



StateLines

For and about FSU people

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

For all events, FSU is following CDC guidance based on current area conditions. For current health and safety guidelines, visit www.frostburg.edu/COVID19.

National Hispanic Heritage Month Celebration at FSU to Feature Mariachi Herencia de México With Lupita Infante



CES at FSU and the Department of Student Engagement will celebrate National Hispanic Heritage Month with a spirited musical performance from Mariachi Herencia de México with special guest Lupita Infante on **Wednesday, Sept. 28**, at 7:30 p.m. in the Alice R. Manicur Assembly Hall of FSU's Lane University Center. The club-style event, featuring general admission table seating and food and beverage selections, is sponsored by Joel Hoover and Rommel Gonzaga.

Fresh off their 2021 PBS appearance performing alongside Camila Cabello at the White House, Mariachi Herencia de México embodies the glorious folkloric traditions of the past while infusing them with the dynamism and bravado of youth. In 2017, they were honored with a Latin Grammy nomination for Best Ranchero/Mariachi Album.

Grammy-nominated vocalist Infante brings an innovative, bicultural perspective to the Mexican folk genre of mariachi. The granddaughter of Mexican music and film icon Pedro Infante and the daughter of esteemed musician Pedro Infante Jr., Infante is committed to honoring her family's legacy while bravely questioning long-held traditions of the historically male-dominated artform of mariachi.

Immediately following the performance, as part of the Offstage Series With WFWM, WFWM station director **Chuck Dicken** will join the artists for a conversation with the audience to discuss Mexico's folkloric traditions, as well as discover how a now-acclaimed youth ensemble emerged from the immigrant barrios of Chicago and how Infante was inspired to carry on her family's musical legacy and adapt it for a new generation.

Tickets are \$15 for adults; \$13.50 for FSU faculty/staff, military and youth under 18; and free for FSU students. For info, including ticket discount options, visit CES' webpage 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.

Several additional events are scheduled to further celebrate National Hispanic Heritage Month.

On **Tuesday, Sept. 27**, at 6 p.m., Frostburg Dining Services will present a Latin American-themed teaching kitchen in FSU's Chesapeake Dining Hall. Participants will create a traditional dish of cheese pupusas – stuffed, grilled masa cakes – and curtido, a traditional Salvadoran cabbage slaw. Participation is limited and reservations are required. Tickets are \$30 and may be purchased by contacting the University box office.

Through Friday, Sept. 30, Main Street Books, at 2 E. Main St. in Frostburg, will host a display of Hispanic- and Latinx-themed fictional and nonfictional literary works for people of all ages, as well as community member-loaned cultural memorabilia and artifacts collected from travels in Hispanic regions.

The National Hispanic Heritage Month Celebration is made possible through the Folk and Traditional Arts Community Projects program of Mid Atlantic Arts with support from the National Endowment for the Arts. CES is supported in part by the Maryland State Arts Council (msac.org) and the City of Frostburg.

Help for Students

Tutoring Information for Fall 2022

Tutoring will be held through **Tuesday, Dec. 13**. Days and hours of operation are **Mondays through Thursdays** from 10 a.m. to 7 p.m. and **Fridays** from 10 a.m. to 2 p.m. Math and natural sciences tutoring will be held in Pullen 139, and business, computer science and writing tutoring will take place in Pullen 151.

For info and instructions, contact the FSU Tutoring Center at 301-687-3077 or 301-687-4066, email msmith@frostburg.edu or jlewis@frostburg.edu or visit <http://www.frostburg.edu/admin/provost/academic-success-network/tutor/?forceAbsoluteURLs=false&skipGA=false>.

Appointment-Based/In-person Tutoring Courses

Students use TutorTrac to make appointments.

Courses include ACCT 211/212, Academic Skills (textbook strategies, study skills, time management and notetaking), BIOL 109/149/160/321/322, CHEM 201/202, COSC 100/101/102/130/240/241, DVMT 095/099, ECON 201/202, EXSS 200/315, GEOG 103/104, ITEC 315/345, MATH 104/109/119/120/236/237, PHYS 215/216/261/262/263 and Writing.

NetTutor (Online Tutoring)

For classes not listed under appointment-based, email msmith@frostburg.edu.

This 24/7, third-party, online tutoring platform is accessible via Canvas. Students must send an email to msmith@frostburg.edu to gain access. Information about NetTutor is posted outside of Pullen 151.

