



StateLines

For and about FSU people

A publication of Communications and Media Relations

Volume 52, Number 8, October 18, 2021

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

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. in the Pealer Recital Hall of FSU’s Woodward D. Pealer Performing Arts Center.

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.

In addition to the performance, MSO Executive Director Jonathan Parrish will lead a community discussion, “The Music Industry,” that will provide current and future arts professionals with insight on how to achieve success in the professional arts world. Topics will include examination of the skills, work and rewards involved in arts management and analysis of the nonprofit organization model. This free event will take place on Wednesday, Oct. 27, at 3 p.m. in Pealer Recital Hall. Registration through the University box office is required.

Concert tickets are \$35 for adults; \$31.50 for FSU faculty/staff, military and youth under 18; and free for FSU students. For info about both events, 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 Monday through Friday 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.

The University is following CDC guidance based on current conditions in the area. Currently, FSU requires 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.

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

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

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

For info, email pawspantry@frostburg.edu.

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

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 Vocal Studio Recitals

FSU's Vocal Studios will present a recital of art song, musical theatre selections, and opera and oratorio arias on **Monday, Oct. 18**, and **Tuesday, Oct. 19**. Both performances will take place at 7:30 p.m.

Performing will be music majors and minors from the vocal studios of *Gregory Scott Stuart* and *Francesca Aguado*; they will be accompanied by pianist *Dr. Joseph Yungen*. The recital features students of classical singing, as well as those with a musical theatre minor. The musical theatre selections include many well-known songs from the contemporary musical theatre repertory.

FSU Chamber Singers, University Chorale and Troubadours Tenor-Bass Choir to Perform Fall Concert, 'All of Us'

FSU's Department of Music will present the FSU Chamber Singers, University Chorale and Troubadours Tenor-Bass Choir in "All of Us" on **Saturday, Oct. 23**, at 7:30 p.m.

Come revel in the joy of singing! A choral celebration of communal music-making, the concert will feature a wide spectrum of choral repertoire, a number of soloists and a lot of fun.

FSU's Percussion Ensemble Presents Fall Concert

FSU's Percussion Ensemble will present its fall concert on **Wednesday, Oct. 27**, at 7:30 p.m.

Directed by *Dr. Mackenzie Jacob LaMont*, the Percussion Ensemble consists of *Cian Cabodevilla*, *Deandre Cook*, *Jacob Deaver*, *Jacob Hunt*, *Kamonté Johnson*, *Joseph Louie*, *Jordan Nolan* and *Julia Seddon*.

The concert will feature "Caprice Diabolique" by Jared Spears, "One o'Clock Samba" by Lynn Glassock, "Parade" by Morton Gould, "Concerto for Drum Set and Percussion Ensemble" by John Beck, an arrangement of the second movement from "Symphony No. 9" by Antonín Dvořák and an arrangement of "Sabre Dance" by Aram Khachaturian.

Spears is a professor emeritus at Arkansas State University in Jonesboro. He has taught theory, history, composition, percussion and band at all educational levels. Since his retirement from ASU, he has maintained a schedule of composing and conducting. "Caprice Diabolique," whose title translates as "diabolic whim," exhibits modal melodies and ominous timbres beneath a thin layer of playfulness.

Glasscock has received several awards for his compositions, which have been performed in the U.S. as well as internationally. His professional experience includes performances with the Dallas Symphony Orchestra, Fort Worth Symphony and Fresno Philharmonic. Glasscock is an associate professor of music at the University of North Carolina at Chapel Hill. “One o’clock Samba,” for percussion ensemble, was published in 1993.

Gould was an American composer, conductor, arranger and pianist who was able to seamlessly combine multiple musical genres and wildly disparate elements into formal classical structure while maintaining their distinctive elements. His music was commissioned by symphony orchestras all over the U.S. In 1995, Gould was awarded the Pulitzer Prize for Music for “Stringmusic” and in 2005, was honored with the Grammy Lifetime Achievement Award. “Parade,” published in 1956, is an exciting march for three drummers.

