



One University. A World of Experiences.



StateLines

For and about FSU people

A publication of Communications and Media Relations

Volume 51, Number 22, March 15, 2021

Copy deadline: noon Wednesday, Candis Johnson at statelines@frostburg.edu

FSU Again Designated Voter Friendly Campus



FSU has once again been designated a Voter Friendly Campus by national nonpartisan organizations Fair Elections Center’s Campus Vote Project and NASPA – Student Affairs Administrators in Higher Education, one of more than 231 designated schools in the country. FSU first received this recognition in 2017, following the 2016 presidential election.

The initiative held participating institutions accountable for planning and implementing practices that encourage their students to register and vote in 2020 elections and in the coming years.

The mission of the Voter Friendly Campus designation is to bolster efforts that help students overcome barriers to participating in the political process. FSU was evaluated based on a campus plan about how the University would register, educate and turn out student voters in 2020, how FSU facilitated voter engagement efforts on its campus and a final analysis of its efforts – all in the face of the upheaval caused by a global pandemic. The designation is valid **through December 2022**.

The success of these engagement efforts was evidenced by the increase in student turnout. Among the engagement efforts was a series of New York Times discussions and guest speakers, held virtually because of the pandemic, that engaged students in discussions about prominent issues. With TurboVote, an online tool, FSU also facilitated student voter registration. TurboVote was continuously available through FSU webpages and publicized through numerous campus venues.

FSU has made a strong statement about the civic mission of higher education to prepare students to be engaged participants in U.S. democracy and is excited to continue engaging students through 2021, 2022 and beyond.

Voter engagement initiatives are supported by Student and Community Involvement’s Office of Civic Engagement and the Beall Institute for Public Affairs.

The institutions designated Voter Friendly Campuses represent a wide range of two-year, four-year, public, private, rural and urban campuses. Notably, the list of designated institutions includes many Minority Serving Institutions and Historically Black Colleges and Universities. The program is ultimately serving millions of students.

For info about civic engagement efforts at FSU, visit www.frostburg.edu/sci/civic-engagement-home.

Help for Students

Have Issues or Concerns?

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

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

Dr. Greg Latta to Perform Celtic Music as Part of Irish-American Heritage Month

As part of Irish-American Heritage Month, award-winning singer and multi-instrumentalist **Dr. Greg Latta**, a professor in FSU's Department of Physics and Engineering, will present a free, livestreamed performance of Celtic music featuring vocals, cittern, bouzouki, guitar and hammered dulcimer. The **Wednesday, March 17**, event will be broadcast at 7 p.m. from the Lewis J. Ort Library's third floor.

To view the event live, visit Latta's YouTube channel beginning at 6:50 p.m. A recording will be available on YouTube following the performance.

A limited number of FSU faculty, staff and students only may attend the event in person. Register online at tickets.frostburg.edu. To prevent the spread of coronavirus, FSU follows state health guidelines that require the wearing of masks and physical distancing. Audience members who procure tickets must visit the FSU check-in portal before arriving on campus and should be prepared to display the Reduced Risk badge along with their e-ticket.

Throughout the month of March, the Ort Library will offer an Irish-American History Month display that focuses on Ireland's Great Famine (1845-1852), which precipitated the mass migration of Irish citizens to the United States during the 1840s and 1850s.

This event, which is co-sponsored by the library and CES, is offered as part of the FSU Staycation spring break celebration.

Films

CES and Student Activities Present Nat Geo Live's 'Feats of Filmmaking'



Left, a scene from "The Rocky Mountains Traverse" directed by Bryan Smith and an aerial shot of Greenland by filmmaker and photographer Keith Ladzinski

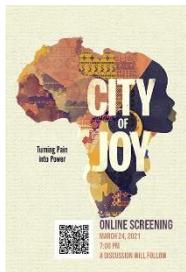
behind the scenes with two National Geographic filmmakers who are renowned for capturing extreme feats of adventure in remote and inhospitable environments.

Based out of British Columbia, Bryan Smith brings stories of adventure to the screen, from the South Pacific's deepest canyons to the frozen waters of Niagara Falls. Whether chasing tornadoes, hanging from massive natural arches or swimming with alligators, Keith Ladzinski takes on the seemingly impossible to document the endeavors of the world's most elite adventurers.

Upcoming programs include "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. For info, contact ces@frostburg.edu.

