

StateLines

For and about FSU people

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Pelesky Given FSU President's Distinguished Staff Award



Tim Pelesky, left, is presented with the President's Distinguished Staff Award by FSU President Ronald Nowaczyk.

Tim Pelesky, FSU's interim chief information officer, has been selected as the fourth recipient of the President's Distinguished Staff Award. He was serving as director of Information Technology Applications and Development at the time of his selection.

This award recognizes a staff member who has provided exceptional service to the University and has helped to advance its mission, goals and priorities. FSU awards the President's Distinguished Staff Award in recognition of the countless ways that staff support FSU's excellence.

"Tim's efforts during the COVID-19 pandemic have been exceptional," said FSU President Ronald Nowaczyk. "He led and implemented the University's COVID-19 check-in app. The application and its many reporting functions have made the monitoring of campus safety, along with administration and recording of easily accessible and seamless testing and reporting, possible. He has accomplished that with humility and little recognition beyond that from those working with him as part of the COVID-19 recovery team."

The FSU check-in portal started with individual symptom monitoring and collection of test results in collaboration with three vendors and increased its capability to add vaccination status and interfacing with rapid antigen tests to allow members of the campus community to learn their test results in minutes.

His technical expertise gave the University the ability to track and report data in a secure fashion and make decisions that kept the University operating based on the most current information possible.

FSU's Opera Theatre to Feature Student Performance of 'Amahl and the Night Visitors'

FSU's Department of Music Opera Theatre will present Gian Carlo Menotti's "Amahl and the Night Visitors," preceded by several musical theatre selections, on **Monday, Nov. 15**, and **Tuesday, Nov. 16**, at 7:30 p.m. in the Pealer Recital Hall of FSU's Woodward D. Pealer Performing Arts Center. This event is free and open to the public. This event will also be livestreamed; the link will be posted at www.frostburg.edu/concerts.

The program showcases students from FSU's Opera Workshop. They will be accompanied by pianist *Dr. Joseph Yungen*.

This rendering of Menotti's short classic opera about a Christmas miracle features soprano *Hannah Rose Hieronimus*, singing the role of the poor widow who is Amahl's mother, as well as tenor *JJ DeVoe*, baritone *Ivan Godoy* and bass-baritone *G. Andre Mason*, singing the roles of the three magi – Kaspar, Melchior and Balthazar. Mezzo-sopranos *Whitney O'Haver* and *Pearl Pabee* will join the chorus of Emmanuel Episcopal Church as they lend their voices to embody the chorus of shepherds. Four FSU students are featured as dancers: *Cheyenne Dyson*, *Ember Horn*, *Sydney Martinez* and *Victoria Talbert*.

The opera will be preceded by two musical theatre experts: “Stranger to the Rain” from “Children of Eden” by Stephen Schwartz, sung by O’Haver, and the duet “Take Me to the World” from Stephen Sondheim’s written-for-television musical “Evening Primrose,” sung by Pobe and DeVoe.

Stage direction and choreography is by *Gregory Scott Stuart*, choral direction is by *Dr. Scott Rieker* and dance direction is by *Kristin Kavanaugh*.

The University is following CDC guidance based on current conditions in the area. Currently, FSU expects masks to be worn indoors when in the presence of others, regardless of vaccination status. Visitors to campus must visit www.frostburg.edu/checkin for symptom monitoring.

For info, contact FSU’s Department of Music at 301-687-4109.

Help for Students

Tutoring Information for Fall 2021 – Updated

Tutoring continues through **Friday, Dec. 10**. The hours of operation are **Monday through Thursday** from 10 a.m. to 9 p.m. and **Friday** from 10 a.m. to 4 p.m. Tutoring for math and natural sciences will be held in Pullen 139, and business, computer science and writing in Pullen 151. Appointments can be made via TutorTrac software at <https://tutortrac.frostburg.edu/TracWeb40/Default.html>. Walk-ins may be accommodated, but this is not guaranteed. Make appointments early because slots fill up fast.

