



StateLines

For and about FSU people

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Mattern Given FSU President's Distinguished Faculty Award



Dr. Janet Mattern, left, is presented with the President's Distinguished Faculty Award by FSU President Ronald Nowaczyk.

Dr. Janet Mattern, an associate professor in the FSU Department of Educational Professions, has been selected as the ninth recipient of the President's Distinguished Faculty Award.

This award recognizes a faculty member who has provided exceptional service to the University and has advanced its mission, goals and strategic planning initiatives.

"Janet has not only excelled as a teacher and advisor but has also contributed significantly in service to the Educational Professions program and the University," said FSU President Ronald Nowaczyk. "She was instrumental to the success of maintaining accreditation and to the Teacher Quality Partnership Grant. This award recognizes her collegiality and commitment to the success of her colleagues and students."

Mattern is highly valued and respected in her instructional role in early childhood education, enriching her teaching with extensive real-world experience.

Adapting to challenges posted by COVID, she has transitioned the foundation special education course to a blended format, advised a record number of transfer students remotely and kept active FAEYC (Frostburg Association for the Education of Young Children), the student organization she advises.

Mattern is also a key participant in the FSU regional partnership with Coppin State University in the Teacher Quality Partnership Grant, which expands students' experience with diverse populations, and coordinator in the accreditation process for the Council for the Accreditation of Education Preparation, creating, guiding faculty, organizing and interpreting data analysis, and seeing areas within programs in which continuous improvement is needed.

Help for Students

Tutoring Information for Fall 2021 – Updated

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

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

These are the only courses FSU tutors: BIOL 109/149/160/161/321, CHEM 100/150/201/202 (limited number of CHEM tutors), COSC 100/101/102 (still working on tutors for 240 and 241), DVMT 099/100, ECON 200/201/202, FREN 101, GEOG 103 (only one tutor available), MATH 104/109 (limited number of tutors available)/119/120/236/237, PHYS 261/262 (individual and group

offerings), PHSC 203 (only one tutor available), PSYC 155 (working on getting this set up as a group offering) and writing. NetTutor staff may be able to help you with courses not on the list.

NetTutor

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

PAWS Pantry Fall 2021 Hours

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

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

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

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

For info, email pawspantry@frostburg.edu.

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

Music

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

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



Music Director Elizabeth Schulze

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

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

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

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

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



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

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

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

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

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

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

Joshua Bishop Will Present First Faculty Artist Series Concert

FSU’s Department of Music will present *Joshua Bishop* on the euphonium in his first Faculty Artist Series concert, “Genesis,” on **Monday, Nov. 1**, at 7:30 p.m. He will be accompanied by pianist *Dr. Joseph Yungen*.

Bishop’s program will feature “Genesis” by Josh Jameson, “Firtina Bulutu” by Andrew Howell, “Valse Toraja” by Ben Sledge, “Fantasy” by Philip Sparke, “Soliloquy IX” by C.D. Wiggins, “Rhapsody for Euphonium” by James Curnow, “Due Tramonti” by Ludovico Einaudi and “Giocoso” – the third movement of “Euphonium Concerto” – by Vladimir Cosma.

Bishop is a low-brass performer who has been a featured soloist with several high schools in North Carolina, the Triangle Brass Band, ECU Wind Ensemble and the Indiana University Wind Ensemble. He is a founding member of the Sequence Quartet, a professional euphonium quartet based in Southern Indiana. Bishop is also an active educator, working with middle and high school students across the East Coast and college students in the U.S. and Canada. A lecturer at FSU, his teaching interests are trombone, euphonium, tuba and brass ensemble.

Baltimore Quintet Anima Brass Performing Guest Artist Series Concert



FSU’s Department of Music will present the Baltimore-based quintet Anima Brass in a Guest Artist Series concert on **Saturday, Nov. 6**, at 3 p.m.

In addition to the concert, Anima Brass will hold a two-hour master class before the concert at 12:30 p.m.

The program includes “Fanfare Ritmico” by Jennifer Higdon, “12 Kleine Stücke” by Ludwig Maurer, “Let Us Pray” by Quinn Mason and the four movements of “Chesapeake” by David Sampson – “Morning in Annapolis – Setting Sail,” “Full and By,” “Bloody Point” and “St. Michaels – Crab Claw.”

“Fanfare Ritmico” is a single-movement orchestral piece by Higdon, an American composer. The work was commissioned by The Women’s Philharmonic as part of The Fanfares Project and premiered in 2000. Higdon conceived it as a celebration of the rhythm and speed of life. The score is a brisk, sharp-edged concoction, full of rhythmic pizzazz and blunt orchestral writing.