Women's Studies Presents 'City of Joy'



To celebrate Women's History Month, Women's Studies will offer a free movie screening of "City of Joy" on **Wednesday, March 24**, at 7 p.m. "City of Joy" is a documentary about a leadership community for women who are survivors of gender violence in Bukavu, in the Eastern Democratic Republic of Congo that opened in 2011 and has since served more than 1,500 women. This is a place that turns "pain into power" and provides women with a space to heal and learn valuable skills. The film tells the story of the first class of women to graduate from the program, as well as the way that this amazing organization came to be.

There will be a discussion following the film. Note: The film may be disturbing to victims of sexual violence, and faculty will be on hand virtually to provide support.

For info, contact Dr. Jill Morris at jamorris@frostburg.edu.

<https://frostburg.webex.com/frostburg/j.php?MTID=m97da43833c6a9f4713e23b0960e3bfc0>

Meeting number: 120 307 4280

Password: C85Pht8jj2m

Join by video system.

Dial 1203074280@frostburg.webex.com.

You can also dial 173.243.2.68 and enter your meeting number.

Join by phone.

+1-408-418-9388 United States Toll

Access code: 120 307 4280

Webinars

Physics and Engineering Alumni Webinar Series – 'Internships and Capstones: Pathways to a Career'

"Internships and Capstones: Pathways to a Career" will be held on **Monday, March 22**, from 6 to 7 p.m. Three alums will share internship and capstone experiences at FSU in this next installment.

Join the Webex meeting directly at

<https://frostburg.webex.com/webappng/sites/frostburg/meeting/download/0a37083c69fd4873bef6eba9bb108448?siteurl=frostburg&MTID=m281615e9cde513d0984491edbc2a0978>. Alternatively, you can check out the webinar in Gira Center 186 (Planetarium).

Email ejmoore@frostburg.edu for more ways to join!

Sean Black '20 graduated from FSU with a double major in engineering (materials engineering concentration) and physics (traditional physics track), along with a minor in math. He completed two capstones for each of the majors: "Exploring the Geometry of Spiral Galaxies" (physics) and "Solar Water Heater for Sustainable Energy and Environmental Application" (engineering). Black held seven internships (across five programs) in fields ranging from additive manufacturing to ship design to systems engineering. His last internship landed him a full-time job offer at the Johns Hopkins Applied Physics Laboratory as a systems engineer, combat system analyst and artificial intelligence engineer.

Adam Bosley '15/M'16 graduated with a bachelor's in physics (engineering physics track) and a minor in sociology. His capstone was a collaboration with fellow panelist **W. Michael Prohonic III** under the mentorship of **Dr. Jason Speights**. They created a prototype apparatus for measuring microthermal variations as a proof of concept for classifying atmospheric seeing relative to the turbulent layer on a ground-based planar sheet. Bosley had multiple internship-like opportunities at FSU, including at the Physics of Solar and Wind Power Summer Center and sky-viewing seminars with Speights. While completing his master's, Bosley taught as an adjunct lecturer for PHYS 215 General Physics I. He is an engineer at Special Operations Solutions. He is also completing another master's in systems engineering from Cornell University.

W. Michael Prohonic III '16 is a graduate in engineering (electrical engineering concentration) and physics (engineering physics track). While at FSU, he was an engineering intern at Phoenix Technologies in Accident, Md., then a lab assistant at FSU in the Physics and Engineering Department. He collaborated with **Bosley** for his physics capstone. Prohonic also designed, tested and constructed a high-powered RF amplifier with **Dr. Gregory Latta** for his engineering capstone. Prohonic is a systems integration and test engineer on the E2-D Advanced Hawkeye program at Northrop Grumman in Saint Augustine, Fla. He recently finished his first class toward a master's in systems engineering at the Florida Institute of Technology.

Presentations

Appalachian Laboratory to Host Dr. Rob Dunn for Next Watershed Moments Event

The newest season of the Appalachian Laboratory's Watershed Moments Community Learning Series begins on **Thursday, March 25**, at 6:30 p.m. on Zoom when Dr. Rob Dunn discusses his newest book "Delicious," co-authored with Monica Sanchez. Dunn and Sanchez argue that deliciousness is an overlooked feature of the history of animal evolution and life in general and of human evolution and life in particular. Registration is required. Once registered, attendees will receive the Zoom information via email.

Register at <https://www.usmf.org/robdunn>. For info, visit www.umces.edu/watershed-moments or contact Rhonda Schwinabart at rschwinabart@umces.edu.

