

For and about FSU people A publication of Communications and Media Relations Volume 52, Number 3, September 13, 2021

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

FSU to Launch Forging Futures: The Campaign for Frostburg State University



FSU will launch the public phase of its \$25 million fundraising campaign, Forging Futures: The Campaign for Frostburg State University, with a virtual event at noon on Wednesday, Sept. 15. The event can be viewed at www.frostburg.edu/forgingfutures.

The fundraising effort, the largest in FSU's history, is focused on three themes: forging the future of Frostburg's students, forging the future of the University and

forging the future of the region - Western Maryland and the surrounding areas.

"Frostburg State's students are our top priority as a university and a priority in this campaign," said FSU President Ronald Nowaczyk. "The support for Forging Futures will allow us to continue to provide transformational educational experiences to students of all ages and educational levels."

Nearly \$16 million has already been raised toward the \$25 million goal during the quiet phase of the campaign.

The campaign will focus on fundraising to support six priorities: FSU's Annual Fund, increasing enrollment, student success, the student experience, regional outreach and the University's capital needs.

"This is the first fundraising campaign at FSU since the Staking Our Claim campaign wrapped up in 2011," said John T. Short Jr., vice president for University Advancement and executive director of the FSU Foundation. "We see this as a great opportunity to engage our alumni and friends in forging the future of this institution, its students and our region."

For info on supporting **Forging Futures: The Campaign for Frostburg State University**, contact the FSU Foundation at 301-687-4068 or <u>foundation.frostburg.edu</u>.

FSU Earns High Marks in Washington Monthly 2021 College Guide and Rankings



In its annual College Guide and Rankings, The Washington Monthly ranked FSU first among public universities in Maryland, ninth in the category of service and 44th in the country overall in its "Master's Level Colleges and Universities" category. FSU was also ranked 91st in the Northeast in the "Best Bang for the Buck" category.

The College Guide is included in the September/October 2021 issue of Washington Monthly, a bimonthly nonprofit magazine that covers U.S. politics and government.

In its list of master's level colleges and universities, the publication includes 616 institutions that award a significant number of master's degrees but few or no doctoral degrees. The best bang for the buck listing includes schools where students of modest means get the most for their money.

"We rank four-year schools (national universities, liberal arts colleges, baccalaureate colleges and master's universities) based on their contribution to the public good in three broad categories: social mobility, research and providing opportunities for public service," according to the description of this year's rankings.

For info, visit https://washingtonmonthly.com/2021college-guide.

Help for Students

Tutoring Information for Fall 2021

Tutoring begins on **Tuesday, Sept. 7**, and ends **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.

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

The following courses are offered: BIOL 109/149/160/161/304/310/321 (only one tutor available for 300-level courses), CHEM 150/201/202, COSC 100/101/102/240, 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, PHSC 203 (only one tutor available) and writing.

NetTutor

There is also free online tutoring for many courses. NetTutor offers 24/7 assistance. Be sure to email Mark Smith at <u>msmith@frostburg.edu</u> 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 <u>https://outlook.office365.com/owa/calendar/FSUPAWSPantry@frostburg.onmicrosoft.com/bookings</u>. 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.

Senior Kat Reyes serves as a full-time AmeriCorps member 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 <u>www.frostburg.edu/checkin</u> for symptom monitoring. Visit <u>www.frostburg.edu/COVID19</u> for the most up-to-date guidance.

Special Events

Appalachian Festival Returns to FSU Sept. 16 Through 18 With 'The Push and Pull of Appalachia'



FSU's much-anticipated Appalachian Festival will return to campus for its 16th year **from Thursday, Sept. 16, to Saturday, Sept. 18**. The free, family-friendly event brings together artists and craftspeople to celebrate all that makes the region unique – its history, culture, music and dance, folk arts, food and more – with performances, workshops, displays, discussions and activities. This year's event focuses on "The Push and Pull of Appalachia."

The capstone event is a concert by The Honey Dewdrops in Frostburg's historic Palace Theatre on **Saturday** at 7:30 p.m. Their harmony-soaked songs, blended with the tones of guitar, banjo and mandolin and reflected in the group's songwriting, explore the beautiful and hard realities of today. Tickets are \$15 for adults and can be purchased at the door. The event is free to FSU students.

Events kick off in Frostburg's historic Palace Theatre on **Thursday** at 7 p.m. with the film, "The Mountain Minor." Using Appalachian music as its theme, the film focuses on Appalachian out-migration and a longing for home. A post-film discussion with film writer and director Dale Farmer will follow the screening.

The festival's **Friday** on-campus symposium continues the theme exploring "The Push and Pull of Appalachia." Symposium discussions will explore what compels people to stay in or return to Appalachia, what pushes them to leave and how community leaders are working to create a more equitable, diverse and thriving region. Events begin at 1 p.m. with the panel discussion, "Choosing Appalachia." Recently released 2020 Census data shows that Appalachia suffered the steepest population loss in the entire country in the past decade, continuing a decades-long trend of population decline for the region. However, it is not uncommon for people who leave the region to return later in life – something that is much less frequently discussed. In this panel, four individuals who returned home to Appalachia discuss their reasons for leaving, their subsequent motivations for returning, and the benefits and challenges they experienced on coming home. At 2 p.m., students in IDIS 151 Experiencing Appalachia will continue the discussion, inviting participants to share their experiences in the region.

