



StateLines

For and about FSU people

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FSU Launches Working Professional Certificates Program

In an effort to provide real-world, high-quality training to working adults, FSU launched the Working Professional Certificates program this fall in Manufacturing Leadership, Retail Management, Small Business Management and Nonprofit Management.

The Working Professional Certificates program is designed to take one year of part-time study, earning 12-18 credits. Coursework will be entirely online, with accessible scheduling for working adults.

Since courses are offered for undergraduate credit, students can take the certification or apply the courses toward a bachelor's degree in the future.

FSU professor *Dr. Martha Mattare* helped design the program along with Content Developer *Wayne Keefer*. Mattare earned her doctorate after rising through the ranks in a business career. She believes strongly in giving working professionals coursework with real-world applications.

While developing the program, Mattare and Keefer surveyed local working professionals to find out which concentrations would be most useful. They settled on the initial four.

A major component of every certificate will be the newly created capstone seminar. Discussions with practicing business professionals will provide insights that students can use on the job. For the Manufacturing Leadership certificate, for example, managers will give video tours of their facilities and share how they overcame challenges.

Assignments will directly apply to professionals' careers. For instance, Manufacturing Leadership students will learn how to prepare for supply chain disruptions, such as those that happened during the pandemic, and Nonprofit Management students will learn how to design a funding campaign. Small Business Management students will write a business plan that they could take straight to the bank, and Retail Management students will plan the transition of a business from brick-and-mortar to click-and-mortar.

Throughout the program, classes will consider the latest business innovations and challenges, including the impact of the COVID-19 pandemic.

To learn more, call 301-687-4201 or email FSUAdmissions@frostburg.edu.

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)

Courses listed below are the only courses FSU tutors. NetTutor staff may be able to help you with courses not on the list.

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

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 **Monday** from 10 a.m. to 2:30 p.m. and **Thursday** from 1 to 6 p.m.

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

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.

Theatre

Department of Theatre and Dance Presents 'Alice in Wonderland'



Zoie Collins will portray Alice in FSU's production of "Alice in Wonderland."

The Department of Theatre and Dance at FSU will kick off its 2021-2022 season with Lewis Carroll's timeless classic, "Alice in Wonderland," **Wednesday through Saturday, Oct. 13 to 16**, at 7:30 p.m., with a matinee performance on **Oct. 16** at 2 p.m. Performances will take place in the F. Perry Smith Studio Theatre of FSU's Woodward D. Pealer Performing Arts Center.

Adapted for the stage by Charlotte Chorpenning, Carroll's infamous story about dreams and reality, childhood and growing up, and everyone we meet along the way will transport you to a land that bends time, stretches space and asks you to believe impossible things. Directed by FSU faculty member **Shea-Mikal Green**, the production will focus on the darker themes in the story.

At the beginning of the play, Alice, tumbling downward, enters a world beyond imagination or reason. Wonderland is a place where strangeness and muchness prevail and nothing is truly as it seems. When Alice leaves her childhood bedroom, she goes on an eerie adventure, meeting hatters and queens and creatures that appear and disappear as quickly as they came.

The show will feature performances by **Zoie Collins** (Alice), **Casey Allison**, **Kassidy Andris**, **Alyssa Bahner**, **Christopher Blackwell**, **Calaysia Hamilton**, **Grace LaCount**, **Andre Mason**, **Madilyn McManaway**, **Brian Records** and **Hayden Shoemaker-Davis**, with designs by **Danielle Preston** (costume designer), **Rebekah Reimer** (scenic and props designer) and **George Georgeson** (lighting and sound design). Leading the creative team are Green and **Dominique Little** (stage manager).

Tickets can be purchased online by visiting <https://frostburgtix.universitytickets.com>. Tickets are \$7 for students, \$12 for FSU employees and senior citizens, and \$15 for general admission.

Performers will not wear masks while on stage and there will be a 12-foot distance between performers and audience members.

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

Music

Unless otherwise noted, performances will take place in Pealer Recital Hall and are free and open to the public. For info, contact FSU's Department of Music at 301-687-4109

CES and Office of Student Life to Host A cappella Group reVoiced and Comedic Dueling Pianos During Family Weekend



CES at FSU and the Office of Student Life will present two performances during FSU's Family Weekend Celebration: reVoiced on **Friday, Oct. 1**, at 7:30 p.m. and Dueling Pianos on **Saturday, Oct. 2**, at 5 p.m., both concerts to take place in the Alice R. Manicur Assembly Hall of the Lane University Center.