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 for symptom monitoring before arriving on campus and be prepared to display the “Reduced Risk” badge.

Roper Gallery Presents 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,” through **Friday, March 26**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition is free and open to the public.

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, adaption 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.

For this exhibition, 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.

Points of Pride

Student Reeve Kennedy Presents at Maryland Collegiate Honors Council’s Conference

On Feb. 27, FSU student **Reeve Kennedy** presented his paper, “How Early American Poetry Relates to America Today,” for the Maryland Collegiate Honors Council’s annual conference via Zoom. This original research covers Phillis Wheatley’s “On Being Brought From Africa to America” (1773) and Emma Lazarus’s “The New Colossus” (1883). After explaining the criteria for what makes a literary work timeless, Kennedy analyzed the content of each short poem to make a case for its relevance to today’s young people, especially social activists. This year’s conference theme was Black Lives Matter. Not only does this presentation focus on the achievements of two women writers, but it also highlights a work by Phillis Wheatley, who is relatively unknown despite the fact that she is credited with starting the African American literary tradition in the U.S. This research was part of his fall coursework for **Dr. Amy Armiento’s** ENGL 261 Literature of the United States, Pre-Contact to Present.

FSU Juniors and Seniors Participate in Sloop Institute for Excellence in Leadership



Thirty-seven FSU juniors and seniors recently participated in the 2021 FSU Sloop Institute for Excellence in Leadership, which featured presentations, panel discussions and workshops with FSU faculty, staff and more than 17 distinguished alumni. The 2021 conference was a hybrid event, allowing students to meet in person while guest speakers participated virtually.

The annual conference provides FSU students and alumni with opportunities to connect and develop meaningful relationships through discussion and a wide variety of individual and small group activities. This year’s guest speakers included Tracy Knofla, with “Leaders, Followers and Commitment to Mission?” and “Earn Your Leadership Every Day”; Elicia Spearman with

“Preparing for Success and Leading With Purpose, Passion and Innovation”; and a keynote address from FSU alumnus **Keenan Scott III**. The conference concluded with the presentation of scholarships and medals. **Savannah Bowen** was the Robert and Johanna Weimer Scholarship recipient, and **Maggie Malat** was the William H. Graves ’65 Scholarship recipient.

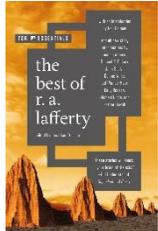
Participants included **Jasmine Akarolo, Ava Ashby, Jordan Beachy, Lawren Beeman, Bowen, Darius Brown, Danny Campos-Saravia, John Cline, Madison Davis, Alexis Dell, Kyla Ferguson, Carmen Fox, Jenna Griffith, Michael Hollingsworth, Emily Hughes, Nargina Johnson, Savannah Kent, Malat, Brianna Mercer, Kole Morgan, Koda Murphy, Melanie O’Neill, Lucero Osorio-Torillo, Pauline Pascariello, Hannah Polk, Ismerai Reyes-Zuniga, Amalia Reyno, Allison Russo, Jacob Sears, Stephanie Vigezzi, Jacob Wilson, Jericho Yantz, Angel Young, Antonia Zais** and the three senior mentors, **Bethany Bloom, Erin Mellarkey** and **Sarah Robertson**.

FSU Alum Alissa Perske Presents at SEACS Conference



Alissa Perske '14 presented at the 2021 Southeastern Association of Cultural Studies conference, hosted virtually Feb. 26 to 27 by UNC Charlotte. Titled “How to Run America: Eisenhower’s Instructions for Future Presidents,” Perske’s presentation was an analysis of the 34th president’s televised “farewell address” of Jan. 17, 1961. Her audience included five of her Frostburg professors: **Dr. Amy Branam Armiento, Andy Duncan, Dr. Sydney Duncan, Dr. Mary Anne Lutz** and **Dr. Jill Morris**. A Frostburg native and undergraduate English major in the professional writing concentration, Perske is a graduate student in professional writing and rhetoric at Western Carolina University. For info on the SEACS conference, which featured presenters from 16 institutions from the U.S., Canada, Germany and the Eastern Band of Cherokee Indians, visit <https://theseacs.org>.

