This past year has been an incredibly challenging but insightful time for higher education in general, and Frostburg State University specifically. As some of you may know, FSU has endured several heartbreaking losses. In August, FSU football player Derek Sheely, a senior history and political science major, died from an injury a week after he collapsed during practice.

Just a few months later, Kortneigh McCoy, a sophomore physics major and resident assistant, was killed outside an off-campus party. During winter break, FSU junior Robert Norr, a former member of our swim team who was majoring in health and physical education and recreation and parks management, died in a kayaking accident.

There were many things we asked ourselves as we sought to work our way through these tragedies. Perhaps the most important question was how we would find new sources of strength and healing in the days ahead. It was a question with many answers that demonstrate how resilient we are, as a community and as a Bobcat family.

- FSU, in partnership with the Derek Sheely Foundation, established a new merit scholarship, the Derek Thomson Sheely Leadership Award, the recipient of which will, through community service, help raise awareness and research of concussions and traumatic brain injuries, with a focus on youth sports.

- Within days of Kortneigh’s death, the simple yet powerful Facebook status update, “I believe in Frostburg,” began appearing on the profiles of students, alumni, parents, friends, faculty, staff and other supporters, as well as on our University’s Facebook Page. The hashtag #IbelieveinFrostburg surfaced on Twitter. We also received phone calls and email messages from Bobcats near and far who realized we needed them.

- To celebrate Robert’s life and his accomplishments, his parents, family, friends, professors and classmates are raising funds for the Bob Norr Memorial Scholarship.

Expanding and reaffirming our community partnerships has been crucial to how we’re beginning to move forward. FSU faculty, staff and students organized a series of community dialogues, bringing us together with our neighbors and local business owners to find common ground and reaffirm our connections to one another. The University signed a historic agreement with the City of Frostburg designed to improve public safety through shared jurisdiction in the neighborhoods immediately surrounding the campus. Through funding from FSU, the City of Frostburg will be able to boost its police staffing and salaries, as well as support other City safety measures. These conversations are very important in how members of our community can better work together to support safety, civility and positive change.

Knowing how to strengthen our emotional reserves through positive change is connected to a bigger effort to focus on health and wellness at Frostburg, part of the educational experience we provide students. Creating Healthy, Informed, Lasting Lifestyles (CHILL), our student wellness initiative, has been the centerpiece for this shift in our institutional culture, helping our students learn more about nutrition, exercise and stress management, through a variety of campus programs and activities.

Discovering new ways to take care of ourselves and our community is all about being resilient, something that is deeply connected to Frostburg’s history, and to how FSU will continue to grow and thrive in the years ahead with your support and involvement.

Thank you for believing in Frostburg.

Sincerely,

Dr. Jonathan C. Gibralter, President
12 MANICUR IN WOMEN’S HALL OF FAME
Administrator Emerita Dr. Alice R. Manicur, who led FSU’s student affairs office for most of her 47 years of service, was inducted into the Maryland Women’s Hall of Fame for her years of service to FSU’s students and her leadership in developing ground-breaking programs that became models across the nation.

9 FROSTBURG CONNECTIONS
FSU’s first official affinity group’s goals are to help ensure Frostburg students and recent graduates are career-ready by providing networking opportunities, educational support, leadership training and mentoring.

12 EMERITI FACULTY STILL ENRICH LIVES
Frostburg faculty members are known for their dedication to their students, a commitment that goes well beyond the time spent in the classroom. For these three, however, that devotion continued after retirement, when each decided to provide additional financial support where they knew it was needed most.

32 HONORING “GENTLEMAN JIM”
Jim Crawley took the helm of the Bobcat football team under difficult circumstances and in a time of upheaval uncertainty. But it was “Gentleman Jim’s” leadership and “kind toughness” that built a team and inspired his players to honor him with an endowment to support the football program.

ARE WE ON TARGET?
FSU is working with a research firm this spring to help us find out if we’re on target in the marketplace of higher education. Randomly selected alumni and friends of Frostburg will be surveyed by e-mail as a key part of the process. You could help FSU greatly by participating if asked. Thank you for helping FSU grow and improve!
CCNE Accredits FSU Nursing Program

FSU’s Middle States Accreditation Reaffirmed With Commendation

The Middle States Commission on Higher Education has reaffirmed Frostburg State University’s institutional accreditation and offered a commendation to the University for the quality of its Periodic Review process and report.

Reaffirmation of FSU’s accreditation means that the University — including all of its off-campus instructional sites — continues to meet the requirements put in place by the Commission on Higher Education in its Characteristics of Excellence.

“After having personally served as a Middle States commissioner for the past six years, I am keenly aware of the attention to detail with which the committee reviews all college and university periodic review reports,” said President Gibralter. “It is truly commendable to receive feedback that reaffirms our accreditation and commends us for the way our process engages the entire University community. This is something we will all take pride in.”

As a regional accrediting agency, the Middle States Commission examines the entire institution, including its educational programs and curricula, student achievement, faculty, facilities and equipment, student support services, recruiting and admissions practices, financial condition, administrative effectiveness, governing boards and several other aspects.

In addition to Middle States accreditation, numerous individual programs at FSU are also accredited by target agencies, including the National Council for Accreditation of Teacher Education for College of Education programs and AACSB International (Association to Advance Collegiate Schools of Business) for College of Business programs. FSU’s next reaccreditation evaluation is due in 2016.

FSU’s rapidly growing Bachelor of Science in Nursing program has achieved accreditation from the Commission on Collegiate Nursing Education, an essential step in the development of the young program.

“I am so pleased that the online R.N. to B.S.N. program has been fully accredited by CCNE. This is a true indicator of the quality of this program and the rigor that it contains,” said President Gibralter. “In today’s world of technology and online education, it is critically important to maintain the very highest of quality so that our B.S.N. graduates are fully prepared when they graduate to advance in their careers.”

FSU’s B.S.N. is a completion program designed for licensed registered nurses who wish to earn a bachelor’s degree. The program is presented entirely online, except for required clinical hours, which can be completed in sites near students’ homes. It prepares its graduates to assume roles in leadership, complex clinical care coordination and public and community health, and provides the academic foundation for graduate study. It can be completed in as little as 18 months, depending on prerequisite courses.

“Our program fills an important gap for working professionals who have little time in their very busy lives. They can earn their B.S.N. from anywhere in the country through this program, while still having real-time interaction with faculty,” Gibralter said. FSU graduated its first nursing students in May 2011; the CCNE site visit in April ensured that all of those students hold a degree from an accredited program, a requirement of graduate programs in nursing, according to Heather Gable, chair of the FSU Department of Nursing and coordinator of the program.

As of the fall 2011 semester, 32 students were enrolled in the program that first received approval from the Middle States Commission. For accreditation with CCNE, schools must demonstrate that their mission and governance, institutional commitment and resources, curriculum and teaching-learning practices, and program effectiveness meet the standards set by CCNE (One Dupont Circle NW, Suite 530, Washington, D.C. 20036, 202-887-6791).

CCNE accreditation will allow FSU to pursue its next goal of developing and seeking approval for a Master of Science in Nursing program, also anticipated to be an online program. Its focus will be on preparing faculty members for collegiate nursing programs, a field experiencing regional and national shortages, according to Dr. Joseph Hoffman, dean of the FSU College of Liberal Arts and Sciences. For information, visit www.frostburg.edu/nursing.

G.I. Jobs Names Frostburg State a “Military Friendly School”

G.I. Jobs, a magazine for military personnel transitioning into civilian life, named FSU to its 2012 Military Friendly Schools list, which honors the nation’s top 28 percent of colleges, universities and trade schools that are doing the most to embrace America’s military service members and veterans as students.

“I have enormous respect for the men and women who serve our country in our armed forces,” said President Gibralter. “They put their life on the line for all of us. We owe it to them to be a military friendly school, and I am proud we have been recognized.”

The Military Friendly Schools list also features four military veterans from the various schools on the site to learn more about personal school decisions and the transition from military to a civilian environment. FSU’s featured veteran is Christopher L. Kelbaugh ‘11, a biology major and geography minor, a former member of the President’s Leadership Circle and a Marine veteran who served for more than four years as an infantry mortarman, including tours in Afghanistan and Iraq.

The 2012 list of Military Friendly Schools was compiled through extensive research and a data-driven survey of more than 8,000 schools nationwide. Methodology, criteria and weighting for the list were developed with the assistance of an Academic Advisory Board, consisting of educators from schools across the country.

View the list at www.militaryfriendlyschools.com.

FSU and City of Frostburg Forge Historic Agreement to Improve Public Safety

FSU and the City of Frostburg have established a two-pronged approach to improve public safety. FSU and Frostburg will share jurisdiction in the neighborhoods immediately surrounding the campus, and FSU will provide funding to allow the City of Frostburg to boost its police staffing and salaries and support other City safety measures.

President Gibralter and City of Frostburg Mayor Robert Flanigan, along with key staff members, began meeting following the death of an FSU student in early November 2011. Their work targeted the twin challenges of the limited number of City police officers available for patrol work and the City’s budget limitations in funding adequate numbers of police officers. The two-pronged approach offered by FSU is designed to ease those challenges.

First, the FSU Police Department, with its force of 17 fully trained and Maryland-certified officers, will have joint jurisdiction in a defined area in the neighborhoods immediately adjacent to the campus. By adding the FSU police officers among their staffs, the City will have a dramatically increased capacity to respond to calls and enforce laws and codes. Frostburg police will still have responsibility for the most serious cases, but will be able to call on the FSU police for assistance in investigating these crimes.