Maurer’s “12 Kleine Stücke” (“12 Little Pieces”), written for two cornets, two horns and one bass trombone, was published posthumously in 1881. This is an important work for brass in that it is one of the earliest pieces of brass chamber music.

While the title of the piece is “Let Us Pray,” Mason’s composition is more spiritual than religious in scope and form. It is a tribute to another American composer, David Maslanka (1943-2017), and in this piece Mason quotes Maslanka’s “Symphony No. 4.” Composed in 2019, “Let Us Pray” is a meditation on the influence Maslanka has had on multiple generations of composers.

The album “Chesapeake” began with Sampson’s desire to write for the members of the American Brass Quintet as individuals and to create a recording that would stand on its own as a full recital. “Chesapeake,” the title work, is a tone poem derived from Sampson’s experience of sailing the waters. Joy is present in setting sail in the morning; cruising in a steady wind, the vessel reaches the Bloody Point Bar lighthouse with excitement and caution and at last reaches the port of St. Michaels and a crab feast.

Anima Brass consists of Luke Spence and Wyeth Aleksei on trumpets, Austin Sposato on horn, Nicolas Gonzolez on trombone and Jahi Alexander on bass trombone. As ardent advocates for expanding the brass repertoire, the musicians are dedicated to commissioning and performing newly written works, particularly by historically excluded composers. This winter they will record genre-crossing composer Kali Malone’s new works for brass, which frame historical tuning systems in the context of minimalism.

Anima Brass was selected as the 2016 Aspen Music Festival and School Fellowship Brass Quintet, and in 2017, the musicians were the runners-up for the Ackerman Chamber Music Competition. The group has appeared in concert with the American Brass Quintet in Salida and Aspen, Colo., and has performed with the New York Philharmonic, Metropolitan Opera Orchestra, Baltimore Symphony Orchestra and other ensembles throughout the mid-Atlantic.

Recital to Celebrate Adolphe Sax’s Birthday

FSU’s Department of Music will present an Adolphe Sax Birthday Celebration Recital on **Saturday, Nov. 6**, at 7:30 p.m.

Join the FSU Saxophone Studio and local community saxophonists for an unforgettable evening of music celebrating the birth of Sax, the Belgian musician who invented the saxophone, and hear how the instrument has gained popularity since its invention in the mid-19th century. Directed by *Dr. Brent Weber*, the saxophone orchestra of more than 20 musicians will perform classical, jazz, rock and dance music. The program will consist of classical works from Georges Bizet and Gustav Holst; jazz standards from Rudy Wiedoeft, Glenn Miller and Hoagy Carmichael; and modern rock and dance tunes from Guns N’ Roses and Daft Punk.

Piano Studio to Perform Fall Recital

FSU's Department of Music will present the Piano Studio, under the direction of *Dr. Jay DeWire*, in a recital on **Sunday, Nov. 7**, at 3 p.m.

The program will include the first movement, "Presto," from "Sonata in E Minor, Hob. XVI/34" by Joseph Haydn; the first movement, "Allegro," from "Sonata in F Major, K. 332" and the second movement, "Adagio," from "Sonata in B-flat Major, K. 570" by Wolfgang Amadeus Mozart; "An die Musik" by Franz Schubert; "Nocturne in F-sharp Minor, Op. 48, No. 2" by Frédéric Chopin; and "Ma mère l'Oye" ("Mother Goose") by Maurice Ravel.

Haydn composed the "Piano Sonata in E Minor, Hob. XVI/34, L. 53" in the late 1770s. The first movement displays Haydn's talent at its most subtle in this lyrical yet dramatic piece. It is described as an unsmiling, precise movement, which is unique in Haydn's sonatas. The movement is a collection of musical fragments that never seem to gather momentum and, every time they try to, Haydn inserts a full stop and the music suddenly grinds to a halt.

Mozart's "Piano Sonata No. 12 in F Major, K. 332" was published in 1784. The first movement is in a classical sonata form, with repeats for the exposition, development and recapitulation. There are two basic characteristics of this movement: the song-like themes and the combination of styles. Mozart uses diverse styles, including galant homophony, learned counterpoint and even the intense Sturm und Drang style.

"Sonata No. 17 in B-flat Major, K 570," dated February 1789, is Mozart's penultimate sonata, and it did not become known until five years after his death when it was published for piano and violin. The "Adagio" is a rondo with two episodes that sets out to beguile rather than convey profundity.