Beck was a member of the Eastman School of Music faculty from 1959 to 2008 and continues as professor emeritus of percussion. His career as a performer and teacher includes posts as percussionist, timpanist and marimba soloist with the United States Marine Band; principal percussionist with the Rochester Philharmonic; and timpanist for the Rochester Philharmonic. “Concerto for Drum Set and Percussion Ensemble” was written in 1979.

Dvořák composed “Symphony No. 9,” popularly known as the “New World Symphony,” in 1893 while he was the director of the National Conservatory of Music of America. It has been said that America’s “wide open spaces” inspired him to write the second movement of this piece. This version takes Clair Omar Musser’s arrangement for marimba orchestra, adapts it for a percussion ensemble of eight and retains the original timpani part.

“Sabre Dance” is a movement in the final act of Khachaturian’s ballet “Gayane” (1942), where the dancers display their skill with sabres. It is the composer’s best-known and most recognizable work. This bombastic version contains the instructions to “use as many players as possible” and serves as a fantastic closing piece.

Gregory Scott Stuart to Perform Faculty Artist Series Concert at FSU



FSU’s Department of Music will present baritone *Gregory Scott Stuart* in his Faculty Artist Series concert on **Sunday, Oct. 31**, at 3 p.m. He will be accompanied by pianist **Dr. Joseph Yungen**. This event is free and open to the public.

The program has a Halloween theme and is peopled with ghosts, witches, vampires and other supernatural beings. It will also feature several comparative settings of poetry, where a single poem will be performed as set by more than one composer. The poetry of Johann Wolfgang von Goethe is prominently featured.

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.

Presentations

FSU Hosting AAPT Appalachian Section Fall 2021 Meeting

FSU will host the fall meeting of the Appalachian Section of the American Association of Physics Teachers in person this year on **Friday, Oct 22**, and **Saturday, Oct. 23**. The organizing committee also plans to implement a virtual synchronous option for those who cannot attend. Email organizer Dr. Eric Moore at ejmoore@frostburg.edu if you would like to attend and/or contribute a talk to the meeting.

Keynote speaker Dr. Edward “Joe” Redish, a research professor and professor emeritus of the Department of Physics at the University of Maryland, will present “Using Math in Physics. What’s the Problem?”

More details, including the meeting agenda, will be coming soon. Updates can be found at <https://appalachian.aaptsections.org/fall-2021-meeting-announcement>.

Suzanne Trussell to Deliver Lecture on Native Americans in Western Maryland



On **Monday, Oct. 25**, at 7 p.m. in Gira Center 156, Suzanne Trussell, an archeologist and a museum specialist, will deliver a lecture titled “Caves to Empire: An Archeological View of Native Americans.” This event is free and open to the public.

Trussell began her career focusing on Latin America, participating on dig sites at the Ecuadorian coastal village of Aguas Blancas and the Mayan site of Cahal Peche in Belize. She also has considerable experience in cultural resource management on federal- and state-required investigations. She worked several years in the American Southwest before moving to Mid-Atlantic Appalachia, where she started Oxbow Cultural Research.

Trussell also works with museums, nonprofits and private landowners to study and display humanity's past. She is active in local research, including the Jane Gates Heritage House in Cumberland and Ridgedale Historic Farm near Romney, W.Va. She curated the Caves to Empire exhibit on Native Americans at the Fort Bedford Museum in Bedford, Pa., and is working on new exhibits on the French and Indian War era and the Whiskey Rebellion.

The event is co-sponsored by the University Council on Diversity, Equity and Inclusion and the Department of English and Foreign Languages. For info, contact Dr. Amy Branam Armiento at abranam@frostburg.edu or 301-687-4293.

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 Featuring 'Broken Silence' Exhibition by Francine Tint



"Luscious Skin" by Francine Tint

FSU's Department of Visual Arts is hosting a show of paintings by New York-based artist Francine Tint, titled "Broken Silence," through **Monday, Oct. 25**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition is free and open to the public.

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

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

Tint's work has been exhibited in nearly 30 solo shows and nearly 50 group shows in the U.S. and Europe and is in the permanent collection of numerous museums. Her work is also in many private and corporate collections.

