



*One University. A World of Experiences.*



# StateLines

For and about FSU people

A publication of Communications and Media Relations

Volume 51, Number 17, February 8, 2021

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

## FSU Maryland Accelerates Program Accepting Applicants

### In-School Residency for 13-Month Master of Arts in Teaching Offers \$30K Stipend

FSU's Maryland Accelerates Program, a Master of Arts in Teaching (MAT) teacher residency program, is accepting applications. Candidates in this program can receive a master's degree in elementary (K-6) or secondary (7-12) education in only 13 months, professional development mentorship, the opportunity to earn microcredentials and a \$30,000 living-wage stipend during the residency year. Teacher residency opportunities are available in **Garrett and Frederick county** public schools in Maryland.

Students must be accepted into the MAT program before applying for the residency. The MAT program is ideal for newly graduated non-education majors or individuals looking for a career change, and the residency, with its \$30,000 stipend, makes the full-time program more accessible. The stipend, which may be used for tuition, allows students the freedom to intern full-time at Garrett or Frederick county public schools in a setting providing strong mentoring.

Upon graduation, candidates will be on track to apply for available jobs with partnering counties and will continue to receive support from their FSU program mentors.

The overall goal of the Maryland Accelerates Teacher Residency Program is to increase the number of elementary teachers with expertise in culturally responsive and high-leveraged practices, computational thinking and mathematical problem solving and secondary teachers with expertise in science, technology, engineering, math and computer science (STEM-C). The condensed programs, taught by dynamic FSU faculty, run from May to June and include clinical summer sessions.

The program also benefits the schools having students in residency, as it provides experienced teachers in those schools the opportunity to develop their mentorship and coaching skills. This serves two purposes: It is designed to prevent the significant numbers of new teachers who leave the profession within their first couple of years, and it provides a better career pathway for experienced teachers who want to progress in their field but stay in the classroom.

To learn about the Maryland Accelerates program and the FSU MAT, including admissions requirements, visit [www.frostburg.edu/marylandaccelerates](http://www.frostburg.edu/marylandaccelerates). The MAT Elementary application deadline is **Monday, March 1**, and the MAT Secondary application deadline is **Thursday, April 1**.

The Maryland Accelerates MAT Teacher Residency Program is funded by a grant from the U.S. Department of Education. FSU's MAT is accredited by the National Council for the Accreditation of Teacher Education.

## Help for Students

### Have Issues or Concerns?

Be sure to continue to pass on your concerns to **President Nowaczyk** at [president@frostburg.edu](mailto:president@frostburg.edu) or, for specific academic issues, to **Dr. Michael Mathias** at [provost@frostburg.edu](mailto:provost@frostburg.edu). Students with individual concerns can be directed to resources by emailing [spring2021@frostburg.edu](mailto:spring2021@frostburg.edu). And for the spring 2021 plan and information, visit <https://www.frostburg.edu/spring2021>.

---

## New Hours for PAWS Pantry Spring 2021

Pantry hours are as follows:

**Mondays** – 10 a.m. to 6 p.m.

**Wednesdays** – 10 a.m. to 4 p.m.

**Thursdays** – 11 a.m. to 6 p.m.

PAWS Pantry permits customers to shop in the pantry. Customers who are not comfortable doing their own shopping can still take advantage of the pre-packed bag option. Only one customer will be permitted in the pantry and/or at the door at a time. Customers wishing to use the pantry resources can reserve a 15-minute time slot. You can reserve your time slot the day of or a full week in advance.

The pantry recently updated its Intake and Liability Waiver. All customers (new and returning) will need to complete this form before using the pantry. You will receive your new Pantry ID card at your first visit to the pantry this semester.

Have you been exposed to the virus and/or are symptomatic? Email [PAWSPantry@frostburg.edu](mailto:PAWSPantry@frostburg.edu) to request a delivery, and a pantry representative will be in touch to coordinate a delivery day and time with you. Because of limited staffing, only those who have been exposed to the virus, have been informed to self-quarantine and/or are symptomatic should use this option.

## Tutoring for the Upcoming Semester

### Formats

TutorTrac with 15 peer tutors via TEAMS

NetTutor

Students will be able to make appointments with peer tutors via TutorTrac, confirmation and reminder emails will be sent, and tutors will send students TEAMS invites. Tutors will log appointment data, etc. Tutors will also have training on screen and file sharing, etc.

NetTutor will work as a supplement in case peer tutors are booked or students need help in courses not tutored. If students prefer to use NetTutor exclusively, that's OK, too.

For TutorTrac Instructions and Policies for Students (Updated with TEAMS component), NetTutor Student Quick Reference Guide and/or NetTutor Flyer, contact Mark Smith, director, Tutoring Services, at [msmith@frostburg.edu](mailto:msmith@frostburg.edu).