Course Tutoring Offerings (one-to-one, appointment-based tutoring with masks required)

These are the only courses FSU tutors: BIOL 109/149/160/161/321, CHEM 100/150/201/202 (limited number of CHEM tutors), COSC 100/101/102 (still working on tutors for 240 and 241), DVMT 099/100, ECON 200/201/202, FREN 101, GEOG 103 (only one tutor available), MATH 104/109 (limited number of tutors available)/119/120/236/237, PHYS 261/262 (individual and group offerings), PHSC 203 (only one tutor available), PSYC 155 (working on getting this set up as a group offering) and writing. NetTutor staff may be able to help you with courses not on the list.

NetTutor

There is also free online tutoring for many courses. NetTutor offers 24/7 assistance. Follow instructions on the handout provided by the staff at the Tutoring Center in Pullen 151. Be sure to email Mark Smith at msmith@frostburg.edu to get access to the NetTutor link. Here is a sample course list: accounting, anatomy, biology, business, chemistry, computer science, economics, foreign languages, geology, history, literature, logic, math, music, nursing, philosophy, physics, political science, sociology, student success and writing (48-72-hour turnaround).

PAWS Pantry Fall 2021 Hours

The PAWS Pantry is open and available to all students. Students will complete a brief survey and paperwork to register as a pantry member during the first visit. During regular hours, students may come to the pantry and shop from a selection of non-perishable foods and hygiene products (when available).

Walk-up hours are 10 a.m. to 2:30 p.m. on **Mondays** and 1 to 6 p.m. on **Thursdays**.

Schedule an appointment at <https://outlook.office365.com/owa/calendar/FSUPAWSPantry@frostburg.onmicrosoft.com/bookings>. Hours by appointment are 10 a.m. to 2:30 p.m. on **Wednesdays**, 6 to 8 p.m. on **Thursdays** and 10 a.m. to 2:30 p.m. on **Fridays**.

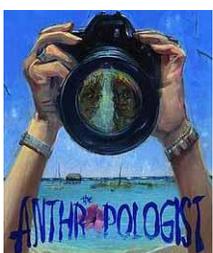
A full-time AmeriCorps member, senior *Kat Reyes*, serves as the PAWS Pantry coordinator. PAWS Pantry is located in the Braddock House at 20 Braddock Road.

For info, email pawspantry@frostburg.edu.

For the following events, the University is following CDC guidance based on current conditions in the area. Currently, FSU expects masks to be worn indoors when in the presence of others, regardless of vaccination status. Visitors to campus must visit www.frostburg.edu/checkin for symptom monitoring. Visit www.frostburg.edu/COVID19 for the most up-to-date guidance.

Films

Honors Film Night – ‘The Anthropologist’



The FSU Honors Program will host a showing of “The Anthropologist” on **Tuesday, Nov. 9**, from 6 to 9 p.m. in the Lane Atkinson Room (232). All are welcome to join a post-film, student-led discussion of the film and climate change.

“The Anthropologist” considers the fate of the planet from the perspective of an American teenager. Over five years, she travels alongside her mother, an anthropologist studying the impact of climate change on indigenous communities.

For info, contact Dr. Kara Rogers Thomas at krogerstthomas@frostburg.edu.

Music

Unless otherwise noted, performances will take place in Pealer Recital Hall and are free and open to the public. These events will also be livestreamed; the link will be posted at www.frostburg.edu/concerts. For info, contact FSU's Department of Music at 301-687-4109.

CES to Present MSO in 'Transformations: Beethoven, Brown and Prokofiev'



Music Director Elizabeth Schulze

CES at FSU will once again present the award-winning Maryland Symphony Orchestra in its fall concert, "Transformations: Beethoven, Brown and Prokofiev," on **Friday, Nov. 12**, at 7:30 p.m.

Conducted by Music Director Elizabeth Schulze, the concert will feature Sergei Prokofiev's "Classical Symphony," Ludwig van Beethoven's "Symphony No. 4" and a newly commissioned work, "Merging Pods," from composer Michael Brown.

Concert tickets are \$35 for adults; \$31.50 for FSU faculty/staff, military and youth under 18; and free for FSU students. For info, visit the CES website at ces.frostburg.edu or contact the University box office at 1-866-849-9237 or 301-687-3137. The box office, located in the Lane University Center, is open **Mondays through Fridays** from 10 a.m. to 4 p.m.

This engagement is supported by grants from the FSU Foundation and the Community Trust Foundation's Iris and Peter Halmos Community Fund. CES is supported in part by the Maryland State Arts Council (msac.org), the Allegany Arts Council and the City of Frostburg.