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

New Exhibits at Ort Library



From left, the new exhibit celebrating students, the one showcasing businesses and the display of political memorabilia

The Lewis J. Ort Library has three new displays to check out. Two are located by the windows of the library entrance: a display celebrating 120 years of students and one showcasing businesses on Main

Street in Frostburg. There is also a new display of political memorabilia and posters from the Albert and Angela Feldstein Collection located on the fourth floor. They will be up until at least the end of the month.

Points of Pride

FSU Faculty and Students Awarded High Honors From American Prize

The American Prize, a series of nonprofit, national competitions designed to recognize and reward the very best in the performing arts in the U.S., recently gave high honors to FSU faculty and students in three categories.

The University Chorale, a non-auditioned, mixed-voice choral ensemble, was named a finalist for the American Prize for Choral Music Performance, Collegiate Division. This is the first time that the University Chorale has been a finalist for this prize. *The Chamber Singers*, an auditioned, mixed-voice choral ensemble, was named a finalist for the Ernst Bacon Memorial Award for the Performance of American Music. In this category, musical ensembles of all kinds compete for the prize, so the Chamber Singers were

named finalists alongside a few other singers, orchestras, wind ensembles and some non-standard groups. The Chamber Singers have never before been in consideration for the Ernst Bacon Award.

Finally, **Dr. Scott Rieker**, director of Choral Activities and Choral Music Education, was named a finalist for the American Prize in Composition, Choral Music – Large Works. His 20-minute setting of U.S. Poet Laureate Ted Kooser’s poetry, “Ted Kooser Suite” for string quartet, piano, SATB chorus, trumpet and spoken word was named a finalist alongside works by internationally known composers such as Daniel Elder and John Muehleisen. For all of these awards, **Dr. Joseph Yungen**, collaborative pianist, was integral in the ensemble members’ learning and the exceptional final performance.

These award-winning ensembles are open to students of all majors, faculty, staff and community members. For info, contact Rieker at serieker@frostburg.edu for info.

Take Note

Important HR News and Upcoming Events

For info, contact Lee Ann Nightingale at lnightingale@frostburg.edu or call 301-687-4398.

The link at <https://www.frostburg.edu/human-resources/index.php> will take you to HR’s website where you can register for any of the events using the link under HR News Bulletin.

Important! Plan Year 2022 Open Enrollment Notice

This year’s Open Enrollment for State of Maryland (SOM) health benefits will be online using State Personnel System (SPS) Workday from **Monday, Oct. 18**, through **Friday, Nov. 12**, at 5 p.m. During this time, eligible faculty and staff can enroll in and/or make changes to their health benefits for an effective date of **Jan. 1, 2022**. Employees will receive alerts about Open Enrollment from SOM via the SPS Workday system.

Faculty and staff enrolled in SOM health benefits, and others eligible for Open Enrollment for the 2022 plan year, will conduct Open Enrollment through SPS Workday. This system allows faculty and staff to access, enroll in and manage benefits through one online portal. Employees are encouraged to review the document “Complete Open Enrollment Elections” at <https://dbm.maryland.gov/sps/Documents/EE05%20Complete%20Open%20Enrollment%20Elections%20ORG%20-%20Employees%20v4.pdf> before the start of Open Enrollment. This reference guide provides step-by-step instructions regarding Open Enrollment.

You must take action if:

You want to enroll for the first time, change plans or change coverage levels for 2022.

You wish to participate or continue to participate in a Flexible Spending Account (FSA) for 2022. The IRS requires all FSA participants to re-enroll in these plans every year. If you wish to continue these plan(s), be sure to make your elections for the 2022 plan year by the **Nov. 12** deadline.

If you are not making any changes or do not want to enroll in an FSA, your current coverage will roll over to 2022.

