CES Will Host Russian National Ballet Production of ‘Don Quixote’

CES at FSU will present the Russian National Ballet in “Don Quixote” on **Wednesday, March 11**, at 7:30 p.m. in the Pealer Center Drama Theatre.

The dazzling performance of the world’s most famous comedic ballet depicts Don Quixote on his quest to find Dulcinea, the idealized beloved of his age-addled dreams. On his journey, he crosses paths with the high-spirited lovers Kitri and Basilio, who are determined to be together despite the plans of Kitri’s father to marry her to the wealthiest fop in town. After a storm, a vision, many hijinks and a little emotional blackmail, the result is ballet’s funniest happy ending.

Under the artistic direction of esteemed former Bolshoi Ballet soloist Elena Radchenko, this company of Russian-trained artists each year presents the greatest classical masterworks to international audiences.

Performance tickets are $40 for adults and $36 for youth under 18. Military, package and group discount rates are also available.

For info or to order tickets, visit CES’ webpage at ces.frostburg.edu or contact the CES box office at 1-866-849-9237 or 301-687-3137. The box office, located in the Lane Center, is open Monday through Friday from 10 a.m. to 4 p.m.

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CES to Present Contemporary Circus, Cirque FLIP Fabrique

CES at FSU will host Cirque FLIP Fabrique in its inventive production, “BLIZZARD,” on **Tuesday, March 3**, at 7:30 p.m. in Pealer Center Drama Theatre.

With “BLIZZARD,” Cirque FLIP Fabrique delivers a spirited, whimsical journey into the dead of winter and invites audience members to lose themselves in a moment of complete wonder.

Founded in 2011 in Québec, Canada, the company’s fresh, fun take on contemporary circus results in playful, breathtaking performances.

Performance tickets are $29 for adults and $15 for youth under 18. Military, package and group discount rates are also available.

For info or to order tickets, visit CES’ webpage at ces.frostburg.edu or contact the CES box office at 1-866-849-9237 or 301-687-3137. The box office, located in the Lane Center, is open Monday through Friday from 10 a.m. to 4 p.m.
Theatre

FSU Production of ‘The Whipping Man’ Explores Legacy of Slavery

Nathaniel Kidd (left) and Gershawn Mason in a scene from “The Whipping Man”

FSU’s Department of Theatre and Dance will lead off its spring season with a production of “The Whipping Man,” a story of the post-Civil War South. Directed by FSU’s Mairzy Yost-Rushston, performances will take place in the Pealer Center’s F. Perry Smith Studio Theatre on Friday and Saturday, Feb. 28 and 29, and Thursday through Saturday, March 5 to 7, at 7:30 p.m., with a matinee on Feb. 29 at 2 p.m.

Playwright Matthew Lopez’s first work, “The Whipping Man” examines a vital, but not-often-spoken-of period in American history, the post-Civil War South, as its denizens struggle to acclimate to the new emancipated social order. The play is set in April of 1865. The Confederacy has just surrendered and throughout the South, slaves are being freed and soldiers are returning home. Caleb DeLeon, grievously wounded and starving, returns to his family home in Richmond to discover an empty house. Only Simon, the old family slave, remains. That same day, John, another former slave of the DeLeons’, also returns. He has been using the house as a cache for items he has looted from the surrounding abandoned homes.

As the three men wait for signs of life to return to the city, they wrestle with their shared past, the bitter irony of Jewish slave-owning and the reality of the new world in which they find themselves. As the sun sets on the last night of Passover, Simon and John prepare a humble Seder to observe the ancient celebration of the freeing of the Hebrew slaves from Egypt. But the pain of their enslavement will not be soothed by this tradition, and deep-buried secrets refuse to be hidden forever. The three men must settle with demons from the past and decide where honesty and loyalty will lie as they seek to find their way in this new world.

Individual tickets are $15 for general admission, $12 for FSU employees and seniors, and $7 for students.

