



# StateLines

For and about FSU people  
A publication of the FSU Division of Communications and Media Relations

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## CES at FSU Hosts American Songster Dom Flemons in Appalachian Festival Capstone Concert



CES at FSU will present American songster Dom Flemons on **Saturday, Sept. 21**, at 7:30 p.m. at the historic Palace Theatre at 31 E. Main St. in Frostburg. The performance is offered as the capstone concert for the 14th annual FSU Appalachian Festival.

Flemons is a Grammy Award winner, two-time Emmy nominee and 2019 Wammie Award winner. Known as the American songster since his repertoire of music covers more than 100 years of American folklore, ballads and tunes, Flemons is a music scholar, historian, record collector and multi-instrumentalist. He is also an expert player on the banjo, fife, guitar, harmonica, jug, percussion, quills and rhythm bones.

In 2005, Flemons co-founded the Carolina Chocolate Drops, who won a Grammy for Best Traditional Folk Album in 2010 and were nominated for Best Folk Album in 2012. After leaving the group to pursue a solo career, he released his album, “Dom Flemons Presents Black Cowboys,” in 2018 and received a Grammy nomination for Best Folk Album. This recording is part of the African American Legacy Recordings series, co-produced with the Smithsonian National Museum of African American History and Culture in Washington, D.C.

Flemons was nominated for two Emmys at the 2018 National Academy of Television Arts & Sciences Mid-America Awards for the PBS episode, “Songcraft Presents Dom Flemons,” and for the song, “Good Ole Days,” co-written with Ben Arthur. He was the first artist-in-residence at the Making American Music Internship Program at the Smithsonian National Museum of American History in the summer of 2018. Originally from Phoenix, Flemons lives in the Washington, D.C., area where he serves on the Board of Directors for Folk Alliance International and the Music Maker Relief Foundation and as an advisor to the Washington, D.C., Chapter of the Recording Academy.

Capstone concert tickets are \$15 for adults. Member, military and group discount rates are also available. For info or to order tickets, visit CES’ webpage at [ces.frostburg.edu](http://ces.frostburg.edu) or contact the CES 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.

## FSU Celebrates Region’s Unique Culture, History, Music and Dance With Appalachian Festival



FSU’s much-anticipated Appalachian Festival will return for its 14th year **from Thursday, Sept. 19, to Saturday, Sept. 21**. The free, family-friendly event brings together artists and craftspeople to celebrate all that makes the region unique – its history, culture, music and dance, folk arts, food and more – with performances, workshops, displays, discussions and activities. This year’s event focuses on “Just Transitions: Climate, Economy and Culture.”

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The capstone of the festival is the concert featuring Dom Flemons on Saturday at 7:30 p.m. at the historic Palace Theatre at 31 E. Main St. in Frostburg. Flemons was the co-founder of the Carolina Chocolate Drops who won a Grammy for Best Traditional Folk Album in 2010. After leaving the group to pursue a solo career, Flemons released an album in 2018, titled "Dom Flemons Presents Black Cowboys," and received a Grammy nomination for Best Folk Album. He was also nominated for two Emmys at the 2018 National Academy of Television Arts & Sciences Mid-America Awards for the PBS Episode, "Songcraft Presents Dom Flemons," and for the co-written song "Good Ole Days" with Ben Arthur. He was the first artist-in-residence at the Making American Music Internship Program at the Smithsonian National Museum of American History. Known as "The American Songster" because his repertoire of music covers more than 100 years of American folklore, ballads and tunes, Flemons is also a music scholar, historian and multi-instrumentalist. Tickets for the event are \$15 for adults and can be purchased at the door.

The festival kicks off with a film festival on Thursday at 7 p.m. at the Palace Theatre. The first film, "We Are Bluegrass," demonstrates local efforts to continue Appalachian heritage through bluegrass music. The second, "Hillbilly," confronts depictions of Appalachian and other rural people on a broad, national level and introduces audiences to a nuanced, authentic Appalachia that is quite conscious of how it has been portrayed and the impacts of those portrayals.