Schubert composed his lied "An die Musik" ("To Music") in 1817 for solo voice and piano, with text from a poem by his friend Franz von Schober. A hymn to the art of music, it is one of the composer's best-known songs. Its greatness and popularity are generally attributed to its harmonic simplicity, sweeping melody and a strong bass line that effectively underpins the vocal line.

The "Nocturnes, Op. 48" are a set of two nocturnes for solo piano Chopin composed in 1841. When compared with the more melancholy outer themes of "Nocturne in F-sharp Minor, Op. 48, No. 2," the middle section is completely different. Chopin once noted that the middle section was like a recitative and should be played as if "a tyrant commands, and the other asks for mercy."

Ravel's "Ma mère l'Oye" was originally written as a five-movement piano duet in 1910, subtitled "cinq pièces enfantines" ("five children's pieces"). In 1911, Ravel orchestrated the work. Later the same year, he also expanded it into a ballet.

Department of Music Presents String Ensemble Concert

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

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

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

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

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

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

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

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

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



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

The concert is free and open to the public, but tickets are required. Seating is general admission and is on a first-come, first-served basis. Tickets can be reserved online at frostburgtix.universitytickets.com or picked up at the University box office in FSU's Lane

University Center. The box office is open **Mondays through Fridays** from 10 a.m. to 4 p.m. For info, call 301-687-3137 or 1-866-849-9237.

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

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

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

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

Dance

FSU's Kristin Kavanagh Will Teach Broadway Jazz Master Class



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

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

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

Readings

CLA to Host Charlie Ewers in a Reading of 'A Guide to Harriet Tubman's Eastern Shore'

The Center for Literary Arts will host Charlie Ewers for a reading of "A Guide to Harriet Tubman's Eastern Shore: The Old Home Is Not There" on **Thursday, Nov. 4**, at 7:30 p.m. in room 237 of the Lewis J. Ort Library.

Ewers has been a high school teacher, farmer, carpenter, journalist, crab boat crewman and university professor, among other things. He teaches in the Environmental Studies Department of Salisbury University and has exhibited his photographs in galleries in Maine, Maryland and Oregon. His co-authored book, "A Guide to Harriet Tubman's Eastern Shore," was published in September by The History Press.

This reading is sponsored by the Allegany Arts Council, the city of Frostburg and several offices at FSU, including the Office of the President, the dean of the College of Liberal Arts and Sciences and the Department of English and Foreign Languages and Literature.

Presentations

Watershed Moments: 'Vulture, the Private Life of an Unloved Bird'



As part of its Watershed Moments Community Learning Series, the Appalachian Laboratory will host Katie Fallon, co-founder of the Avian Conservation Center of Appalachia, Inc., who will present "Vulture, the Private Life of an Unloved Bird" on Zoom on **Thursday, Nov. 4**, at 6:30 p.m. This event is free and open to the public.

Vultures are often overlooked, underappreciated and unloved, despite the vital role they play in healthy ecosystems. Worldwide, vultures are more likely to be threatened or endangered than any other group of raptors, but in the U.S., turkey and black vultures may be increasing in number. Based on Fallon's recent book, this fun presentation will discuss the life and times of the noble turkey vulture, including its feeding, nesting and roosting habits; migratory behaviors; and common misconceptions.

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

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



“To and Fro” by April Wright

FSU’s Department of Visual Arts will host “Pleasant Terminal,” a show by three new faculty members in the department – *Ash Lester*, *Alena Mehić* and *April Wright*. The display will open with a reception on **Friday, Nov. 5**, 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 **Friday, Nov. 19**.

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

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

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

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

Points of Pride

Andy Duncan Is Author of New eBook



Andy Duncan, a professor in FSU’s Department of English and Foreign Languages, is the author of a new eBook from Wildside Press. “Charlie Tells Another One,” a novelette, was first published in Asimov’s Science Fiction magazine in 2019. The publisher’s description says: “At the turn of the 20th century, nobody played better banjo than the hermit Daner Johnson, who just might have sold his soul for the privilege. When 11-year-old Charlie Poole, tired of mill-boy life, seeks apprenticeship, he discovers an occult world of myth and legend and strange premonitions. Will the succeeding years bring glory or sorrow – or equal measures of both?” The eBook is available from Amazon for Kindle and from Barnes & Noble for Nook. For info, visit <https://wildsidepress.com>.

Dr. Daniel Moorehead and Dr. Robert Moore Participate in Webinar, ‘Alleviating Global Poverty’

Dr. Daniel Moorehead, an associate professor in FSU’s Department of Sociology, and *Dr. Robert Moore*, a professor and chair of that department, participated in “Alleviating Global Poverty: Development, Innovation and the Experimental Method,” a webinar presented by Nobel laureate economist Dr. Michael Kremer. The Oct. 13 webinar is part of the Harper Lecture Series at the University of Chicago.