Walk-In/Group Tutoring

Walk in, sign in and get assistance: CHEM 201 – **Wednesdays**, 6 p.m., Compton 328; CHEM 202 – **Wednesdays**, 5 p.m., Compton 328; and PHYS 215/216/261/262/263 – **Mondays and Wednesdays**, 2 to 3 p.m., Compton 236, **Wednesdays**, noon to 1 p.m., Compton 236, and **Tuesdays and Thursdays**, noon to 1 p.m., Compton 234.

PAWS Pantry Hours

FSU's PAWS Pantry provides food and basic necessities to FSU students at no cost. The pantry aims to decrease the impact that food insecurity has on the academic success of students through hunger alleviation and increased education in the areas of personal budgeting, nutrition and wellness.

Hours for the fall semester are **Mondays** from 1 to 7 p.m., **Wednesdays** from 1 to 5:30 p.m., **Thursdays** from 11:30 a.m. to 3 p.m. (by appointment only) and **Fridays** from 1 to 5:30 p.m. If the pantry's regular hours do not work for you, email pawspantry@frostburg.edu to set up an appointment.

The pantry recently updated its Intake and Liability Waiver form at <https://bit.ly/3PPmVeg>. All customers (new and returning) will need to complete this form before using the pantry.

Have you been exposed to COVID and/or are symptomatic? Email PAWSPantry@frostburg.edu to request a delivery, and a pantry representative will be in touch to coordinate a delivery day and time with you. Only those who have been exposed to the virus, have been informed to self-quarantine and/or are symptomatic should use this option.

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.

Department of Music Presents Joshua Bishop, Dr. Avery Pettigrew and Dr. Joseph Yungen in Faculty Artist Series Concert



From left, Dr. Joseph Yungen, Joshua Bishop and Dr. Avery Pettigrew

FSU's Department of Music will present *Joshua Bishop*, *Dr. Avery Pettigrew* and *Dr. Joseph Yungen* in a Faculty Artist Series concert on **Monday, Sept. 19**, at 7:30 p.m.

The program will include the second movement, "Dance: Zeibekikos," from "Concerto for Euphonium" by Philip Wilby, performed by Bishop, on the euphonium.

Next, Pettigrew, on the French horn, and Joseph Yungen, on piano, will play "Sonatina, Op. 56" and "Triton, Op. 60" by Ruth Gipps, as well as "Shall I Compare Thee to a Summer's Day" (world premiere) by James Stephenson.

The last selection will be "Concerto for Euphonium" by Martin Ellerby, which Bishop and Yungen will perform.

Completed in 1995, Wilby's concerto has already been established as one of the greatest concertos for the euphonium. Its extended length seeks to explore the fine combination of sustained lyricism and explosive virtuosity that typify the modern euphonium.

Gipps was an English composer, oboist, pianist, conductor and educator. Stylistically, Gipps was a Romantic in the musical sense and in her choice of extra-musical inspiration. The chamber music piece, “Sonatina, Op. 56” was composed in 1960 and “Triton, Op. 60” in 1970.

Stephenson’s “Shall I Compare Thee to a Summer’s Day” is from “Maytudes” – a French horn etude project in consultation with musician Gail Williams. Version No. 4, for French horn and piano, was commissioned by Pettigrew. The melody bases its rhythm on the Shakespearean sonnet.

Ellerby’s “Concerto for Euphonium” is one of the most impressive pieces in the euphonium repertoire and one that tests the performer. Scored in four movements, this concerto was composed in 1995.

FSU’s Department of Music to Host Faculty Showcase Recital

FSU’s Department of Music will present its Faculty Artist Series Faculty Showcase Recital on **Wednesday, Sept. 21**, at 7:30 p.m.

The concert will feature **Dr. Brent Weber** on soprano saxophone and **Dr. Joseph Yungen** on piano, performing the first movement, “Allegro moderato,” from “Oboe Concerto” by Richard Strauss, arranged by Weber. The concerto was written by Strauss in 1945. It was one of the last works he composed near the end of his life, during what is often described as his “Indian summer.”

Next, **Dr. Avery Pettigrew** on horn and Yungen will play “Albumblatt” by Alexander Glazunov, arranged by Pettigrew. Glazunov, who successfully reconciled nationalism and cosmopolitanism in Russian music, composed this piece in 1899.