The theme of just transitions continues Friday on FSU's Upper Quad with the Appalachian Symposium, beginning at 1 p.m. with "What's New in Appalachian Extraction? Appalachian Plastics" by Tyler Cannon, a community organizer with Mountain Watershed Association, who will explore the Appalachian Storage Hub and related petrochemical infrastructure in the region. The proposed developments include ethane crackers, miles of pipelines and underground storage facilities that would create a plastics-processing network stretching from Catlettsburg, Ky., along the Ohio River, to Beaver, Pa. Cannon will focus on the most recent developments with these projects, the connection between shale gas and plastics, and how audience members can get involved in the fight for the future of the region.

Following this presentation at 2 p.m. Jacob Hannah, Coalfield Development's first conservation coordinator, will present "Rebuilding the Appalachian Economy From the Ground Up With Triple-Bottom-Line Sustainability." Hannah focuses on creating innovative ways to protect West Virginia and incorporate it into the future. Testing out his triple-bottom-line sustainability concepts, he spent three years developing revitalization initiatives for coal towns in central Pennsylvania and food security programs in Western Maryland.

At 3 p.m., join Clory Jackson and Caroline Hann, who have embarked on a creative journey to explore and confront the history and social impact of Brownsville, a forgotten community of Frostburg that started in the 1860s. Their interactive theatre experience, "The Brownsville Project," seeks to explore the story of a place where race, class, gender and family pride meet.

In the last presentation of the day, "The Living New Deal," at 4 p.m., independent historian Brent McKee, with the feasibility of the Green New Deal resolution in mind, will discuss and present photographs about the "green" aspects of President Franklin Roosevelt's New Deal, 1933-1943, both nationally and locally. This will include Works Progress Administration climate science projects, sanitation projects funded by the Public Works Administration, tree planting by the Civilian Conservation Corps and legislation and art designed to promote the conservation of wildlife.

The symposium ends at 6 p.m. with a community sing for climate and social justice led by singer-songwriters Kim Alexander, Doug Hendren, Sparky and Rhonda Rucker, and Rob Smith.

Also on Saturday, two stages will host a variety of musical groups from across the region. Blue Hill Bluegrass, T-Mart Rounders, Hickory Bottom Band, Davis & Elkins College Appalachian Ensemble, Buffalo Run, Allegheny Drifters, Black Diamond, Andy Cohen, Highland Grass, Flower Hill String Band, Critton Hollow String Band, the Barnstormers and the RockCandy Cloggers will perform on the Compton stage. On the Thomas Subaru Hyundai stage, Sparky and Rhonda Rucker, Hay Fever with Pete Hobbie, the Time Travelers, Michael and Carrie Kline, Davis Bradley Duo, Loretta Hummel and Paul Dix, Day Old News, Jeff and Myles Thomas and Tabby Finch, Jay Smar, Casselman Valley Travelers and Twang! will appear. In addition, the Garrett Highlands Pipes and Drums and Frostburg Arion Band will perform on the grounds.

Chapel Happenings, beginning at 11 a.m. in Cook Chapel, will include personal stories of hope and resilience. Community members are invited to join this story-sharing session to hear local community members narrate how they were inspired to keep going despite economic, health, social or spiritual challenges. Appearing in the chapel from 12:30 to 3 p.m. will be accomplished storytellers Jo Ann Dadisman, Adam Booth, Katie and Otto Ross, Ilene Evans and Mikalena Zuckett, who will enchant the audience with stories and lore inspired by their Appalachian upbringings. Afterward, festival attendees can learn the fundamentals of songwriting from professional songwriter Robert Smith.

Throughout the day, attendees can visit the Explorations Tent. Come learn about Frostburg's historic African American community, Brownsville, from author Lynn Bowman; the interracial documentary project, Hope, which consists of more than 40 life story interviews from sons and daughters of coal miners; the plight of the honey bee as presented by 14-year-old Finian Stroup, who began a fundraising campaign to raise money for honey bee research; and addressing climate change in Appalachia. Also featured are an open discussion of the collection "Appalachian Reckoning: A Region Responds to 'Hillbilly Elegy,'" which addresses J.D. Vance's book that explores a more complex view of Appalachia, and artist and author Regina Holliday, who has advocated for transparency in medical records and began "The Walking Gallery" movement.