Since July 2001, the City and FSU police departments had a mutual aid agreement that allowed each department to call on the other for assistance without delay, a program that has greatly enhanced the cooperation between the two law enforcement agencies. This expands that collaboration to allow FSU police to patrol those designated neighborhoods with our first being requested by the City police.

For the second piece of the new approach, FSU will provide $200,000 each fiscal year for the City to invest in a variety of safety enhancing measures. Among the most significant are to hire and train two new officers to bring the City’s force to 17 Maryland-certified officers. The City will also be able to enhance the City’s technology investments in the Allegany County Sheriff’s Department will increase that agency’s capacity to support other agencies, in particular in collecting intelligence on illegal activities related to drug and alcohol abuse. The funds will also provide additional support to the Frostburg Volunteer Fire Department beyond the University’s annual contribution, to the Frostburg Area Ambulance Service and to the Sheriff Volunteer Fire Department, which is the second company automatically dispatched to calls on campus.

Dr. William E. Kirwan, chancellor for the University System of Maryland, of which FSU is a part, praised the agreement. “Frostburg, State University is the anchor university behind the University System of Maryland’s investment in the students and citizens of Western Maryland. I am pleased to see the continued spirit of partnership between FSU and leaders in the City of Frostburg in working to ensure the safety of the Frostburg State community and the area’s year-round residents.”

This unique two-track approach has been developed as a result of the close and personal involvement of both Gibralter and Flanigan. They emphasized their close working relationship and willingness to consider new ideas and alternatives for this historic agreement.

“As a former City police officer and commissioner of Public Safety, I can honestly say that we worked on this agreement. I experienced a real and equal partnership between our City and our University,” Flanigan said. “This agreement is the result of us seeking new solutions with Dr. Gibralter, our chief of police, our sheriff, Craig Robertson, and our talented staff and legal counsel.”

Gibralter said: “First and foremost, our motivation is the safety of all the residents of this community.”

“First and foremost, our motivation is the safety of all the residents of this community, both those who live in the neighborhood and those who call the community home when the University is in session,” Gibralter said. “While no measures can prevent every tragedy, this increased collaboration should only serve to enhance our common goals.”

The agreement between FSU and the City was unveiled at a Frostburg State University Feb. 16. FSU Police Chief Cynthia Smith, Frostburg Police Chief Royce Bozby, Allegany County Sheriff Craig Robertson, President Gibralter, Frostburg Mayor Robert Flanigan and Stephen Spade, FSU chief of staff and vice president for Economic Development and Government Relations.
FSU to Collaborate Locally on "Pathways to Success"

FSU has received a $40,000 College Preparation Intervention Program award from the Maryland Higher Education Commission to provide information to second semester high school juniors and next fall's seniors about the range of career options available through post-secondary education and prepare them to take college-level courses. This "Pathways to Success" Project will be done in collaboration with the Allegany County Board of Education and Allegany College of Maryland.

Participating students will have the opportunity to attend enrichment activities at FSU, including the Western Maryland Science and Engineering Festival, a College of Liberal Arts and Sciences Undergraduate Research Symposium and the FSU Undergraduate Majors Fair. A team of FSU faculty will conduct classroom and laboratory demonstrations at FSU to increase awareness of STEM career options.

"Unfortunately, high school students are often unaware of the rich array of STEM careers available to them. This program will help address this issue," said Dr. Joseph Hoffman, dean of FSU's College of Liberal Arts and Sciences.

Additionally, a panel of FSU freshmen and staff members will visit the four Allegany county public high schools this spring and next fall to discuss career options as well as the resources needed to complete college admission and financial aid processes.

FSU Addresses College Cost Through Associate Degree Award

Graduates of Maryland community colleges may now be able to attend FSU at a significant discount, following the establishment of the FSU Associate Degree Scholars Award.

The award is available to students who graduated from any Maryland community college, as well as Potomac State College of West Virginia University, with an Associate of Arts, Associate of Science or Associate of Arts in Teaching degree with a cumulative 3.0 grade point average. Certain Associate of Applied Science degrees may qualify as well.

The award is worth $1,250 per semester and will be awarded for a total of four semesters if the student enrolls full-time and maintains a 3.0 GPA.

"We know that community college graduates tend to be highly motivated to complete their bachelor's degree and even go on to graduate school," said President Gibralter. "This scholars program removes one of the obstacles during difficult economic times by assisting with tuition.

"Community college graduates are some of our best students. Their success here, in and out of the classroom, is truly outstanding," said Wavy Blatt, associate vice president for Enrollment Management. "We are all experiencing a challenging economy, and this award should make it easier for these students to complete their degree from FSU and minimize the amount of student loan debt that they will incur."

The aim of the award is to bring the tuition costs for a student's final two years of a bachelor's degree closer to that of a community college. Depending on whether the student is out-of-state, lives in a neighboring out-of-state county or is in-state, the award could represent a discount of between 16 and 47 percent over FSU's 2011-2012 tuition.

For information, contact the Office of Admissions at 301.487.4201. ■

Society for Economic Botany to Meet in Frostburg

FSU's ethnobotany program will be in the spotlight this June when the Society for Economic Botany (SEB) holds its annual meeting in Frostburg June 3 to 7. The event, co-sponsored by Allegany College of Maryland, and with a theme of Ethnobotany of Mountain Cultures, will feature a wide range of experiences, including symposium sessions, workshops and field trips as well as entertainment, food celebrating Appalachian food traditions and a farmer's market.

SEB brings together scholars, researchers, educators, practitioners, activists and students to learn all kinds of uses that various cultures have made of plants, from medicines to food to vessels. FSU's academic ethnobotany program and the collaborative Appalachian Center for Ethnobotanical Studies, which is housed at FSU, approach the themes of SEB from a variety of angles (see related story, page 22), making Frostburg a perfect location for the organization's 53rd annual meeting.

The symposium conference, with sessions Monday through Thursday at FSU and Allegany College, will explore various mountain cultures, including their medicine, food and folklore. The symposium topics include Appalachian Ethnobotany, Ethnobotany Education, Mountain Cultures Around the World and Modern Mountain Cultural Identities. Registration is available for the entire conference symposium or for individual single days, and many events are free and open to the public.

Other events include field trips to regional areas of interest related to economic botany; a student-led service project and photography workshop; an evening farmers market in FSU's Upper Quad; music, storytelling and dancing; and a photography exhibit. For information, visit www.frostburg.edu/aces/seb2012 or email seb@frostburg.edu. ■

E2: Energy to Educate Grant Supports STEM, SERF

Thanks to an E2: Energy to Educate Grant from Constellation Energy, FSU will be able to expand its focus on renewable energy and provide educational outreach to students and community members interested in the knowledge and application of science, technology, engineering and math (STEM).

Working with the FSU Foundation, Dr. Oguz Soyad and Hiklat Soyad from the Department of Physics and Engineering, co-directors of the FSU Renewable Energy Center, applied for an E2: Energy to Educate Grant to secure funding for the development of a building energy monitoring and management system. The system will be used in FSU's anticipated Sustainable Energy Research Facility (SERF).

"With the addition of a building energy monitoring and management system, K-12 and college students in Western Maryland and community members interested in renewable energy will be able to watch the performance of solar PV, wind, solar thermal and geothermal energy systems supplied by SERF," Oguz Soyad said.

"The project will also provide hands-on learning opportunities for the examination of electrical and thermal energy storage in a sustainable smart building through experimental learning, on-site presentations and web-based interface," said Hiklat Soyad.

FSU received one of 14 E2: Energy to Educate grants awarded to support hands-on demonstration projects that enhance student understanding of the science and technology needed to address energy issues.

Funding for the program comes from the Constellation Energy Foundation. The E2 grant program targets projects that advance energy innovation and build on student knowledge and application of STEM subjects.

To qualify, projects had to reach a minimum of 100 student knowledge and application of STEM subjects.

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Manicur Inducted Into Maryland Women’s Hall of Fame

By Amy Barkman ’12

Administrator Emerita Dr. Alice R. Manicur, who led FSU’s student affairs office for most of her 47 years of service, was inducted into the Maryland Women’s Hall of Fame during a March 7 ceremony at the Miller Senate Office Building in Annapolis.

“Dr. Alice Manicur is an accomplished professional, a selfless individual, a tireless advocate of the ‘product’ in education – students – and she is a spirited example of the extraordinary accomplishments performed by women,” said Colleen Peterson, former vice president for University Advancement at FSU who nominated her long-time colleague for the honor. “Her understanded and always professional demeanor served as the perfect example for the countless individuals, both men and women, who have been nurtured by her during the past five decades.

Manicur’s tenure included numerous programs that were considered groundbreaking and have served as models for hundreds of institutions of higher education across the nation. Among them are the Summer Planning Conference, developed in the 1960s, a drug education and abuse prevention program and her advocacy of strong student involvement in the community, which led to the development of the AmeriCorps program at FSU, one of the first institutions to receive federal support. Manicur, whose titles over the years included dean of students and vice president for Student and Educational Services, also began programs for residence halls, academic advising and career counseling. She established FSU’s honors convocation to highlight the academic accomplishments of students and developed the now-required Higher Education 101 course for freshmen. The Cultural Events Series also has her advocacy to thank for its many years of operation.

