



StateLines

For and about FSU people

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Department of Theatre and Dance Presents ‘Alice in Wonderland’



Zoie Collins will portray Alice in FSU’s production of “Alice in Wonderland.”

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

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

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

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

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

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.

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

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

Help for Students

Tutoring Information for Fall 2021 – Updated

Tutoring continues through **Friday, Dec. 10**. The hours of operation are **Monday through Thursday** from 10 a.m. to 9 p.m. and **Friday** from 10 a.m. to 4 p.m. Tutoring for math and natural sciences will be held in Pullen 139, and business, computer science and writing in Pullen 151.

Appointments can be made via TutorTrac software at <https://tutortrac.frostburg.edu/TracWeb40/Default.html>. Walk-ins may be accommodated, but this is not guaranteed. Make appointments early because slots fill up fast.

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

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

BIOL 109/149/160/161/321, CHEM 100/150/201/202 (limited number of CHEM tutors), COSC 100/101/102 (still working on tutors for 240 and 241), DVMT 099/100, ECON 200/201/202, FREN 101, GEOG 103 (only one tutor available), MATH 104/109 (limited number of tutors available)/119/120/236/237, PHYS 261/262 (individual and group offerings), PHSC 203 (only one tutor available), PSYC 155 (working on getting this set up as a group offering) and writing

NetTutor

There is also free online tutoring for many courses. NetTutor offers 24/7 assistance. Follow instructions on the handout provided by the staff at the Tutoring Center in Pullen 151. Be sure to email Mark Smith at msmith@frostburg.edu to get access to the NetTutor link.

Here is a sample course list: accounting, anatomy, biology, business, chemistry, computer science, economics, foreign languages, geology, history, literature, logic, math, music, nursing, philosophy, physics, political science, sociology, student success and writing (48-72-hour turnaround).

PAWS Pantry Fall 2021 Hours

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

Walk-up hours are **Monday** from 10 a.m. to 2:30 p.m. and **Thursday** from 1 to 6 p.m.

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

A full-time AmeriCorps member, senior *Kat Reyes* serves as the PAWS Pantry coordinator.

PAWS Pantry is located in the Braddock House at 20 Braddock Road.

For info, email pawspantry@frostburg.edu.

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

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.

Dr. Jay DeWire and Violinist Heather Haughn in Faculty-Guest Artist Series Concert

FSU's Department of Music will present pianist *Dr. Jay DeWire* and violinist Heather Haughn in a Faculty-Guest Artist Series concert, "Russian Masters, Part 2," on **Sunday, Oct. 10**, at 3 p.m.

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

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

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

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

FSU Student Alexander McNemar Presents Alto Saxophone Recital

FSU's Department of Music will present a non-degree, alto saxophone recital by *Alexander McNemar* on **Saturday, Oct. 9**, at 3 p.m. He will be accompanied by pianist **Dr. Joseph Yungen** and saxophonist **Dr. Brent Weber**.

McNemar will perform the three movements from "Sonata for Alto Saxophone and Piano" by Lawson Lunde; "Concerto in E-flat Major for Alto Saxophone and String Orchestra" by Alexander Glazunov; "Black and Blue" by Barry Cockcroft; "Pequena Czardas" by Pedro Iturralde, arranged by Jeremy Lee; and "Fantaisie sur un thème original" by Jules Demersseman.

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

FSU's Department of Music will present a senior recital by mezzo-soprano *Hannah Polk*, titled "To Music," on **Saturday, Oct. 9**, at 7:30 p.m. She will be accompanied by pianist **Dr. Joseph Yungen**.

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

Dr. Brent Weber Will Perform Faculty Artist Series Concert

FSU Department of Music will present saxophonist **Dr. Brent Weber** in a Faculty Artist Series concert on **Sunday, Oct. 17**, at 3 p.m. He will be accompanied by pianist **Dr. Joseph Yungen**.

Weber will perform "Sonate for Soprano Saxophone and Piano" by Jindřich Feld, "Lilith" by William Bolcom, "Sonata for Alto Sax and Piano" by Phil Woods, "Blue Caprice" by Victor Morosco and "Devil's Rag" by Jean Matitia.

Feld was a Czech composer who taught composition; he wrote more than 200 works. "Sonate for Soprano Saxophone and Piano" (1989-1990) was dedicated to classical saxophonist Eugene Rousseau and is in three movements: "Allegro ritmico," "Scherzo (Allegro vivo)" and "Allegro con fuoco." This work uses extended techniques such as multiphonics, quarter tones, key noises and slap tonguing without sounding a tone.

Lilith was a female demon, dating from ancient times, a child-stealing witch of worldwide folklore. Bolcom's five-movement virtuoso showpiece "Lilith" (1984) is among the most ambitious music written for alto saxophone. Now in print some years after composition, it has become a near-legendary challenge in classical saxophone circles. The five movements are "The Female Demon," "Succuba," "Will-o'-the-Wisp," "Child-Stealer" and "The Night Dance."