Andy Duncan’s Essay Published in ‘The Best of R.A. Lafferty’



Andy Duncan, a professor in FSU’s Department of English and Foreign Languages, is the author of one of 26 short essays in the first U.S. edition of “The Best of R.A. Lafferty,” published by Tor. Edited by Jonathan Strahan, the volume includes 22 short stories by the late cult writer Raphael Aloysius Lafferty (1914-2002), alongside tributes by acolytes, including Samuel R. Delany, Michael Dirda, Neil Gaiman and Connie Willis. The first edition was published in London by Gollancz in 2019.

Take Note

Professional Development Conference Week – ‘Surviving the Storm’

Be sure to register for the Virtual Spring Professional Development Conference scheduled for **Tuesday, March 16, through Thursday, March 18**. The registration link is <https://forms.office.com/Pages/ResponsePage.aspx?id=0V75uBggRKKBBAOmdHjTo-n19BeIGP9PoDu-igF-YBtUMTRPTzFSVDBOSkZLSFNSTEdPNDRDNDVA0NC4u>. This conference is free and open to all FSU faculty and staff. Zoom links will be provided to all that register.

This event is sponsored by the Office of Human Resources and organized by the Learning and Organizational Development Committee.

Relay For Life

ACS On-Campus will host Relay For Life on **Sunday, March 21**, from 2 to 4 p.m. via LiveStream.

The recognized student organization that raises the most money will win \$500 toward a Lane University Center bill or catering bill. The deadline is **March 21** at 8 p.m.

The link to the livestream will be emailed out in this week’s Volunteer Service email as well as posted on social media.

Register at www.relayforlife.org/fsumd and use code FSUREGISTRATION to get free registration. Without the code, registration is \$15 that goes toward your team’s total fundraising goal.

Nominations Open for President’s Distinguished Faculty Award and President’s Distinguished Staff Award

President’s Distinguished Faculty Award

Nominations are being sought once again for the annual President’s Distinguished Faculty Award. This award recognizes faculty members who advance the University in ways consistent with its mission and the goals outlined in the Strategic Plan.

Examples of qualifying activities include focusing learning on the acquisition and application of knowledge, providing engaging experiences that challenge students to excel, expanding regional outreach and engagement, and aligning University resources – human, fiscal and physical – with strategic priorities.

Applications must be made through a letter of nomination by FSU colleagues. Self-nominations will not be accepted. Activities outlined in the nomination letter should have occurred in the fall 2020 and/or spring 2021 semester(s). The letter should consist of a narrative of no more than two pages in the form of an executive summary, plus any supporting documentation.

President’s Distinguished Staff Award

Nominations are also being sought for the President’s Distinguished Staff Award. Similar to the annual President’s Distinguished Faculty Award, this award recognizes and encourages FSU staff members who provide exceptional service to the University and who have helped to advance its mission, goals and priorities.

Staff and faculty are invited to nominate staff colleagues they know have a recent record of significant contributions to the success of the University. Examples of qualifying activities could include, but are not limited to, suggesting new methods to help increase enrollment or student retention; involvement with innovative student activities to promote safety and well-being; providing leadership for a project or initiative making a favorable impact on the campus community; efficiency and effectiveness efforts leading to significant savings of cost, time, labor or other resources; community relations to help strengthen ties between FSU and

local residents or businesses; assisting in FSU's contribution to economic development in Western Maryland, the region and the state; and contributions deemed to be far above and beyond the staff member's regular job duties.

Regular exempt and nonexempt staff employees with at least three consecutive years of service to FSU are eligible to be nominated. Colleagues may nominate an eligible staff member with the knowledge and consent of the nominee. Contractual staff employees, faculty members and student workers are not eligible. Vice Presidents, deans and other senior leadership are excluded.

Nomination for the President's Distinguished Staff Award is to be made through a letter from FSU staff and/or faculty colleague(s). Multiple nominations for the same staff member are acceptable. Self-nominations and anonymous submissions will not be accepted.

Addressed to the president, a nomination letter should identify an eligible staff member and clearly document why their service is worthy of this award. Activities outlined in the nomination should have occurred during the 2020-2021 academic year. A nomination must be concise, summarizing the staff member's outstanding accomplishments and positive impact in one or two pages, plus any supporting materials not to exceed three additional pages.

These awards are normally presented during the May commencement ceremony and each includes a \$2,500 monetary prize.

Submit nominations to Donnell VanSkiver in the Office of President (email to dhvanskiver@frostburg.edu, fax to 301-687-7070, send in campus mail or deliver to Hitchins 218) by **Friday, April 16**.