For info, call the Theatre and Dance box office at 301-687-7462, Monday through Friday, 9:30 a.m. to 12:30 p.m. and 1:30 to 3 p.m.

Music

Singer-Songwriter Crys Matthews to Appear in CES’ On the EDGE

CES at FSU will present singer-songwriter Crys Matthews as part of its On the EDGE series on Thursday, Feb. 27, at 7:30 p.m. in Lane Manicur Hall. The event features informal table seating, comfortable couch and armchair seating, a free appetizer and a cash bar.

Matthews’ eclectic blend of Americana, folk, jazz, blues, bluegrass and funk has endeared her to fans and critics alike. In 2017, she was awarded first prize at the New Song Music and Performance competition at Lincoln Center. Her music is steeped in traditional melodies and punctuated by honest, original lyrics.

Community members are also invited to attend an interactive performance and discussion with Matthews, “Sing Don’t Shout – An Alternative Approach.” The free 2 p.m. event will take place at Frostburg’s Clatter Café, 15 S. Broadway.

Performance tickets are $15 for adults and $13.50 for youth under 18. Military, package and group discount rates are also available.

For info or to order tickets, visit CES’ webpage at ces.frostburg.edu or contact the CES box office at 1-866-849-9237 or 301-687-3137. The box office, located in the Lane Center, is open Monday through Friday from 10 a.m. to 4 p.m.

Percussion Ensemble Presents First Spring Concert

FSU’s Department of Music will present the Percussion Ensemble in its first spring concert on Thursday, Feb. 27, at 7:30 p.m. The group will be accompanied by pianist Dr. Joseph Yungen.

Directed by Dr. Mackenzie Jacob LaMont, the concert will feature Paul Creston’s “Ceremonial,” George Hamilton Green’s “Cross Corners,” Michael Colgrass’ “Percussion Music,” Vic Firth’s “Encore in Jazz,” Green’s “Valse Brillante” and Lynn Glasscock’s “No Exit.”

Creston’s “Ceremonial” is a highly rhythmic, very entertaining work for percussion and piano that moves from a slow introduction to a mid-tempo pulsing march, rarely letting up and building to the end.

Green published “Cross Corners” as a xylophone solo with piano accompaniment in 1924, one in a series of six novelty foxtrots.

Colgrass’ “Percussion Music” (1952) is Baroque in character and was inspired by Johann Sebastian Bach.

Firth’s “Encore in Jazz” was written in the jazz idiom using a set of dance drums (drum set), as well as vibraphone and marimba.

In 1936 Carl Fischer Music, Inc., published Green’s series of eight xylophone solos with piano accompaniment. “Valse Brillante” was part of this original collection of “Xylophone Rags.”
Celebrate Women’s History Month and the 100th anniversary of women’s suffrage with the Feminist Reading on Thursday, March 12, at 7 p.m. at the Center for Literary Arts at 22 E. Main St. in Frostburg. Everyone is welcome.
Bring your own – or someone else’s – work to read. Voice and amplify words addressing the expression of gender, marginalization, equality and liberation.

For info, contact the Center for Literary Arts at 301-687-4340.

### Exhibits

**Roper Gallery to Feature Exhibition by Artist Anne Marchand**

“Journey” by Anne Marchand

FSU’s Department of Visual Arts will host a painting exhibition from award-winning visual artist Anne Marchand, with an opening reception on **Friday, March 6**, from 7 to 9 p.m. in the Stephanie Ann Roper Gallery in the Fine Arts Building. The exhibit, which is free and open to the public, will be on display **through Wednesday, April 1**.

Inspired by the colorful French and Spanish influences in her hometown of New Orleans, Marchand creates captivating pieces pulled from a variety of inspirations ranging from the mythological and religious writings of the late Joseph Campbell, which influenced the iconic “Star Wars” saga, to the breathtaking images taken through the “eye” of the famed Hubble telescope.