Peter Meechan’s “Devil’s Duel” will be performed by **Joshua Bishop** on the euphonium and **Dr. Jay DeWire** on piano. “Devil’s Duel,” which premiered in 2006, takes its inspiration from the story of the infamous Niccolò Paganini whose virtuosity was astounding. Paganini’s demonic reputation became so widespread that his talent was often attributed to the belief that he had help from the devil.

Dr. Donald Albrecht on trumpet and Yungen will play “Centennial Horizon” (2011) by Kevin McKee. With two contrasting movements connected by an interlude, the piece captures some of the beauty and adventure of an amazing place: Colorado (the “Centennial State”).

“Scherzo No. 4 in E Major, Op. 54” by Frédéric Chopin, performed by Yungen, is the fourth and the last of Chopin’s scherzos and was composed in 1842. Unlike the preceding three scherzi, Op. 54 is generally calmer in temperament, though it still possesses some exceptionally passionate and dramatic moments.

A unique and entertaining piece written in the spirit of the music of Frank Zappa, “A Message to a Friend” (1983-87) by Brazilian composer Ney Rosauro will feature **Dr. Mackenzie Jacob LaMont** on marimba and Weber.

“Fun With Teeth” (2015) by Nate May, which the composer describes as “death metal wrapped in a pink ribbon,” will be performed by Weber on tenor saxophone and LaMont on drum set. Loaded with multiphonics and jazzy riffs, the work is engaging in its multiple personality disorder.

Flutist Nina Assimakopoulos Will Perform in Guest Artist Series Concert, ‘Legends, Myth and Magic!’



FSU’s Department of Music will present a Guest Artist Series concert by integrative artist and flutist Nina Assimakopoulos, titled “Legends, Myth and Magic!” on **Friday, Sept. 23**, at 7:30 p.m. She will be accompanied by pianist Sun Jung Lee and percussionist Mike Vercelli.

This immersive sound experience will feature storytelling, Native American music, classical and world flutes, piano and percussion.

A champion of contemporary music, Assimakopoulos is credited with more than 83 national and world-premiere performances and new work commissions, as well as multimedia collaborative projects and concerts integrating baroque through contemporary flute music with visual and digital arts, dance and theater. She has toured extensively in the U.S., Europe, Asia and South America as a performing artist. Her five solo CDs include “Vayu, Multi-cultural Flute Solos From the 21st Century.” In addition to her work as a musician,

Assimakopoulos is a prize-winning painter whose work has been exhibited at museums and internationally juried shows. As a teacher, Assimakopoulos has taught as a professor of flute performance for more than 15 years and appears frequently as a masterclass clinician at universities, conservatories and festivals across the globe. She is a flute professor at West Virginia University.

CES at FSU and FSU’s Department of Student Engagement to Host TAKE3 as Part of FSU’s Family Weekend Celebration



As part of FSU’s Family Weekend Celebration, CES at FSU and the Department of Student Engagement will present the musicians of TAKE3 on **Saturday, Sept. 24**, at 7:30 p.m. in Lane Manicur Hall. The club-style event features general admission seating, a food menu and bar service.

With a flair for the wild and unexpected, the genre-defying trio TAKE3 infuses classical music with rock-star energy. Known for their charismatic onstage personalities and eclectic programming – from favorites like Billy Joel, John Lennon and Coldplay to the heart-pounding music of “Game of Thrones,” “Pirates of the Caribbean” and “Pulp Fiction” – the ensemble has made an indelible impact on audiences across the country.

The members of TAKE3 have entertained worldwide audiences with their masterful technique, musicianship and passion for music.

Lindsay Deutsch has toured as solo violinist with Yanni and multiple professional symphonies. Her recent accomplishments include playing as solo violinist for “The Witcher” on Netflix and “The Thing About Pam” on Hulu.

Los Angeles-based cellist Mikala Schmitz has been hailed by San Francisco’s Civic Center for her “professional and highest caliber of playing,” and her work with the English rock supergroup, The Last Shadow Puppets, took her to venues across Europe.

Californian pianist Jason Stoll has garnered critical praise and prestigious international awards. He was named a semifinalist in the 2015 Dublin International Piano Competition and finalist in the 2013 American Paderewski Piano Competition.

Tickets are \$15 for adults, \$13.50 for FSU faculty/staff and the military, \$5 for youth under 18 and free for FSU students. For info, visit the CES webpage 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.