Woods' "classic" cross-over work, "Sonata for Alto Sax and Piano," is different, not because it incorporates jazz into a concert piece, but because it requires performers to take a creative as well as re-creative attitude in its preparation and performance, since improvisation is involved.

Morosco's "Blue Caprice" is 14 variations on the harmonic structure and form of the blues. It uses various styles of music from banjo picking to Baroque, Romantic, Kansas City blues, shuffle/hard swing, gospel in fourths, contemporary modern, "Hollywood," hard swing, syncopation and contemporary distortion of line through register change. The Free Rhythm section is meant to create the effect of analog recording tape being rewound at a high speed but still follows the harmonic structure of the blues. The Cadenza also follows the structure of the blues but can be played with more rhythmic freedom. Finally, there is a coda with a measure from the "Caprice en Forme de Valse" by Paul Bonneau.

Matitia wrote "The Devil's Rag" for saxophonists Federico Mondelici and Arno Bornkamp. Not much can be found about Matitia, since this is the alter ego of French composer and teacher Christian Lauba, who uses the alias mostly when composing in the jazz or ragtime styles.

Readings

Maryland Humanities/CLA Present Virtual Reading by Ross Gay



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

To receive the link to the virtual event, register at https://us02web.zoom.us/webinar/register/WN_TMoXQzf8SQm2pwk-isWxdg?fbclid=IwAR3apYeCseq6yzT6-V6HHT2HltIX0PDJc6fb-VSMoa5i_YIIz3b2YAsiFB4.

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

Dance

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

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

introduction to the exciting Dance minor at FSU. All levels are welcome. The class is free. To preregister for the event, email Kavanagh at kekavanagh@frostburg.edu.

About FSU's Dance Minor

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

About the Instructor



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

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



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

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

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

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>.

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.

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

In this show, which revolves around work made in the last two years, Tint establishes relations between one canvas and the next, not merely as a linear sequence, but as a group of individual works meant to capture her feelings. Her emotions connect in a deeper sense

with past art as well as present efforts. Even when Tint is painting with a light hand, serious considerations are taken up in her art. Along with technical control, there is a spiritual nature to her painting.

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

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

Points of Pride

FSU Student Wins MAPMBS Award



Josh Clem, of Cumberland, a senior biology major at FSU, recently received an award for the Best Undergraduate Poster at the 38th Annual Mid-Atlantic Plant Molecular Biology Society (MAPMBS) meeting.

Clem's research is a continuation of FSU alum **Sienna Grau**'s research. His collaboration between the Biology Department and the Chemistry Department at FSU focuses on a protein that can cleave gluten, making it a potential therapeutic for celiac disease.

Clem's poster was presented at the MAPMBS meeting along with a brief video he submitted describing the subject matter of his project.

Take Note

Department of Communication to Host Career Day

FSU's Department of Communication will hold a Career Day on **Friday, Oct. 15**, at noon in Gira Center 333. The event will be moderated by **Dr. Elesha L. Ruminski**, a professor in the department. The following alumnae will participate – some virtually and some in person:

Olivia Balogun '19, Communication Studies Alum, National Institutes of Health

Melai Boozer '20, Mass Communication Alum, Boston University, Master of Science: Film and Television

Sidney Beeman '19, Mass Communication Alum, Educator, Filmmaker and Storyteller

Molly Browning '20, Mass Communication Alum, Photographer, Videographer and Graphic Designer

Ly-Anh McCoy '15, Mass Communication Alum, Internal Corporate Communications Content and Campaign Manager, McCormick & Company

Mary Worch '10, Communication Studies Minor

For info, contact Ruminski at elruminski@frostburg.edu.

FSU ASTAR AmeriCorps Program to Hold Book Giveaway Through Oct. 6

As part of FSU's Family Weekend, the University's ASTAR AmeriCorps program will hold a Book Giveaway Community Outreach Project daily **through Wednesday, Oct. 6**, from 9 a.m. to 6 p.m. at City Place, 14 S. Water St. in Frostburg.

The public is invited to choose from a large variety of books at no cost. This event, open to the public, will feature new and gently used books of all genres and for all ages. Participants may take as many books as they like. Supply is limited; those interested are encouraged to arrive early. Masks will be required inside the event.

This event is funded in part by the Governor's Office on Service and Volunteerism and AmeriCorps. For info, contact the Office of Civic Engagement at FSU, at civicengagement@frostburg.edu or call 301-687-4210.

The ASTAR (Appalachian Service Through Action and Resources) Program was established in 1994 and has provided direct, substantive service programs that improve the literacy of children, enhance the health care and living conditions of children and elderly people, help at-risk youth by offering after-school programs, improve shelter and support services for low-income families and preserve the environment for Maryland communities.