In the Folkways Tent, festivalgoers can participate in several Appalachian dance and dance-calling workshops, as well as learn about the Maryland Folklife Network, the African American ballad tradition and the traditional medicinal plants of Appalachia.

In addition to plenty of food and entertainment for all ages, the festival will provide activities and programming specifically for children, who can join in singalongs with multi-instrumentalist Ray Owen; join the Sunnyland Band and play along on spoons, jugs, washboards and all kinds of instruments from other countries; try out instruments at the Cat and the Fiddle musical instrument petting zoo; explore Appalachian arts through hands-on activities; paint goat-shaped silhouettes at the Capering Kids 4-H Goat Club display; make "weaving" crafts; and meet the members of Cub Scout Pack 24.

A variety of artisans are also featured throughout the festival, offering tatting, pottery, ceramic wares, industrial-style sculptural pieces and accessories, quilting, watercolors, jewelry, knitting, basket making, decorative gourds, fiber arts, cigar box banjos, stained

and fused glass, woven pot holders and slate paintings. Also on the grounds are Dragonfly and Company (natural soaps and body products), Finian Stroup (honey-bee-themed bath bombs and chocolate pretzels), Heishman HoneyB Hut (honey and beeswax products), the Nettle Patch (organic products), the Western Maryland Chapter of the Archeological Society, Friends of Ashby's Fort, Wynter's Haven (natural personal and home care products), Garrett County Celtic Festival, Frostburg Museum Association, Allegany County Women's Action Coalition, Allegany and Garrett County Bird Club, NAACP – Allegany Chapter, FrostburgFirst, Wholesome Harvest Co-op (grocery store), Nemaocolin Chapter of Trout Unlimited No. 199, Appalachian Laboratory, Green New Deal, Maryland Commission on Civil Rights, Allegany County Truth and Reconciliation Committee (to recognize the victims of lynching), Garrett County Road Workers Strike of 1970, Mountain Watershed Association, American Red Cross, Allegany Allied Arts Inc., Dickerson African Methodist Episcopal Church, International Geographical Honor Society – Gamma Theta Upsilon, Phi Mu Delta, Delta Sigma Pi and Residence Hall Association.

The Multimedia Learning Center will offer planetarium shows from 11 a.m. to 2 p.m.

For info, visit [www.frostburg.edu/events/afestival](http://www.frostburg.edu/events/afestival) or email Dr. Kara Rogers Thomas at [krogerstthomas@frostburg.edu](mailto:krogerstthomas@frostburg.edu).

## Music

### CES at FSU to Open On the EDGE Series With Free Performance by Afro-Latin Band, Malamanya



CES at FSU will open its 2019-20 On the EDGE series on **Thursday, Sept. 26**, with an upbeat performance by the colorful Minneapolis-based band, Malamanya. The 7:30 p.m. performance, which will take place at the Clock Tower Quad on the FSU campus, is free and open to the public. In the event of rain, this performance will be held in Lane Manicur Hall.

With high energy and colorful style, Malamanya celebrates the spirited rhythms and melodies of Cuba and Latin America. Headed by bandleader Tony Schreiner and lead vocalist Luis Ortega Castellon, the band's eclectic yet traditionally rooted performance is an upbeat musical experience that awakens the dancing soul.

For info, visit [ces.frostburg.edu](http://ces.frostburg.edu) or call 1-866-849-9237 or 301-687-3137.

## Theatre

### CAST Returns to FSU With 'The Comedy of Errors'



The Cambridge University American State Tour (CAST) will perform William Shakespeare's "The Comedy of Errors" on **Wednesday, Sept. 18**, at 7:30 p.m. in Pealer Recital Hall.

This Shakespearean comedy features two sets of identical twins with identical names who were separated as infants. Following years of traveling the world in search of their missing halves, Antipholus of Syracuse and his servant Dromio arrive in Ephesus, which happens to be the home of their long-lost siblings. Standing in the way of their reunion is a chaotic series of mistaken identities, confusion and a fair amount of cake.

