



# StateLines

For and about FSU people

A publication of Communications and Media Relations

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

## Coming Soon – FSU Online Events

### 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).

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

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](http://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.



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.

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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.

DeWire, an assistant professor in FSU's Department of Music, teaches piano, pedagogy and music history.

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.

## CES and Student Activities Present Nat Geo Live's 'Reimagining Dinosaurs'



A rendering of Spinosaurus by artist Davide Bonadonna

FSU's CES and the FSU Student Activities program will present "Reimagining Dinosaurs," a free streaming event from the National Geographic Live Virtual Speaker Series, on **Tuesday, Feb. 23**, at 7 p.m. Through stories and conversation, the live program brings viewers behind the scenes with two world-renowned paleontologists.

National Geographic Explorers Nizar Ibrahim and Sebastián Rozadilla reveal the groundbreaking new science that is changing previous theories about how dinosaurs

looked, moved and lived. Newfound troves from the Moroccan desert suggest that the immense predator Spinosaurus spent much of its time in the water. Meanwhile, in Chile, scientists have discovered a shocking new theropod that consumed a vegetarian diet, unlike its cousins, Velociraptor and T. rex.

Upcoming programs include "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).

## 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.

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## 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.

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**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.

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

## Music

### 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](http://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.

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## 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 "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 and Beethoven," featuring pianist Michael Brown, on **Saturday, June 5**, at 7:30 p.m.

## Exhibits

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.

## Roper Gallery to Host Exhibition by Rachel Underwood, 'Sleepwalking Toward Extinction'



Fire by Rachel Underwood

FSU's Department of Visual Arts will present an exhibition by Rachel Underwood, titled "Sleepwalking Toward Extinction," which will open on **Friday, March 5**, 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, March 26**.

The existential and conceptual problems posed by the current geological age are those at the heart of humanistic inquiry: what does it mean to be human, to live during this time? Underwood's large-scale paintings explore moments of animalistic urges, death, adaptation and the consequences of human actions. She often uses a life-size scale so the viewer can directly relate to and be confronted by the painting. Humans tend to primarily see themselves as apart from nature, rather than a part of it. Underwood examines the similarities and differences between the human animal and nature and what those relationships mean for the future.

Underwood is a U.S. Navy veteran. Currently, she paints about the climate crisis and is illustrating a children's book about friendly dinosaurs. She earned her BFA from Towson University and her MFA at the University of South Florida. Underwood also plans to work toward a degree in environmental science.

The Roper Gallery is open Monday through Friday from 1 to 5 p.m. For info, contact the Department of Visual Arts at 301-687-4797.

## FSU's Roper Gallery Featuring 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, through **Friday, Feb. 26**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This event is free and open to the public.

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.

## Ort Library Hosting Four Exhibits for Black History Month

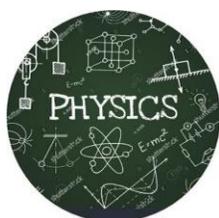


Images from "The Black Family," left, and "Barack Obama" on display at the Ort Library.

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**.

## 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.

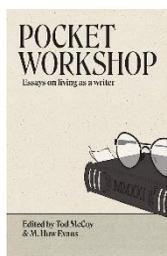
**Becca Reimer '17** graduated with a bachelor's in physics and a minor in mathematics. She works as a laboratory technician in the Chromatography Department at Cumberland Valley Analytical Services. Reimer chose FSU because of her interest in astrophysics, which resulted in her capstone titled “A Kinematic 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 info on physics occupations and salaries.

## Points of Pride

### Andy Duncan's Essay Published in Anthology



**Andy Duncan**, a professor in FSU's Department of English and Foreign Languages, has a new essay, “Channeling Voices,” in the anthology “Pocket Workshop: Essays on Living as a Writer,” edited by Tod McCoy and M. Huw Evans. Published Feb. 9 by Hydra House, the book is a fundraiser for the Clarion West workshop in Seattle, which Duncan attended in 1994 and has taught multiple times since. The volume includes essays by 28 Clarion West instructors, including two of Duncan's instructors and one of his former students.

For info on the book, visit <http://hydrighthousebooks.com/catalog/pocket-workshop>. For more info on the workshop, visit <https://www.clarionwest.org>.

### FSU Student Cassie Conklin Awarded Scholarship to NICAR Conference



FSU student **Cassie Conklin** has been awarded a Jennifer Leonard Scholarship to the 2021 conference of the National Institute for Computer-Assisted Reporting (NICAR), which will be online **Wednesday, March 3, to Friday, March 5**.

Named in honor of a Rochester, N.Y., reporter and activist, the scholarship includes conference registration and a year's membership in Investigative Reporters and Editors (IRE), an international organization based at the Missouri School of Journalism.

A senior geography major from Frostburg, Conklin is an investigative reporter for The Bottom Line, FSU's independent student news organization, and a contributor to Allegany Magazine and the Cumberland Times-News, among others.