Open Enrollment information will not be mailed to faculty and staff. The 2022 Benefits Guide, 2022 Rates and other important information will only be accessible online. Employees can access information regarding the 2022 plan year using the links below:

2022 Benefits Guide at <https://dbm.maryland.gov/benefits/Documents/2022%20Benefits%20Guide.pdf>

2022 Regular Faculty and Staff Rates at <https://dbm.maryland.gov/benefits/Documents/CY22%20Employee.Retiree%20Rates.pdf>

2022 Contractual Rates at <https://dbm.maryland.gov/benefits/Documents/CY22%20Employee.Retiree%20Rates.pdf>

MSRP’s Second Annual Virtual Saving\$ Symposium



Maryland Supplemental Retirement Plans (MSRP) is holding their second Annual Virtual Saving\$ Symposium!

They will host 18 webinars during the three-day event from **Tuesday, Oct. 19, through Thursday, Oct. 21**. Employees can pick and choose the webinars that they would like to attend and can register for as many webinars as they wish. In addition to the 30-minute webinars to empower your knowledge, this event will also feature a variety of presenters from state agencies and investment providers, and daily prize drawings and a grand prize drawing. Many topics will help you plan for a successful financial future!

Visit https://docs.google.com/forms/d/e/1FAIpQLSeYfiZXoynFd7pBsdoA-TKd9spRFxPMVCFbG6_U7GtPHrMcpA/viewform for the symposium agenda and registration.

Fidelity Educational Events for October

Fidelity Investments understands the needs of employees. Their goal is to help employees increase their financial knowledge and confidence. Fidelity Investments has two complimentary educational events scheduled for **October 2021**:

Maximize Social Security in Your Retirement Strategy. Learn about strategies for claiming your Social Security benefits and how this fits with other income sources to create your retirement paycheck on **Tuesday, Oct. 19**, at noon. To register for this virtual event, go to <https://bit.ly/3DzTR4Q>.

Ask Fidelity Session: How to Plan for the Income You'll Need in Retirement. How do your financial resources turn into income in retirement? It starts with a plan. Learn how to create a retirement income plan and explore the risks that can impact it on **Thursday, Oct. 28**, at noon. To reserve your spot in this online event, visit <https://digital.fidelity.com/prgw/digital/wos/Events?planSponsorName=UNIVERSITY%20SYSTEM%20OF%20MARYLAND> and then select Virtual Event from the Select Event Type pull-down menu.

Fidelity Investments is fully committed to social distancing while supporting the needs of FSU faculty and staff. Employees who need assistance with their retirement planning will be able to meet by phone or video conferencing for one-on-one appointments with retirement planner "Paul" Vutiprichar.

Available dates for **October 2021** have been set and are now posted on the Fidelity website. Click <https://digital.fidelity.com/prgw/digital/wos> to view appointment dates and times; use University System of Maryland as the employer name. You can also call 800-642-7131 to schedule a consultation.

University Police to Conduct Prescription Medicine Pick-Up

National Drug Take-Back Day is **Saturday, Oct. 23**.

To promote the importance of properly disposing of unwanted or expired prescription medication, University Police will conduct a free prescription medication pick-up on **Friday, Oct. 22**, from 8 a.m. to noon. Contact University Police at 301-687-4223 to provide your location on campus, and an officer will pick up your medication.

As always, unwanted or expired prescription medications can be deposited 24/7 in the "Green Box" in the front lobby of the FSU Police Department.

Thanks to your efforts, in 2020, 970.61 pounds of expired and unused medications were collected and removed from Allegany County!

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>.

Call for Presenters for the 11th Annual Regional Conference on Teaching, Learning and Scholarship

The Center for Teaching Excellence at FSU is seeking presenters for the 11th Annual Regional Conference on Teaching, Learning and Scholarship to be held on **Thursday, Jan. 20, 2022**, at FSU. The conference aims to help educators share ideas and pedagogical strategies while strengthening partnerships within the region. Proposals are encouraged from instructors and staff at FSU and other state and regional colleges and universities. Educators are encouraged to reflect on teaching amid the pandemic and the lessons learned during this time.