She was the first woman president of NASPA (Student Affairs Administrators in Higher Education), and that national organization honored her by renaming their symposium for the women Alice Manicur Symposium for Women in 1996 and giving her the NASPA Pillar of the Profession award in 1999. In 2000, the Lane University Center’s multi-use room was named the Alice R. Manicur Assembly Hall in honor of her then-40 years of service to Frostburg’s students.

President Emerita Catherine R. Gira, who was inducted into the Hall of Fame herself in 1997, wrote in a letter of support, “Alice Manicur has probably had more influence on the development of Frostburg State University than any other single individual. Fine presidents and senior academic officers have come and gone and left their marks on the institution, but none has been more visionary and responsive in developing programs to meet the needs of students. She remains a role model of the caring professional. To those of us who are her colleagues, she is a veritable icon.”

The Maryland Women’s Hall of Fame also honors Lillian C. Compton, who was president of Frostburg State Teachers College from 1945 to 1954 and is credited with leading the fight with the local community to keep the college open when the General Assembly tried to shut it down, and Dr. Alta Schrock, who taught biology at Frostburg from 1967 to 1977 and was noted for her extensive efforts to promote mountain culture and heritage.

The Maryland Women’s Hall of Fame honors Maryland women who have made unique and lasting contributions to the economic, political, cultural and social life of the state and who serve as models of achievement for future female leaders.

For information and a nine biographies of these Frostburg leaders, visit www.msa.md.usa/nda/exhibits/women/shd_html/shdhome.html.

Broil Selected for 2011 BEN Scholars

FSU Ethnobotany professor Dr. Sunshine Broil was named a 2011 BEN Scholar, an honor that acknowledges her leadership in biological sciences teaching and learning and her passion for improving undergraduate education.

The goal of the BEN Scholars Program is to promote the use of digital library resources and student-centered teaching and learning methods in higher education, specifically in biological sciences lecture and laboratory courses and in research training programs. BEN Scholars conduct outreach activities for biological sciences faculty on their campuses, throughout their region and nationally through professional societies.

BEN Scholars receive training in leadership and effective use of digital libraries, resources to use in their own classrooms and to share with colleagues, integration into the BEN Scholars Network, recognition from BEN colleagues and other benefits.

Broil leads FSU’s Ethnobotany program, an interdisciplinary major that allows students to integrate science and culture as a way of understanding human reliance on plants and the environment. The FSU Ethnobotany program is one of only two programs in the United States with an undergraduate major and minor on the cultural uses of plants.

FSU Honors Three With Staff Awards for Excellence

FSU honored three outstanding employees, April Baer, Stacy Wassell and James Imes in its recent Fall Convocation. The annual Staff Awards for Excellence recognize outstanding service to the institution, and the recipients are nominated and chosen by their colleagues.

Baer was honored in the Exempt (salaried) employee category. Employed by FSU for the past three years, Baer is the coordinator for University Wellness. She has engaged students in the CHILL (Creating Healthy, Informed, Lively, Sustainable) program in improving their health at all levels (see cover story, page 16). Through her grassroots efforts with CHILL, FSU was recognized by the American Heart Association as a Gold Standard Workplace winner. She also led the effort to make FSU a smoke-free campus.

Wassell was honored in the category of Nonexempt employee. Wassell began her employment at FSU eight years ago. In 2006, she was hired as an administrative assistant in the College of Business. In addition to her employment at FSU, she is enrolled in the Bachelor of Science in Business Administration program and will be graduating in May 2012.

Imes was recognized under the Nonexempt employee/facilities/maintenance category. Imes has been employed at FSU for 59 years. In 1971, he was hired as a temporary service worker in the Physical Plant. Soon after that, he was hired as a locksmith and continues to serve in that capacity almost four decades later. He is involved in all aspects of the University’s various key and lock systems. In his free time, he is a member of the Piney Mountain Sportsmen’s Association where he serves on their Board of Directors.

Award recipients were given a plaque, a certificate commemorating their dedication and a monetary award. Staff Awards for Excellence are funded by the FSU Foundation’s Annual Fund Campaign.

Boer on 2011 VIP List

The honors continued for April Baer, as she was named to The Daily Record’s 2011 VIP list, which recognizes those who have become successful before the age of 40. She is one of only 50 honorees across Maryland.

Dr. Joe Ketteman, dean of students at FSU and previous honoree of The Daily Record’s 2010 VIP list, said, “April is truly a dedicated and hard-working professional concerned about our student body.”

“April Baer is an amazing individual who has made an impact in her professional community and is certainly someone to watch,” said Suzanne Fischer-Hueyten, publisher of The Daily Record.

“We celebrate April’s accomplishments and hope that by telling her story, other young professionals will be inspired.”

Dana Severance, director of Residence Life, said, “April has brought an amazing amount of energy, vision and professionalism to her position, and she is both respected and appreciated by students and staff alike.”

Deng-Luizader Receives Distinguished Service Award

Dr. Hang-Deng-Luizader of the Department of Physics and Engineering was presented with a Distinguished Service Award by the Appalachian Section of the American Association of Physics Teachers at the most recent annual meeting.

In presenting the award, Dr. Joseph West of West Virginia Wesleyan College cited Deng-Luizader’s service to the Appalachian Section and AAPT and her work with young people, especially tutoring high school students and organizing summer programs for middle school students. Her areas of teaching interest include quantum physics, modern physics and particle physics.

Parks Publishes Book on Colonial Printer

FSU Professor of English Dr. A. Franklin Parks has written William Parks: The Colonial Printer in the Transatlantic World of the Eighteenth Century, published by Penn State University Press. Parks’ book introduces printer/publisher William Parks and his journey from the provinces of England through London to the colonies of Maryland and Virginia. Parks says he researched the “egomaniac William Parks (not a direct ancestor) for a long time, gathering material from libraries in the U.S., the U.K., and even as far outback as Australia.” In his Preface, he also expresses his gratitude to the “helpful folks at the FSU Lewis J. Ore Library.”

According to psupress.org, “While incorporating much new biological information, the book widens the lens to take in the print culture in both sides of the Atlantic – as well as the societal pressures on printing and publishing in England and colonial America in the early to mid-18th century, with the printer as a focal point.” Parks teaches professional writing, literature and creative writing. Parks has also co-authored three books on writing and composition, one of which is in its fifth edition, as well as co-edited a collection of essays on Maryland history and literature.
Mary Biscoe

Leadership Draws Honors for Student Mary Biscoe
Senior Mary Biscoe, who served as president of FSU Student Government Association for 2011-2012, has received recognition for her leadership from her sorority and from the International Youth Leadership Conference, which selected her to be a facilitator.

In October, the national organization of Delta Zeta Sorority awarded Biscoe with the Florence Hood Miner Award, which is given to members of Delta Zeta who in their junior year have made the greatest contribution to their college, chapter and Delta Zeta through outstanding leadership on the campus, while maintaining a good academic record. Biscoe is one of only six Delta Zetas nationwide to receive this award. She is president of DZ at FSU, the 50-member sorority that she joined in the spring of 2009.

In mid-December, Biscoe served as a facilitator for the week-long International Youth Leadership Conference, held in Dubai, welcoming 120 students to the United Arab Emirates from more than 35 countries for an open-minded exchange of diverse perspectives on contemporary global challenges.

The IYLC is an initiative of Civic Concepts and education. Its executive director and one of its founders is William Webster '98 and leadership ability,” said Jamie Winters, FSU’s BURG Peer Education Network and its adviser, Don Swogger, recently honored at BACCHUS Network’s annual General Assembly in Reston, Va.

The BURG Peer Education Network received the National Outstanding Network Award for the second year in a row. Swogger received the National Outstanding Advisor of the Year Award. FSU student Sheldon Jackson, who serves as BURG’s recruitment chair and last year’s Area 12 Student Advisory Council representative, was elected for one of two Student Trustee positions for the upcoming year.

At this conference, peer educators from across the country gather to share what they are doing on their campuses. BURG was nominated for a number of awards and individual positions.

BURG is a group of students who believe in empowering, educating and creating change among their peers at FSU and in the community. They promote healthy choices on campus and provide recreational alternatives to drinking and drugging. BURG is a nationally certified peer education group through the BACCHUS Network. Its members serve as peer educators by presenting several educational programs and awareness campaigns on campus each year.

Swogger has been advising the network for the past 20 years. In that time, the organization has won more than 35 awards, most of them on the national level.

For information, visit www.burgeducationnetwork.com.

Connecting the Dots: First Official Alumni Affinity Group Emphasizes Student Mentoring

By Becky Rampton

When Frostburg Connections held its first Leadership & Homecoming Weekend more for students and alumni in fall 2011, it wasn’t just “standing-room-only.” It was “standing-room-only-running-half-an-hour-over-jean-padded” popular.

“I must have talked to about 15 students lined up at the podium as we were done,” said Tracee Wilkins ’97, vice president and communication committee chair of Frostburg Connections and an FSU mass communication alumni who is now a general assignment reporter for NBC4 in Washington, D.C.

“Everyone left with a new mentor,” Wilkins said.

The event, an open dialogue with FSU’s Black Student Alliance that included talks by alumni on how to find career success, is just the beginning of what Frostburg Connections hopes to accomplish. As the University’s first official alumni affinity group, the organization’s goal is to help ensure that Frostburg students and recent graduates are career-ready by providing networking opportunities, educational support, leadership training and mentoring.