## A Message From CAPS

If you are having difficulty taking care of your daily needs and/or notice that your mood has been more depressed or anxious, you are not alone. Help is available at Counseling and Psychological Services (CAPS). Counseling is being provided over confidential tele-health programs.

If you are interested in individual counseling or participating in one of the groups CAPS offers, call 301-687-4234.

If you need of immediate support, call 301-687-4234 during business hours or 301-687-4223 in the evening or on the weekend.

Other crisis resources are available at:

National Suicide Prevention Lifeline: 1-800-273-8255

Trevor LifeLine: 1-866-488-7386

Veterans' Crisis Hotline: 1-877-VET2VET (1-877-838-2838)

Crisis Text Line: Text HOME to 741741 for free, 24/7 crisis counseling

911

## Special Events

### CES and Student Activities Present National Geographic Live



This photo of Allen's hummingbird was taken by National Geographic photographer Anand Varma.

FSU's Cultural Events Series and the FSU Student Activities program announce a series of free, interactive streaming events from the National Geographic Live Virtual Speaker Series. Through stories and conversation, each live event brings viewers behind the scenes with world-renowned photographers, scientists, authors, filmmakers, conservationists, explorers and adventurers.

On **Tuesday, Feb. 9**, at 7 p.m., viewers will learn about the intriguing intersection of science and photography with “Scientific Exposure.” National Geographic photographers often emerge from scientific backgrounds. Molecular biologist-turned-photographer Prasenjeet Yadav combines his experience in research and photography to highlight natural history and science. Anand Varma, who graduated with a degree in integrative biology from UC Berkeley, uses innovative photography techniques to create stunning images of creatures whose details are otherwise invisible to the naked eye.

Upcoming programs include “Reimagining Dinosaurs” on **Tuesday, Feb. 23**; “Feats of Filmmaking,” on **Tuesday, March 16**; “Mysterious Seas” on **Tuesday, March 30**; and “Women and Migration” on **Tuesday, April 13**.

All events in this series require prior registration by visiting [tickets.frostburg.edu](https://tickets.frostburg.edu). For info, contact [ces@frostburg.edu](mailto:ces@frostburg.edu).

## Music

Because of the coronavirus pandemic, musical performances before public audiences will not be held until conditions warrant. However, the Department of Music is continuing a series of online presentations.

Visit [www.frostburg.edu/concerts](https://www.frostburg.edu/concerts) and click an event to be directed to the FSU Localist Events page; click the red “Join Stream” button on the right side of page to join the livestream.

Unless otherwise noted, concerts are free to view online. For info, contact FSU’s Department of Music at 301-687-4109.

If you miss the livestreams, Music Department recitals are available for viewing on YouTube: Frostburg Music Department.

## Virtual Brass Fest for Spring 2021

The FSU Department of Music will present its virtual Brass Fest Spring 2021 on **Tuesday, Feb. 16**, from 4:30 to 5:30 p.m. High school brass students are invited to spend a day with FSU as participants in the Brass Festival. This event is free. Register at [www.frostburg.edu/BrassFest](https://www.frostburg.edu/BrassFest).

Brass instructors participating in the event include **Dr. Jacob Dalager**, trumpet; **Dr. Avery Pettigrew**, horn; and **Dr. Anthony Walker**, low brass.

The festival includes a Q&A with FSU brass faculty and the department chair, assistance with scholarship audition preparation and a chance to hear FSU’s brass faculty perform.

A free 30-minute lesson will be awarded to the first five registrants in each instrument area (trumpet, horn and low brass). Winners will be notified via email. The festival Zoom link will be provided once registration is received.

All who register will be accepted. Registration must be submitted by **Monday, Feb. 15**, at 9 p.m.

For info, contact Dr. Brent Weber, chair, FSU Department of Music, at 301-687-4116.

## Department of Music to Host West Shore Piano Trio in Online Faculty-Guest Artist Series Concert



From left, Dr. Jay DeWire, Diana Flesner and Heather Haughn

The FSU Department of Music will present the West Shore Piano Trio in a livestreamed Faculty-Guest Artist Series concert on **Sunday, Feb. 21**, at 3 p.m.

The West Shore Piano Trio, comprised of **Dr. Jay DeWire** on piano, Heather Haughn on the violin and Diana Flesner on the cello, will perform “Piano Trio in A Minor, Op. 150” by Amy Beach, “Piano Trio in E-flat Major, Op. 33” by Louise Farrenc and “Piano Trio” by Rebecca Clarke.