Take Note

Town Hall Meeting

Sponsored by the Office of Civic Engagement, the J. Glenn Beall Institute for Public Service and the Student Government Association, a Town Hall Meeting will be held on **Tuesday, Nov. 2**, at 6 p.m. in the Lane Atkinson Room (232). The topic will be “Campus and Local Issues.”

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.

Student Support Services to Hold Open House

Student Support Services will host an Open House for first-generation college students on **Tuesday, Nov. 2**, from 10 a.m. to 2 p.m. in Lane Manicur Hall.

There will be Open House workshops on financial literacy, as well as study skills, time management and being productive (from 11 a.m. to noon and 1 to 2 p.m.). Be sure to visit the de-stress and game area and photo booth. The Open House will also include an SSS Program Q&A session.

For info, visit Pullen 133 **Mondays through Fridays** from 8 a.m. to 4:30 p.m., call 301-687-4443 or email rsjones@frostburg.edu.
For info on Student Support Services, visit <https://www.frostburg.edu/academics/asn/student-support-services/index.php>.

FSU Dance Company Auditions – All Styles Welcome



The FSU Dance Company will hold auditions for the Spring 2022 Dance Concert on **Wednesday, Nov. 3**, from 7 to 9 p.m. and **Thursday, Nov. 4**, from 5 to 7 p.m. in the Dance Studio of the Cordts PE Center, Room 106.

All dance styles are welcome. Dancers should dress to move and only need to attend one of the two audition days.

Produced by the Department of Theatre and Dance, the Spring Dance Concert will open in **April 2022**. Rehearsals will take place during DANC 255 Dance Company I and DANC 355 Dance Company II from 7 to 9 p.m. on **Mondays, Wednesdays and Thursdays** of the spring 2022 semester. Selected dancers will be enrolled in one of these courses.

For info, contact Kristin Kavanagh, Dance Company director, at kekavanagh@frostburg.edu.

Professional Achievements

The latest edition of Professional Achievements has been published online at <https://www.frostburg.edu/news/professional-achievements.php>. Booklets from previous years can also be accessed here.

Spring 2022 Honors Courses

Priority registration begins **Monday, Nov. 1**

Varlants

ART 111 Honors: Art Appreciation

COSC 110 Honors: Introduction to Computer Science

ENGL 111 Honors: First-Year Composition

GEOG 114 Honors: Human Geography

IDIS 151: Classics Remixed

MATH 110 Honors: Elements of App. Probability and Statistics

PHIL 112 Honors: Contemporary Ethical Problems

PSYC 151 Honors: General Psychology

SOCI 111 Honors: Introduction to Sociology

Semlars

IDIS 351 Exploring American Culture

IDIS 491/SOCI 345 Sociology of the Environment

IDIS 491 Immigration in America

IDIS 491 American Presidency

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

University Council for Diversity, Equity and Inclusion to Offer Safe Zone Training

The University Council for Diversity, Equity and Inclusion will offer Safe Zone training to any current faculty, staff or student who wants to become a recognized Safe Zone Ally. Those interested can register for one of two initial in-person workshops to be held on **Friday, Nov. 5** – the first from 9 to 11 a.m. and the second from 1 to 3 p.m. Both sessions will be held in the Hall of Fame room in the Cordts PE Center.

These Safe Zone sessions are opportunities to learn about LGBTQ+ (lesbian, gay, bisexual, transgender, queer [or sometimes questioning] and others) identities, gender and sexuality, and examine prejudice, assumptions and privilege. They also offer an opportunity to learn how to communicate an openness toward talking about and being supportive of LGBTQ+ individuals and identities.

The training will begin with the two-hour workshop, which will be followed up with supplemental workshops to provide a comprehensive training experience. Individuals completing the initial workshop and the additional sessions will receive a certificate of completion.

Seating is limited for both sessions and will be on a first-come, first-served basis. For info and/or to register, email ucdei@frostburg.edu. If registering, be sure to include your name and the session for which you would like to register.

Home for the Holidays – A Choose Civility Event

Choose Civility of Allegany County, in collaboration with FSU’s Communication Leadership Lab and ACM’s Civic and Community Engagement Committee, will host “Home for the Holidays: Interacting With Family, Friends and the Community Amid Differing COVID-19 Choices” on **Wednesday, Nov. 10**, from 6:30 to 7:30 p.m. This will be a facilitated virtual session in which everyone can practice civil conversations. Register at www.alleganycountylibrary.info/homefortheholidays.