CES and Office of Student Life to Host Korean Shamanic Folk-Pop Group, Ak Dan Gwang Chil



CES at FSU and the Office of Student Life will present a performance with the Korean shamanic folk-pop musicians of Ak Dan Gwang Chil on **Wednesday, Nov. 17**, at 7:30 p.m. in the Alice R. Manicur Assembly Hall in FSU's Lane University Center. This CES Club Series event will feature club-style table seating, a food menu and bar service.

With one foot in the world of tradition and another in glitzy upbeat pop, Ak Dan Gwang Chil features three powerhouse female folk singers and a rich repertoire inspired by Korea's sacred, shamanic ritual music (gut) and beloved folk songs (minyo) of Hwanghae Province in the northern reaches of the Peninsula. Their powerful performances engage and immerse like no other, presenting the spiritual blessings and positive energy of traditional music in a thoroughly modern and often comical style. Formed in 2015 to commemorate the 70th anniversary of Korean liberation from Japanese occupation, the ensemble has since performed on festival stages in Russia, the United States, South America and Europe.

Immediately following the performance, WFWM-FM station director *Chuck Dicken* will join the artists onstage for a lively, interactive discussion with the audience.

Community members are also invited to attend a free workshop, "Korean Folk Music 101," which will explore Korean folk rhythms, songs and dance. The event will take place **Nov. 17** at 3:30 p.m. in Lane Manicur Hall.

Performance tickets are \$15 for adults; \$13.50 for FSU faculty/staff, military and youth under 18; and free for FSU students. For info, visit the CES website at ces.frostburg.edu or contact the University box office at 1-866-849-9237 or 301-687-3137. The box office, located in the FSU Lane University Center, is open **Mondays through Fridays** from 10 a.m. to 4 p.m.

This engagement is funded through the Mid Atlantic Tours program of Mid Atlantic Arts Foundation with support from the National Endowment for the Arts and is supported by Korea Arts Management Service. CES is supported in part by the Maryland State Arts Council (msac.org), the Allegany Arts Council and the City of Frostburg.

Department of Music Presents String Ensemble Concert

FSU's Department of Music will present the String Ensemble conducted by *Joseph Gaskins* in concert on **Wednesday, Nov. 10**, at 7:30 p.m.

The FSU String Ensemble will present the first movement of "Little Suite for Strings, Op.1" by Carl Nielsen, the first three movements of "Eine kleine Nachtmusik" by Wolfgang Amadeus Mozart, the first movement of "St. Paul's Suite" by Gustav Holst, "Trio Sonata, Op. 3, No. 2" by Arcangelo Corelli, the third movement of "Simple Symphony" by Benjamin Britten and "Piano Quintet in A Major, D. 667" by Franz Schubert.

Nielsen's "Little Suite for Strings" was completed and published in 1888 as his Op.1, although he had already published a number of other works by this time. The suite begins in a serious vein with a dark and moody "Praeludium."

Mozart's popular "Eine kleine Nachtmusik (Serenade No. 13 for Strings in G Major), K. 525" is a 1787 composition for a chamber ensemble. The German title means "a little serenade," though it is often rendered more literally as "a little night music." The work was written for an ensemble of two violins, viola, cello and double bass, but is often performed by string orchestras.

"St. Paul's Suite in C Major (Op. 29, No. 2)," originally titled simply "Suite in C," is a popular work for string orchestra by English composer Holst. Finished in 1913, but not published until 1922 due to revisions, it takes its name from St. Paul's Girls' School in London. Holst served as the school's music master and was grateful to the school for building a soundproof studio for him. The suite is one of many pieces he wrote for the school's students.

Corelli's "Trio Sonatas" were dedicated in 1689 to Duke Francesco II of Modena. Op. 3 is called "Sonata da Chiesa" or "Church Sonata" and was played in sacred places. It is in four movements: slow-fast-slow-fast, and it has a marked contrapuntal style.

Britten composed the "Simple Symphony, Op. 4" between 1933 and 1934, using bits of score he had written for the piano as a young teenager. The piece is dedicated to Audrey Alston, Britten's viola teacher during his childhood. The piece is based on eight themes for which he had a particular fondness. Britten completed his final draft of this piece at age 20.