These remarkable paintings depict figures and images unlike any other, inspiring viewers to venture into the realm of the unknown and undefined to create their own interpretations.

The Roper Gallery is open Sundays through Wednesdays from 1 to 4 p.m.

For info, contact the Department of Visual Arts at 301-687-4797.

### Presentations

**Focus on Beating Procrastination**

Start Strong! It’s all about your GRIT.

Come to the session, “Let’s Talk About Procrastination,” on **Tuesday, Feb. 25**, in Lane 111 and **Wednesday, Feb. 26**, in Lane 113. Both sessions will take place at 6 p.m.

For info, contact Latisha Cooper, learning specialist, PASS (Programs Advancing Student Success), at lvcooper@frostburg.edu.

**Dr. Felix Kumah-Abiwu to Speak on ‘Decoding Media Gatekeepers and Their Portrayal of Black Males in America’**

As part of Black History Month, the African American Studies Program will host Dr. Felix Kumah-Abiwu on **Tuesday, Feb. 25**, from 6 to 7.30 p.m. in the Lane Atkinson Room (232) for a lecture titled “Decoding Media Gatekeepers and Their Portrayal of Black Males in America.”


For info, contact Dr. James Saku, coordinator of the African American Studies Program, at 301-687-4724 or jsaku@frostburg.edu.

**American Chemical Society Hosting ‘Future of Food’**

The FSU Department of Chemistry, FSU SMACS and ACS Western Maryland Local Section will host the ACS “Future of Food” webinar on **Tuesday, Feb. 25**, from 6:45 to 8 p.m. in Compton 226. Join thousands of students and early career chemists from around the world to celebrate the 50th Anniversary of Earth Day. Food impacts major problems facing humanity – health, sustainability, global warming, poverty and inequality. Learn how the chemistry community can work to address these challenges through food science in this interactive online video event.

For info, contact Blair Knouse at beknouse@frostburg.edu.
**Points of Pride**

**FSU Student Toby Myers Presents Research at Intl. Conference**

FSU senior Toby Myers explains the innovative concept behind his poster at the Electronic Imaging Conference.

During last year’s FSU Undergraduate Research Symposium, Colin Crowe, Toby Myers and Emily Jetton, all seniors in FSU’s Department of Computer Science and Information Technologies, demonstrated their course project from the Internet and Multimedia Communications class. Early this year, their research paper, “Real-Time Whiteboard Coding on Mobile Devices,” was selected for presentation at the 32nd Electronic Imaging Conference held in Burlingame, Calif., on Jan. 29.

In this paper, the authors introduced a novel handwriting-to-code transformation system developed on a mobile platform to recognize and execute handwritten Java source code. The goal of this work was to demonstrate the feasibility and the potential for converting any mobile device into a flexible tool that can support real-time and reliable whiteboard coding.

As a representative of the group, Myers traveled to California to show their research contribution on the international stage. Myers, a veteran of the U.S. Army, is also a member of Upsilon Pi Epsilon Computer Honor Society and Salute Veterans National Honor Society.

The research project was conducted under the direction of Dr. Xunyu Pan, an associate professor in the Department of Computer Science and Information Technologies. For info, contact Pan at 301-687-4037 or xpan@frostburg.edu.

**Take Note**

**$3 Lunch Special and Win It Wednesday**

Still considering a meal plan? Test drive a meal plan every Wednesday this month from 10:30 a.m. to 1:30 p.m. with the $3 lunch special at Chesapeake. Everyone on a meal plan will be entered to win a prize every Wednesday in February. The drawing on Feb. 26 will be for a mountain bike. To select a meal plan, visit https://dineoncampus.com/frostburg/meal-plan-purchase.