Proposals on the following topics are encouraged:

Diversity, Equity and Inclusion in Teaching: Teaching approaches that promote equity and help underrepresented populations and students with different backgrounds and abilities feel included

Civic and Community Engagement: Teaching involving collaboration with the community, promoting civic engagement and/or contributing to society

Anti-Racist Pedagogy: How to become an anti-racist educator, ways to reflect on and increase awareness of social position and biases and apply that to teaching in your discipline and ways to promote institutional and social change

Pedagogies of Care: Teaching approaches that emphasize concern for student well-being and performance and highlight the relational nature of teaching

High-Impact Practices: Practices that increase rates of student retention and student engagement (www.aacu.org/leap/hips)

Teaching With Technology: Using technology to improve learning outcomes, teach technological fluency, provide open educational resources or make online learning more effective

Scholarship of Teaching and Learning: Sharing evidence-based teaching practices or examples of turning your own classroom innovations and activities into research on teaching and learning

Course Showcase: Case studies demonstrating innovative classroom activities

Proposals should indicate one of the following formats:

30-minute presentation followed by 20 minutes of Q&A

50-minute demonstration of an activity

50-minute roundtable/working group discussion topic

To submit a proposal, fill out the online form at <https://docs.google.com/forms/d/e/1FAIpQLScjwmGRoR91VdCFUK4qqN5Bnp6tLzk8in5L4ZpJqDyWAb6EBO/viewform> by **Sunday, Nov 14**. Final selections will be announced by **mid-December**. For info, email Holly Currie at cte@frostburg.edu.

Sponsor-A-Family: Thanksgiving Baskets

Through the Annual Sponsor-a-Family program, organizations and individuals on campus can help a local family in need by donating a Thanksgiving meal in a basket.

All baskets will be delivered to families on **Monday, Nov. 22**. Students, faculty, staff, organizations and offices on campus are encouraged to participate.

If your office or organization is interested in sponsoring a family for the Thanksgiving holiday, email CivicEngagement@frostburg.edu to receive an information packet and details on how to sign up.

For info, contact the Office of Civic Engagement at 301-687-4210.

MCCR's Western Maryland Advisory Council Seeks Members

The Maryland Commission on Civil Rights (MCCR) is seeking volunteer members for its Western Maryland Advisory Council (WMAC). MCCR supports Maryland's laws against discrimination in employment, housing, public accommodations and state contracts; provides educational outreach related to provisions of this law; and promotes civil rights in Maryland. Members of WMAC assist with this mission by serving as regional points of contact on issues within the area to help to increase public awareness of services offered by MCCR, as well as protections under state law; WMAC members work together to build sustainable partnerships that serve to protect Maryland's most vulnerable populations.

If you would like to support this mission, complete the application for consideration at <https://mccr.events/WMACApp>. Visit <https://mccr.maryland.gov/Pages/default.aspx> for info on MCCR and follow WMAC on social media [@mccrwmac](https://twitter.com/mccrwmac). For questions, contact Dr. Kara Hunt, MCCR director of Education and Outreach, at kara.hunt1@maryland.gov, or Dr. Elesha L. Ruminski, professor of communication studies in FSU's Department of Communication and WMAC chair, at elruminski@frostburg.edu.

Theatre and Dance Holds Costume Sale

Get Ready for Halloween!

The costume shop of FSU's Department of Theatre and Dance will host a costume sale **Wednesday, Oct. 20, through Friday, Oct. 22**, from 10 a.m. to 8 p.m. in the F. Perry Smith Studio Theatre of the Performing Arts Center.

Hundreds of items, including vintage clothing, character pieces, group dance costumes, children's clothes, shoes, bags and hats are available. The cost of items ranges from \$1 to \$5. Everything must go!

Only cash or check will be accepted.

For info, contact the Department of Theatre and Dance at 301-687-4145.

Virtual Career and Internship Fair Coming Up Oct. 20



On **Wednesday, Oct. 20**, FSU will host its Career and Internship Fair virtually from 11 a.m. to 2 p.m. through Handshake. Attend a group or one-on-one sessions with one of the 40+ employers that are looking for FSU students. Click on any of the emails sent to your FSU student email account from Handshake or go to <https://frostburg.joinhandshake.com> to register and join the fair.

For info, call 301-687-4403, email careerservices@frostburg.edu or stop by the Career and Professional Development Center in Pullen 110.