The "Trout Quintet (Forellenquintett)" is the popular name for the "Piano Quintet in A Major, D. 667" that Schubert composed in 1819, when he was 22 years old. It was not published, however, until 1829, a year after his death. Compared to his other major chamber works, the "Trout Quintet" is a leisurely work, characterized by lower structural coherence. The importance of the piece stems from its use of an original and innovative harmonic language and timbral characteristics.

U.S. Navy Band Commodores to Perform at FSU's Jazz Festival



As part of FSU's Department of Music's sixth annual Jazz Festival, the U.S. Navy Band Commodores will perform on **Saturday, Nov. 13**, at 5 p.m.

The concert is free and open to the public, but tickets are required. Seating is general admission and is on a first-come, first-served basis. Tickets can be reserved online at frostburgtix.universitytickets.com or picked up at the University box office in FSU's Lane University Center. The box office is open **Mondays through Fridays** from 10 a.m. to 4 p.m. For info, call 301-687-3137 or 1-866-849-9237.

The U.S. Navy Band Commodores, the Navy's premier jazz ensemble, have been performing the best of big-band jazz for the U.S. Navy and the nation for 50 years. Formed in 1969, this 18-member group continues the jazz big-band legacy with some of the finest musicians in the world. The Commodores' mission includes public concerts, national concert tours, ceremonial support in honoring veterans, jazz education classes and clinics, and protocol performances for high-level military and civilian government officials.

The list of guest artists that have appeared with the Commodores reads like a who's who of jazz and popular music: Ray Charles, Branford Marsalis, Clark Terry, Grover Washington Jr., Chris Potter, Jerry Bergonzi, Eddie Daniels, James Moody and many more. The Commodores have appeared on television shows, played nearly all major jazz festivals and toured across the U.S. and abroad. In conjunction with the Airmen of Note (U.S. Air Force) and the Army Blues (U.S. Army), the Commodores even host their own annual jazz festival, the Joint Service Jazz Festival in Washington, D.C. As a versatile and relevant musical organization, the Commodores write and arrange much of their vast library of music. Their concerts are an eclectic mix of traditional big-band music, exciting jazz vocal arrangements and fresh new instrumental music written specifically for the Commodores.

For info on the U.S. Navy Band Commodores, visit <https://www.navyband.navy.mil/ensembles/commodores>.

The Jazz Festival also provides an opportunity for high school students in the Mid-Atlantic region to spend the afternoon in masterclasses focused on jazz music. At 2 p.m., there will be sectional masterclasses with members from the U.S. Navy Band Commodores. The classes are open to the public and will take place in the Pealer Performing Arts Center. For info, contact Dr. Brent Weber at 301-687-4116 or music@frostburg.edu.

Pianists Dr. Jay DeWire and Dr. Joseph Yungen Will Appear in Faculty Artist Series Concert

FSU's Department of Music will present pianists *Dr. Jay DeWire* and *Dr. Joseph Yungen* in a Faculty Artist Series concert on **Wednesday, Nov. 17**, at 7:30 p.m.

The program will include "Sonata for Two Pianos" by Igor Stravinsky, "Sonata for Two Pianos in F Minor, Op. 34b" by Johannes Brahms and "Suite No. 2, Op. 17" by Sergei Rachmaninoff.

Stravinsky's "Sonata for Two Pianos" premiered in 1944. First conceived as a solo work, Stravinsky needed to write it for four hands to voice all four melodic lines clearly. It is considered one of his most important compositions for two solo pianos, together with "Concerto for Two Pianos." The sonata is in three movements.

The four-movement piece, "Sonata for Two Pianos in F Minor, Op. 34b," composed in 1864, is generally considered the fruition of Brahms' entire early period. It is full of the romantic passion and vigor of the early works, yet demonstrates the complete mastery and control of form and effect that Brahms achieved later on in his output.

Rachmaninoff's "Suite No. 2, Op. 17" is a composition for two pianos in four movements, written in Italy in 1901. Alongside the "Second Piano Concerto, Op. 18," it confirmed a return of creativity for the composer after four unproductive years caused by negative critical reception toward his "First Symphony." In contrast to the "First Suite for Two Pianos," the work is not based on literature, and its form tends to approach the traditional suite.