“We also hope that through Frostburg Connections we can help alumni within our circle reconnect with our alma mater,” said Troy Bridges ’00, secretary of the group. Also a mass comm graduate, today Bridges serves as the chief of staff in the Governor’s Office of Community Initiatives in Baltimore.

“If we can get our alumni to feel connected to these students, our theory is if you’re connected to the students, you have a reason to be at FSU and you care about the University and you’re going to want to invest in this institution with your time, money and experience,” Wilkins said. “That’s our dream for the organization.”

The dream began over a year ago as a conversation between Bridges, FSU’s Cherie Krug, director of Majors, Gifts, and Antonio Hayes ’06. They had a heartfelt discussion about how to help alumni re-establish a relationship with FSU in a meaningful way.

“Because alumni from major metropolitan areas graduate, they sometimes lose that connection with FSU, unless they were really involved in student activities,” Hayes said, noting that his participation in groups like the Campus Activities Board and Student Government Association treated lasting friendships beyond college.

Today Hayes, a political science major while at FSU, works as the chief of staff for Baltimore City Department of Social Services. He is Frostburg Connections’ president.

“The networks we form post-graduation are disconnected to the rural campus of the University, so we often don’t know how to support or connect with the University after graduation,” Bridges said. “Recognizing this to be true for current students, we saw an opportunity to bridge the gap. … We realized that we could become the link to help them understand how to support Frostburg.

Krug asked Bridges and Hayes to contact five people who might be interested in forming an affinity group.

“The networks we form post-graduation are disconnected to the rural campus of the University,” Hayes said.

“We identified people I either had friendship with or worked with through campus activities,” Hayes said. “Like Tracee, for example, … she was an upperclassman my freshman year, and she stood out as a campus leader I wanted to emulate.”

Soon Frostburg Connections had 13 alumni from various professions and backgrounds, including law, education, government and finance. They organized a few alumni happy hours and got a Facebook group page up and running, where old friends shared memories, ideas and networking opportunities. Now up to 450 connections through their Facebook group, Frostburg Connections’ goals for the years ahead include organizing a student symposium with workshops on resume building.

The group’s social media sites have become places where alumni successfully network with FSU students, and members are excited about continuing its momentum, with the support of FSU’s Alumni Association.

“What’s important to us about bringing back FSU alumni is that students can see success and how they did it. As opposed to this abstract idea,” Wilkins said. “To have an FSU alumni say to you, ‘This is how I did it, and this is what is expected of you.’ I think that’s priceless.”

Contacting FSU Connections:
Facebook: http://on.fb.me/FSUConnections
Twitter: @FSUConnections
Email: FSUConnections@gmail.com

Members of Frostburg Connections want to build meaningful ties between alumni and current students. Vice President Tracee Wilkins ’97 continued the efforts begun during 2011 Leadership & Homecoming Weekend, speaking at the 2012 Stip Institute for Excellence in Leadership.

Networking and interview training. They also want to continue growing a presence at FSU’s Leadership & Homecoming Weekend and focus on fundraising, so they can provide more activities for students and alumni.

Frostburg Connections is open to any alumni who wish to commit themselves to the purpose of the organization, which is to further the well-being of the current students.

“[Alumni] offer us great networks and their story can serve as inspiration for students,” Wilkins said.

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FSU Foundation Marks Successful End to Staking Our Claim: The Campaign for Frostburg

FSU and the FSU Foundation, Inc., celebrated surpassing the $15 million goal of Staking Our Claim: The Campaign for Frostburg, at a gala event honoring leading donors during the Leadership and Homecoming Weekend in October. The Foundation raised a total of $18.7 million during the course of the seven-year campaign.

“Our students are worthy of our time and investment. It is up to us to ensure that they will become the leaders that our communities, state, nation and world so desperately need,” said President Gibralter. “We’re doing this for them. They are our future.”

Those individuals who founded this institution more than 100 years ago believed in providing a better life for their children and the children of future generations. I think they would be amazed if they knew how much all of us have accomplished,” said Quincy Crawford ’65, new president of the FSU Foundation Board of Directors and chair of the Staking Our Claim steering committee. “And they would be deeply inspired by the promise of this University’s future.”

Several individuals were additionally singled out for recognition. Special honorees during the evening included:

- Mel MacKensin M’81/M’93, has dedicated more than two decades of service to the Alumni Association Board of Directors. During this time, she has supported the Sloop Leadership Institute and the Children’s Literature Center. During the campaign, she chaired the Old Main Society. MacKensin and her committee helped secure 43 new members. Additionally, her contributions during the campaign have vastly been earmarked for the Ethel Hollinger MacKensin Scholarship, a fund in memory of her mother and supported by her father, Paul, prior to his death.

- Sam Griffith, the FSU Foundation’s immediate past president, agreed to serve as president in 2007 and led the Foundation during a critical time of significant challenges and change. He ended up serving as president for four years. He oversaw the selection of campaign leadership, dramatic turnover in board membership and the establishment of a successful annual retreat. He and his wife, Pam, in recognition of the Foundation’s need for financial flexibility, gave mostly unrestricted gifts, including the R. Samuel and Pam Griffith Endowment.

- Col. Donald White ’75, who lettered at Frostburg in football and wrestling, translated the insights he gained from college athletics into a career in aerospace and operational physiology in the Department of Defense. White and his wife, Dr. Janet Wason, a general surgeon, established the Colonel Donald J. White and Dr. Janet J. Wason Wellness Fund, which funds the FSU Human Performance Laboratory, where research and activities complement and enhance existing wellness initiatives, and helps to further integrate the Department of Health and Physical Education and the Department of Athletics.

- Former Maryland State Del. Gene Counihan ’63, a founding brother of Sigma Tau Gamma, has been instrumental in keeping the men’s from his era connected throughout the years. He recently spearheaded the establishment of the Sigma Tau Gamma Scholarship. A three-term state delegate representing Montgomery County, Counihan has also advocated for the alma mater. He is a founding father and a board member of the Universities at Shady Grove and is commissioner and vice chairman of the Washington Suburban Sanitary Commission. He also had a 30-year tenure with Montgomery County schools as a teacher and administrator.

- Twin brothers, the Rev. Donald ’67 and Col. Ronald Forrester ’67, and their wives, Anne ’67 and Dee ’67, have served with service to FSU’s family affair. The brothers honored the sacrifices their parents made for their children’s education with the R. Wesley and Margaret M. Forrester Education Scholarship, which supports students from Maryland’s four western counties. Don and Anne also memorialized their daughter, Shannon, through the Shannon Anne Forrester Memorial Scholarship for aspiring elementary and special education teachers from Garrett County, Ron, who is immediate past president of the FSU Alumni Association and a member of the FSU Foundation Board of Directors, was also instrumental in establishing the Alpha Delta Chi Memorial Education Scholarship. All are members of the Old Main Society and support all of the family scholarships.


As of February 3, 2012

For more information, to make a gift or to call 301.687.4161 or 1.866.241.3296, toll-free.

NEW NAMED FUNDS

- 1972 Team Baseball Fund
- Athletics Club Sport Men’s Laurence Fund
- Athletics Club Sport Men’s Rugby Fund
- Athletics Club Sport Women’s Rugby Fund
- Athletics Club Sport Women’s Secret Fund
- Larry D. Boggs Family Endowment
- Larry D. Boggs Family Presidential Merit Special Education Teacher Scholarship
- W. Craig Bowman and Alison Combes Management Leadership Endowment
- A. P. Booley FR Presidential Merit Scholarship
- Adil S. Boucher, R.N., Nursing Scholarship
- Choral Faculty Professional Development Fund
- Circe of 1982 Scholarship
- College of Business Students Global Endowment Fund
- Alison Combes and W. Craig Bowman Presidential Merit Scholarship
- Coach James Cowdrey Football Fund
- Cultural Events Series Endowment
- Dr. Joan Deline Douse and Dr. Alvin C. Boyles Presidential Merit Scholarship
- Jeffrey P. and Carol A. Fagan Presidential Merit Scholarship
- Frostburg State University Foundation Presidential Merit Scholarship
- R. Samuel and Pam Griffith Endowment
- Ira Ham Presidential Merit Scholarship in Music
- Rev. George M. and Mrs. Phyllis C. Hargrove Presidential Merit Scholarship in Biology
- Further Ed Hendrix Leadership Award
- Hoodie Plunge Special Education Presidential Merit Scholarship
- Human Resources and Employee Development Fund
- Dr. Paul P. Hunt Chemistry Achievement Award
- Joe C. Jenkins Endowment
- Lady Rebubble Basketball Endowment
- J. Lamar Lockr, M.D., and Stephanie F. Lockr, M.D., Presidential Merit Scholarship
- Donald R. and Mary L. Magruder Scholarship
- Muse Family Chemistry and Health and Professional Scholarship
- PNC College of Business Presidential Merit Scholarship
- Diane Carter Richardson and Larry D. Richardson Athletics Endowment
- Diane Carter Richardson and Larry D. Richardson Presidential Merit Scholarship
- Alyssa Salazar and Evan Kulp Memorial Scholarship
- Sigma Tau Gamma Scholarship
- Dr. Skander and Mrs. Prahall Sandhir Education Scholarship
- Society for Economic Botany Conference
- Hattie M. Strong Foundation “Strong Scholars” Scholarship
- Mehal and Richard Szentesi Memorial Nursing Scholarship
- Janet Thomas Health and Physical Education Presidential Merit Scholarship
- Eric Williams Presidential Merit Scholarship
- Annem Zanne Presidential Merit Scholarship

To de year support to any of these funds, or to learn about other ways to support FSU, visit foundation.frostburg.edu or call 301.687.4161 or 1.866.241.3296, toll-free.
Emeriti Faculty Continue to Enrich Students’ Lives

Frostburg faculty members are known for their dedication to their students, a commitment that goes well beyond the time spent in the classroom. For these three, however, that devotion continued after retirement, when each decided to provide additional financial support where they knew it was needed most.