IRE exists to “educate, empower and connect journalists across the globe, so we can live in a better, more informed world.” Since 1989, its NICAR program “has trained thousands of journalists in the practical skills of getting and analyzing electronic information.” For info, visit <https://www.ire.org>.

### Office of Sponsored Programs Successes/News

On Jan. 27, project director **Stacey Park** (Educational Professions) was awarded a \$1,798 Child Care Career and Professional Development Grant by the Maryland State Department of Education to purchase electronic learning devices in support of the transition to online learning.

## Take Note

### Save the Date – New Date for Homecoming



This fall, Homecoming will be held **Thursday, Sept. 23, through Sunday, Sept. 26.**

For info, contact the Office of Alumni Relations at [alumni@frostburg.edu](mailto:alumni@frostburg.edu) or 301-687-4068.

### CLC COVID-19 Protocols for Spring 2021

The Children’s Literature Center (Frampton 206) will be open **Mondays through Thursdays** from 9 a.m. to 3 p.m. CLC will be closed on **Fridays**.

#### To Identify Possible Books

When looking for a children’s book to fit your teaching plans/project, go to <http://clcd.com/#/advancedsearch> and type in a topic, title, author, etc. This database will identify a number of possibilities.

If on campus, no username and password are needed.

If off campus, the username is [wbingman@frostburg.edu](mailto:wbingman@frostburg.edu), and the password is lit (for literature).

From that list, you can identify specific books and then visit the CLC database at <https://clc.goalexandria.com> to see if those books are in the collection of 16,000+ books.

#### To Search the CLC Collection (From a Campus Location Only)

Browse the book collection at: <https://clc.goalexandria.com>.

To then reserve a book, fill out the Google Form at <https://bit.ly/3sXbalw>.

Allow 48 hours for the CLC team to collect and enter your books into the system. CLC will send you a confirmation email that your reserved books are ready for pickup.

#### To Pick Up Your Reserved Book(s)

Stand outside CLC and knock on the door. Do not walk into CLC. A staff member will ask your name and then direct you to the “Reserved Books” cart, inside the door, where you can pick up your labeled package of books.

Books can be checked out for two weeks. To return books to CLC, place them in the “Book Collection Box,” in front of the CLC windows. Books should be placed in the box no later than **Thursday** each week. Books are not to be brought back into CLC. CLC needs to quarantine the books for a specified time before they can be put back into circulation.

Students are encouraged to apply for an Allegany County Public Library card (<https://www.alleganycountylibrary.info>) in case CLC does not have the books you need. The Frostburg Community Library is located at 65 E. Main St.

### NSE and HBCU Opportunities

**February** is African American History Month and a great time 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.

### Career and Professional Development Center Offers Big Interview

FSU’s Career and Professional Development Center is offering a free training system that features a new and innovative way to help you prepare more effectively for a job interview.

Big Interview is an online system that combines training and practice to help improve your interview technique and build your confidence. Big interview allows you to practice general, behavioral and technical questions tailored to more than 140 industries. There are also instructional videos on resumes, negotiating and your first 90 days on the job.

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To set up a Big Interview account:

Go to <http://frostburg.biginterview.com> and click “Register.”

Complete the registration process. (You must use your FSU email address.)

You'll then receive a confirmation email at your FSU email account. Click “Verify” in the email, and you'll be able to start using Big Interview.

If you'd rather practice in person, you can schedule a mock interview by calling 301-687-4403.

## FSU Virtual Career and Internship Fair



FSU will host its Career and Internship Fair virtually on **Wednesday, March 24**, from 11 a.m. to 2 p.m. through Handshake. Attend a group or one-on-one sessions with one of the 30+ employers looking for FSU students. Click on any of the emails sent to your FSU student email account from Handshake or go to <https://frostburg.joinhandshake.com> to register and join the fair. For info, call 301-687-4403, email [careerservices@frostburg.edu](mailto:careerservices@frostburg.edu) or stop by the Career and Professional Development Center in Pullen 110.

## Funding Discovery Resources

The Office of Sponsored Programs reminds the campus community that it has info on available resources where you can search for funding to support your next project. These resources can be accessed from the OSP Funding Discovery webpage at <https://www.frostburg.edu/osp/Sponsored%20Programs%20Administration/Funding-Discovery.php>. And be sure to contact OSP for assistance with your next grant application!

## PBS Presents ‘The Black Church’

PBS will present “The Black Church: This Is Our Story, This Is Our Song,” premiering **Tuesday, Feb. 16**, and **Wednesday, Feb. 17**, at 9 p.m.

This intimate four-hour series from executive producer, host and writer Henry Louis Gates, Jr., will explore the 400-year-old story of the Black church in America, all the way down to its bedrock role as the site of African American survival and endurance, grace and resilience, thriving and testifying, freedom and independence, solidarity and speaking truth to power.