“Piano Trio in A Minor, Op. 150” was composed late in Beach’s career in 1938. Immersed in the developmental processes of late-19th-century models while quoting two Inuit folk songs, the piece incorporates lush romantic melodies over various textures, tones and impressionistic colors.

Farrenc, a French composer, virtuoso pianist and teacher, wrote much of her chamber music, considered her best work, during the 1840s. Her 1843 piece, “Piano Trio in E-flat Major, Op. 33,” unifies the strings with the piano in a supportive, balanced setting of exuberant French elegance.

“Piano Trio” (1921) showcases Clarke’s unique harmonic language, influenced by French and British styles of the early 20th century, as well as folk music. It begins with a dark, dissonant and alarming theme but ends with a bright, affirmative one, suggesting a reflection of WWI with its violent devastation and dual aftermath of sorrow and renewed hope.

Haughn enjoys a diverse career as an active chamber musician, orchestral player and teacher. She plays with the Annapolis Symphony Orchestra, Concert Artists of Baltimore, Delaware Symphony Orchestra, Lancaster Symphony Orchestra, Maryland Symphony Orchestra and the National Philharmonic. She is on the faculty of Goucher College and the Duke Ellington School of the Arts. Haughn has performed as soloist and concertmaster with the Berkeley Symphony Orchestra, the San Francisco Sinfonietta and the San Francisco Concerto Orchestra.

Active as a chamber musician, Flesner was a member of the Cervantes String Quartet for two years. She has participated in the Manchester Music Festival and the Quartet Program at Bucknell and has played in master classes or coached with members of the Pacifica, Miró, Miami, Kocian, Tokyo, Juilliard, Tákacs and Kronos quartets. Flesner served as principal cellist for the University of

Illinois Symphony Orchestra and has played with BACH (Baroque Artists of Champaign-Urbana), the Prairie Ensemble, Opera Illinois, Champaign-Urbana Symphony, Peoria Symphony, Illinois Symphony, Annapolis Symphony Orchestra and Fairfax Symphony.

## FSU's Dr. Scott Rieker's Compositions Presented in Online Faculty Artist Series Concert, 'Some Fruits of COVID'

FSU's Department of Music will present compositions by *Dr. Scott Rieker* in a livestreamed Faculty Artist Series concert, "Some Fruits of COVID," on **Friday, Feb. 26**, at 7:30 p.m.

Guest artists will include pianist *Dr. Joseph Yungen*, soprano *Francesca Aguado*, saxophonist *Dr. Brent Weber*, violinist *Hanna Livingston* and FSU choral artists.

The concert will consist of inspiring compositions for choir, saxophone, violin, solo voice and piano written by Rieker, FSU's director of Choral Activities and Choral Music Education, during the first four months of the COVID-19 pandemic.

## CES Offering Discounts to Maryland Symphony Virtual Events

CES at FSU is offering a 20 percent discount to local residents who purchase tickets to the Maryland Symphony Orchestra's virtual spring season events. All concerts, led by MSO Musical Director Elizabeth Schulze, will be streamed live from the historic Maryland Theatre in Hagerstown, Md.

This exclusive offer is made possible through a grant from the Community Trust Foundation's Iris and Peter Halmos Community Fund. Single performance tickets of \$29.99 are discounted to \$23.99, while season subscription tickets of \$149.99 are discounted to \$119.99. This offer will be available until all grant funds have been spent.

The discount can be secured by using a promo code that will be distributed through CES monthly newsletters and promotions. To join the mailing list or inquire about the promo code, email [ces@frostburg.edu](mailto:ces@frostburg.edu). For info about each concert or to purchase tickets, visit <https://watch.marylandsymphony.org/catalog>.

Remaining events scheduled in the six-concert series include Shostakovich's "Piano Concerto No. 1" with pianist Sara Davis Buechner on **Sunday, Feb. 14**, at 3 p.m.; "Classical Prodigies" on **Saturday, March 13**, at 7:30 p.m.; "Ports of Call: Journeys and Discoveries" with guitarist Sharon Isbin on **Saturday, April 10**, at 7:30 p.m.; "Magic at the Symphony" with master illusionist Lynn Dillies on **Saturday, May 1**, at 7 p.m.; and "Brown & Beethoven" featuring pianist Michael Brown on **Saturday, June 5**, at 7:30 p.m.

## Readings

### Center for Literary Arts to Host Virtual Reading by Poet David Eye

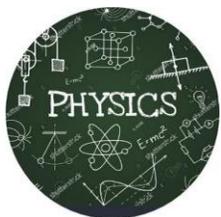
As part of its Spring Reading Series, FSU's Center for Literary Arts will host a virtual reading by poet David Eye on **Thursday, Feb. 18**, at 7:30 p.m. This semester, readings will be livestreamed to YouTube and will thereafter be available on the CLA channel at <https://www.youtube.com/channel/UCqtBS9H9vtPSR4Vfd3pudTw>, or search for Frostburg Center for Literary Arts on YouTube.