Dance

FSU's Kristin Kavanagh Will Teach Broadway Jazz Master Class



Kristin Kavanagh, of FSU's Department of Theatre and Dance, will teach a Broadway Jazz Master Class for interested high school dancers on **Wednesday, Nov. 10**, from 7 to 8:30 p.m. in the Dance Studio (room 106) of the Cordts PE Center. All skill levels are welcome.

In addition to engaging in a Broadway-style master class, participants will learn about FSU's Dance minor and historic Dance Company, which are designed to help dancers continue their craft while pursuing majors in other disciplines. Questions about FSU can also be answered by a representative from FSU Admissions.

To register for this free event, email Kavanagh at kekavanagh@frostburg.edu or contact the Department of Theatre and Dance at 301-687-4145.

Presentations

Marketing Club Presents ‘Entrepreneurship at a Disruptive Supply Chain’

Speakers Gordon Hester, left, and Connor Hester



The FSU Marketing Club will present a virtual high-profile presentation, “Entrepreneurship at a Disruptive Supply Chain, a Dialogue With Marketing Gurus,” on **Thursday, Nov. 11**, at 6 p.m. This event is free and open to FSU students, faculty, staff and alumni. Join the meeting online at <https://links.frostburg.edu/disruptive>.

Gordon Hester is the former CEO for 25 years at Roberti Enterprises, a company with \$10 billion in sales and 100,000 distributors in more than 25 countries. He is a transformation specialist, entrepreneur, consultant, trainer and author who has coached thousands of entrepreneurs in North America, 15 European member countries, Israel and Australia. He launched a global technology business, ShapeTech, and is the author of a book, “Positioned Right.” Connor Hester is a young entrepreneur, as well as the co-founder and CEO of ShapeTech Solutions. Together they will discuss many timely and important issues, including supply-chain disruption, entrepreneurship and technology.

This event is sponsored by FSU’s College of Business and the Direct Selling Education Foundation.

Exhibits

‘Pleasant Terminal,’ an Exhibition by Three New Visual Arts Faculty, Is on Display at Roper Gallery



“To and Fro” by April Wright

FSU’s Department of Visual Arts will host “Pleasant Terminal,” a show by three new faculty members in the department – *Ash Lester*, *Alena Mehić* and **April Wright** – through **Friday, Nov. 19**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition is free and open to the public.

Originally from northern New York, Lester is an interdisciplinary artist, focusing on sculpture and installation, who creates her work through the use of iconography, symbolism and material choices from lower-class communities. Rural ingenuity and the need to invent are major themes, and the work she creates is a reflection of and influenced by her experience as a butch lesbian in rural America. She touches on issues such as class, isolation and stereotypes while simultaneously exposing and celebrating those communities and their often clichéd cultures. She received her master’s from the University of South Florida in Tampa. Lester is a lecturer at FSU whose areas of teaching interest include sculpture, installation, assemblage and ceramics.

Mehić, drawing from the post-socialist landscape of and attitudes about the former Yugoslavia, analyzes collective memory politics and the archive. Creating in-between spaces, she concentrates on objects, architectural features, political photographs and embroidered words to mimic the geographic and political placement of a departed country. Mehić earned her master’s from the University of North Carolina at Chapel Hill. A lecturer in the department, her areas of teaching interest are drawing, printing and printmaking.

Wright is a visual artist from Germantown, Tenn. Working in sculpture and installation art, she uses humble, everyday materials to connect personal narratives about home, relationships, memory and identity. Wright earned her master’s in art studio with a focus on ceramics and fibers at the University of Kentucky in Lexington. She teaches foundations in art as a lecturer at FSU.

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

Points of Pride

President Nowaczyk Named to Daily Record’s Power 30 Higher Education List

President Ronald Nowaczyk was named to The Daily Record’s Power 30 Higher Education List. The list was chosen by The Daily Record’s editorial team and is part of a series of Power Lists throughout 2021.

“There are few, if any, fields of endeavor more critical to Maryland’s future than higher education,” said Thomas Baden, editor of The Daily Record. “The task of preparing a new generation of citizens with critical thinking abilities, the temperament for lifelong learning and the skills to enter a globally competitive workplace grows more challenging every year.”