**GARY D. COOK FUND HELPS THEATRE STUDENTS EXPERIENCE PROFESSIONAL OPPORTUNITIES**

By Ty DeMartino ’90

When Dr. Gary D. Cook, professor emeritus of speech communication and theatre, decided to establish a fund at Frostburg, he knew he wanted it to help students take advantage of opportunities that would prepare them for their lives beyond FSU.

“I have always been a promoter of education and committed to learning,” says Cook, who retired from FSU in 2000. “And I have always been committed to helping students in any way I could — that includes financially.”

The Gary D. Cook Professional Development in Theatre Fund was created in 2010 to assist students in paying for the registration fees to auditions, conferences and professional theatre workshops and performances, as well as the transportation and lodging expenses associated with these opportunities. Cook sees the establishment of the fund as a continuation of the relationships he created with students during his 25 years at Frostburg (10 of which he spent as department chair) and as a way to help students with their futures.

“Maybe a student has an audition in New York or an interview for graduate school and cannot afford it. I would like to help that person,” he says.

Cook (or “Cookie-Lou,” as his students affectionately called him) always had an open-door policy in his offices in the old Compton Hall and the new Performing Arts Center, a building he helped bring to fruition during his tenure as chair. He was sought-after by his students who would drop in, sit and talk about their lives post-Frostburg — whether they were his advisees or not. Cook never took those casual conversations lightly.

“I always wanted my students to work out a plan for their futures,” he says. “I feel that’s what a mentor should do.”

The Cook Fund recently assisted in sending 12 FSU theatre students to the Kennedy Center American College Theatre Festival. Participants auditioned and attended design/tech workshops with over a thousand theatre students from the region. According to Nicole Marthas, chair of the FSU Department of Theatre and Dance, the Cook fund was instrumental in giving the students this opportunity.

“We could not have sent this number of students without Dr. Cook’s support,” Marthas says. “Dr. Cook was recognized as a warm and supportive teacher during his tenure at FSU. It’s wonderful and moving to watch a new generation of students grow from his continued involvement and generosity.”

Bryan Murtha, a senior stage manager major with an acting concentration, was one of the students who attended the Kennedy Center festival during January’s Intersession. He says that attending the conference, where he networked and participated in professional development workshops, was helpful as he prepares to graduate.

“I have known Dr. Cook for many years,” says Murtha. “His dedication, especially to FSU, is something that has helped everyone for years and will continue to help for years to come.”

Residing in nearby Cumberland since his retirement, Cook attends FSU theatre shows and is proud of the quality of students that the University is producing. He still beams as he talks about his former students who went on to get their master’s and doctorate degrees as the result of his urging and assistance.

“Helping students is what it’s all about,” he adds with his signature “Cookie-Lou” smile. Cook is quick to thank all the administrators, faculty, former students and friends who have given to his fund.

**WELLNESS OUTREACH FUND PROMOTES MEETING OF THE HEARTS AS WELL AS MINDS AT FSU**

By Becca Ramspott

Thanks to the generosity of a former Frostburg educator and her husband, FSU students will have more ways to discover their sense of self through new and expanded experiential learning opportunities.

Marion Leonard, an art and community wellness advocate and a professor emerita of FSU’s College of Business, and her husband Kim Leonard, president of Aircon Engineering in Cumberland, Md., established the Kim and Marion Leonard Wellness Outreach Fund. The fund was created to support FSU’s Student and Educational Services division in developing more programming and activities that empower educators to design learning experiences focused on “mindfulness, authenticity, awareness, vulnerability, openness, trust, listening and respect.”

“I think today, higher education is increasingly aware of its responsibility to educate the whole person,” said Dr. Tom Bowling, FSU’s vice president of Student and Educational Services. “This not only helps students better identify their sense of self, but it also gets into the whole area of encouraging students to take responsibility for their own education, both that which occurs inside the classroom and those opportunities that occur outside the classroom as well.”

The need for students to determine what really inspires them is so important to their becoming life-long learners, Marion Leonard said, and can be supported through experiential learning techniques that bring about more meaningful interactions with others and a more authentic sense of self. She first began encouraging students to be more self-reflective by asking her MBA classes introspective questions while she was teaching communications, leadership and organizational development in Frostburg’s College of Business. Her work as an educator and her own personal journey led her to obtain a master’s degree from the Institute of Transpersonal Psychology and, to seek out yoga and other more holistic wellness practices.

“T ranspersonal Psychology and to seek out yoga and other more holistic wellness practices.

“When I think of motivation it’s a heartful place, it’s the right motivation,” she said. “But how do we learn what that is and do we learn about it? Do how we explore it? So many people are brought up with all external standards: be successful, get the right degrees, study hard. I don’t think we’ve given the fundamentals in terms of how we explore what’s really going on inside.”

A former financial planner who has led numerous classes and workshops in leadership training, she was excited when, in the ’90s, the business world began putting more emphasis on emotional intelligence as a key component of good leadership. Offering more education on emotional intelligence can really enhance how students become successful, she said.

“We need more leadership communication that integrates personal values, a personal sense of leadership that’s based on authenticity,” Leonard said. “When we’re open to our emotions and responsive in a responsible manner, we can lead from both the head and the heart. I think that’s really missing today.”
“So many people are brought up with all external standards: be successful, get the right degrees, study hard. I don’t think we’re given the fundamentals in terms of how do we explore what’s really going on inside.”

— Marion Leonard

FINANS SUPPORT BASIC EDUCATIONAL BUILDING BLOCK THROUGH CHILDREN’S LITERATURE CENTRE

By Liz Douglas Medcalf

A child’s ability to read — not just to decipher words, but to comprehend an author’s purpose and run along with that journey of imagination — is the foundation of essential cognitive skills and the first step to success in school and, eventually, in life.

The significance of literacy is not lost on the people behind FSU’s Children’s Literature Centre, which strives to provide the best resources available to teachers, librarians, media specialists in the schools, parents and caregivers in the home, and FSU’s teacher candidates, in their efforts to start children off right.

“Good books can spark a child’s imagination and inspire a lifetime of learning,” said Dr. William Bingman, director of the CLC and a member of the FSU College of Education faculty for 38 years. “Reading is vital to success in life and must be nurtured.”

Professor Emerita Dr. Mary Kay Finan, a longtime colleague of Bingman, and Finan’s husband, Thomas, a businessman and former member of the University System of Maryland Board of Regents, recognize the unique resource the CLC provides to educators, parents, children and the community, and have established the Mary K. Finan Endowment for the Children’s Literature Centre at Frostburg State University to help its mission continue.

Finan retired from teaching in 2010 after a 35-year career in the classroom, both in elementary schools and at FSU teaching prospective teachers. At the time of her retirement, she was a member of the College of Education faculty and coordinator of the Elementary and Early Childhood programs. She remains active as a leader in her profession, serving as a member of the Maryland State Board of Education and in roles with the National Council for the Accreditation of Teacher Education and the Association for Childhood Education International. She is also a member of the board of the FSU Foundation.

As a faculty member, she attended the Children’s Literature Festival for many years, and she encouraged her students to take advantage of the many opportunities for enrichment provided by the CLC, especially the festival. Now, those students “return each year to enrich their knowledge and to understand themselves to bring the best literature into the classrooms,” she said.

“The Children’s Literature Festival is known as one of the best of its kind among authors, publishers, teachers and media specialists,” Finan said.

“The CLC began 30 years ago with the Spring Festival of Children’s Literature, which each year brings the best in children’s literature from around the country as well as from around the world. “Attending this festival helps the participants, the FSU students and many elementary teachers and media specialists stay current on the best literature available,” Finan said. The author talks inspire the audiences, and the workshop offerings help provide tools and strategies for using children’s literature in the classroom.

As the CLC’s success has grown, additional events have been added, including the Summer Author Institute and community enrichment events in summer, with Frostburg’s Pirates Ahoy, and in winter, with Storybook Holiday.

The CLC also houses a Review Center of over 6,000 of the most current children’s books. These are made available to FSU students and area educators, librarians, children and caregivers, because access to the latest in quality literature exposes children’s literature advocates to the best in children’s books, ensuring that these books will be read to, by and with children.

“We chose to support the CLC because the Centre gives FSU high profile in the education community. It showcases the talents and energies of faculty and graduate assistants in an area critical to intellectual development.”

Finan also has great admiration and respect for her College of Education colleagues, Bingman and CLC Associate Director Dr. Barbora Omstien, who have worked for so many years to build the CLC’s programs and expand its offerings and outreach.

“I have great respect for the success they have had, which has come from their dedication and hard work,” Finan said.

“The more familiar educators are with quality children’s literature, the better children learn to appreciate it,” said Omstien, who with Bingman has been working to increase collaboration with area schools. For many years, the CLC staff has read quality literature in many schools, prepared bibliographies for classroom teachers and conducted readers-theatre workshops for students and teachers and literacy education workshops for parents.