Brady Health Offering Flu Vaccine



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

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

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

You must be over 18 years of age.

Be sure to wear short sleeves.

UCM

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

Weekly UCM Events

Mondays, United in Christ Bible Fellowship, 7:30 p.m. (doors open), Lane 108. Bible study starts at 7:45 pm.

Wednesdays, 100 Percent Triumph Bible Study and Prayer, 7:30 p.m., Lane 108.

Thursdays

Ladies of Faith Bible Study, 6 to 7 p.m., Gira Center 156. This is face to face and on Zoom. Join the Zoom meeting at <https://bwcumc.zoom.us/j/99352402279>; Meeting ID: 993 5240 2279; One tap mobile +13017158592,,99352402279# US (Washington, D.C.).

100 Percent Triumph Study Hall, 7:30 to 10 p.m., Frampton 328. Need prayer over an assignment or just motivation by studying with others? Come to study hall!

Saturdays, Men's Basketball Fellowship, 1 to 3 p.m., Practice Gym.

Sundays, Dance Ministry, 6:30 to 7:30 p.m., Cook Chapel (basement of Frost Hall on Upper Quad). Wear comfortable, loose clothes for a Psalms Body Prayer Warm-up exercise and practice for the ministry to area churches. Feel free to bring ideas or songs you have done in your home churches.

Upcoming Events

Law and Nucleus Nation Free Praise Concert, **Saturday, Oct. 23**, 7:30 p.m. (doors open), Lane Manicur Hall. The concert starts at 8 p.m.

Trip to the National Museum of the American Indian in Washington, D.C, **Saturday, Nov. 6**, 7 a.m. (bus leaves campus). The bus trip costs \$5 for students and \$15 for faculty and staff. Tickets are available through the box office and online. Tickets will go on sale **Monday, Oct. 18**. Seats are limited. This trip will start the UCM awareness campaign this semester on Missing and Murdered Native American Girls and Women. This trip includes transportation to the District, a tour of the museum, free lunch, speaker about the social justice topic and call-to-action opportunity. The bus will leave the District at 5:30 p.m.

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** throughout the semester: **Oct. 29, Nov. 19** and **Dec. 3**.

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

Study Abroad Fair

The Center for International Education will host a Study Abroad Fair on **Wednesday, Oct. 20**, and **Thursday, Oct. 21**. Program providers, partner institutions and FSU departments will hold virtual presentations to provide information on study abroad.

For info, contact the center at 301-687-4714 or email vmgearhart@frostburg.edu.

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

Keep Falls Out of Your Autumn!



Get some exercise. Lack of exercise can lead to weak legs, and this increases the chance of falling. Exercise programs like tai chi can increase strength and improve balance.

Be mindful of medications. Some medicines or combinations of medicines can cause dizziness or drowsiness. Ask a doctor or pharmacist to review all medications.

Keep your vision sharp. Older adults should have their eyes checked every year and wear glasses or contacts with the right prescription strength.

Eliminate hazards at home. **About half of all falls happen at home.** Identify potential hazards that need to be removed or changed, like tripping hazards, clutter and poor lighting.

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



Mental Health Monday Tip: It's All Connected

<https://www.ndtv.com/health/world-mental-health-day-2021-can-mental-illness-cause-physical-symptoms-expert-explains-2570387>

Tell Yourself Tuesday Tip: Be More Confident

https://www.ted.com/talks/amy_adkins_3_tips_to_boost_your_confidence#t-20044

Wacky Wednesday Tip: Brain Foods

<https://www.healthline.com/nutrition/brain-food-for-studying>

Thankful Thursday Tip: 60 Things ...

<https://www.lifehack.org/articles/communication/60-things-thankful-for-life.html>

Fun Friday Tip: Pumpkin Patch Season

<https://sunshinewhispers.com/best-pumpkin-patches-in-maryland>

Social Saturday Tip: Never Run Out of Things to Say

<https://www.youtube.com/watch?v=7fnVcXfPe5c>

Self-Love Sunday Tip: Define Self-Love

<https://www.merriam-webster.com/dictionary/self-love>

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.