The charismatic musicians of reVoiced fuse the classic concept of a cappella with a sleek, modern twist and powerful stage presence. Covering music spanning more than seven decades, the quintet

leaves audiences of all ages cheering for more.

In an interactive comedic concert, Dueling Pianos performers invite the audience to experience a hilarious evening of music, goofy antics and plenty of crowd participation. This event features club-style seating, a food menu and bar service.

Tickets for each event are \$10 for adults; \$9 for FSU faculty, staff and military; \$5 for 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 Monday through Friday from 10 a.m. to 4 p.m.

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 to Present Dr. Jay DeWire With Violinist Heather Haughn in Faculty-Guest Artist Series Concert

FSU's Department of Music will present pianist *Dr. Jay DeWire* and violinist Heather Haughn in a Faculty-Guest Artist Series concert, "Russian Masters, Part 2," on **Sunday, Oct. 10**, at 3 p.m. This event will also be livestreamed; the link will be posted at www.frostburg.edu/concerts.

The program will include "Souvenir d'un lieu cher" by Pyotr Ilyich Tchaikovsky, "Divertimento" by Igor Stravinsky and "Violin Sonata No. 2 in D Major, Op. 94a" by Sergei Prokofiev.

In 1878, while in Switzerland, Tchaikovsky wrote the first part of his Op. 42 cycle for violin and piano, "Souvenir d'un lieu cher (Memory of a dear place)." It consists of three movements, "Méditation," "Scherzo" and "Mélodie," and the "dear place" referred to Babilovo, the Ukrainian country estate of his patroness, Nadazhda von Meck.

Stravinsky's ballet "The Fairy's Kiss," based on "The Snow Maiden" by Hans Christian Andersen, was written in 1928. In 1932, Stravinsky and his violinist friend Samuel Dushkin made a transcription of nearly half the score for violin and piano. That chamber score then became the basis for the orchestral "Divertimento," which came in 1934. Curiously not as widely known as many other Stravinsky scores, "The Fairy's Kiss" includes familiar and not-so-familiar Tchaikovsky songs and piano pieces transformed with considerable affection, wit and imagination.

Prokofiev's "Violin Sonata No. 2 in D Major, Op. 94a" was based on the composer's own "Flute Sonata in D, Op. 94," written in 1942 but arranged for violin in 1943 when Prokofiev was living in Perm in the Ural Mountains, a remote shelter for Soviet artists. Prokofiev transformed the work into a violin sonata at the prompting of his close friend, the violinist David Oistrakh. The work is highly classical in design as it opens with a sonata movement, which is followed by a scherzo, a slow movement and a great finale. The violin part is replete with virtuosic display but is also highly lyrical and elegant, evidence of the piece's inception as a sonata for flute.

FSU Student Hannah Polk to Perform Senior Recital, "To Music"

FSU's Department of Music will present a senior recital by mezzo-soprano *Hannah Polk*, titled "To Music," on **Saturday, Oct. 9**, at 7:30 p.m. She will be accompanied by pianist *Dr. Joseph Yungen*. This event will also be livestreamed; the link will be posted at www.frostburg.edu/concerts.

Polk will perform "Holding to the Ground" from "Falsettoland" by William Finn, "With Violets" by Amy Beach, "En sourdine" and "Offrande" by Reynaldo Hahn, "Vaga Luna" by Vincenzo Bellini, "Safer" from "First Date" by Alan Zachary and Michael Weiner, "Awake, Saturnia! ... Iris Hence Away!" by George Frideric Handel, "Gretchen am Spinnrade" and "An die Musik" by Franz Schubert and "In der Frühe" by Pauline Viardot.

Dance

CES/Office of Student Life Present Free Public Event, 'Salsa Magic: Latin American Dance Party'



In observance of National Hispanic Heritage Month, CES at FSU and the Office of Student Life will present "Salsa Magic: Latin American Dance Party" on **Thursday, Oct. 21**, from 7 to 10 p.m. in Lane Manicur Hall. This event is free and open to the public.