Forging Futures: The Campaign for Frostburg State University

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

Phi Kappa Phi Hosting Fundraiser for Children’s Literature Centre

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

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

Homecoming 2021 – Back to the ‘Burg!



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

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

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

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

Brady Health Offering Flu Vaccine

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

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

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

You must be over 18 years of age.

Be sure to wear short sleeves.

Activities for Life

For info, call 301-687-7934 or email anazelrod@frostburg.edu.

Water Aerobics

A Water Aerobics class will be held **Tuesdays and Thursdays, Oct. 12 through Nov. 11**, from 6:40 to 7:30 p.m. in the FSU Pool in the Cordts PE Center. You can sign up for the Tuesday or Thursday class (five classes) or for all 10 Tuesday and Thursday classes.

Body Blast Fitness Class

A Body Blast fitness class will be held **Tuesdays, Oct. 12 through Nov. 16**, from 7 to 7:50 p.m. in room 168 of the Cordts PE Center. This full-body, low-impact workout incorporates cardio to increase the heart rate and resistance training to tone the body.

Jazz Dance

A Jazz Dance class will be held **Thursdays, Oct. 14 through Nov. 18**, from 7 to 8 p.m. in room 106 (Dance Studio) of the Cordts PE Center. This class is designed for all levels. By using the fundamentals of jazz dance technique, this class will help you develop strength, flexibility and coordination.

Deadlines

Undergraduate Grade Changes

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

FSU-TV3

New Episodes to Watch on FSU-TV3



“The Garage With Steve Butler” airs **Tuesday and Thursday** at 1:30 p.m. Join Butler this week in his garage workshop where he’ll share many ways to make fun and funky projects come to life without any unnecessary expense.

FROSTBURG STATE UNIVERSITY

Every **Friday** evening, tune in at 7 p.m. for the “Smart Movie Show” where Jen, Max and Vic will bring you movie updates. They feature what’s new in theaters, what to watch at home, DVDs and other movie news. You can also watch this episode **Saturday** or **Sunday** at 8 p.m.

On **Saturday** at 8 a.m., join host Rick Pedigree for a new episode of “Strata: Portraits of Humanity” as he takes you on a journey with the stars into Mayan culture and explains how archeology and anthropology are featured in the Star Trek franchise.

CCC Update



The Creative Communication Club’s next general body meeting is scheduled for **Tuesday, Oct. 5**, at 5 p.m. in Gira Center 333. Topics will include plans for upcoming productions, Homecoming weekend, nominations for officers and more.

Follow CCC at <https://www.facebook.com/FrostburgCreativeCommunicationClub>, <https://twitter.com/frostburgccc> and <https://www.instagram.com/frostburgccc>.

Jobs

Student Van Drivers Needed – \$11.75/Hour

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

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

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

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

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

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

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

Study Abroad

Start Planning Your Study Abroad Experience for Fall 2022!



Join the Center for International Education for a Study Abroad Information Session to learn more about program options, requirements and financial aid for overseas experiences. Each virtual session takes place at 3:30 p.m. on the following **Fridays** throughout the semester: **Oct. 15 and 29, Nov. 19 and Dec. 3**.

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

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

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

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

Costa Rica – Pura Vida Trip, Summer 2022



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

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

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

Health and Safety Messages

Have a Safe Night Out!



Only go out with friends you feel comfortable with and stay together.

Designate a sober driver, pay for a driving service or use SafeRide.

Eat before and/or during drinking.

Never leave your drink unattended.

Alternate alcoholic beverages with non-alcoholic beverages like juice or water.

Pace your drinks to a minimum of one an hour and keep track of how many you consume.

Practice consensual, safe sex – always.

Have your phone fully charged and bring a little extra cash in case of an emergency.

For info, visit <https://medium.com/beyond-the-oval/8-tips-for-college-students-to-have-a-safe-night-out-c3d040f144d6>.

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



Mental Health Monday Tip: Discover Yourself

<https://psychcentral.com/blog/ready-set-journal-64-journaling-prompts-for-self-discovery>

Tell Yourself Tuesday Tip: You Are Lucky

<https://www.youtube.com/watch?v=5kg712RRVrs>

Wacky Wednesday Tip: Cook With Me!

<https://www.buzzfeed.com/samanthawieder/ways-to-actually-cook-in-a-dorm-room>

Thankful Thursday Tip: The Greater Good

https://greatergood.berkeley.edu/quizzes/take_quiz/gratitude

Fun Friday Tip: Stay-In to Self-Care

<https://themighty.com/2017/10/self-care-friday-night-staying-home>

Social Saturday Tip: Art Therapy

<https://www.rtor.org/2018/07/10/benefits-of-art-therapy>

Self-Love Sunday Tip: The Power of Crying

https://www.ted.com/talks/kathy_mendias_the_mood_boosting_power_of_crying

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.