CES is supported in part by the Maryland State Arts Council (msac.org) and the City of Frostburg.

Exhibits

An Exhibition of Paintings by Stephen Estrada



“Brewing Storm” by Stephen Estrada

FSU’s Department of Visual Arts is hosting an exhibition of paintings by Stephen Estrada **through Monday, Sept. 26**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This event is free and open to the public.

Estrada’s paintings reflect an intimate, human connection with the natural world. His work traces his personal journey from the Pacific to the Atlantic coast, as well as travels in the Caribbean and the Gulf of Mexico where he has worked to rebuild homes after hurricanes Katrina and Michael. Estrada continued his studio practice while working as design chief at the Smithsonian and director at the U.S. Department of State’s Museum of Diplomacy but now works full time as an artist. He has shown nationally, and his work is in collections throughout the United States.

For this show, the Roper Gallery is open **Mondays through Fridays** from noon to 5 p.m.

For info, contact the Department of Visual Arts at 301-687-4797.

Points of Pride

CLC Receives William Donald Schaeffer Helping People Award

The Children’s Literature Centre has been chosen as the 2021 Allegany County recipient of the William Donald Schaeffer Helping People Award. This award is presented by the Comptroller of Maryland to the individuals and organizations in each of the 23 counties and Baltimore City that best exemplify Schaeffer’s lifelong commitment to helping people.

Winners of the award are based on demonstration of improving the community, swiftly solving a citizen problem through effective government intervention, directly aiding the most vulnerable in society or creating a public/private partnership to improve the lives of Marylanders. The award will be presented to CLC on **Friday, Sept. 30**, in Lane Center.

Office of Sponsored Programs Successes/News

On Aug. 26, project director **Dr. Kara Rogers Thomas** (Sociology) was awarded a \$5,000 Presenting and Touring Grant by the Maryland State Arts Council for the performance of the Footworks Percussive Dance Ensemble at the FSU Appalachian Festival 2022.

On Aug. 2, project director **Holly Clark** (Student Support Services) was awarded \$396,320 by the U.S. Department of Education for the TRIO program, Student Support Services (FY2023). The program is designed to increase the retention and graduation rates of low-income, first-generation college students and students with disabilities who come primarily from rural Western Maryland and the inner cities and suburbs of Baltimore and Washington, D.C.

For info, visit the Office of Sponsored Program’s Successes/News webpage at <https://www.frostburg.edu/osp/Successes%20News.php>

Appalachian Laboratory

Appalachian Laboratory to Host 60th Birthday Event



Come for a special Watershed Moments Community Learning Series event celebrating the 60th birthday of the Appalachian Laboratory on **Thursday, Sept. 22**, at 6:30 p.m. at 301 Braddock Road in Frostburg. Learn more about the past, present and future activities of the lab, including a surprise community-focused announcement about a new initiative to mark the occasion, and celebrate at the birthday party-themed reception.

This event is free and open to the public. Registration is required. Register online at <https://www.umces.edu/watershed-moments>. For info, contact Rhonda Schwinabart, coordinator of Outreach, at rschwinabart@umces.edu or 301-689-7102.

Take Note

CLC 40th Anniversary Fundraiser and Book Award Celebration



The Children's Literature Centre's 40th Anniversary Fundraiser and CLC Book Award Celebration will be held on **Saturday, Oct. 1**. This is a combined fundraising event to celebrate the legacy of literacy and of local miners' role in Western Maryland education.

Featured are musical entertainment, brief remarks, an auction featuring signed artwork of renowned illustrators and items from local businesses, the presentation of the 2022 CLC Book Award to "If You Miss Me" by Jocelyn Li Langrand and the one-act play, "Ellie's Wake," by *Ty DeMartino*.

To register, visit www.frostburg.edu/clcbookaward/40th.

Student Voter Engagement Competition Series

The J. Glenn Beall Institute for Public Affairs, in conjunction with the Office of Civic Engagement, is hosting a series of social media competitions focused around encouraging students and young people to vote and take action. Leading up to the election there will be competitions using Instagram and TikTok. A panel consisting of faculty, staff and students will judge the submissions and award students a stipend from the J. Glenn Beall Institute for first place (\$350), second place (\$250) and third place (\$150) submissions for each competition topic/platform.