In 2010, the CLC established an Adopt-a-School project in an effort to bring the most current quality children’s literature to Western Maryland-area children. For example, with this year’s partner, Beall Elementary, Centre staff visits the school to read literature, and the students are provided with opportunities to attend age-specific presentations by noted authors or illustrators. This year’s Storybook Holiday author, Jerdine Nolen, presented to Beall’s kindergarten to second-grade second grade and will offer a writing workshop with teachers.

With each step, the Centre expands on its mission to promote literacy by supporting those who teach reading and enriching those trying to learn.

“We chose to support the Centre’s Literature Children’s Centre because the Centre gives FSU high profile in the education community. It showcases the talents and energies of faculty and graduate assistants in an area critical to intellectual development.”

— Tom and Mary Kay Finan

“The impact of the Centre and the events we offer on the next generation is priceless,” Bingman said. “The love of reading starts early.”

To add your support to any of these funds, or to learn about other ways to support FSU, visit foundation.frostburg.edu or call 301.687.4161 or 1.866.241.3296, toll free.
For four years, Frostburg State University’s CHILL program, supported by AstraZeneca, has been doing just what its acronym promises: Creating Healthy, Informed, Lasting Lifestyles through wellness programs for students and advocating for a healthier, saner environment for everyone associated with FSU.

However, the surprise that came out of this focus on health was the discovery of a disturbing trend in health issues, especially cardiovascular issues, among a young, seemingly healthy population of college students ages 18 to 24.
A 51 percent were for low levels of HDL. Among them:

- Nearly 32 percent of those young adults or poor cholesterol or triglyceride readings.
- 41 percent were for elevated blood pressure, glucose levels or body mass index.
- 9 percent were for overall cholesterol (200 or above),
- 2 percent were for high triglyceride levels (150 or above) and
- 2 percent were for elevated glucose.

“These results were very surprising in such a young population,” Baer said. “This really challenges assumptions that are made about the care of cardiovascular disease and how early these characteristics appear. This doesn’t happen overnight.”

The screenings were open to all students, although those with pre-existing conditions were screened separately through the campus’ Brady Health Center. First-year students were encouraged to go through Introduction to Higher Education, an orientation course required of all freshmen, and many athletes were urged into testing by their coaches, Baer said. Everyone who came to the mass screenings received breakfast and a CHILL T-shirt, and the opportunity to win prizes, such as hoodies or flash drives.

Those students who had abnormal lab results were contacted and given the opportunity to meet with a registered nurse or dietitian through FSU’s Brady Health Center. The good news is that with intervention, a number of students who showed significant cardiovascular health risks – many who likely would have not been diagnosed for years – were able to receive treatment and make lifestyle changes that had a positive impact on their health. (See page 21.)

As of spring 2011, a total of 1,650 screenings have been performed. These include the 1,200 first-time screenings of students ages 18 to 24, along with students who were screened more than once, who are older than 24 or who had a pre-existing condition. An additional 300 students were screened by the end of 2011, but their results haven’t yet been incorporated into the total.

Residents of the bWell wellness-themed residence hall learn “The Dougie” in a dance program.

Since large-scale biometric screenings of this age population are unusual, FSU’s results point to the need for a larger effort in identifying young people with early indicators of cardiovascular issues, Baer said.

BASED IN SCIENCE, BASED IN WELLNESS

CHILL was established in 2008 as a science- and wellness-centered initiative to promote health practices and education among students and the local community, thanks to an initial $228,225 contribution from AstraZeneca. Four years later, total contributions from AstraZeneca have topped $912,000, and CHILL has become an increasingly integral part of life at FSU.

Among CHILL’s primary components:

- For its first three years, CHILL sponsored a yearly “Biggest Loser”-style competition, in which teams earn points not through weight loss, but through documenting health practices such as keeping workout and food logs and by participating in the numerous health education programs that are offered. Even though it is not a weight-loss competition, participants lost a total of 198 pounds in the first two years it has been offered. That program has now been refocused into Bobcats for Better Health, an eight-week program working with Julia Miller, a nurse in the Brady Health Center who was hired through CHILL, offering similar services and rewards for the participants.

In the fall of 2010, the first wellness-themed on-campus living environment, bWell, was established, housing students on the top floor of Cumberland Hall. This academic year, bWell has taken over all of Allen Hall, providing mostly first-year students with a cohort of supportive fellow travelers in their desire to be healthy. Overall, the goal is to get the freshmen off to a healthy start, both physically and in their bond with the campus. Peer mentor Ben Boland, a junior business major, encourages his charges to take advantage of information sessions and CHILL activities, incorporate activity into their lives or organize pickup games of football, volleyball, basketball or wiffle ball. His efforts range from the formal, such as organizing presentations, to the informal, such as giving a gentle “nudge” to a freshman who was too fond of cookies. “He’s been cookie-free for two weeks now,” Boland said.

The University has made institutional changes to make healthy options more available to students, including renovating the Cordis Physical Education Center fitness center and building a cardio-focused fitness center in the renovation of the Lane University Center. The latter center has been named the AstraZeneca Fitness Center in appreciation for AstraZeneca’s support of the CHILL initiative and in recognition of Tony Zook, ’82, executive vice president of AstraZeneca’s Global Commercial organization.

On-campus food service provided byARAMARK has increased its healthy options and has been promoting nutritional information more intensely, Baer said. In addition, some positions related to CHILL that had been funded by grants and contributions have been incorporated into the University’s budget. Most recently, FSU became a smoke-free campus in August, barring smoking from all indoor and outdoor campus spaces, and offering smoking cessation assistance to those who need it.

BROADENING THE MISSION

In its third and fourth years, CHILL has broadened its sights to add binge-drinking reduction, sexual health and smoking cessation to its model of college health.

FSU has begun receiving recognition for the efforts to enhance wellness among its students, as well as among faculty and staff. The University was designated a “Gold Start! Fit-Friendly Company” by the American Heart Association and Start! a four years run...
that in part encourage students to develop a deeper sense of ‘mindfulness, authenticity, awareness, vulnerability,’” said Col. Donald White ‘75, who recently awarded FSU what will amount to $30,000 over three years to fund activities, programs and related materials.

While the four years of contributions from Donors Choose to expand on Chill’s possibilities

The CHILL Choices program has focused especially on reaching athletes and engaging all students in attending athletic events, through programs such as ‘blackout’ games designed to fill the stands at football, basketball, and other varsity events. Their late-night three-on-three basketball tournament held in the fall drew hundreds of students, as well as some faculty and staff. Not only do these activities provide some fun for students, they are a source of input for what opportunities will resonate with students, and what they might be missing if those opportunities weren’t available.

These efforts also dovetail with FSU’s participation in the National College Health Improvement Project’s Learning Collaborative on High-Risk Drinking. FSU has joined with 31 other American colleges and universities to use scientific evaluation and measurement techniques to identify and implement the most effective strategies to address high-risk drinking. The teams from each institution are working with researchers from The Dartmouth Institute for Health Policy and Clinical Practice.

“NCHIP allows us to be more intentional and be more informed in our efforts,” said Jeff Graham, FSU’s associate dean of students who is leading the FSU NCHIP team. Each strategy is tried out and evaluated quickly through the Plan-Do-Study-Act model.

“Success in very intentional work is producing more success,” he said.

WHAT’S NEXT?

A key element of the final year of the AstraZeneca funding is to show how CHILL is sustainable and important to the health of students — looking at their health in every realm: nutrition, activity, stress management, socialization and avoiding the abuse of alcohol and other drugs. Programs build on other programs, such as NCHIP and CHILL Choices. Biometric screenings, and especially the follow-up care that is offered to those with abnormal results, have been very effective. Finding resources to support these programs will be the ongoing challenge.

“Defining wellness can sometimes be easier than applying it,” Bae said. “Through CHILL, we hope to motivate and inspire all students to take the necessary steps to make fitness, nutrition and stress management a priority in their lives.”

LIVING THE CHILL LIFE

A key component of the CHILL program is embracing a change in lifestyle, especially coupled with the awareness provided by the cold, hard facts of biometric screening results. Here are the stories of two Frostburg students who received a wake-up call as the result of their CHILL screenings, and the pitfalls and triumphs of how they answered that challenge.

FRIGHTENING SYMPTOMS LEAD TO DIAGNOSIS AND LIFE CHANGE

In the fall of 2008, Shenna Hair ’11, wasn’t feeling right. She was experimenting in her feet and hands and she was wondering frequently. She decided to check her symptoms on Web MD, and the word “diabetes” popped up.

“I was eating a bite-size Hereo’s at the time. I threw it in the trash can right then,” she said.

She went to the Brody Health Center on campus with her concerns. It so happened that the last CHILL screening of the semester was the next morning, and she was urged to take advantage of it.

“It was free, and I didn’t have health insurance.” Hair’s fasting glucose level came back at 288 mg/dl, she said. Anything over 126 mg/dl is considered to be symptomatic of diabetes, according to the American Diabetes Association.

That’s when the rest of the CHILL program came to her aid. She immediately got into a follow-up program through Brady Health, meeting with the nurses and dietitian there to bring her condition under control. In addition to starting on medication to control her blood sugar, “I learned about the proper things to eat, counting carbs, portion sizes, things like that,” Hair said.

She found support, too, from friends, her roommate and two fellow students who lived across the hall in their apartment.