**Harlem Globetrotters Return to FSU**

The Harlem Globetrotters, who are in their 94th year of basketball wizardry and comedic theatrics, will return to FSU on Monday, Feb. 24, at 7 p.m. in the Cordts PE Center Bobcat Arena. Their one-of-a-kind family entertainment has been seen by millions of people, including popes, kings, queens and presidents. The Globetrotters have showcased their iconic performance in 122 countries and territories in six continents, breaking cultural and societal barriers. In 2014, their visit to Frostburg was a tremendous success in that they broke box office records out of the 101 Globetrotter venues they performed at that year.

To buy tickets, go to https://www.ticketweb.com/event/harlem-globetrotters-bobcat-arena-tickets/10014765?pl=hglobe. For info, contact Tim Arnold at tparnold@frostburg.edu.

**FrostburgFirst Announces Pop-Up Shop/Small Business Incubator Program**

FrostburgFirst, in partnership with the city of Frostburg and the Small Business Development Center at FSU, announces its Pop-Up Shop and Small Business Incubator Program that will bring together entrepreneurs, artists, makers and small businesses with local property owners to activate vacant spaces in downtown Frostburg. The vision for the program is to cultivate an encouraging environment for entrepreneurs by increasing storefront occupancy and fostering sustainable businesses that enhance downtown Frostburg revitalization.

The program is intended to attract small retailers and/or service-based businesses to the Frostburg Arts & Entertainment District by offering assistance with start-up costs, including rent, utilities, materials, insurance and marketing, to give the selected businesses the opportunity to test their products and services.

Applications are open and will close on Tuesday, Feb. 25, at 5 p.m. Download an application at https://bit.ly/31xvElB.

**Book Discussions on ‘Waking Up White’**

Debby Irving’s powerful “Waking Up White: And Finding Myself in the Story of Race” opens a rare window on how white Americans are socialized. Irving’s focus on the mechanics of racism operating in her own life may lead white readers to reconsider the roots of their own perspectives—and their role in dismantling old myths. Readers of color will no doubt find the view through Irving’s window fascinating, and telling.

Book discussions on “Waking Up White” will be held at The Book Centre at 15 N. Centre St. in Cumberland from 6 to 7:30 p.m. on the following Tuesdays: Feb. 25 and March 24, as well as at Main Street Books at 2 E. Main St. in Frostburg, also from 6 to 7:30 p.m., on the following Thursdays: Feb. 27 and March 26.
Sign up to join the discussion or ask questions by emailing info@thebrownsvilleproject.com or visit www.thebrownsvilleproject.com/acitrc. For info, contact Dr. Elesha Ruminski, FSU partner liaison, at e slurinski@frostburg.edu or 301-687-4480. People can attend these later sessions even if they did not make the initial meeting held in January.

Women’s Leadership Retreat

The FSU Women’s Studies Program and the Center for Student Diversity, Inclusion and Equity will host the 2020 Women’s Leadership Retreat Friday, May 1, through Sunday, May 3, at the Loyola Retreat Center, 13210 Green Ridge Road NE, Flintstone. Topics will include interviewing and the workplace, finances, healthy relationships, body image, women empowering women and more.

Space is limited. For info, email Dr. Jennifer Earles at jlearles@frostburg.edu. To apply, submit your application by Friday, Feb. 28.

Help Celebrate Earth Day’s 50-Year Anniversary

Become a Presenter at Focus Frostburg 2020: “Learn In” for Earth Day!

Focus Frostburg is FSU’s annual day of learning on sustainability and climate awareness. This year the event will be held on Wednesday, April 22, from 10 a.m. to 5 p.m. (with an evening program TBA) in the Lane Center. The event is free and open to FSU students, faculty, staff and the community.

As in previous years, faculty may want to have students, as appropriate, attend a Focus Frostburg session in lieu of class attendance or to make any of the Focus Frostburg seminars and activities an extra-credit assignment.

Student presentations would make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged.