Professional Latin dancers Lee "El Gringuito" Smith and Kat La Gata will lead participants in an energetic, interactive session to learn international styles of merengue, bachata and salsa. The evening includes a dance competition with the chance to win exciting prizes.

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

Take a Jazz Master Class and Learn About FSU's Dance Minor!



On **Wednesday, Oct. 6**, from 7:30 to 9 p.m. in room 106 (Dance Studio) in the Cordts PE Center, the Department of Theatre and Dance will sponsor a master class with new faculty member **Kristin Kavanagh**. This Broadway Jazz Master Class will also serve as an introduction to the exciting Dance minor at FSU. All levels are welcome. The class is free.

To preregister for the event, email Kavanagh at kekavanagh@frostburg.edu.

About FSU's Dance Minor

The Dance minor at FSU is designed to help dancers continue their craft while pursuing majors in other disciplines. The minor provides training in ballet, tap, jazz, contemporary and musical theatre, and classes take place in the spacious Dance Studio. Each year, the department produces a Dance Concert, for which students are invited to audition as performers and choreographers for FSU's Dance Company. The Dance minor requires 23-24 credits for completion.

About the Instructor

Kavanagh earned her bachelor's degrees in dance and sport and exercise science at DeSales University in Center Valley, Pa. During her time there, she became the assistant artistic director for the Conservatory of Dance and was awarded the Conservatory of Dance Teaching Award for exceptional instruction. In 2014, Kavanagh became a dancer and aerialist for the Emmy Award-winning company RWS Entertainment Group for which she performed nationally and internationally. Her time abroad ignited her passion for studying dance from a global perspective and organizing outreach programs for young dancers in Nicaragua and Tahiti. She then went on to receive her master's in dance performance and choreography from the University of Arizona in 2021. Kavanagh is actively engaged in creative research with a particular interest in cultural and interdisciplinary collaboration. As a dance science practitioner, she is committed to training dancers with a technical and kinesthetic awareness that can preserve the longevity of their careers.

Readings

Maryland Humanities/CLA Present Virtual Reading by Ross Gay



Maryland Humanities and the Center for Literary Arts at FSU will present a virtual reading and discussion with Ross Gay, author of "The Book of Delights: Essays," **Wednesday, Oct. 6**, at 10 a.m. Gay will read from his book – the 2021 One Maryland One Book selection – and answer questions. This program is free and open to the public.

To receive the link to the virtual event, register at https://us02web.zoom.us/webinar/register/WN_TMoXQzf8SQm2pwk-isWxdg?fbclid=IwAR3apYeCseq6yzT6-V6HTH2HltIX0PDJc6fb-VSMoa5i_YIIz3b2YAsiFB4.

FSU students, faculty and staff can access an e-copy of "The Book Of Delights: Essays" through the Lewis J. Ort Library at <https://libguides.frostburg.edu/onebook>.

Presentations

Michele Capots to Speak on Mental Wellness and Resilience



The SAFE Office Speaker Series will host a presentation by Michele Capots on **Tuesday, Sept. 28**, at 7 p.m. in Lane Manicur Hall.

Capots is a dynamic speaker who focuses on the power of mental wellness and resilience. Her captivating storytelling draws the audience in to share her compelling journey to recovery.

Appalachian Laboratory to Host Free, Online Event



Note: The following event has been cancelled but will be rescheduled for a future date.

Join the Appalachian Laboratory on Zoom on **Thursday, Oct. 14**, at 6:30 p.m. to learn more about the story of nitrogen in the Chesapeake Bay watershed. Dr. Walter Boynton, a researcher who has spent more than 40 years studying the bay, will present "Watershed Moments: Where Does All That Nitrogen Go ... in the Patuxent and Elsewhere?"

Nitrogen is one of the most important elements in the ecology of all ecosystems, including those dominated by humans, so developing a better understanding of how nitrogen moves into and out of ecosystems is essential. Where does nitrogen come from? Where does it wind up? What story does it tell?

This online event, hosted by the Appalachian Laboratory as part of its Watershed Moments Community Learning Series, is free and open to the public. Registration is required. Once registered, attendees will receive an email with Zoom access instructions.

For info or to register, visit www.umces.edu/watershed-moments.