Shenna Hair ’11

Frightening symptoms lead to diagnosis and life change.
“Just like my grandma used to make.” It’s a phrase some of us might use to describe homemade chicken soup or spaghetti. But in Mimi Hernandez’s case, it might mean garlic cloves soaked in honey to stave off a cold, or dandelion greens to stimulate digestion.

Hernandez, FSU’s coordinator for the Appalachian Center for Ethnobotanical Studies and a clinical herbalist with the Council of American Herbalists Guild, first learned about herbal remedies from her great-grandmothers in Colombia and Mexico. Today, she shares her knowledge with FSU students in classes like “Introduction to Ethnobotany,” where they discuss the importance of eating locally grown and whole foods and how cultural transitions have led to changes in societal food patterns.

“I think it really opens their eyes. A lot of times they come in as college students and they’re very much in the culture of visiting fast food restaurants and not questioning their food choices,” Hernandez said. “A lot of them are still young and haven’t realized the consequences of what they eat.”

Hernandez’s classes might examine how shifting an indigenous culture’s traditional diet to a diet with more processed sugar has caused an increase in diabetes cases. They also study local herbs in the Appalachian area, like wild ramps and blueberries, and learn the value of eating herbs in the Appalachian area, like wild ramps and blueberries. They also study local plants for good health. One of those local plants is a weed called plantain and harvesting local plants for good health. One of those local plants is a weed called plantain. Hernandez says it can be used to treat mosquito bites and other skin conditions.

In addition to her FSU classes, Hernandez has helped organize community events like a local celebration of Food Day, which encourages Americans to make healthier choices about the foods they eat. She occasionally offers educational workshops to local residents through Frostburg’s Mountain City Traditional Arts, including community herbalist certification, which teaches participants how to identify popular plants in the area and lets them make simple folk remedies to take home.

“Part of the outreach effort is reconnecting people with their local resources and their traditions, and just having an appreciation for their own culture,” Hernandez said. “In some cases, it makes people want to reflect back to their childhoods and remember their grandparents’ homemade remedies. It inspires people to look back on their own lineage and make connections with their own roots.”

**Dr. Sunshine Brosi**, an assistant professor of biology who heads up FSU’s ethnobotany program, is also interested in helping people — particularly young people — get in touch with their roots. Last year, she and FSU students in her “Economic Botany” class built a raised garden bed at the University Children’s Center. They planted vegetables so children could have hands-on interaction with the environment and harvest fresh produce. Brosi and her students have completed similar service learning projects at The Maryland Salmon Children’s Trust, Inc., in Garrett County, which provides a home, therapy and educational services to children who have been abused or neglected, or have educational or behavior needs.

“Kids are more likely to eat tomatoes if they plant the seed and watch it grow,” Brosi said. “They’ve gone through the whole process of seeing a flower become a fruit. They learn to understand the importance of taking care of the soil. … They also see that relationship between their food, their environment and healthy food choices.”

In addition to helping her students get out of the classroom through service learning, Brosi also does research on forest populations of black cohosh, an herb that is native to the Western Maryland region and can treat menstrual symptoms like hot flashes and mood swings, a natural alternative to hormone therapy. In addition to studying its uses, she’s especially interested in making sure black cohosh isn’t overharvested.

“I want to show the connection between personal health and environmental health, that connection between biodiversity, ecological health and richness of cultures,” she said. “I spend a lot of time talking to my students about how a lot of our natural environment is human-dominated, through agriculture and managed landscapes. One of the main things I try to get them to think about is how we can most effectively manage areas to provide clean air, clean water and food and medicinal herbs without jeopardizing biodiversity.”

It’s all part of making science subjects like biology more relevant to students’ daily lives, too. “It’s easier to teach biology when students see their food, their environment and healthy food choices.”

**Dr. Craig Canary** shares his organic garden with Hernandez’s ethnobotany class.

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It’s all part of making science subjects like biology more relevant to students’ daily lives, too. “It’s easier to teach biology when students see their personal connection and when they’re going through that process of activities,” Brosi said.

“Ethnobotany builds on your personal connection to biology.”

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**Inspiried by Class, Student Embarks on Local, Eco-Friendly Eating Experiment**

This past fall, FSU student **Carl Koch** was so inspired by what he learned in his FSU geography class, he not only took the ideas to heart, but to his stomach as well. “I’ve always been interested in food systems, at least on the consumption end of the process,” Koch said. “I wanted to learn more about how my food was produced.”

Food systems — the set of networks and relationships found in the production, distribution and consumption of food, also known as “from farm to fork” — are the subject of FSU’s GEOG 340 class. “The course covers many topics but one learning objective is to have students understand that our answers to ‘What’s for breakfast or lunch or dinner?’ are not only decisions about taste and convenience, but also actions with health, ethical and environmental consequences,” said **Dr. Richard Russo**, an assistant professor of geography who created the class and offered it for the first time last fall.

Koch, a junior majoring in geography and Navy veteran who lives on a Garrett County farm, decided to try to feed his family local, eco-friendly food and eat locally throughout the fall 2011 semester, as part of his learning experience in GEOG 340. He and his wife began replacing processed foods and meats with fresh fruits and vegetables grown close to home. They also purchased ducks and replaced store-bought chicken eggs with duck eggs. There were quite a few challenges, like what Koch describes as “the complete lack of restaurants that serve their foods locally,” along with the increased time needed for food preparation. But that just led him to turn cooking into a reason to spend more time with his family and get them involved.

“One of the immediate benefits of eating local eco-friendly foods is the peace of mind in knowing that the substances that are providing our bodies nourishment and keeping us alive were produced in a manner that will not inevitably cause the demise of our species,” Koch said. “Also, in just a few weeks, we had a lot more energy and felt healthier, too. After eating this way for a few months, we could not imagine ever being able to fully revert to our old fast food, buy-one-get-one, all-you-can-eat, individually wrapped American diet.”

Koch shared updates on his eating adventures with Russo throughout the semester and is now considering sharing his experiences in a presentation for FSU’s annual focus Frostburg, a day-long campus event coinciding with Earth Week that includes workshops and talks on sustainability issues.

“I’m interested in a career in environmental management and sustainability,” he said.

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By Becca Rampporto
Leadership &
Homecoming Weekend
October 20-23, 2011

Homecoming Queen Sarah Thomas and Homecoming King Eric Stockcomb join President Gibraltar at halftime.

The Bobcat Hall of Fame inducts Greg Shockey ’83, Jay Hegeman ‘71/M’81, Victoria Proctor ’86, Steve Schlouper ’91 and Patrick Sweeney ’00.

Head Football Coach Tom Rogish and President Gibraltar cut the ribbon to the newly renovated football locker room.

Homecoming Queen Sarah Thomas and Homecoming King Eric Stinchcomb join President Gibraltar at halftime.

Dr. Ned Boehm ’64 and his wife, Regina, join more than 270 guests at the Bobcat Hall of Fame Induction Ceremony.

FSU Foundation President Quincy Crawford ’65 announces the success of Staking Our Claim: The Campaign for Frostburg to the guests at the Leadership Donor Gala. (See story, page 10.)

Members of the 1961 football team returned to help celebrate the 50th anniversary of football at FSU.

Phi Mu Alpha alumni and current chapter members gather at tailgating to reconnect and cheer on the Bobcats.

Beth Sanford accepts the Outstanding Mentor Award shared with her late husband, Dave Sanford.

Andy Branigan ’08 and Joe Comer ’00 entertain alumni and friends at the Alumni After Dark event.

Beth Sanford accepts the Outstanding Mentor Award shared with her late husband, Dave Sanford.

Member of the 1961 football team returned to help celebrate the 50th anniversary of football at FSU.
The Class of 1966 celebrated its 45th reunion in October, with 35 classmates returning to their alma mater for a weekend of reminiscing over old memories and making new ones. In the front row from left are Narda Anderson, Carol Dorn Grimm, Diane Murphy, Anne Hudson Bremsmoe, Lisa Holmes, Charlie Bell, Margaret Naylor Hayes, June Bluemner Wideneg, Kathy Turner Richardson and Judith Anderson. In the second row from left are Bob and Greta Dave, Diane Scheinert, Nancy Conigian Weinman, Ann Skinner Patterson, Nancy Jackson Reddish, Sue Bowley Baker, Mary Catherine Florence Cate, Bill Roy, Bill Wentworth and Clark Sharpless. In the back row from left are Jim Riley, Paul Helm, Jon Myers, Joe Weissman, Ken Brown, Bob Walker, Ray Wang, Pat Poklic, Joe Russell, Jim Richardson, Bob Laueam, Wayne Wharton, Robert Boghey, Bob Young and Charlie Grace.

1964

The Rev. Dr. Gary W. Trail served as interim president of United Methodist Church from Jan. 1 to June 30, 2011. “It was a great joy to serve as pastor to many former classmates and faculty and present faculty members of FSU during this time,” he said.

1965

Martha Cage retired in February 2011 from the West Virginia Department of Health and Human Resources with over 44 years of service. The last 24 years were spent in supervising Child Protective Services.

1966

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I can’t HEAR you!
Stop yelling. We can’t hear you.
You’ll have to use another way to tell us your news.