To participate, email Dr. Kara Rogers Thomas at krogersthomas@frostburg.edu and submit a presentation or workshop title and one- or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environment or climate awareness issue. All presentations should span a maximum of 50 minutes, since the normal MWF class schedule will be followed. If more time is needed, content can be carried over into a second session. In your response, indicate if there is a preferred time of day when you would like to present. Room space for presentations is limited. Be sure to confirm your interest by the deadline, Monday, March 2.

Have Questions About FSU’s Honors Program?

Be sure to check out the Honors Program table in the Lane Center on the first Tuesday of the month (March 3, April 7 and May 5) from 11:45 a.m. to 1:45 p.m.

Stop by to speak with Honors Program staff about Honors requirements, Honors courses, priority registration, Honors enhancements, graduating with honors, Experiential Learning Options, applying for the Honors Program and Honors study abroad opportunities.

You can also find info about the Honors Program on Facebook at facebook.com/honors.frostburg and Instagram at frostburg_honors.

Visit Maryland’s State Capitol in Annapolis

Learn and Practice Your Civic Engagement Skills!

Sign up for a free trip to meet state governmental officials on Wednesday, March 4, tour the statehouse, have lunch with the Western Maryland delegation and current FSU interns, and see live debate on current state legislation. The charter bus will depart at 8 a.m. from the Pealer Center lobby entrance and return to FSU at around 9 p.m. Lunch is provided, but it is recommended you bring money for dinner or snacks before returning home. Seating is limited. No shows will be charged $50.

Get your free ticket at the Lane Center box office Monday through Friday from 10 a.m. to 4 p.m. or online at https://frostburgtix.universitytickets.com. For info, contact Tim Magrath at 301-687-4080 or Bill Mandicott at 301-697-6662.

FSU Undergraduate Research Symposium Coming on May 1

FSU will host the annual Undergraduate Research Symposium on Friday, May 1, from 11 a.m. to 2 p.m. in the Lane Center. The symposium showcases the research and experiential learning projects of FSU’s undergraduate students and provides participants the opportunity to present their work to their peers and share experiences across disciplines. The symposium will include poster presentations, oral presentations and physical displays representing work completed during summer 2019, fall 2019 or spring 2020. Students can obtain registration forms from their faculty or staff mentors.
Registration forms are due by **Friday, March 13**, and must be submitted as an email attachment to Dr. Karen Keller at kikeller@frostburg.edu. Full project descriptions/abstracts will not be due with the registration form but will be due by **Friday, April 3**, as a separate email attachment to Keller.

For info, email Keller or call 301-687-4174.

**Graduation Will Be Here Before You Know It**

It’s not too early to be thinking about graduation, especially if you intend to graduate on **Thursday, May 21**, in the Cordts PE Center. The Colleges of Business and Education will present their graduates at 9:30 a.m. and the College of Liberal Arts and Sciences at 2 p.m.

Tickets will be required for admission. The number of tickets allotted per graduate will be announced at a later date.

If you have not applied for graduation, contact the Registrar’s Office to submit your application and ensure everything is in order for you to graduate in May.

The first of two Commencement mailings will be sent in **mid-March** to your local and permanent addresses. Check your PAWS account to make sure your home address is correct. If you need to update your address, send an email from your FSU account to the Registrar’s Office at reginfo@frostburg.edu.

Caps and gowns are provided at no cost to all graduates and may be ordered online at [http://bookstore.frostburg.edu](http://bookstore.frostburg.edu). Your order must be placed by **Monday, April 6**.

Full details about the ceremony can be found on the Commencement website at [www.frostburg.edu/events/commencement](http://www.frostburg.edu/events/commencement). For info, contact Christie Bohn at 301-687-4423 or email commencement@frostburg.edu.

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**United Campus Ministry**

For info, contact Chaplain Cindy Zirlott at c.zirlott@frostburg.edu.