Eye is the author of "Seed." He earned an MFA in 2008 from Syracuse University and has received support from the Sewanee Writers' Conference and the Fine Arts Work Center. Before turning to writing, Eye enjoyed a career in the theatre; before that, he spent four years in Texas in the military. This places him in an elite group of writer/professors who have served in the U.S. Army and the Broadway tour of "Cats." Eye serves as an associate editor at the literary magazine 32 Poems.

For info, contact the Center for Literary Arts at 301-687-4340 or [cla@frostburg.edu](mailto:cla@frostburg.edu).

## Webinars

### Careers in Physics: Panel Discussion



The second Physics and Engineering Alumni Webinar of the year will be held **Monday, Feb. 15**, from 6 to 7 p.m. In this next installment, participants will learn about the wide array of career opportunities in physics.

Join the Webex meeting at

<https://frostburg.webex.com/webappng/sites/frostburg/meeting/download/fba92876a237450b8248bf1f613c58f6?siteurl=frostburg&MTID=m05ff40ea015330845f200e19aba2ba7f>. Alternatively, you can check out the webinar "in-person" at the CCIT MLC. Email Dr. Eric Moore at [ejmoore@frostburg.edu](mailto:ejmoore@frostburg.edu) for more ways to join.

Alumni panelists are as follows:

**Adam Fadley '20** studied physics and mathematics. While at FSU, he interned at Pioneer Conveyor as an engineer. Fadley is now the facilities engineer at Garrett Regional Medical Center. In this position, he updates and expands the CAD library, provides technical support for the GRMC thermodynamic and fluid transfer processes, and assists in all architectural and engineering improvements.

**Becca Reimer '17** graduated with a bachelor's in physics and a minor in mathematics. She works as a laboratory technician in the Chromatography Department at Cumberland Valley Analytical Services. Reimer chose FSU because of her interest in astrophysics,

which resulted in her capstone titled “A Kinematic Study of NGC 2403.” She also interned with the National Science Foundation where she researched orbital elements and their effect on potentially habitable exoplanets.

**Dustin Ullery '15** earned his bachelor’s in physics at FSU and his master’s in applied physics at Towson University. He worked for the U.S. Army at Aberdeen Proving Grounds, focusing on defense system design and analysis, then transitioned to the private sector within the defense industry. He works for Northrop Grumman, and after spending three years on RF fuze design and production at the Allegany Ballistics Laboratory in Rocket Center, W.Va., is now a mathematician specializing in machine learning algorithm development in Boulder, Colo.

Check the U.S. Bureau of Labor and Statistics (<https://www.bls.gov/ooh/life-physical-and-social-science/physicists-and-astronomers.htm>) and American Physical Society (<https://www.aps.org>) for the latest information on physics occupations and salaries.

## Exhibits

### FSU’s Roper Gallery to Feature Spring 2021 Faculty Exhibition



This artwork by Ash Lester will be featured in the exhibition.

FSU’s Department of Visual Arts will host the spring 2021 Faculty Exhibition, which will open on **Friday, Feb. 12**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition, which is free and open to the public, will be on display through **Friday, Feb. 26**.

One of the featured artists in the exhibition will be **Ash Lester**, the new director for the Roper Gallery, as well as the new sculpture professor at FSU. Lester has exhibited work nationally and internationally and specializes in sculpture and installation, focusing on her coming-of-age as a queer woman in rural America.

She touches on issues and topics such as class, isolation and stereotypes while simultaneously exposing and celebrating those communities and their often clichéd cultures. Lester earned her bachelor’s from Plattsburgh State University in New York and her master’s at the University of South Florida in Tampa, Fla.

The Roper Gallery is open Monday through Friday from 1 to 4 p.m. For info, contact the Department of Visual Arts at 301-687-4797.

To prevent the spread of the coronavirus, FSU follows state health guidelines requiring the wearing of masks and physical distancing from others. Visitors to campus must visit [www.frostburg.edu/checkin](http://www.frostburg.edu/checkin) for symptom monitoring before arriving on campus and be prepared to display the “Reduced Risk” badge.

### Ort Library Hosting Four Exhibits for Black History Month



Images from “The Black Family,” left, and “Barack Obama” on display at the Ort Library.

In celebration of Black History Month, the Ort Library is hosting four exhibits: “The Black Family: Representation, Identity and Diversity” on the third floor, “Barack Obama: The Elections of the First Black President” and “The #BLM Movement: 2014-Present” on the fourth floor, and “Malcolm X” on the fifth floor. These exhibits will be up through February.