For info, call 301-777-1200 or contact Dr. Elesha L. Ruminski at elruminski@frostburg.edu. For info on Choose Civility: Allegany County, go to <https://www.alleganycountylibrary.info/choose-civility>, and for info on FSU’s Communication Leadership Lab, visit <https://www.frostburg.edu/academics/colleges-and-departments/department-of-communication/frostburg-dialogue/home.php>.

Join CLC and American Legion Farrady Post No. 24 for a Veterans Day Celebration!



FSU’s Children’s Literature Centre, in conjunction with American Legion Farrady Post No. 24, will host a special Veterans Day event on **Thursday, Nov. 11**, at 7 p.m. at City Place in Frostburg. During the event, illustrator Matt Tavares, the main speaker, will present a book he illustrated, “21 Steps,” about the soldier who guards the Tomb of the Unknown Soldier at Arlington National Cemetery. This event is free and open to the public

Tickets are available to be reserved. A reserved ticket is required due to capacity limits. Tickets can be reserved at <https://frostburgtix.universitytickets.com/w/event.aspx?id=1558>.

Oxfam Hunger Banquet

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

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

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

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

Brady Health Offering Flu Vaccine



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

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

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

You must be over 18 years of age.

Be sure to wear short sleeves.

UCM

For info on weekly UCM events, contact the Rev. Dr. Cindy Zirlott at c.zirlott@frostburg.edu.

Trip to the National Museum of the American Indian



Trip to the National Museum of the American Indian in Washington, D.C, **Saturday, Nov. 6**, check-in at 6:45 a.m., bus leaves campus at 7 a.m. The bus trip costs \$5 for students and \$15 for faculty and staff. Tickets are available through the box office and online. Seats are limited. This trip will start UCM’s work this semester for Forgotten No More, an awareness campaign for missing and murdered Native American girls and women. This trip is an excellent opportunity to learn more about the indigenous peoples’ history and culture. And did you know that homicide is the leading cause of death among Native American women and girls? This trip includes transportation to the District, a tour of the

museum, free lunch, a free campaign T-shirt and a speaker about this social justice topic and a call-to-action opportunity. The bus will leave the District at 5:30 p.m. For info, contact Chaplain Cindy or Jacques Metayer, vice president of UCM, at jmmetayer0@frostburg.edu.

Study Abroad

Start Planning Your Study Abroad Experience for Fall 2022!



Study Abroad Information Sessions

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

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

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

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

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

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



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

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

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

Health and Safety Messages

Daylight Saving Time – Fall Back Safely



The several days after the time change are associated with somewhat higher health and safety risks due to disturbances to circadian rhythms and sleep.

It can take one week for the body to adjust sleep times and circadian rhythms to the time change, so consider reducing demanding physical and mental tasks as much as possible that week.

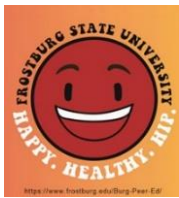
Be especially vigilant while driving and at work.

Being sleep deprived before the time change will increase health and safety risks, so make it a priority to get enough sleep and be well-rested several days before the time change.

Starting about three days before the time change, gradually move the timing of waking and bedtime, meals, exercise and exposure to light later by 15 to 20 minutes each day until these are in line with the new time. About one hour after awakening in the morning, keep the lights dim and avoid electronic lit screens to help the body move to a later time.

For info, visit <https://www.safetyresources.com/daylight-saving-time-fall-back>.

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



Mental Health Monday Tip: What Even Is Mental Health?

<https://www.cdc.gov/mentalhealth/learn/index.htm>

Tell Yourself Tuesday Tip: Encouraging Phrases

<https://www.businessinsider.com/things-you-should-tell-yourself-every-day-2017-3>

Wacky Wednesday Tip: Stress Relief Stretches

<https://www.prevention.com/fitness/g35491026/stretching-for-stress-relief>

Thankful Thursday Tip: How to Be Thankful

https://www.herbalifenutritionfoundation.org/how-to-be-thankful-each-and-every-day/?gclid=CjwKCAjwq9mLBhB2EiwAuYdMtWDpts4CMGZiHYWSRuJQ1BnlaE0qO6lgQFdkayVgbt2Va8o5rPYnZBoCmxcQAvD_BwE

Fun Friday Tip: More Mocktails!

<http://cuatower.com/2019/09/10-mocktail-recipes-for-college-students>

Social Saturday Tip: Fun Fall Activities

<https://www.oprahdaily.com/life/g28340277/fun-fall-activities/?slide=6>

Self-Love Sunday Tip: The Laws of Attraction

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

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.