foundation funds from Minnesota State University Moorhead for the project, RCN-UBE: ImmunoReach – An Interdisciplinary Community of Practice to Promote Immune Literacy.

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

Department of Geography News

In January, the Western Maryland Regional GIS Center was awarded \$19,900 by the city of Cumberland for work on the environmental assessment of its Constitution Park Trails project. To learn more about the city's plans, visit <https://www.cumberlandmd.gov/598/Constitution-Park-Trails-and-Improvement>.

Adam Lewis, a lecturer in the department, gave a presentation to the LaVale Lions Club about the Cumberland Bone Cave on Feb. 6. To learn more about this local feature, go to <https://gaptrail.org/amenities/cumberland-bone-cave>.

Geography alumna *Michala Garrison '19* created NASA's official 2024 Solar Eclipse map. She is a scientific visualization specialist at NASA Goddard Space Flight Center. To learn more about the map, visit <https://svs.gsfc.nasa.gov/14474>.

Take Note

Do You Know About the New Interview Style?



Instead of a face-to-face interview or a phone call, most employers now request that candidates click a link and virtually record their responses to a set of questions for their first-round interview. You only have a certain amount of time and chances to prerecord your answers.

The Career and Professional Development Center will host “Ready, Set, Record” with a HR recruiter on **Tuesday, March 5**, at 6 p.m. in Lane 108 to share tips and tricks on how to give the best answers before the timer stops and how to successfully move to round two of the interview process. All students are welcome.

FSU's eSports Club

FSU's eSports club has entered the NACE Starleague, fielding two teams, Red and White, in the Rocket League competition. Both teams have begun their seasons strong, with performances suggesting a promising finish with a winning record.

The club seeks the support of the FSU community. Fans can follow the action and support the teams by tuning into their Twitch stream at [frostburgsports](https://www.twitch.tv/frostburgsports), or joining them on Discord or Instagram ([frostburgsports](https://www.instagram.com/frostburgsports)).

In addition to competitive play, the eSports club organizes various on-campus events. A recent Call of Duty tournament concluded with the grand prize of an Xbox. The club invites the University community to participate in future events.

For updates and info on how to support FSU's eSports teams, follow the club's social media channels or email rflinn@frostburg.edu or sdkenedy@frostburg.edu.

FSU's VITA Site Returns for Spring 2024 Semester

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

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

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

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

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

Taxpayers arriving for an appointment should bring the following:

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

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

- Copy of last year's complete federal and state returns

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

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

Focus Frostburg Call for Participation



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

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

To participate, email Dr. Kara Rogers Thomas at krogerstthomas@frostburg.edu and submit a presentation/workshop title and one- or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environmental or climate awareness issue.

In-person sessions are 50 minutes to coincide with class sessions. However, multiple presenters can be accommodated in a single session, so participants may want to consider teaming up. If more time is needed, content can be carried over into a second session. In your response, indicate if there is a preferred time of day when you would like to present.

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.

For info, contact Dr. Karen Lau, director of SMA and strings instructor at FSU, at 301-687-7458 or sma@frostburg.edu.

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

Undergraduate Grade Changes

The last day for undergraduate grade changes, including the removal of incomplete grades for the fall 2023 and Intersession 2024 semesters, is **Friday, March 8**.

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**.

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

Ready to ‘Spring Forward’?



Clocks will “spring forward” one hour at 2 a.m. on **Sunday, March 10**, causing most people to lose an hour of sleep. It won’t be until **Nov. 3, the first Sunday of November**, when Americans fiddle with their clocks again to “fall back” to standard time. (Only two U.S. states, Arizona and Hawaii, don’t observe daylight saving time.)

It can take about one week for the body to adjust the new times for sleeping, eating and activity. Until they have adjusted, people can have trouble falling asleep, staying asleep and waking up at the right time. This can lead to sleep deprivation and a reduction in performance, increasing the risk for mistakes, including vehicle crashes. Workers can experience somewhat higher risks to

their health and safety after the time changes. A study by Kirchberger and colleagues (2015) reported men and persons with heart disease may be at higher risk for a heart attack during the week after the time changes in the spring and fall.

For the spring time change, starting about three days before, one can gradually move up the timing of waking and bedtime, meals, exercise and exposure to light earlier by 15 to 20 minutes each day until these are in line with the new time.

About one hour before bedtime, keep the lights dim and avoid electronic lit screens on computers, tablets, etc., to help the body move to an earlier time when is ready to wake up in the morning and go to sleep at night.

Being sleep deprived before the time change will increase the health and safety risks, so make it a priority to get enough sleep and be well rested several days before the time change.

For info, visit <https://blogs.cdc.gov/niosh-science-blog/2016/03/09/daylight-savings>.

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



Mental Health Monday Tip: Food for Your Mood: How What You Eat Affects Your Mental Health

<https://www.aetna.com/health-guide/food-affects-mental-health.html>

Tell Yourself Tuesday Tip: Food Is Medicine: A Project to Unify and Advance Collective Action

<https://health.gov/our-work/nutrition-physical-activity/food-medicine>

Wacky Wednesday Tip: That Salad Isn't Just Good for Your Nutrition – It May Help Stave Off Depression

<https://www.apa.org/monitor/2023/06/nutrition-for-mental-health-depression>

Thankful Thursday Tip: Healthy Diet

<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

Fun Friday Tip: Twenty-Five Fun and Easy Dinners to Make if You're Bored With Cooking at Home

<https://theeverygirl.com/dinners-to-make-if-youre-bored-with-cooking-at-home>

Social Saturday Tip: Best Healthy Food Near Frostburg, Md.

https://www.yelp.com/search?find_desc=Healthy+Food&find_loc=Frostburg%2C+MD

Self-Love Sunday Tip: Eating Well for Mental Health

<https://www.sutterhealth.org/health/nutrition/eating-well-for-mental-health>

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

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

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

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

OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

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

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

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

STRATEGIC GOALS

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

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

To view FSU's Strategic Plan 2018-2023 online, visit www.frostburg.edu/strategicplan.