## Points of Pride

### FSU Student Will Baxter Wins International Design Contest for Agency Representation



Will Baxter, left, is pictured here with his submission sample, “Dark Woods.”

FSU senior art student **Will Baxter** has wanted to be a professional artist since visiting Disney World when he was 5 years old. He was named special “artist of the day” by a street illustrator and had the chance to sketch with an official Disney artist.

A resident of Cumberland, Baxter is taking that next step to fulfilling his dream of becoming a professional artist. He recently won an international competition and has been offered an exclusive two-year deal with the Illustration Room, an Australia-based design company producing artwork commissions for businesses, websites, games, apps, magazines, books, advertising, marketing and PR agencies.

Baxter, a Bachelor of Fine Arts student with a focus in illustration and sculpture with a graphic arts minor, answered the worldwide “callout” from the Aussie agency for new artists to present a professional children’s book concept, which would include three full-page spreads, character designs and development drawings. He submitted works with a Halloween theme, beating out several hundred submissions from around the globe. He based his entries on a concept he had previously created at FSU for Professor of Illustration and Drawing **Jamison Odone**, who recommended Baxter for the competition.

“My final submission included two magic school student characters, a little cat witch and a small goat wizard journeying through a haunted forest to retrieve forbidden spells from an old warlock’s cabin,” Baxter explains. “The illustrations turned out to be some of the best work I’d ever done.”

For info about studying art and design at FSU, visit <https://www.frostburg.edu/academics/majorminors/bachelor/bachelor-of-fine-arts-in-visual-arts-bfa.php>.

## Dr. Scott Rieker’s Composition Is Winner in Chorus’ Competition

**Dr. Scott Rieker**, a lecturer in FSU’s Department of Music, had his composition, “‘Famous’ Last Words” (for SATB choir, reader and piano) selected as one of three winners for the Missoula Community Chorus’ “The Way Through, Composition Contest in the Time of COVID-19.” Only music written during the COVID-19 pandemic was eligible for consideration. Rieker’s humorous work is a send-up of elegies and eulogies that memorialize the great and good. Instead of incorporating noble and edifying texts, he has set ignominious last words (e.g., Civil War General John’s Sedgwick’s memorable, “They couldn’t hit an elephant at this distance”) in an attempt to inject some levity into an otherwise grave situation. The award comes with a cash prize and a premiere of the winning works by the MCC, hopefully in the fall of 2021.

## Andy Duncan Quoted in CNN Article



Illustration credit: Leanza Abucayan, CNN

**Andy Duncan**, a professor in FSU’s Department of English and Foreign Languages, is quoted in a Jan. 31 CNN.com article titled “Are We Getting Weirder? Perhaps We’re Simply Becoming Ourselves.” Reporter Allison Hope says Duncan “studies weirdness and writes weirdness” and, to that end, “just filed his first UFO report.” Duncan is quoted saying, in part, “I have always had a soft spot for eccentrics, and I have worked long and hard to be eccentric myself, with mixed results.” Check out the complete article at <https://www.cnn.com/2021/01/31/health/getting-weirder-or-real-wellness/index.html>.

## FSU Students Maria Cobena and Hannah Hieronimus Start Recycling Program

FSU students **Maria Cobena** and **Hannah Hieronimus** of the Omicron Pi – Delta Zeta chapter at FSU made their sorority’s national magazine. The two started a recycling program since recycling is not collected from students who live off campus. They plan on using the money earned for funding their effort and Delta Zeta’s charities. For the complete story, visit <http://lamp.deltazeta.org/Content/Uploads/Winter2021LAMP/#>.

## Take Note

### NSE and HBCU Opportunities

February is African American History Month and a great opportunity to learn about exchange offerings with Historically Black Colleges and Universities (HBCUs). Many were founded as segregated teacher’s colleges (normal schools) for African Americans; others were later designated as land-grant universities. Most HBCUs with the National Student Exchange are among the 1890 Universities that gained land-grant status under the Morrill Act of 1890. There are 107 HBCUs in the U.S. and 63 are baccalaureate granting. NSE offers exchange with a dozen HBCUs. NSE allows FSU students to pay FSU tuition and fees while studying at another institution in the U.S. Visit [www.NSE.org](http://www.NSE.org) for info or contact Amy Shimko in the Career and Professional Development Center, Pullen 110.

## Mark Black History Month With These Educational Opportunities

Check out the following free online programs and workshops offered by the National Museum of African American History and Culture.

### “In Dialogue: Race and Medicine”

Thursday, Feb. 11, at 5 p.m.