Exhibits

FSU's Roper Gallery to Feature 'Broken Silence,' an Exhibition by Francine Tint



"Luscious Skin" by Francine Tint

FSU's Department of Visual Arts will host a show of paintings by New York-based artist Francine Tint, titled "Broken Silence," which will open with a reception on **Saturday, Oct. 2**, from 7 to 9 p.m. 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 **Monday, Oct. 25**.

Tint is presenting a suite of brightly colored abstract acrylic paintings in which her ties to the "New York School" are explored and reflected upon. At the same time, the artist is intent on pushing the language of contemporary lyric abstract painting. Tint has always pursued her own path in painting, even as she is devoted to a style belonging to recent painting history in New York.

Tint's art can be seen within the long legacy of abstract expressionism, but she has also developed a body of related paintings that offer her audience a true sense of joy – a feeling needed in contemporary painting. By refusing to yield to a politicized outlook, or a conceptually based vision, Tint shows how everyone can appreciate recent art history.

In this show, which revolves around work made in the last two years, Tint establishes relations between one canvas and the next, not merely as a linear sequence, but as a group of individual works meant to capture her feelings. Her emotions connect in a deeper sense with past art as well as present efforts. Even when Tint is painting with a light hand, serious considerations are taken up in her art. Along with technical control, there is a spiritual nature to her painting.

Tint's work has been exhibited in nearly 30 solo shows and nearly 50 group shows in the U.S. and Europe and is in the permanent collection of numerous museums, including the Academy Art Museum, Easton, Md.; Binghamton University Art Museum, Binghamton, N.Y.; Stanford University of Art, Stanford, Calif.; and University of Pennsylvania, Philadelphia, Pa. Her work is also in many private and corporate collections, including The National Arts Club, New York; Citibank, New York; Galerie des Arcades, Bern, Switzerland; and Mount Sinai Hospital, New York.

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

Points of Pride

Mark Malec Is Maryland SBDC State Star for 2021



Mark Malec has been named the Maryland SBDC State Star for 2021. Each year America's SBDCs recognize exemplary SBDC network business advisors and staff who make significant contributions to their state or regional SBDC program and show a strong commitment to small businesses.

Malec has been a business consultant for more than 30 years. He is the senior consultant for the Maryland SBDC, serving Allegany County. His initial position with SBDC was as a consultant for the West Virginia SBDC at that program's inception in 1984.

While an SBDC consultant, Malec taught for 10 years in the FSU MBA program, specializing in strategic planning and operations management. He was also the director of the FSU Institute for Small Business. Malec has been a SCORE chapter chairman, advisor to the Women's Business Center and a business consultant for the Tri-County Council for Western Maryland. He has participated in numerous economic development activities with various municipal, county, state and federal governmental entities.

Take Note

Be Sure to Register to Vote!

National Voter Registration Day is **Tuesday, Sept. 28**. FSU's Office of Civic Engagement will host a table from 10 a.m. to 2 p.m. on the Clocktower Quad (the rain location is Lane University Center lobby), featuring organizations from the campus community and beyond, as well as the local Board of Elections.

Your voice matters, and when election time comes around, it's important to make sure your voice is heard. U.S. Census data (2020) indicates that one in four eligible Americans is not registered to vote. Get registered to vote early so you don't find yourself unable to cast your ballot on election day!

Since 2017, FSU has earned the distinction of being recognized as a Voter Friendly Campus.

Forging Futures: The Campaign for Frostburg State University Launched Last Week

Did you miss the live event? You can still watch the video by visiting the [Forging Futures website](#). You'll be able to hear from students, alumni and community members as they talk about Forging the Future of FSU's students, the University and the local community.

Phi Kappa Phi Hosting Fundraiser for Children’s Literature Center

FSU’s Phi Kappa Phi chapter will host a Spirit Night at Chick-fil-A in LaVale on **Wednesday, Oct. 13**, from 5 to 7 p.m., with proceeds to benefit the Children’s Literature Center. Patrons should just mention Spirit Night to the cashier or add Spirit Night in the guest instructions if ordering through the Chick-fil-A app. Come out and support PKP’s fall service project fundraiser for a great cause!

For info, contact Dr. Linda Steele at lsteele@frostburg.edu.

Open Discussion at Town Hall Meeting

The Office of Civic Engagement, the J. Glenn Beall Institute for Public Service and the Student Government Association will host a Town Hall Meeting on **Tuesday, Sept. 28**, at 6 p.m. in the Lane Atkinson Room (232). Join the group for a conversation on the issues important to you!