Three FSU Alumni in Spotlight on Broadway



FSU alum Keenan Scott II in the rehearsal room of “Thoughts of a Colored Man,” which is running at Broadway’s John Golden Theatre.

Broadway is back and FSU Bobcats are taking center stage.

As New York Theatre reopens after a year-and-a-half pandemic-enforced shutdown, three graduates of the FSU Department of Theatre and Dance are stepping into the spotlight. FSU alums *Keenan Scott II*, *Jessica Frances Dukes* and *Shahzeb Hussain* are currently undertaking groundbreaking and unique roles in the New York theatre scene.

Playwright Scott is making headlines with his Broadway-debut play “Thoughts of a Colored Man” at the John Golden Theatre. Heralded by critics as “captivating and piercing” (Broadway News) and “the most important play of the 21st century” (Amsterdam News), Keenan wrote the first draft and workshopped the play while he was a student on the FSU campus. The story centers on a day in the lives of seven Black men and blends spoken word, slam poetry, rhythm and humor. The play is currently in a limited-engagement run **through March 2022**.

Three blocks south at the American Airlines Theatre on 42nd Street, Dukes (Netflix’s “Ozark” and Marvel’s “Jessica Jones”) is starring as “Millie Davis” in a revival of Alice Childress’s play “Trouble in Mind.” First opened Off-Broadway in 1955, this acclaimed play follows a Black stage actress through rehearsals of a major Broadway production. No stranger to the stage, Dukes received an Obie Award for her performance in Playwrights Horizon’s “BootyCandy” and was nominated for a Drama League Award and won an Audelco Award for playing the title character in “By the Way, Meet Vera Stark” at Signature Theatre in Arlington, Va. “Trouble in Mind” runs **until Jan. 9, 2022**.

Off-Broadway at the SoHo Playhouse, Hussain plays the roles of “Curry” and the “Assistant Stage Manager” in the immersive theatre experience “Tammany Hall.” The interactive show takes audiences back to election night of Nov. 5, 1929, giving a behind-the-scenes look at the political organization Tammany Hall, which controlled the New York Democratic Party, and the scandalous night when the corrupt political machine came crashing down. Hussain previously starred in the Chesapeake Shakespeare Company’s presentation of “Romeo and Juliet.”

For info on the FSU Department of Theater and Dance, visit www.frostburg.edu/TheatreDance.

Dr. Scott Rieker Is Winner of Composition Contest



Dr. Scott Rieker, director of Choral Activities and Choral Music Education, was a winner of the Missoula Community Chorus’s “The Way Through” composition contest, a juried competition for choral works composed during the COVID-19 pandemic. His composition, “‘Famous’ Last Words,” a send-up of ignominious last words, received its world premiere on Oct. 31 by MCC. Rieker was in Missoula for the premiere, where he rehearsed with MCC, the University of Montana Chamber Chorale and the C.S. Porter Middle School Choir. He also was a guest lecturer at the UM undergraduate conducting course.

Office of Sponsored Programs Successes/News

On Oct. 18, project director *Dr. Rebekah Taylor* (associate professor and chair, Department of Biology) received a \$6,146 subaward of National Science Foundation funds from Minnesota State University, Moorhead, for the Research Coordination Networks in Undergraduate Biology Education Incubator project, ImmunoREACH: Incorporating Immunology Into the Curriculum to Promote Interdisciplinary Science Education.

For info, see the Office of Sponsored Program’s Successes/News webpage at <http://www.frostburg.edu/osp/successesnews.php>.

Take Note

Storybook Holiday Returns Dec. 4

Join the Children’s Literature Centre and the city of Frostburg for the 17th annual Storybook Holiday on **Saturday, Dec. 4**. Every year, the city of Frostburg is transformed into a winter wonderland to present a festive, community celebration through children’s literature. Join the elves in the magical world of winter as you glide through the streets of Frostburg. All the elves will be ready to participate in activities like Breakfast With the Elves, Elf Olympics, Storybook Readings, Letters to Santa, the Elves’ Secret Workshop and so much more!

Register Now for Intersession!

**CATCH UP, KEEP UP,
GET AHEAD!**
INTERSESSION – REGISTER NOV. 1-JAN. 4



Encourage students to take advantage of their downtime this winter break with Intersession.