Every September the team of Cambridge University students travels the U.S. to perform Shakespeare's plays. CAST hosts education workshops on Shakespeare in addition to its performances.

Tickets are \$6 for students and \$12 for general admission. Tickets will be available at the door. For info, visit [www.castcambridge.com](http://www.castcambridge.com).

## Readings

### Center for Literary Arts to Host Reading by Poet Jim Peterson



FSU's Center for Literary Arts will present a reading by poet Jim Peterson from his collection, "Speech Minus Applause," on **Thursday, Sept. 19**, at 7:30 p.m. in the Lyric Theatre at 20 E. Main St. in Frostburg.

Peterson's "Speech Minus Applause" uses unique voices and uncanny situations to explore a range of human experience of loss, joy and sadness, presented with wit and straightforward language.

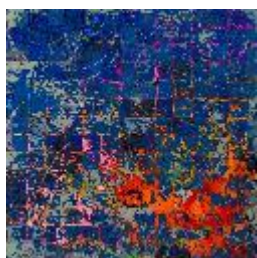
Peterson is a poet from Augusta, Ga., whose works have won him the Benjamin Salman Award, an Academy of American Poets Award and a Fellowship in Poetry from the Virginia Arts Commission. More than 200 of his poems have been published in journals such as "Poetry," "Georgia Review," "Shenandoah," "Poetry Northwest" and "Southern Poetry Review."

Peterson was coordinator of Creative Writing at Randolph College until his retirement in 2013 and was the Pearl S. Buck Writer-in-Residence there in fall of 2017. He works on the faculty of the University of Nebraska Omaha Low-Res MFA Program in Creative Writing. He is also professor emeritus at Randolph College in Lynchburg, Va.

For info, contact Jennifer Browne, director of the Frostburg Center for Literary Arts, at 301-687-4340 or [jbrowne@frostburg.edu](mailto:jbrowne@frostburg.edu).

## Visual Arts

### John Lyon Paul's 'Spun From Light' Exhibit at Roper Gallery



"Meditation on the Sun" and "Poet's Garden" by John Lyon Paul

The exhibit by sculptor and painter John Lyon Paul, "Spun From Light, Woven in Silence," will be on display through **Sunday, Sept. 22**, in the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This event is free and open to the public.

Sculptures by FSU Visual Arts professor **Dustin Davis** will also be on display.

Paul's paintings are a unique expression of color painted on plate glass or clear Mylar. His technique lays the color down "in reverse" so that the layer painted first – even if painted over later – is what the viewer sees on the other side of the glass. Light travels through the painting, illuminating the artwork from behind and within.

Paul began creating his artwork during the same time that he began meditating, resulting in a pivotal connection between spirituality and his art. Reminiscent of stained-glass windows in churches, the spiritual nature of Paul's work reflects an empathy and concern for his fellow human beings, instead of traditional religious expression.

The Roper Gallery is open from 1 to 4 p.m. Sundays through Wednesdays. For info, contact the Department of Visual Arts at 301-687-4797.

## Presentations

### Times Talk Thursday



Come discuss current topics in the news focused around politics, government and our democracy. Times Talk Thursday is open to faculty, staff and students and will be held on **Sept. 26, Oct. 10 and 24, Nov. 7 and 21, and Dec. 5** from noon to 2 p.m. in Lane 108.

For info, contact Patrick O'Brien at [pobrien@frostburg.edu](mailto:pobrien@frostburg.edu).

### Geography Brown Bag to Focus on Corporate Social Responsibility



The Department of Geography will present its first brown bag talk of the semester, "Ghana: Corporate Social Responsibility," on **Tuesday, Sept. 17**, from 12:30 to 1 p.m. in Gunter 208. These are informal talks to engage the department and wider campus community.

Corporate social responsibility and the accompanying regulatory framework encourage companies to consider the environmental, social and economic relationships they have with consumers. After studying this practice in Ghana, West Africa, geography major **Cassie Conklin** will discuss how CSR can help promote development and sustainability worldwide. Pack a lunch and join the group!

For info, contact Dr. Bill Wetherholt at 301-687-4266.