Share your news on social media:
• Join the Alumni Association Facebook page
• Upload your photos to Facebook or Flickr
• Share videos on the FSU YouTube channel
Or by mail or email:
• Email alumni@fsu.edu
• Snail Mail: Pat Allen Kaplon
228 Maple
Fordham State University
Frostburg, MD 21532-2100

At the time of this writing, the novel, Kaplon’s poetry has won several national awards, and the parent a sense of comfort during a difficult time. The book is a wonderful way to give the child that posterity. “I think the picture … speaks volumes about the relationships we made with our students,” Chris Kopco, also coaches the Notre Dame of Maryland University women’s soccer team, and is a certified NSCAA/USSF coach.

Bobat Bonding
When Ann Leng ’07 and Darryl Keys ’06 got married on May 29, 2010, there were so many Bobcats in one place that they had their photographer capture the group for posterity. “I think the picture … speaks volumes about the relationships we made with our students,” Chris Kopco, also coaches the Notre Dame of Maryland University women’s soccer team, and is a certified NSCAA/USSF coach.

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Heart Poems
by Pat Allen Kaplon ’58
Kaplon’s collection of poetry explores these things that do more than touch the heart, they reach “our most important center.” Kaplon’s poetry has won several national competitions and she previously published the novel, A Child Called Hope. Pat and her husband, Don ’58, live in Redwood, Va. Available from online bookseller.

When You Miss Me
by Michael Allen ’01
This heartwarming book provides a series of messages and suggestions to help families cope with a divorce or a separation, particularly for the child. The messages provide a special connection between the child and the parent when they aren’t able to be together. This book is a wonderful way to give the child and the parent a sense of comfort during a difficult time.

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Available from online bookseller.
Glenn Wayson, highest national award for an undergraduate member. They were also able to posthumously award Evan the Order of the Phoenix, SAE’s first member, to a tragic house fire. Since that time, the fraternity has continued to grow into one of the nation’s largest fraternities. “A man who speaks with frankness but always with sincerity and sympathy,” included “a man who does not make the poor man conscious of his poverty” and “a man who speaks with frankness but always with sincerity and sympathy.”

Bill Mandicott alumnus, a highlight of the event was the initiation into SAE of Evan Kullberg and his girlfriend, Alyssa Salazar, to a tragic house fire. They now host an annual fire safety program in Kullberg and Salazar’s honor to make students and others aware of the dangers of fires. They were also posthumously awarded a Student of the Phoenix award in honor of his outstanding services and support to the fraternity.

The Mu Delta chapter is heavily involved with the Frostburg community. In addition to their fire safety program, they have been involved in “Bags for Community” (a local church food drive), the Red Cross blood drive and FSU’s Oktoberfest Holiday. They have also joined FSU’s Halloween parade and participated in “Bowl for Children.” They also work alongside the community, fundraising at local businesses. SAE at Frostburg also have very strong alumni relations. They have an alumni board of nine members who help the chapter to continue to grow and prosper.

We just had our 20th anniversary for this chapter and we had over 65 alumni from over the last 20 years attending the event,” said Jason Sakers, SAE President, who also works for the alumni relations. The Mu Delta chapter is heavily involved with the Frostburg community. In addition to their fire safety program, they have been involved in “Bags for Community” (a local church food drive), the Red Cross blood drive and FSU’s Oktoberfest Holiday. They have also joined FSU’s Halloween parade and participated in “Bowl for Children.” They also work alongside the community, fundraising at local businesses. SAE at Frostburg also have very strong alumni relations. They have an alumni board of nine members who help the chapter to continue to grow and prosper.

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“We only had around 40 players when I came here,” he said. “Having been appointed so late in the year, I wasn’t able to recruit. We did a lot of team drills so that I could somehow pick those who were going to play offense and defense. This was the first time that I was aware that we had started a platoon system.”

Crawley’s voice wasn’t the only one the players heard, when they practiced out there on the space between the dorms. It was also the place where 24 hours a day, different Frostburg students took turns reading the names of those who had been killed in Vietnam. They would call out the names from behind a podium that was set up with a bayonet rifle thrust in the ground, a helmet placed on top of it.

“Many of the players were returning Vietnam veterans with extensive combat experience. Some had been wounded and had psychological scars along with the physical scars. At least one was killed in action and did not return,” said football alum Edmund Evans ’71, who ended up serving as assistant coach with Crawley before reporting to Tom Rogish ’71, who had been Crawley’s aunt, his mother and his wife.

“Gentleman Jim” by a local sportswriter. They told Crawley over dinner at Guiseppe’s, with White presenting Nancy Crawley, who coached tennis, basketball and volleyball at Frostburg, with a bouquet of flowers. They ate the Coach James Crawley Football Fund.

The alumni knew it was time to honor his mentor and give back to the sport that had started their success. They decided to create the Coach James Crawley Football Fund. They told Crawley over dinner at Guiseppe’s, with White presenting Nancy Crawley, who coached tennis, basketball and volleyball at Frostburg, with a bouquet of flowers.

“They were grinders. … That means they spend a lot of time every day preparing these young men for what’s going to happen to them when they leave and graduate from FSU. … This is going to be a good football team. A very good football team.”

By Boza Rampett

Football Alumni Honor
“Gentleman Jim” Crawley
With Endowment

“Courtesy is as much a mark of a gentleman as courage.”
—Theodore Roosevelt
FSU's wins included a 54-53 victory over Hartwick (35-28). The team opened the fall season, led by Ramon Gutierrez with a perfect 4-0 mark and the championship -eligible Athlete of the Week award. Both Bobcat tennis teams began in the fall season, with wins over Alfred, Utica (44-24) and Alfred in the Empire 8 Conference. With the loss of just one senior and three top four scorers, which should help the Bobcats to continue their second year in Empire 8.\n\n**Jumping at the Chance**\n\nThe Bobcat cheerleaders were invited to participate in Nickelodeon's Worldwide Day of Play at the White House in September. The event was endowed by First Lady Michelle Obama. Invited by cheerleading organization Varsity Brands, the Bobcat cheerleading squad attended to help promote cheerleading as a positive activity. Frostburg joined squads from Villanova University, George Washington University and Catholic University of America. Besides owning their own cheer, the team taught children from the crowd how to do cheers, dances, jumps and stunts.\n\n### Field Hockey\n\nRecord: 5-15 overall, 1-6 CAC\n\nHighlight: FSU posted five wins, including three shutouts, opening the season with a 9-0 shutout of Sweet Briar.\n\nThe team will return a core group of players for the 2012 season. Gauging well for the start of the season, he added: “I am happy with our team and third in passing yards (4,681) but to lead as well. He managed not only to succeed, but to lead as well. He managed not only to succeed, but to lead as well. He managed not only to succeed, but to lead as well. He managed not only to succeed, but to lead as well. He managed not only to succeed, but to lead as well. He managed not only to succeed, but to lead as well. He managed not only to succeed, but to lead as well. He managed not only to succeed, but to lead as well.
We believe in Frostburg because...
I Believe in Frostburg

During some dark days for Frostburg last fall, social media sites became the way that scores of students, alumni, faculty, staff and anyone who cared about FSU could offer messages of support and comfort. “I BELIEVE IN FROSTBURG” was the message they shared. Here is just a small selection of the messages from you that appeared on Facebook and Twitter. Thank you for believing.

“I have and always will believe in Frostburg!”
– Raven La’Shay

“Frostburg believed in me, I believe in Frostburg.”
– Candice Beitler ’09

“I believe in Frostburg. This is my school, and it’s also become my home.”
– Matt Renwick

“Love my school. Wouldn’t be myself without FSU. It’s given me more than I could have ever asked for. Thanks to everyone who is still standing strong. I believe in Frostburg.”
– Myra Love Derbyshire

“I BELIEVE IN FROSTBURG. I WOULDN’T BE WHO I AM TODAY.”
– Jenny Wheaton ’09

“I believe in Frostburg. … Frostburg provided me an ‘opportunity,’ a scholarship, a great on-campus job, ama*XI*ing sisters, countless friends, a first love, a life journey and the experiences of a lifetime. For that, I will always be grateful.”
– Kati Townsley Biddinger ’00

“I believe in Frostburg. … Frostburg has made me a better person by the people I have met, the education I am gaining and most importantly, how we all come together in the time of need. I love my Frostburg family, and I believe in us!”
– Caitlin Burr

“I believe in Frostburg. Sincerely, a grateful parent.”
– Jennifer Chandler Nesbitt

“Wouldn’t be in higher education and married to a wonderful man if not for my amazing experience at Frostburg! I believe in Frostburg!”
– Amy Cabness ’05/M’07

“I believe in Frostburg. Frostburg gave me professors who challenged and supported me and a job at the Lane University Center, which gave me incredible friends, mentors and experiences.”
– Jim Brasefield ’10

“Despite its Arctic weather, I believe in FSU.”
– Isiah Burman

“Because of its Arctic weather, I believe LOL. Bobcats are cut from something tougher than usual.”
– Thomas Gardner ’74
Leonard Schwab and his late wife, Jane, last appeared on stage together in 1999. Yet together they created a legacy that is appearing onstage nightly in a Shakespearian Festival, is providing children with their very first theatre experiences in a Utah school, and is designing props for a professional theatre in Boston.

Leonard and Jane Schwab, whose business designed and produced world-renowned baby clothing, established a scholarship in 1996 for the theatrical art form they both loved and sometimes performed. The Schwab Theatre & Speech Scholarship has helped numerous students since then, including the three recipients whose career paths are listed above. All of these students (and many others) credit the Schwab Scholarship for providing them the opportunity to pursue their dreams.