Submissions for all competitions should be submitted through <https://bit.ly/3xHIkjB> by providing the link(s) to the video/picture submission on the social media site. Students are encouraged to be creative and focus on getting individuals to register and vote in the mid-term elections. There is no limit to submissions, and students are encouraged to take part in all competitions. Submissions will only be considered if they are submitted via the link above and tagged on social media with #BobcatsVote. There will be a total of four competitions: one for each platform (Instagram and TikTok) focusing on encouraging individuals to register to vote and one for each platform encouraging individuals to get out and vote by sharing why you vote.

The submission deadline for the competition topic Register, Plan, Vote is **Sunday, Oct. 16**, at midnight, and the deadline for the competition topic Why I Vote is **Sunday, Nov. 6**, at midnight.

For info, contact the Office of Civic Engagement at civicengagement@frostburg.edu or 301-687-4210.

Flu Vaccine Clinic at Brady Health



Starting **Monday, Sept. 19**, the Brady Health Center will be offering the quadrivalent vaccine. This 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. Student can pay by cash, check, Bobcat Express or bursar bills student PAWS account. Faculty and staff can pay by cash or check.

You must be over 18 years of age. Don't forget to wear short sleeves!

Upcoming CAPS Event for National Suicide Awareness Month

Keep Rockin'

Join FSU's Counseling and Psychological Services Office and Veterans Services for a rock-painting project at the Clock Tower on **Thursday, Sept. 22**, from noon to 3 p.m. Stop by and paint a rock to take with you or place around campus. For info, call 301-687-4234.

National Suicide Hotline in Operation

The National Suicide Hotline is now in operation. If you or someone you know is in distress, you can reach the hotline by dialing 9988 from an on-campus landline phone or 988 from an off-campus phone. (The previous number, 800- 273-8255, can still be used, indefinitely.) This line serves veterans in crisis as well. As always, you can also reach University Police at 301-687-4223 if you are in distress.

For info, visit <https://988lifeline.org/faq> and <https://www.frostburg.edu/about-frostburg/Administrative-Offices/university-police/index.php>.

How Do I ...?



"How Do I ...?" is a new series hosted by the Career and Professional Development Center. Register with the QR code for any or all of the listed events.

All events will be held at 3:30 p.m. in Pullen 149 on the following **Tuesdays**.

Sept. 20 – Create a Budget

Sept. 27 – Rent an Apartment

Oct. 4 – Write a Resume

Oct. 11 – Prepare for the Career Fair

Roving Resumes

Stop by with a copy of your resume and the Career and Professional Development Center will review and help you build your resume – **Tuesday, Sept. 20**, from 1:30 to 2:30 p.m. in the Ort Library (look for the sign in the middle of the library).

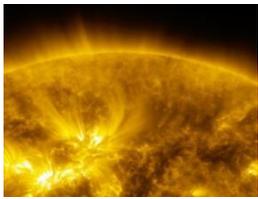
BURG Peer Education Network – Upcoming Events

Monday, Sept. 19 – National Recovery Month Table, 11 a.m. to 3 p.m., Lane Center

Friday, Sept. 23 – Kahoot! 6 to 7 p.m.

Friday, Sept. 30 – S’mores Night, 5 to 8 p.m., Upper Quad

Planetarium Show for Oct. 1



Science Saturdays feature space news, a tour of the night sky and a full-dome movie.

After the shows, telescopes will be set up for observing the moon and the planets if the sky is dark enough and the weather is favorable.

The show for **Oct. 1** will be “The Sun, Our Living Star” at 5 and 7 p.m. in the Multimedia Learning Center, room 186 of the Gira Center. This event is free and open to the public.

For info, contact Dr. Jason Speights at jcspeights@frostburg.edu.

Jobs

The hourly rate for the following jobs is \$12.50.

Student Van Drivers Needed

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 15 hours a week based on availability and program needs. Weekday and weekend hours are available. Interested students must have a clear driving record, successfully complete an online van-driving safety module to become van certified and pass a state and FBI background check.

For info and to apply, email ECHOSTARS@frostburg.edu.

Hiring: Voter Engagement Ambassadors

The Office of Civic Engagement is hiring students as voter engagement ambassadors for the fall semester to assist with improving voter engagement on campus. The positions are for one semester.

Duties include but are not limited to:

- Attending Voter Engagement Committee meetings

- Advertising and developing social media campaigns

- Assisting with voter registration and absentee ballot requests

- Educating the student body on voting deadlines, processes and election-day information

- Assisting with program planning of educational and outreach events

- Presenting information to student organizations, academic classes and other on-campus groups about the voting process

To be considered, email your resume to civicengagement@frostburg.edu or submit it to Misty Schurg in Lane 234.