NMAAHC and the National Portrait Gallery (NPG) are teaming up for a program in the NPG monthly series “In Dialogue: Smithsonian Objects and Social Justice.” Join cohosts Beth Evans (NPG) and Leslie P. Walker (NMAAHC) for a discussion about race and medicine, as represented by objects in the Smithsonian’s collections. To register, visit <https://nmaahc.si.edu/event/dialogue-social-smithsonian-objects-and-social-justice-%E2%80%93-race-and-medicine?trumbaEmbed=view%3Devent%26eventid%3D150363466>.

### “African Americans in STEM Wikipedia Edit-a-Thon”

Starts Sunday, Feb. 21, at noon

Celebrate National Engineering Week by creating and editing Wikipedia pages for African American STEM professionals! Your work will benefit K-12 students and teachers by highlighting the impact of past and present African American STEM professionals on their communities, the nation and the world. Edit-A-Thon runs through **Saturday, March 6**. Learn more at <https://nmaahc.si.edu/event/african-americans-stem-wikipedia-edit-thon?trumbaEmbed=view%3Devent%26eventid%3D150466761>.

---

## “Historically Speaking: The Economic Impact of COVID-19 on the African American Community”

Tuesday, Feb. 23, at 7 p.m.

Explore how the COVID-19 pandemic has impacted the physical and financial well-being of the African American community. Discussion moderator Michael Fletcher of ESPN’s “Undeclared” and such panelists as researcher and commentator Algernon Austin will examine the country’s most dramatic economic crash since the Great Depression, as well as explore how communities can prevail with critical interventions. Registration is not required. To join, visit <https://nmaahc.si.edu/event/historically-speaking-economic-impact-covid-19-african-american-community?trumbaEmbed=view%3Devent%26eventid%3D150534023>.

For info, contact Robin Wynder at [rwynder@frostburg.edu](mailto:rwynder@frostburg.edu).

## LGBTQ Support Group

An LGBTQ Support Group will be offered **Thursdays, starting Feb. 18**, from 4 to 5 p.m.

This is a group for LGBTQ+ students who are dealing with challenges such as isolation, invalidation and despair.

Decrease isolation by getting into a supportive environment within a group.

Learn and/or improve coping skills to face challenges.

Explore healthy ways to take care of yourself.

Develop better strategies to help meet your goals.

The facilitator will be Norma Sosa. For info, call 301-687-4234.

## Stress Less for Better Health: An Eight-Week Journey

Stress Less for Better Health is a mind-body skills group that follows the evidence-based research model of the Center for Mind-Body Medicine. Sessions will be held **Thursdays, Feb. 11 through April 15**, from 4 to 6 p.m. (no group on **Feb. 25**).

Learn self-care skills to help reduce stress and build resistance. Topics will include breath work, meditation, guided imagery, art, movement and mindful eating.

To register, call Michele Brinsfield at 301-687-4234.

## I Am Her Tribe

I Am Her Tribe is an online black woman’s trauma healing circle. The group will meet **Wednesdays, Feb. 17 through March 17**, from 3 to 4 p.m. (subject to change). The host will be Tawona Pearson. For details and to sign up, call 301-687-4234.

## Virtual Town Hall Meeting

The Office of Civic Engagement, the J. Glenn Beall Institute for Public Affairs and the Student Government Association will host a series of town halls this semester. These town hall events are an opportunity for students to come together to have a conversation about the issues that are important to them.

The first meeting will be held on **Tuesday, Feb. 9**, at 6 p.m.

Webex Login Information: <https://frostburg.webex.com/meet/TimesTalkThursdayDemocracy>

Meeting ID No. 198 834 933

No password is required.

Join the meeting using your full name.

## Times Talk Spring Schedule

The Times Talk program will continue this year as it did last semester. An event will be held each week and will alternate between political and Diversity, Equity and Inclusion topics. This semester, the discussions will not be every Thursday at 12:30 p.m. as they have in the past but will be at different times on **Wednesday and Thursday afternoons** so more individuals can attend. Topics and links to articles will continue to be distributed to the campus through the Volunteer Service email each week. For info, contact Patrick O’Brien at [pobrien@frostburg.edu](mailto:pobrien@frostburg.edu).

## Spring 2021 Library Hours

Hours at the Ort Library for the spring semester are as follows:

**Mondays through Thursdays** – 8 a.m. to 9 p.m.

**Fridays** – 8 a.m. to 6 p.m.

---

**Saturdays** – 11 a.m. to 4 p.m.

**Sundays** – 1 to 9 p.m.

Library hours are also posted on the Library Hours webpage at <http://libguides.frostburg.edu/libhours>.