Civility Cup Nominations Sought



The Communication Leadership Lab will award the seventh annual Civil Citizen Communicator Award **this May**. This award is given to an FSU student who has, within the previous year, demonstrated communication leadership or a commitment through word and actions to civility and constructive change within an organization or community. This person should have demonstrated communication competence, leadership competence and an awareness of and responsiveness to matters of civility that impact others. This award aligns with the mission of our programs and FSU to support the oral communication competency and leadership development of our students, and it supports regional

development through recognition of efforts linking the campus to community partners.

Do you know someone who fits this description, someone who is committed to changing the University, another organization or society for the better? Is that person you? If so, submit a nomination for the Civil Citizen Communicator Award. Nominations will be accepted until the deadline of **Friday, April 30**.

Nominate a candidate or yourself by emailing Connie Capacchione, administrative assistant of the Department of Communication, at ccapacchione@frostburg.edu.

For info regarding the award or nomination process, contact Dr. Elesha L. Ruminski, associate professor of Communication Studies and coordinator of Leadership Studies and the Communication Leadership Lab, at elruminski@frostburg.edu. A panel of reviewers external to the Department of Communication will rank and determine the award winner, and public announcement will be made **later in May**. Each award winner's name is etched on the Civility Cup, which is displayed in the Department of Communication. In addition to this public recognition, a formal certificate of acknowledgement will be given to the student who receives this honor.

SGA Election Information



Positions are available for 10 on-campus senators, 10 off-campus senators, eight at-large senators, president, vice president and treasurer.

Campaigning will continue through **Tuesday, March 23**.

The Presidential Debate will be held on **Monday, March 15**, at 7 p.m., and all presidential candidates are required to participate. It will be livestreamed at <http://involvement.frostburg.edu/LUC/live>.

Voting will be held on **Wednesday, March 24**, from 9 a.m. through midnight on **Thursday, March 25**. The voting will be done online on Bobcat Connect, and each student will be emailed instructions through their student email account.

Results of the election will be posted on the SGA Office Door, Lane 223, within 24 hours after the results are officially tabulated.

Info Sessions – Ask Anything About NSE

National Student Exchange colleges and universities welcome you for the summer 2021, fall 2021 and/or spring 2022 collegiate student exchange. To learn more about NSE, join a virtual NSE Info Session where the basics of NSE (tuition, financial aid, course options, housing and research tips) will be reviewed and your questions answered. All you need is a computer or phone with audio.

Dates and times of the sessions are as follows: **Monday, March 15** from 4 to 5 p.m. (Eastern), **Thursday, March 25**, from 1 to 2 p.m. (Eastern), **Friday, April 2**, from 11 a.m. to noon (Eastern) and **Thursday, April 15**, from 3 to 4 p.m. (Eastern).

For info, contact Amy Shimko at ashimko@frostburg.edu or visit <https://nse.org/exchange/info/?z=1#homeinfo>.

Leadership Residency Program on Nonprofit Leadership

The annual Leadership Residency program will be held on **Tuesday, March 30**, at 6 p.m. Sponsored by the Leadership Studies program and the Department of Management, “Why Not Nonprofit? Three Local Leaders Discuss the Relevance of Nonprofit Leadership Today” will feature a virtual discussion among Leah Shaffer of the Community Trust Foundation, Julie Westendorff of the Allegany County Arts Council and Jennifer Walsh of the Greater Cumberland Committee. The leaders will discuss how they became involved and invested in nonprofit leadership, as well as strategies for addressing Zoom fatigue, projecting an engaging presence online, balancing work and life obligations, building a network locally and supporting each other.



Shaffer is the executive director of the Community Trust Foundation, Inc. Since joining the organization in 2017, she has successfully doubled its assets, increased name recognition and helped many philanthropic donors enhance the quality of life in their community. Shaffer’s career has always been guided by her underlying passion for youth development and community wellness. She brings her strong professional experience in small business ownership, grant management and nonprofit work to help make a positive difference in the region. Originally from Bedford, Pa., Shaffer returned to the area after earning her degrees and resides in Mineral County, W.Va.



Westendorff serves as executive director of the Allegany Arts Council. She joined the organization in 2018 after relocating from the Washington, D.C., area, with the specific intention to get involved in a small, rural community. Her career includes more than 15 years of corporate event planning and nonprofit management, as well as several years spent traveling with two lawmakers, when she was responsible for managing logistics around the globe. Westendorff is active in the community and serves on the boards of the Western Maryland Health System Auxiliary and Allegany County Chamber of Commerce.