Volunteers

Alternative Winter Break in Houma, La.

Alternative breaks are fully immersive and highly organized service trips for students and young adults that allow them to make a direct impact in a community while learning more deeply about the issues surrounding that community and the larger world.

This year, FSU’s alternative winter break will take place **Saturday, Jan. 7, to Sunday, Jan. 15, 2023**, in Houma, La., where many Houma residents are still living in houses that are unsafe after Hurricane Ida destroyed the area in 2021. (Note: the exact dates are subject to change but will be during this time frame.) Students will help rebuild the homes of those damaged by the hurricane.

Typically, the out-of-pocket cost of the trip for each student ranges between \$100 and \$250 depending on funding.

Apply at <https://bit.ly/3KscW7>. To request a paper application, email civicengagement@frostburg.edu. Applications are due no later than **Sunday, Sept. 25**, at 11:59 p.m.

Beautify the 'Burg

Volunteers are needed for the annual Beautify the 'Burg event on **Saturday, Oct. 1**, from 9 a.m. to noon. Volunteer spots are limited and will be accepted on a first-come, first-served basis. If you and/or your student organization are interested in serving, fill out the Volunteer Registration and Liability form and return it to the Office of Civic Engagement in Lane 234 by **Tuesday, Sept. 20**. Once submitted, the Planning Committee will be in touch with your organization to give you details about your service site for the day.

For info and a registration form, contact the Office of Civic Engagement at 301-687-4210 or civicengagement@frostburg.edu.

Study Abroad

Plan Your Study Abroad Experience for Summer and Fall 2023!



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 will take place at 3:30 p.m. on the following **Fridays: Sept. 30, Oct. 14 and 28, Nov. 18 and Dec. 2**.

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

Community

Solar Saturday 2022



Solar Saturday 2022 will be held on **Oct. 1**, from 9 a.m. to noon in Gira 397. Come hear from a local solar panel/array installer with years of experience, as well as three Frostburg homeowners who have made this investment and are reaping the benefits. This event is free and open to the public.

Have you considered installing rooftop or ground-mount solar at your home? There has never been a better time considering the improved efficiency of solar panels and the federal financial incentives being offered.

For info, contact Al Delia at aadelia@frostburg.edu.

Health and Safety Messages

September Is National Preparedness Month



Remain vigilant after extreme weather passes. The storm may be over, but dangers remain, so watch out for downed power lines and damaged buildings, and always avoid floodwaters.

Take simple actions to protect yourself and your loved ones. For example, if your community is affected by a drought, try to conserve your household water use by turning off the water while brushing your teeth or taking shorter showers.

When encountering flooded roads or walkways, turn around, don't drown! Half of flood fatalities occur in vehicles. Dangers can lurk below the surface of the water like erosion and

potential collapse of the road surface.

Know the difference between a National Weather Service watch and a warning. For example, a high wind watch means be prepared (secure loose outdoor items), and a high wind warning means take immediate action (seek shelter in a sturdy structure).

Know before you go! Always be sure to check weather.gov for the latest weather conditions and alerts before you head outside.

For info, visit <https://www.weather.gov/news/211709-fall-safety-tips>.

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



Mental Health Monday Tip: Coping During Moving

<https://kentuckycounselingcenter.com/emotional-stress-of-moving>

Tell Yourself Tuesday Tip: Affirmations for the Start of the Semester

<https://thehavenatcollege.com/positive-affirmations-for-college-students>

Wacky Wednesday Tip: Top Five Best Foods to Eat Before a Test

<https://www.scoreatthetop.com/blog/brain-food-5-best-foods-to-eat-before-a-test>

Thankful Thursday Tip: Four Reasons to Be Thankful for Your Education

<https://www.businessadministrationinformation.com/blog/4-often-overlooked-reasons-to-be-thankful-for-your-education>

Fun Friday Tip: Top Four Scenic Trails in Frostburg

<https://www.alltrails.com/us/maryland/frostburg>

Social Saturday Tip: Get Involved!

<https://frostburg.campuslabs.com/engage/organizations>

Self-Love Sunday Tip: Start the Semester Off Right

<https://resilienteducator.com/lifestyle/self-care-new-year>

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.