Due to the ongoing pandemic, some of the library's services, spaces and policies have been updated to protect the health and safety of the University community. Visit the Library COVID-19 Response page for more information.

The library is open to current FSU faculty, staff and students; all others must schedule an appointment, including community members, retired faculty and non-FSU researchers. Masks and social distancing are required for access to the library building. Food is not permitted this semester.

For info, contact the Library Services Main Desk at 301-687-4395 or email [libref@frostburg.edu](mailto:libref@frostburg.edu). Online resources remain accessible via the Library webpage at [www.frostburg.edu/library](http://www.frostburg.edu/library), and online reference and research help is available at [libguides.frostburg.edu/ask](http://libguides.frostburg.edu/ask).

## FSU Foundation Opportunity Grants



The FSU Foundation is once again seeking funding proposals from faculty, staff and students for Foundation Opportunity Grants and several other awards for fiscal year 2022 (academic year 2021-22).

Those interested should complete the FSU Foundation Opportunity Grant Request Form (application link at [www.frostburg.edu/opportunity](http://www.frostburg.edu/opportunity)), which includes a line-item budget. All applications must be limited to two pages. A third page is only permitted for the line-item budget. After you complete the form, you must submit it online at [www.frostburg.edu/opportunity](http://www.frostburg.edu/opportunity). **No paper or emailed applications will be accepted.**

The deadline for proposals is midnight on **Sunday, March 7**. Applicants will be notified of the awards following the Foundation Board meeting on **Friday, June 4**.

Projects may be funded from the following:

**Annual Fund** for projects that support FSU's institutional priority to enhance experiential and applied learning opportunities for students inside and outside the classroom

**Bowling Family Global Citizen Funds** to support the global competence of FSU students

**Al and Dale Boxley Faculty Award/Student Research Award** to support faculty or student projects

**J. Frederick Gibraltar Regional and Cultural Arts Funds** to support regional and cultural arts programs at FSU

**Jonathan Gibraltar Presidential Leadership Fund for Alcohol Awareness and Education** to support educational programs, social programs and/or community service-related programs geared toward alcohol awareness and the importance of responsible behaviors and decision making

**Catherine R. Gira Campus-to-Community Awards** to support students or student projects that demonstrate an entrepreneurial spirit, critical thinking skills and a determination to be successful

**Kim and Marion Leonard Experiential Authentic Leadership Learning Funds (new fund this year)** to support the FSU Leadership Program as it introduces activities that empower educators to design learning experiences so that students will understand the value of mindfulness, authenticity, awareness, vulnerability, openness, trust, listening and respect

**Woodward and Virginia Pealer Faculty Development Award** to support student scholarships and faculty development initiatives for stipends/funding and travel expenses for visiting scholars, lecturers, artists, performers and programs; recognition and promotion of these activities; equipment purchases in conjunction with these activities; and outreach/professional development programs for Allegany County

**Martha T. and Ralph M. Race Western History Lecture Funds** to support an annual lecture series on the topic of Western history

**Stephen M. Spahr Student Activism Award** to provide financial assistance to student organizations, classes or informal groups of students needing funds to travel to programs or centers of governmental activity to experience, firsthand, the workings of the democratic process

**Marlene Weimer Memorial Scholarly Endeavors Fund** to support scholarly endeavors in the area of innovative mathematics faculty development initiatives and/or scholarship support for outstanding mathematics students, depending on the area of greatest need as determined annually by the Mathematics Department

You can access the award descriptions at [www.frostburg.edu/opportunitygrants](http://www.frostburg.edu/opportunitygrants) and a list of previously supported projects at <https://www.frostburg.edu/foundation/files/pdfs/fundedprojects.pdf>.

---

## Undergraduate Research Symposium Coming in April

This year the FSU Undergraduate Research Symposium will be virtual (details to follow this month) and will be on **Friday, April 23, rather than the traditional first Friday in May**. Students who planned to present last year will be given the opportunity to participate this year if they are still interested.

For info, contact Dr. Karen Keller at [klkeller@frostburg.edu](mailto:klkeller@frostburg.edu).

## How Does a Snow Day Affect Hybrid Classes?

On days when the campus is closed or opening is delayed because of inclement weather, hybrid (blended) classes may still be in session. Here are the instructions for bad weather days.

If the campus is closed:

In-person classes are canceled.

Fully online classes will continue regardless of campus status.

For hybrid (blended) courses, students should consult with their instructor and their class syllabus regarding plans when the campus is closed. Blended classes may be taught online at the instructor's discretion.

More info can be found at <https://www.frostburg.edu/news/snow-closing-info.php>.