**UCM Schedule for the Semester**

- **Bible Study:** **Mondays**, 7:45 to 9 p.m., Library 237, and **Tuesdays**, 7:30 to 9 p.m., Lane 108
- **Study Hall:** **Wednesdays**, 6 to 9 p.m., Framptom 328
- **Body and Spirit Fitness Group:** **Thursdays**, 3:30 p.m., Gym Dance Rehearsal Hall. This is open to students, faculty and staff. The class emphasizes gentle stretches and yoga-type movement.

**Campus-Community Observance of Ash Wednesday**

You are invited to participate in the observance of Ash Wednesday with the imposition of ashes on **Wednesday, Feb 26**, at 7 p.m. in Cook Chapel. Frostburg-area churches will join in the event. UCM’s student will help lead this solemn service.

**“Harriet”**

UCM will co-sponsor the viewing of the movie “Harriet” on **Friday, Feb 28**, from 5 to 8 p.m. in the FSU Planetarium in the Gira Center. There will be a pizza party after the showing at 8 p.m. in the lobby.

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**Undergraduate Grade Changes**

The last day for undergraduate grade changes, including the removal of incomplete grades for the fall 2019 and Intersession 2020 terms, is **Friday, March 6**. For info, contact the Registrar’s Office at 301-687-4346.

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**Center for Academic Advising and Retention Looking for Student Success Mentors**

The Center for Academic Advising and Retention is looking for student success mentors to assist first-year students enrolled in FSU’s ORIE 101 course with the transition to college.

SSMs assist with creating an inclusive community at FSU by connecting students with different areas of student life such as social activities, clubs/organization and residence life. In addition, SSMs will provide ORIE 101 faculty members with the student perspective, so the program may address the varying needs of first-time college students.

Online applications can be completed at the following link through **Sunday, March 8**, at 11:59 p.m.: [https://forms.office.com/Pages/ResponsePage.aspx?id=0V75uBqRkKBRBAdOmdHjTo70LqUsuCTdHrk98RiIhkz2UQYiYDg3MTcyMEdUQTbDN1Q2VoXTdCV54u](https://forms.office.com/Pages/ResponsePage.aspx?id=0V75uBqRkKBRBAdOmdHjTo70LqUsuCTdHrk98RiIhkz2UQYiYDg3MTcyMEdUQTbDN1Q2VoXTdCV54u)
To be considered for the position, applicants must meet the following minimum qualifications: completion of at least one fall or spring term of study at FSU; a cumulative grade point average of 2.75; good academic and student conduct standing; and excellent verbal, written and interpersonal communication skills.

It is recommended that applicants speak to an ORIE instructor they would like to work with during the fall 2020 semester, since ORIE instructors have the final say on who is hired to work with their section.

Following the application process, students meeting the minimum qualifications will be invited to participate in a group interview. The process of matching SSMs with an ORIE instructor can be lengthy, and all positions may not be filled until after Preview FSU in the summer.

For info, contact Keith Davidson at kedavidson@frostburg.edu.

**Tutor/Counselors and Head Resident Wanted for Upward Bound**

Upward Bound seeks tutor/counselors and a head resident for its summer residential program on FSU’s campus. Upward Bound is a federally funded program that encourages qualified Allegany County high school students to seek education beyond secondary school. The summer residential program provides the main focus and aims to furnish students with a sample of the college experience.

Applicant review will begin immediately, and the deadline to apply is **Monday, March 9**.

**Tutor/Counselors**

The three-week program runs from **Sunday, June 14**, through **Friday, July 10**. The stipend is $1,250.

The five-week program runs from **Sunday, June 14**, through **Friday, July 24**. The stipend is $2,100.

**Head Resident**

This position requires a bachelor’s degree (a May 2020 graduation is acceptable). The head resident will supervise up to 40 students and seven staff members.

The program runs from **Sunday, June 14**, through **Friday, July 24**. The stipend is $2,900.

Note: Room and board are provided for tutor/counselors and the head resident. All positions include one week of training.