For info, contact the office of Civic Engagement at 301-687-4210 or email Patrick O’Brien at pobrien@frostburg.edu.

Announcing the 22nd Annual FSU Social Justice Summit

The 2021 Social Justice Summit will be held **Friday, Oct. 8, through Sunday, Oct. 10**. This weekend-long event gives students the chance to learn more about self, engage in discussion with other students on a variety of issues and create strategies for implementing social change. The summit is free and open to all FSU students.

This event provides FSU students with the opportunity to increase their awareness surrounding issues of diversity, equity and inclusion. Action plans developed during the weekend will assist them in being agents of positive change on campus.

Social justice is the continuous process of eliminating ignorance and prejudice through education and advocacy to bring about greater equity among all members of society and ensuring no dimension of identity is oppressed by society as a whole. Social justice is a process in which concerned citizens strive to eliminate the roots of oppression through education and the redistribution of resources, opportunities and responsibilities. In the pursuit of social justice, education must be used as a tool to empower people so they can eliminate the oppression of all. Acting as one, they seek to create an open, equitable and just society.

Learning outcomes for the summit are as follows:

Participants will be able to articulate concepts and terminology related to social justice. (Terms include social justice, privilege, power, oppression, marginalization and intersectionality.)

Participants will be able to recognize their own intersectional social identities in relation to privilege, power and oppression.

Participants will be able to articulate how concepts of privilege, power and oppression operate within the FSU community and larger society.

Participants will be able to explain how they will incorporate learning from the summit into their daily practices.

Faculty and staff are asked to inform their students of this opportunity and encourage their participation (perhaps even giving credit for participation).

For info, contact the Office for Diversity, Equity and Inclusion in Hitchins 116 or call 301-687-4050.

Homecoming 2021 – Back to the ‘Burg!



It’s that time of year again when Bobcats of all generations come together to celebrate during the FSU 2021 Homecoming! FSU students, alumni, faculty and staff will be showing their Bobcat pride **Thursday, Oct. 14, to Sunday, Oct. 17**. Get ready for a weekend of Bobcat festivities with FSU alumni back on campus, including the return of the All-Alumni Reunion.

Visit the webpage at www.frostburg.edu/homecoming to view the schedule of events, get University Store hours, register for one or more events and get other important information that will be added along the way.

The RSVP deadline is **Wednesday, Oct. 6**.

For info, visit www.frostburg.edu/homecoming, call 301-687-4068 or email alumni@frostburg.edu.

Brady Health Offering Flu Vaccine

Brady Health is administering the quadrivalent vaccine again this year. 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.

Deadlines

Undergraduate Grade Changes

The last day for undergraduate grade changes, including the removal of incomplete grades for the spring 2021 and summer 2021 semesters, is **Friday, Oct. 8**.

FSU-TV3

Open Auditions for News Show



“The News Show” is holding auditions for hosts on **Friday, Oct. 1**, from 1 to 3 p.m. in the TV studio in CCIT 325.

What’s to come? A 30-minute news show for students, by students.

For info, email FSU-TV3@frostburg.edu or call Melanie Lombardi at 301-687-3011.

Study Abroad

Start Planning Your Study Abroad Experience for Fall 2022!



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** throughout the semester: **Oct. 1, 15 and 29; 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**.

The next information meeting for the Puerto Rico Study Abroad trip will be **Friday, Oct. 1**, at 11 a.m. in Dunkle 319.

For info, contact Wood at gwood@frostburg.edu.

Costa Rica – Pura Vida Trip, Summer 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>.

Jobs

Student Van Drivers Needed – \$11.75/Hour

The Office of Civic Engagement is hiring van drivers for its ECHOSTARS AmeriCorps program. Van drivers transport students to and from service projects in the greater Allegany County area. Most van driver schedules vary from 5 to 20 hours a week based on students’ availability and program needs. Weekday and weekend hours are available. Interested students must have a clean driving record, successfully complete an online van-driving safety module to become van certified and pass a state and FBI background check.

For info, email ECHOSTARS@frostburg.edu or contact Misty Schurg at 301-687-4210.

Hiring Event Videographers, Online Newsletter Editor, Journalist – \$11.75/hour

Student and Community Involvement is hiring event videographers, an online newsletter editor and a journalist for the upcoming semester. State and federal work-study positions are available.