## Points of Pride

### Three Employees Honored With Staff Awards for Excellence at FSU State of the University Presentation



Pictured from left are FSU President Ronald Nowaczyk, Kathy Leck, Robert Cooper and Cindy Troutman.

FSU honored three outstanding employees, **Robert "Coop" Cooper**, **Cindy Troutman** and **Kathy Leck**, at its recent State of the University Presentation. The annual Staff Awards for Excellence recognize exceptional service to the institution. Recipients are nominated and chosen by their colleagues. This year's award winners have served FSU for a combined total of 41 years.

Cooper, director of Student Activities and Fraternity and Sorority Life, was honored in the Exempt (salaried) Employee category. An FSU employee for 11 years, Cooper transformed the student activities program, initiating or supervising more than 140 evening and weekend events on campus, including initiatives such as the monthly late-night event Late@Lane, the EDGE collaborative music series and SOAR, a training and development series for student organization leaders. Affectionately known to students and staff as "Coop," Cooper has demonstrated an unparalleled commitment to building inclusive programming and leadership skills among students. Cooper also teaches Introduction to Higher Education and REC 389 Event Programming.

Troutman, executive assistant II in the College of Liberal Arts and Sciences, won the award in the Nonexempt Employee category. Employed at FSU for 17 years, Troutman works efficiently and effectively with 19 departments in the college, as well as with other units on campus. As a critical member of the Dean's Office staff, Troutman is a team-oriented professional with creative problem-solving abilities. Troutman also volunteers her time in the community as a volleyball coach.

Leck was recognized in the Nonexempt Employee/Facilities-Maintenance category. Leck has been employed at FSU since 2006, and her role has changed over the years due to her willingness to take on new tasks and skills. In 2015, Leck was promoted to program administrative specialist for the Facilities Management Department, where she is able to work with all employees of the Facilities Department, contractors, vendors and the end-users of FSU. Not only does she help with the many state reports required of the department, Leck also handles pest management along with many procurement and budgetary duties. Leck also supports the campus through volunteer activities, one of which is the FSU-Maryland Charity Campaign that encourages employee giving.

Award recipients are given a plaque, a certificate commemorating their dedication and a monetary award.

## Take Note

### FSU Celebrates Constitution Day at Ort Library

FSU will celebrate the 232th anniversary of the signing of the U.S. Constitution with events on **Tuesday, Sept. 17**, from 12:30 to 2 p.m. at the Lewis J. Ort Library. This event is free and open to the public.

An actor portraying George Washington, the first U.S. president, will be in attendance. He will give a short speech at 12:30 p.m., answering questions and handing out copies of the U.S. Constitution. In addition, there will be a Constitution Day display on the third floor and a Constitution trivia table.

A Constitution Day Guide with links and tabs to government podcasts, an Interactive Constitution App and constitutional games and videos can be found on [libguides.frostburg.edu/constitution](http://libguides.frostburg.edu/constitution).

For info, call the Ort Library at 301-687-4396.

### Announcing the 21st Annual FSU Social Justice Summit

The FSU Social Justice Summit provides FSU students with the opportunity to increase their awareness surrounding issues of diversity, equity and inclusion. Action plans developed during the weekend, held **Friday, Oct. 11, through Sunday, Oct. 13**, will assist them in being agents of positive change on campus. The summit is free and open to all FSU students.

This event gives students the chance to learn more about self, engage in discussions with other students on a variety of issues and create strategies for implementing social change.

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 we strive to eliminate the roots of oppression through education and the redistribution of resources, opportunities and responsibilities.

For info, contact Robin Wynder in the Center for Student Diversity, Equity and Inclusion at [rwynder@frostburg.edu](mailto:rwynder@frostburg.edu).

### Falun Gong Workshop Offered on Thursdays



**Dr. Hongqi Li**, a professor in FSU's Department of Biology, will offer a Falun Gong Workshop **Thursdays** from 7 to 9 p.m. in Compton 328. This event is free and open to the public.