Walsh is the executive director of The Greater Cumberland Committee. Following law school, she served as a law clerk for Justice Joseph Baca at the New Mexico Supreme Court in Santa Fe, then for Judge Hiram Puig-Lugo at the District of Columbia Superior Court in Washington, D.C. Walsh worked as a legislative assistant at the U.S. Senate for former U.S. Sen. Jeff Bingaman before moving to Cumberland. She has been practicing law in Cumberland since 2004 and practices part time in the areas of estate and long-term care planning at Geppert McMullen Paye & Getty. She is a fellow in the inaugural 2019-2020 Appalachian Leadership Institute Class.

Watch for more event details and a virtual session link soon. For info, contact Dr. Elesha L. Ruminski, coordinator of Leadership Studies, at elruminski@frostburg.edu.

Choose Civility: Allegany County Celebrates Day of Civility

The annual Day of Civility focuses on spreading kindness, building understanding and strengthening civility throughout the community. Check out the Choose Civility: Allegany County Facebook page for information regarding Day of Civility events happening on **Thursday, April 8**, including a virtual session on Communication Leadership that will focus on civil discourse across differences and how to best define “civility.” Participants will explore what communication leadership will look like locally to increase cooperation and collaboration to solve the community’s challenges. Details will follow. Other events are already set, so watch for event link information on social media and through available links.

On **April 8** from 2 to 3 p.m., join in a virtual community dialogue, titled “Eat. Learn. Council: A Day of Civility.” As part of Western Maryland Food Council’s three-day conference dedicated to growing a healthy food system in a pandemic world, this free session will be guided by Allegany College of Maryland’s Democracy Commitment Committee and FSU’s Communication Leadership Lab and will focus on the discussion of food systems in relation to Choose Civility principals. Information about how to attend this session will be posted to the Choose Civility: Allegany County Facebook page and website, www.alleganycountylibrary.info/choosecivility. For info on the Western Maryland Food Council and the annual conference, visit www.wmdfoodcouncil.com/conference.html.

On **April 8** from 7 to 8 p.m., join in a virtual Braver Angels college debate, organized and moderated by students from FSU’s Debate Team and LEAD 401 Citizen Leadership class. Allegany College of Maryland’s Democracy Commitment Committee and FSU’s Communication Leadership Lab will co-sponsor the event, guided by Choose Civility principals. Info about how to attend this session will be posted to the Choose Civility: Allegany County Facebook page and website, www.alleganycountylibrary.info/choosecivilitypartners.

Take, Make and Donate

Service Opportunities During Staycation Week

The Office of Civic Engagement will host three Take, Make and Donate events during Staycation week. At these events, students can come to the Lane Atkinson Room (232) to pick up materials to make T-shirt toys for dogs and cats in animal shelters, as well as tie ‘n’ stuff pillows and no-sew blankets for those in need. All the materials needed for the donation project will be supplied, along with a link to a how-to video (while supplies last!). Students can donate their items directly to their favorite charity or they can return them to the Office of Civic Engagement in Lane 234 on **Friday, March 19**, and **Monday, March 22**, from 9 a.m. to 4:30 p.m. Returned T-shirt toys will be donated to the Allegany County Animal Shelter, and the returned tie ‘n’ stuff pillows and no-sew blankets will be donated to HRDC, Hope Station and the Union Rescue Mission.

The following events will take place in the Lane Atkinson Room from 11 a.m. to 1 p.m.: T-Shirt Toys, **Tuesday, March 16**, Tie ‘n’ Stuff Pillows, **Wednesday, March 17**, and No-Sew Blankets, **Thursday, March 18**.

PAWS Pantry Donation Drive

A PAWS Pantry Donation Drive will be held on **Saturday, March 20**, from 11 a.m. to 4 p.m. at the Save A Lot in Frostburg to help stock up the pantry for FSU students.

Nominations for Student Affairs Leadership and Engagement Awards

Nominations are being accepted for the Student Affairs Leadership and Engagement Awards (formerly the Leadership Awards). The award categories have been expanded to highlight the exceptional leadership experienced on campus as well as excellence in engagement, which often goes together with leadership.

Do you know a great student leader from your class, a recognized student organization you are involved with or one of your advisees? Do you work with an amazing colleague who has gone above and beyond and deserves to be recognized? Be sure to take a few moments and nominate them for one of the many award categories available.