Watch the Trailer at [https://www.pbs.org/video/trailer-ectdli/?utm\\_source=bestofpbsnewsletter&utm\\_medium=email&utm\\_term=mainpromo1&utm\\_content=20210201&utm\\_campaign=blackchurch\\_2021](https://www.pbs.org/video/trailer-ectdli/?utm_source=bestofpbsnewsletter&utm_medium=email&utm_term=mainpromo1&utm_content=20210201&utm_campaign=blackchurch_2021).

This is one recommended educational program from the Office of Diversity, Equity and Inclusion. Check for emails from Robin Wynder at [rwynder@frostburg.edu](mailto:rwynder@frostburg.edu) for other suggestions.

## 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, 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.

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## MCTA Holding Winter Farmers Market



Mountain City Traditional Arts, at 25 E. Main St. in Frostburg, will host its Winter Markets on the **first and third Saturdays, through April**, from 10 a.m. to 1 p.m. Come out for honey, locally raised meats and eggs, baked goods and other seasonal foods.

Note that given the spike in COVID-19 cases, no more than five customers will be admitted to the shop at one time.

Masks are required and hand sanitizer is provided. People are requested to maintain a 6-foot distance from others.

For info, contact Kara Rogers Thomas at [krogerstomas@frostburg.edu](mailto:krogerstomas@frostburg.edu).

## Undergraduate Research Symposium Coming in April

This year the FSU Undergraduate Research Symposium will be virtual (details to follow) 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 [kkeller@frostburg.edu](mailto:kkeller@frostburg.edu).

## 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!

## Jobs

### Be Part of FSU's Summer Camps and Conferences Program

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 their 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](mailto:tparnold@frostburg.edu) or at 301-687-4021. The deadline for applications is **Friday, April 9**.

Due to COVID-19, a final decision on a summer camps season for 2021 has not been determined, and an offer of employment only stands if summer camps are allowed.

## UCM

### UCM Announcements

#### United Through Christ Bible Fellowship

**Mondays, 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.

## Community

### Snow Removal for Those in Need

If you or someone you know is unable to shovel out their driveway due to physical limitations (age and/or disability), contact the Office of Civic Engagement to schedule a day and time for ECHOSTARS AmeriCorps members to shovel out the driveway and walkways after a snow storm. This service is available to FSU students, faculty and staff and community members with physical limitations.

This service is based on student availability and travel conditions.

Contact the Office of Civic Engagement at 301-687-4210 or [civicengagement@frostburg.edu](mailto:civicengagement@frostburg.edu) and include the individual's name, address and contact info.

## Health and Safety Messages

### Be Careful Not to Slip and Fall!



Select proper footwear. Shoes or boots with rubber or neoprene composite soles provide better traction on ice and snow than leather or plastic.

Be alert to the possibility that you could quickly slip on an unseen patch of ice. Avoid the temptation to run. You can test your travel path by sliding your shoe or boot on it to see if it's slick.

Your arms help keep you balanced, so keep your hands out of your pockets and avoid carrying heavy loads that may cause you to become off-balance.

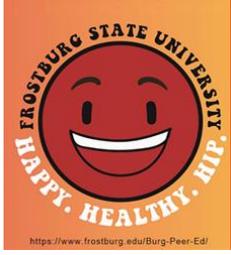
When you step on icy areas, take short, shuffling steps, curl your toes under and walk as flatfooted as possible. Spread your feet out slightly like a penguin to increase your center of gravity.

Many injuries occur when entering or exiting a vehicle. Be particularly careful and hold on to your vehicle to help support yourself.

Be sure you remove snow immediately, before it becomes packed down and turns to ice. Pay special attention to your porch stoops, steps, sidewalk and driveway by applying ice melt.

If you feel yourself starting to fall, try to avoid landing on your knees, wrists or back. Try to fall on a fleshy part of your body, such as your side. If you are able to relax your muscles when you fall, you may injure yourself less.

## Happy, Healthy, Hip!



Mental Health Monday Tip: Motivation Monday

<https://www.canva.com/learn/30-inspiring-quotes-students>

Tell Yourself Tuesday Tip: Forgive Yourself

<https://www.verywellmind.com/how-to-forgive-yourself-4583819>

Wacky Wednesday Tip: Willingness to Grow

<https://positivepsychology.com/comfort-zone>

Thankful Thursday Tip: Appreciation

<https://www.minimalismmadesimple.com/home/appreciate-what-you-have/#:~:text=%2015%20Valuable%20Ways%20to%20Appreciate%20What%20You,delete%20it%29.%20Research%20shows%20that%20social...%20More%20>

Fun Friday Tip: Build a Snowman!

<https://www.youtube.com/watch?v=206yVUMtQB8>

Social Saturday Tip: Virtual Movie Night

<https://www.bustle.com/life/how-to-have-a-zoom-movie-night-thatll-take-your-mind-off-being-quarantined-22681861>

Self-Love Sunday Tip: Positive Reflection of the Week

<https://kenya.hsmagazine.digital/redefining-resolutions-positive-reflection-of-the-week>

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### 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).