FSU-TV3/Communication Dept. Have Openings – \$11.75/hour

FSU-TV3 and the Department of Communication have several openings for this school year, including equipment room monitors, lab monitors, producers/editors, camera operators and a graphic designer. The pay is \$11.75/hour.

Go to the Financial Aid Office to see if you qualify for federal work-study. For info, contact Melanie Lombardi at 301-687-3011 or mlombardi@frostburg.edu, or Connie Capacchione at 301-687-3049 or ccapacchione@frostburg.edu.

Community

Frostburg Municipal Center Open House



1970s.

Frostburg’s mayor and city council will host an open house at the new Frostburg Municipal Center on **Thursday, Sept. 30**, from 6 to 8 p.m. at 37 Broadway.

A formal dedication ceremony will be held later this year.

The new building is home to Frostburg Police Department and City Hall staff. Contemporary and comfortable finishes, practical and functional space, substantially improved building efficiency with a modern HVAC system, and a dedicated meeting room and conference rooms are some of the many features. The building saw its last substantial renovation in the

For info, contact Elizabeth Stahlman at estahlman@frostburgcity.org.

Mountainside Baroque to Launch 2021-2022 Season With Two-Concert Festive October Weekend



The Washington (D.C.) Cornett and Sackbutt Ensemble will again join Mountainside Baroque for its upcoming festive October weekend.

Mountainside Baroque will launch its return to in-person performances on **Saturday, Oct. 9**, and **Sunday, Oct. 10**, with the first of three “Festive Weekends” scheduled for its 2021-2022 “Joyous Return” concert season.

This year, the October concerts are part of Allegany Tourism’s initiative, “Allegany Loves the Arts,” a full weekend of arts activities taking place across Allegany County (<https://www.mdmountainside.com/allegany-loves-the-arts>).

On **Oct. 9**, at 8 p.m., at the Shrine of Ss. Peter and Paul, 125 Fayette St., the five-member Washington Cornett and Sackbutt Ensemble will perform on early brass instruments in a concert of 17th-century wind band music, titled “Music for Brass: Seven Giovanni’s.”

On **Oct. 10**, Mountainside Baroque will perform music from “Venetian Vespers” at 4 p.m., also in the Shrine of Ss. Peter and Paul. It features large works for voices, strings and early brass written by Baroque masters such as Claudio Monteverdi and Francesco Cavalli.

Performances will be preceded by informative talks at about 3:30 p.m.

Tickets can be purchased in advance at mountainsidebaroque.org, at the door on the day of the concert and at the Allegany Arts Council, 9 N. Centre St., Cumberland. For info, visit the website or call 301-338-2940.

Health and Safety Messages

Be Sure to Properly Dispose of Old or Unused Medication!



Do not throw old medications into the garbage, and never give your old or unused medication to another person. It is not safe and it is illegal!

Once you have stopped taking a medication, do not leave it in the medicine cabinet for “another time.” Dispose of all unused medications safely.

Take some time to go through your medicine cabinets (or wherever you keep your medications) and pick out those you no longer use.

Any unused medications can be safely disposed of at University Police – right inside the front door. Just look for the green box. Deposit your meds and be on your way; there is no need to speak to anyone. The Prescription Deposit Box is accessible 24/7.

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



Mental Health Monday Tip: Stay Solid

<https://wiredforhappy.com/best-selfcare-mental-health>

Tell Yourself Tuesday Tip: You Are Worthy

<https://www.minimalismmadesimple.com/home/you-are-worthy>

Wacky Wednesday Tip: You Don't Need Your Phone

<https://www.youtube.com/watch?v=OXYHfiYdCb4>

Thankful Thursday Tip: Michelle's Advice

https://www.youtube.com/watch?v=VxW5D5VPg_0

Fun Friday Tip: Wake Up!

<https://www.lifehack.org/articles/productivity/15-creative-and-effective-ways-wake-yourself-and-your-loved-ones-the-morning.html>

Social Saturday Tip: What's Your Personality Type?

<https://ideas.ted.com/quiz-are-you-an-extrovert-introvert-or-ambivert>

Self-Love Sunday Tip: Prompts for Loving Yourself

<https://wellandwealthy.org/self-love-journal-prompts>

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.