Nominations are being accepted for the period **April 1, 2020, to March 31, 2021**, with a **Wednesday, March 31**, submission deadline for this year's awards. For info on award categories, eligibility information or frequently asked questions, or to submit a nomination, visit the Leadership and Engagement Awards website at <http://involvement.frostburg.edu/LUC/Awards>.

Student Affairs Leadership and Engagement Awards will be held virtually on **Thursday, April 29**, at 6 p.m.

Call for Presentations for Focus Frostburg



Focus Frostburg 2021: "Learn-In" for a Sustainable Future, a week of virtual learning, will be held this year **Sunday, April 18, through Thursday, April 22**. Depending on the pandemic, there will be a limited number of outdoor exhibits – with virtual presentations and discussions.

Focus Frostburg features programs, discussions and hands-on activities highlighting issues of sustainability and climate awareness. All presentations are open to the campus community and the larger, regional community. Student presentations would make a great class activity. Poster presentations are welcome. Hands-on activities, workshops and demonstrations are strongly encouraged; bear in mind that much of this will take place virtually this year.

To participate, email Dr. Kara Rogers Thomas at krogersthomas@frostburg.edu and submit a presentation/workshop title and one- or two-sentence abstract of your topic. Topics may be varied but should cover a sustainability, environmental or climate-awareness issue. Choose from a 30-minute or one-hour session. 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.

The deadline for submissions is **Monday, March 15**.

March 17 Non-instructional Day Part of March 15-19 'Staycation'

Although FSU's normal spring break will not occur due to travel, safety and health concerns related to the risk of spreading the coronavirus, **Wednesday, March 17**, will be a non-instructional day. This will support a portion of time for students to have a "mental health" break as part of a week of "staycation" programming **Monday, March 15, through Friday, March 19**. (Classes will be held as usual every day but **March 17**.)

The week will include events for students, faculty and staff. Some of the activities will involve photo booths, giveaways, a poetry livestream, bingo night, a virtual stroll off and an exciting fireworks display on **Friday**. Information can be found at the Staycation website at www.frostburg.edu/staycation.

While classes will not meet on **March 17**, all campus facilities will be open and student support and business offices will operate as normal. For classes that meet on **Wednesdays** only, instructors may substitute asynchronous online instruction during staycation week.

Growing a Healthy Food System in a Pandemic World – A Virtual Three-Day Conference

The 2021 Western Maryland Food Council Virtual Conference, a three-day event, will be held from 1 to 3:30 p.m. on the following **Thursdays: March 25 and April 1 and 8**.

Info on the three sessions follows:

Session One on March 25

Keynote Speaker: Mark Winne, senior advisor for the Johns Hopkins Center for a Livable Future and author of the book "Food Town, USA."

Theme: "Becoming a Food Town, USA: Building a Robust Western Maryland Food System." The online discussion will address challenges facing Western Maryland's food growers, food distributors and food consumers.

Session Two on April 1

Theme: "Food is Medicine." This online discussion will address the increasing prevalence of obesity, diabetes and other food-related diseases indicative of a failing food system, as well as techniques for healthy living using mind-body connection strategies.

Session Three on April 8

Theme: "Food Access." The online discussion will address the challenges of making healthy food accessible to vulnerable populations during a pandemic and will include a special community dialogue, "Eat. Learn. Council: A Day of Civility," with guidance from Allegany County's Choose Civility chapter, Allegany College of Maryland's Democracy Commitment Committee and the **FSU Department of Communication's Communication Leadership Lab**.

For info, visit <https://go.umd.edu/2021WMFCConference> or contact Willie Lantz at 301-334-6960 or wlantz@umd.edu.

Note: FSU's Communication Leadership Lab will partner with ACM's Democracy Commitment to facilitate a discussion about what was learned during the three-day WMFC Conference on **Thursday, April 8**, at 2 p.m. as part of Allegany County's Day of Civility 2021.

Undergraduate Research Symposium

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.

The schedule for the day's events will be determined once the number of participating students is known, but plans are to hold the event from 11 a.m. to 2 p.m. as in previous years.

For info, contact Dr. Karen Keller at klkeller@frostburg.edu.

Jobs

Summer Positions Available – Tutor/Counselors

Upward Bound seeks tutor/counselors 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 residence program provides the main focus and furnishes students with a sample of the college experience. The five-week program runs **from Sunday, June 13, through Friday, July 23**, and the three-week program **from Sunday, June 13, through Friday, July 9** (tentative dates), and includes one week of training. The salary for the three-week tutor/counselor is \$1,250 plus room and board and for the five-week tutor/counselor is \$2,100 plus room and board. Applicant review will begin immediately. The deadline to apply is **Thursday, April 15**. For info, contact the Upward Bound office at 301-687-4994, email esteele@frostburg.edu or visit the Upward Bound website at www.frostburg.edu/upwardbound.