Falun Dafa (also called Falun Gong) is an advanced self-cultivation practice of the Buddha School, founded by Li Hongzhi, the practice's master. It is a discipline in which "assimilation to the highest qualities of the universe – Zhen, Shan, Ren (Truthfulness, Compassion, Forbearance) – is the foundation of practice. Practice is guided by these supreme qualities and based on the very laws which underlie the development of the cosmos." Master Li's teachings are set forth in a number of texts, including "Falun Gong," "Zhuan Falun," "The Great Perfection Way of Falun Dafa," "Essentials for Further Advancement" and "Hong Yin (The Grand Verses)."

The focus of Falun Dafa practice is the mind through understanding and practicing the principles in daily life and includes the cultivation of the body through practicing the standing exercises and sitting meditation.

For info, visit <http://en.falundafa.org>.

### FSU Students Organize Climate Action Strike



Join FSU students and faculty in demanding a fossil-free future during the campus' Climate Action Strike on **Friday, Sept. 20**, at 12:30 p.m. in the Upper Quad. Leave your workplace and classrooms to say enough is enough! The 30-minute program will feature student speakers and an organized march on campus. RSVP and check it out at <https://bit.ly/2kk6s9t>. For info, contact Cassie Conklin at [cconklin0@frostburg.edu](mailto:cconklin0@frostburg.edu).

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## Check Out FSU's Honors Program!



Be sure to check out FSU's Honors Program on Facebook at [facebook.com/honors.frostburg](https://facebook.com/honors.frostburg) and Instagram at [frostburg\\_honors](https://instagram.com/frostburg_honors).

## Graduation Will Be Here Before You Know It

It's not too early to be thinking about graduation, especially if you intend to graduate on **Wednesday, Dec. 18**, in the Cordts PE Center.

The College of Liberal Arts and Sciences and the Colleges of Business and Education will both present their graduates at 2 p.m. Tickets will be required for admission. The number of tickets will be determined at a later date, based on the number of graduating students.

If you have not yet done so, contact the Registrar's Office to complete your graduation application and check that your home mailing address is accurate in PAWS so you'll receive all the necessary upcoming info.

Follow @FrostburgGrad on Twitter or Frostburg Graduation on Facebook for updates and important info throughout the semester.

Full details about the ceremony can be found on the Commencement web page at [www.frostburg.edu/events/commencement](http://www.frostburg.edu/events/commencement). For info, email [commencement@frostburg.edu](mailto:commencement@frostburg.edu).

## Internships

### HUBZone Internships

HUBZone is a federal small business contracting program designed to provide economic assistance to economically depressed geographic areas by awarding federal contracts to small businesses operating and employing workers in those areas. FSU is located in a HUBZone, which means many of its students qualify for these paid internship positions. The student is required to live in a HUBZone and work at least 40 hours per month.

Go to [www.hubzoners.com](http://www.hubzoners.com), click on maps and enter your address to verify your eligibility, under "view job openings" select the category that aligns with your major, fill in the info and submit your resume. You will be contacted directly by someone from HUBZone. For info, contact Amy Shimko, director of Career Development, in Pullen 110.

## United Campus Ministry

For info, contact Chaplain Cindy Zirlott at [c.zirlott@frostburg.edu](mailto:c.zirlott@frostburg.edu).

### UCM Schedule

United Campus Ministry's regular schedule for the semester started last week, so be sure to put the following on your calendars:

- **Bible Studies: Mondays**, 7:45 to 9 p.m., Ort Library 237; **Tuesdays**, 7:30 to 9 p.m., Lane 113; and **Sundays**, 6 to 7:30 p.m., Ort Library 237
- **Body and Spirit Fitness Group: Thursdays**, 3:30 p.m., Gym Dance Rehearsal Hall. This is open to students, faculty and staff. The group will practice gentle stretches and yoga-type movement.

### Not-for-Credit Class

A class on the book of Genesis will be offered **Sundays** for anyone interested in studying and discussing the foundational stories of three faith traditions. The class will explore these stories of faith through practical faith, theological and philosophical eyes. Continuing education credits can be given to those completing the course. This experience is open to the whole community.