For info, contact the Upward Bound office at 301-687-4994 or ElenaSteele at esteele@frostburg.edu, or visit www.frostburg.edu/upwardbound.

**PASS Office Seeks Student Math Coaches**

FSU’s PASS Office is looking for student coaches for its fall 2020 Developmental Math Program. Earn $800, receive 3 Educational Field Experience credits and build your resume! Coaches help their peers improve basic math skills by implementing learning programs in pre-algebra and intermediate algebra courses.

Application materials are due **Friday, March 13**, and can be obtained by contacting Kim Kurek at kmkurek@frostburg.edu.

**Be a Part of the Team at FSU’s Summer Camps and Conferences**

Consider being part of the team for FSU’s thriving Summer Camps and Conferences program. Coach Wootten’s Basketball Camp, Camp Hope, Brit-Am Soccer Academy, the Washington Metropolitan Association of Chinese Schools and many other groups call FSU their summer home.

The position includes room and board. More applications are received each summer than there are positions (15 total), but all are welcome to apply. After an initial offer is made, the summer position is contingent on passing a criminal background check. The work varies, and the position requires someone who can think on his or her feet to solve problems. Hours are not regular.

An online application is available at http://www.frostburg.edu/admin/confer/conferences-and-events-staff-application and you can submit it there. For info, contact Tim Arnold, director of Conferences and Events, in Hitchins 322, at tparnold@frostburg.edu or at 301-687-4021. The deadlines for applications is **Friday, March 13**. Hiring decisions are anticipated by spring break.

**Study Abroad**

**Where in the World Would You Like to Study Abroad?**

Nnamdi-Raphael Okoye: Spain, Fall 2018-Spring 2019

Photo taken in Morocco

FSU students have the opportunity to study abroad all over the world.

Financial aid can be used for overseas experiences during the fall and spring semesters.

Exchange programs are available that allow students to pay FSU tuition prices.
Info Sessions on Study Abroad

Interested in studying abroad? Attend a study abroad information session to learn more! Sessions will take place on the following Fridays at 3:30 p.m. in the Fuller House: March 6 and 27, April 17 and 24, and May 8.

Contact Kara Hotchkiss at kjhotchkiss@frostburg.edu or 301-687-4747 to sign up to attend.

Study Abroad and International Fair

All students, faculty and staff are invited to attend the Study Abroad and International Fair on Tuesday, March 24, from 11 a.m. to 2 p.m. in Lane Manicur Hall.

Representatives from various study abroad programs and former study abroad students will be available to answer questions about overseas opportunities. In addition, FSU’s international students will exhibit displays about their countries and will be available to talk about their cultures. There will drawings for free prizes! Faculty are encouraged to attend to learn more about faculty-led study abroad trips.

For info, contact Kara Hotchkiss at 301-687-4747 or kjhotchkiss@frostburg.edu.

FSU Events Calendar

For info on FSU events, go to http://events.frostburg.edu/calendar.

Questions? Call 301-687-4411. All information is subject to change.

Note: FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call 301-687-4102 or use a Voice Relay Operator at 1-800-735-2258.

Fight Fatigue!

Remember A.C.E.S.

- Alcohol – Drinking alcohol can interrupt your circadian rhythm and cause poor-quality sleep.
- Caffeine – As a stimulant, consuming caffeine can disrupt your sleep patterns. Avoid it for as long as six hours before bedtime.
- Environment – Keep your bedroom cool and dark.
- Screens – The blue light from electronic devices can keep your body from producing melatonin. Avoid screens for at least 30 minutes before bedtime.

And sleep with your dog.

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

- Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.
- Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person’s ability to “take the perspective of the other.”
- Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.
OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

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

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

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

STRATEGIC GOALS

- Focus learning on the acquisition and application of knowledge.
- Provide engaging experiences that challenge our students to excel.
- Expand regional outreach and engagement.
- Align University resources – human, fiscal and physical – with strategic priorities.

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