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 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.

PASS Office Seeks Student Math Coaches

FSU's PASS Office is looking for student coaches for its fall 2021 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.

Dependable students with strong math, communication and organization skills are encouraged to apply.

Application materials are due **Friday, March 19**, and can be obtained by contacting Kim Kurek at kmkurek@frostburg.edu.

Internships

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 or stop by the Career and Professional Development Center in Pullen 110.

UCM

Upcoming Events

Holy Week Devo Word From Chaplain Cindy. Chaplain Cindy will provide a short devotional about each day of Holy Week, **Sunday, March 28, through Sunday, April 4.**

Campus-wide Easter Egg Hunt on April 4. This is open to the entire FSU community. You can exchange the found eggs from 1 to 6 p.m. at the CCM Newman Center. Come meet the new Catholic Campus Ministry director, **Mark Mergner.** Exchange eggs for prizes and enjoy a cup of hot chocolate.

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: **March 19 and April 2 and 16.**

Email Victoria Gearhart at vmgearhart@frostburg.edu to sign up for the session of your choice.

Center for International Education to Hold Virtual Study Abroad Fair



Join the Center for International Education for its Virtual Study Abroad Fair **Tuesday, March 23, through Thursday, March 25.** A variety of live sessions, hosted by third-party program providers, FSU partner institutions and more, will be scheduled each day through Microsoft Teams.

Connect with different campus offices and departments to learn more about preparing for a study abroad experience.

The final schedule of events will be posted and sent to the campus community by **Friday, March 12.**

For info, contact the Center for International Education at 301-687-4714 or vmgearhart@frostburg.edu.

FSU-TV3

Select Performances to be Livestreamed to YouTube and FSU-TV3



FROSTBURG STATE UNIVERSITY

The Department of Communication and FSU-TV3 are collaborating with the Department of Music to livestream select performances to YouTube. Student intern **Shana Thomas**, with assistance from cable channel manager **Melanie Lombardi** and department chair **Dr. Keith Terry**, streamed the Faculty-Guest Artists Series with pianist **Dr. Jay DeWire**, violinist Heather Haughn and cellist Diana Flesner that was held on Feb. 21. To watch the performance,

visit <https://youtu.be/j-TODqL2X7A> and the FSU-TV3 webpage at <https://www.frostburg.edu/fsu-tv3/programming-information/programming.php>. The performance will air on FSU-TV3 on **Monday, March 15**, at 7 p.m.

Student Life

Edgewood Commons Taking Applications for 2021-2022



Edgewood Commons is taking applications for the 2021-2022 school year. As a top on-campus housing option, Edgewood Commons meets the FSU residency requirements for students, offering the only on-campus, apartment-style living experience. Edgewood Commons is a top choice with an array of residential amenities and apartments that include all-private bedrooms, furnished apartments with full kitchens, full-size washers and dryers, and more. Schedule a virtual tour and learn how Edgewood Commons can be your top on-campus housing choice by phone at 301-689-1370 or email at info@edgewoodFSU.com.

Health and Safety Messages

70 Percent of Employees Say COVID-19 Has Made This the Most Stressful Time of Their Career, and 71 Percent of Students Indicate Increased Stress and Anxiety Due to the Pandemic

Tips for Managing Stress



Keep a journal for a week or two. In it, make note of the situations that you find most stressful, as well as the circumstances surrounding it.

Create work-life boundaries for yourself. For example, only check your work email during normal business hours or refrain from answering your phone during dinner.

Intentionally relaxing is a great tool for overcoming stress. Ways to do this include mindfulness, deep breathing and meditation. Practice this regularly so you can become better at it and then apply it to different situations and aspects of your life.

Use your vacation days and set aside time when you are able to focus your attention on something other than work.

Develop healthy strategies for handling work-related stress, such as reading, exercising, pursuing a hobby or listening to music. Additionally, get enough quality sleep.

For info, visit <https://www.marketwatch.com/story/coronavirus-is-stressing-7-of-10-us-workers-to-the-max-and-companies-need-to-help-them-now-2020-04-09> and <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7473764>.

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.