### Special Events

Sign up or register for Paint and Pray Evening, which will be held **Friday, Sept. 27**, at 7:30 p.m. in Fine Arts Room 202. This event is open to the FSU community. Student are admitted free; the charge is \$30 for others for supplies (unless you bring your own). Registration is required. Space is limited. To register, go to [www.unitedcampusministryatfsu.org/event\\_registration](http://www.unitedcampusministryatfsu.org/event_registration).

## Activities for Life

### Group Fitness Classes

Group fitness classes will be offered **Mondays through Wednesdays, Sept. 16 through Dec. 11** (with no class **Nov. 25 through 27**), from 7 to 8 p.m. in Cordts PE Center room 168.

After paying a one-time semester fee, participants will be able to attend the following classes: Cardio Sculpt with Erica Alkire on **Mondays**, Step Mix with Eve Schott on **Tuesdays** and Yoga Strength with Ellie Green on **Wednesdays**. For a lesser fee, participants can instead choose one specific night of the week (not transferable to another night for missed classes).

Cardio Sculpt is a mix of plyometric and strength-training exercises that will bring the heart rate up as well as tone muscles. Step Mix employs choreographed combinations using an elevated step to upbeat music. Yoga Strength is a rejuvenating blend of hatha and vinyasa yoga for building strength while relaxing the mind and body.

The first week is free to try out the classes.

For info and registration, contact Amy Nazelrod, AFL coordinator, at 301-687-7934 or [anazelrod@frostburg.edu](mailto:anazelrod@frostburg.edu).

## FSU-TV3

### FSU-TV3's Message Board and Social Media Outlets



FSU-TV3 has a Message Board that is displayed between programs on the cable channel. The channel uses the Message Board and its social media outlets – Facebook, Twitter and Instagram – to help inform the public about upcoming events for nonprofit, student organization and FSU department events through the semester.

FROSTBURG STATE UNIVERSITY

To submit an advertisement, email [fsu-tv3@frostburg.edu](mailto:fsu-tv3@frostburg.edu) one week in advance with a jpeg that includes information about the event (info needed listed below). Do not use fonts smaller than 26 point. Let the channel know when your group wants to launch the ad. Be aware that University holidays, weekends and vacations will affect response time. Advertisements must adhere to the submission requirements, and the channel has the right to approve or reject an advertisement. You will receive an email as to whether your ad has been approved or denied.

#### Advertisement Specifications

- Size: 450 pixels wide x 525 pixels high (This will allow it to be used for the Message Board as well as Instagram.)
- Format: RGB JPEG
- Resolution: 72 dpi

#### Information to Be Included

- Name of the event
- Date/time/location
- Cost of attendance (who will benefit from it)
- Who can attend? (FSU students, FSU campus, community, etc.)
- Name of sponsoring organization/department/office
- Contact information (name, phone number and email)

For info, email the FSU-TV3 staff at [FSU-TV3@frostburg.edu](mailto:FSU-TV3@frostburg.edu).

Follow the channel's activities on: <https://www.facebook.com/FSUTV3>, <https://twitter.com/fsutv3> and <https://instagram.com/fsutv3>.

## Study Abroad

### Where in the World Would You Like to Study Abroad?



**Nnamdi-Raphael Okoye: Spain, Fall 2018-Spring 2019**

**Photo taken in Morocco**

FSU students have the opportunity to study abroad all over the world.

Financial aid can be used for overseas experiences during the fall and spring semesters.

Exchange programs are available that allow students to pay FSU tuition prices.

For info, contact Kara Hotchkiss at [kjhotchkiss@frostburg.edu](mailto:kjhotchkiss@frostburg.edu) or 301-687-4747.

## Berlin Study Abroad Experience to Be Offered Next Spring



FSU's Department of Sociology and the Women's Studies Program will offer a study abroad opportunity, "Berlin: The City Experience," next spring **from Saturday, March 14, through Friday, March 20** (dates subject to change). This event, which is open to all FSU students, will be led by **Dr. Jennifer Earles**.

Berlin's storied past is firmly embedded in a vibrant contemporary culture. Stand in the former Nazi headquarters one moment, and navigate the city's eco-friendly infrastructure the next. Since the fall of the Berlin Wall, this city has evolved into one of the most eclectic, exciting and multicultural communities in Europe. Discover the many ways to contemplate the past, enjoy the present and dream of the future.