Oxfam Hunger Banquet

An Oxfam Hunger Banquet will be held on **Monday, Nov. 15**, at 7 p.m. in Lane Manicur Hall.

Come learn about the realness of world poverty and how you can get involved to help.

The suggested donation is a non-perishable item to be donated to the PAWS Pantry.

For info, contact Katherine Reyes, AmeriCorps member, at AC-K.Reyes@frostburg.edu.

Brady Health Offering Flu Vaccine



Brady Health is still administering the quadrivalent vaccine. The vaccine protects against four strains of the influenza virus – two type A strains and two type B.

Vaccinations are by appointment only. You must call 301-687-4310.

The cost is \$25. Payment can be made by cash or check.

You must be over 18 years of age.

Be sure to wear short sleeves.

Study Abroad

Start Planning Your Study Abroad Experience for Fall 2022!



Study Abroad Information Sessions

Join the Center for International Education for a Study Abroad Information Session to learn more about program options, requirements and financial aid for overseas experiences. Each virtual session takes place at 3:30 p.m. on the following **Fridays: Nov. 19** and **Dec. 3**.

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

Study Abroad Trip to Puerto Rico, May 23-29, 2022



Dr. Greg Wood, professor and chair, FSU's Department of History, will lead a study abroad trip to Puerto Rico **Monday, May 23, through Sunday, May 29, 2022**.

For info, contact Wood in Dunkle 107 and at gwood@frostburg.edu. You can also visit efcollegestudytours.com/2423413zp.

Costa Rica – Pura Vida Trip, May 26-June 3, 2022



Explore ecotourism principles in the context of a country that is considered to be the ecotourism capital of the world. This study abroad experience is integrated as the experiential component of RECR 448 Principles of Ecotourism during summer session 2022. The dates of travel are **Thursday, May 26, through Friday, June 3, 2022**. The trip is open to any FSU student.

Students will engage in hands-on experiences as they board canal boats, kayaks, rafts and zip-lines to get an up-close and personal look at the ever-changing landscapes and unparalleled animal and plant life. The trip includes visits to five national parks in Costa Rica.

For info, contact the faculty trip leader, *Dr. Natalia Buta*, an associate professor in FSU's Department of Kinesiology and Recreation, at nbuta@frostburg.edu or 301-687-4458, or visit <https://www.frostburg.edu/student-life/campus-services/center-for-international-ed/study-abroad/student-abroad-programs.php>.

Health and Safety Messages

Carbon Monoxide – The Silent Killer

Prevent CO Poisoning In Your Home



Install a battery-operated or battery back-up CO detector in your home. Check or replace the detector's battery when you change the time on your clocks each spring and fall. Place your detector where it will wake you up if it alarms, such as outside your bedroom. Consider buying a detector with a digital readout. **Replace your CO detector every five years.**

Have your heating system, water heater and any other gas, oil or coal-burning appliances serviced by a qualified technician every year. Have your chimney checked or cleaned every year.

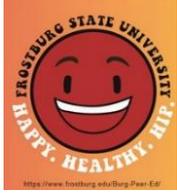
If you smell an odor from your gas refrigerator, have an expert service it. An odor from your gas refrigerator can mean it could be leaking CO.

Make sure your gas appliances are vented properly. Horizontal vent pipes for appliances, such as a water heater, should go up slightly as they go toward outdoors.

Never patch a vent pipe with tape, gum or something else. This kind of patch can make CO build up in your home.

For info, go to <https://www.cdc.gov/co/faqs.htm>.

Happy, Healthy, Hip Tips From the BURG Peer Education Network



Mental Health Monday Tip: Speak Up

<https://bit.ly/3GHGqC9>

Tell Yourself Tuesday Tip: Positive Thinking

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950>

Wacky Wednesday Tip: Decision Making

https://www.mindtools.com/pages/article/newTED_79.htm

Thankful Thursday Tip: Thought Starters

<https://www.divaswithapurpose.com/thankful-thursday-thought-starters>

Fun Friday Tip: November Fun at Frostburg

<https://events.frostburg.edu>

Social Saturday Tip: Tips and Tricks

<https://socialpronow.com/blog/social-college>

Self-Love Sunday Tip: Improve your Self-Awareness

<https://blog.innerdrive.co.uk/6-ways-to-improve-self-awareness>

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.