## Brady Health Conducting Flu Vaccine Clinics



Brady Health is administering the quadrivalent vaccine again this year. A quadrivalent influenza vaccine protects against four flu viruses, including two type A viruses and two type B viruses.

**Clinics will be held at Brady Health Mondays through Fridays from 9 a.m. to 4 p.m.** They are open to students, faculty and staff.

**You must call 301-687-4310 to schedule an appointment.**

The cost is \$20. (No insurance.)

You must be over 18 years of age. Be sure to wear short sleeves and your mask!

Even healthy people can get the flu, so don't forget to get your flu shot this year!

## UCM

### UCM Announcements

#### United Through Christ Bible Fellowship

Starting **Monday, Feb. 8**, 7:45 p.m., "When God Doesn't Make Sense – Life Lesson From Abraham," Leader: Chaplain

All are welcome to join the discussion.

Location each week: Online via Zoom at <https://bwcumc.zoom.us/j/96517405931>

One tap mobile: +13017158592,,96517405931# US (Washington DC)

#### 100 Percent Triumph Prayer and Bible Study Group

**Tuesdays**, 7:30 p.m.

Location: Online Zoom meeting at <https://us02web.zoom.us/j/89251112259>

#### 100 Percent Triumph Sunday's Basketball Fellowship

**Sundays**, 1 p.m., Practice Gym

Jamari Morgan will lead the group in a fun fellowship. Everyone is invited.

#### Ash Wednesday

**Feb. 17**, 11 a.m. to 2:30 p.m., Lane Atkinson Room. UCM and Chaplain Cindy will provide blessed ashes at a brief "Come and Go Ashes" for an individual ritual of ashes.

For info on events, contact the chaplain, the Rev. Dr. Cindy Zirlott, at [c.zirlott@frostburg.edu](mailto:c.zirlott@frostburg.edu).

## Study Abroad

### Study Abroad: Start Planning Your Experience for Spring 2022!



**Bethany Bloom**  
Morocco, Fall 2019

Join the Center for International Education for an information session to learn more about study abroad. Each virtual session takes place at 3:30 p.m. on the following **Fridays** throughout the semester: **Feb. 19, March 5 and 19,** and **April 2 and 16.**

Email Victoria Gearhart at [vmgearhart@frostburg.edu](mailto:vmgearhart@frostburg.edu) to sign up for the session of your choice.

### Celebrate National Study Abroad Day



**Tiffany Sherrick**  
Galápagos Islands

The Center for International Education will celebrate National Study Abroad Day on **Monday, Feb. 22,** and reminds prospective participants, alumni, faculty and staff about the value of study abroad. As international education professionals, CIE knows how important it is for students to go out into the world and engage with other places, peoples and cultures. Want to learn more about study abroad opportunities available through FSU? Contact Victoria Gearhart and sign up for the next Study Abroad Information Session.

## Health and Safety Messages

### This Valentine's Day, Kindle the Romance ... Not Your Home



Clean your oven and stove. Butter, oil and grease residue can easily catch fire.

Keep flammable items away from the stove or cooktop. Dish towels, paper towels, potholders and shopping bags can ignite.

Keep a large lid or metal cooking sheet by your cooktop. Smother any pan flare-ups or flames with the lid while protecting your hand with a potholder.

The number one cause of house fires is leaving a stove unattended when cooking. If you must leave the kitchen, turn off the stove. It takes less than 30 seconds for smoke to become fire.

Don't combine cooking and romance. Keep your attention on the oven, stove and chopping board.

Use flameless candles.

### Happy, Healthy, Hip



Mental Health Monday Tip: Monday Mantra

[https://youtu.be/sbbzZYJ\\_oJ4](https://youtu.be/sbbzZYJ_oJ4)

Tell Yourself Tuesday Tip: Be in the Present

<https://positivepsychology.com/present-moment>

Wacky Wednesday Tip: Embody Open-Mindedness

<https://youtu.be/4vgI3v8rjj8>

Thankful Thursday Tip: Start a Gratitude Journal

[https://greatergood.berkeley.edu/article/item/tips\\_for\\_keeping\\_a\\_gratitude\\_journal](https://greatergood.berkeley.edu/article/item/tips_for_keeping_a_gratitude_journal)

Fun Friday Tip: Volunteer!

<https://www.volunteermatch.org/search/orgs.jsp?r=20.0&l=Cumberland%2C+MD%2C+USA>

Social Saturday Tip: Online Connection

<https://www.insider.com/online-games-activities-to-try-with-long-distance-friends-family-2020-3>

Self-Love Sunday: Sing a Song!

<https://www.tendacademy.ca/using-music-self-care>

---

## 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](http://www.frostburg.edu/strategicplan).