This trip is being held in conjunction with SOCI 490/WMST 490 Gender and the City, a 3-credit course in which students will explore how gendered power relations shape urban spaces and who benefits from the opportunities and pleasure of urban life. The course will be offered during the spring 2020 semester with Earles. Students will travel abroad during spring break.

For info, contact Kara Hotchkiss at 301-687-4747 or [kjhotchkiss@frostburg.edu](mailto:kjhotchkiss@frostburg.edu).

## Study Abroad in Spain, France and Italy During Spring Break 2020



Join the Study Abroad trip to Spain, France and Italy during Spring Break 2020 and visit Barcelona, the French Riviera, Nice, Cinque Terre, Pisa and Florence!

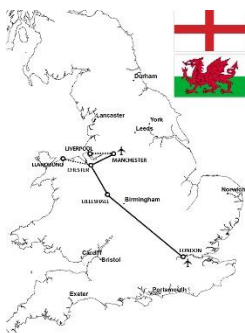
The trip, which will take place **from Friday, March 13, through Sunday, March 22**, will be led by **Dr. Greg Wood** and **Dr. Heather Cisneros**. The trip is supported by EF Tours.

The trip is for Honors Program students as well as general education students.

Study abroad scholarships and other sources of funding are available.

For info, visit Wood in the Fuller House or email him at [gwood@frostburg.edu](mailto:gwood@frostburg.edu).

## Study Abroad in Spring 2020: England and Wales



### RECR 490 Global Perspectives in Sport and Recreation Management

Develop a global perspective by gaining insight from practitioners on the production of sport and recreation events and activities in an international context.

As part of the nine-day trip **between Friday, March 13, and Sunday, March 22**, students will meet undergrads from the UK and share ideas about contemporary sport and recreation issues; experience professional soccer (football) and rugby; stay at a converted former hunting lodge of the Duke of Sutherland and rub shoulders with elite athletes; learn about government-funded local, regional and national sport and recreation projects; tour the beautiful North Wales coastline; and take in the historic sights and sounds of London.

**Dr. Martin Barrett**, an instructor in the Department of Kinesiology and Recreation, will lead the group. For info, contact him in the Corlts PE Center or email him at [mbarrett@frostburg.edu](mailto:mbarrett@frostburg.edu).

## Info Sessions for Spring Study Abroad in France, Italy and Spain

Information sessions for study abroad in France, Italy and Spain will be held on **Friday, Sept. 20**, and **Friday, Oct. 11**, both at noon in room 128 of the Pealer Center.

All FSU students are welcome.

For info, contact Dr. Greg Wood at [gwood@frostburg.edu](mailto:gwood@frostburg.edu).

## Community

### Members of the Former Frostburg AAUW Branch to Meet

Members of the former Frostburg Branch of the American Association of University Women will meet for their fall gathering on **Tuesday, Oct. 1**, at 5:30 p.m. at The Draft restaurant on Main Street in Frostburg. For info, call 301-689-6849.

## FSU Events Calendar

For info on FSU events, go to <http://events.frostburg.edu/calendar>.

Questions? Call 301-687-4411. All information is subject to change.

Note: FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call 301-687-4102 or use a Voice Relay Operator at 1-800-735-2258.



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## September Is National Preparedness Month



Consult FEMA's Natural Disaster site (<https://www.ready.gov/be-informed>) for info on how to prepare for disasters in your area.

**Prepare an emergency supply kit.**

**Basic supplies should include a three-day supply of food and water, battery-powered radio, flashlight with extra batteries, first aid kit, moist wipes, garbage bags, wrench or pliers, manual can opener, local maps and cell phone (with charger).**

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### VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

#### CORE VALUES

- Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.
- Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."
- Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

#### OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

#### STRATEGIC GOALS

- Focus learning on the acquisition and application of knowledge.
- Provide engaging experiences that challenge our students to excel.
- Expand regional outreach and engagement.
- Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit [www.frostburg.edu/strategicplan](http://www.frostburg.edu/strategicplan).