At 3 p.m., Deborah Weiner, author of "Coalfield Jews," will present "Encountering Appalachia: A Look at the Jewish Experience." This presentation will tell the story of the Jewish immigrants who made their way to the region and how they established small communities far from America's Jewish centers. It will track how subsequent generations maintained Jewish life and explore the factors that led some to leave and some to remain.

A 4 p.m. panel discussion, "The Mountains Are Calling," will focus on entrepreneurship and investment in the region. Throughout the region, entrepreneurs are investing in revitalizing Appalachia. Focusing on asset-based development, businesses that complement the area's mountainous landscape and historical architecture are creating new opportunities for local residents and visitors. Come hear how Adventure Sports is reshaping the region, learn about the redevelopment of historic structures into contemporary living spaces and discover how the expansion of broadband technology sets the stage for positive growth in the region. Panelists include Steve Green of High Mountain Sports; Mandela Echefu of Wheelzup Adventures; Sean Mullaney; Redevelopment Real Estate; and Cheryl DeBerry, Broadband and Energy manager, Department of Technology and Communications, Garrett County Government.

At 5 p.m., Tim Newsby, author of "Bluegrass in Baltimore," will share the story of Baltimore's bluegrass traditions. The port city attracted rural migrants to work in the city's numerous blue-collar jobs, many of whom moved from West Virginia and other parts of Appalachia. Like other industrial cities in the Midwest, these immigrants brought their music with them. With this influx of Appalachian migrants, Baltimore found itself populated by some extraordinary musicians and was for a brief time the center of the bluegrass world.

Symposium presentations end with the 6 p.m. panel discussion, "There and Here: Anti-Racist Activism in Appalachia." With their ancestral roots in Garrett County, activist panelists will discuss their choices to pursue racial justice in Mountain Maryland while living outside of their home communities. From across county and state borders, and during the COVID-19 pandemic, panelists Chantelle Friend, Hannah Schroyer and Elizabeth Sines, the founders of Anti-Racist Appalachia, and Tifani Fisher, president of the Allegany County branch of NAACP, have reached into their deep social networks to organize almost entirely virtually. These Appalachian daughters will explore their upbringing in Appalachia and the influence it has on their activism, what kept their families here, why they chose to live and work in different communities and what pulls them to work here for social change. The event closes with a 7 p.m. dinnertime performance and sing-along with Sparky and Rhonda Rucker and Michael and Carrie Kline.

Saturday events feature two music stages with performances on the Compton Stage by Bear Hill Bluegrass, The Jesse Milnes, Emily Miller and Becky Hill Show, the Ken and Brad Kolodner Quartet, Black Diamond, Crandall Creek, The Barnstormers and RockCandy Cloggers, Critton Hollow, Jeff and Myles Thomas, the Hickory Bottom Band, Old Towne Strings, and Sparky and Rhonda Rucker. Performances on the Thomas Automotive Stage include Church Folk, the Time Travelers, Pete Hobbie and Dakota Karper, the Davis Bradley Duo, Brendan Hearn and Dakota Karper, Loretta Hummel and Paul Dix, Jay Smar, Black Guy Fawkes, the Rev. Frankie, Michael and Carrie Kline, and *Dr. Greg Latta*.

Additional performance areas include the Old Main Interactive Stage area with music by the Arion Band; a poetry reading with the Center for Literary Arts; storytelling with Ilene Evans, Rich Knoblich, Mikalena Zuckett, Jo Ann Dadisman, and Otto and Katie Ross; and a harmony-singing workshop with The Honey Dewdrops' Kagey Parrish and Laura Wortman.

The Family Stage provides something for children of all ages, featuring interactive performances by Cowboy Hay, Ray Owen, the Sunnyland Music Jug Band and a Kindermusik session with Marie Weddle. Children can also learn how to play marbles from the area's championship-quality players.

Hands-on workshops and presentations can be found in the Folkways and Explorations Tent. The Folkways Tent offers programs on Appalachian clogging, Mountain Voices and African American Appalachian traditions, percussive dance, Baltimore's bluegrass scene and Appalachian punk.

The Explorations Tent offers presentations on the region's watershed and its trout population, the Department of Natural Resources conservation efforts, the legacy of Joe Maphis – King of Strings, "Weird Western Maryland" with Andy Duncan, medicinal plants and restorative agriculture.

More than a dozen artisans will be there to demonstrate traditions, including quilting, the fiber arts, stained glass, bee keeping, pottery, jewelry making, rug hooking, tie-dye with natural dyes, herbal medicine and more. Community groups and organizations include the Western Maryland Archaeology Association, the Nature Conservancy, Trout Unlimited, Choose Civility, the Western Maryland Advisory Council for the Maryland Commission for Civil Rights, Mountainside Baroque and more. In addition, photos from the Mountain Traditions Project by Mike Snyder will be displayed in Cook Chapel, on the lower floor of Frost Hall, **Friday and Saturday**.

The festival and its programming are supported in part by the Maryland Traditions Program of the Maryland State Arts Council, FSU's Cultural Events Series, the FSU Foundation, the city of Frostburg, FrostburgFirst and Thomas Automotive.

For info, visit the festival's website at <u>www.frostburg.edu/events/afestival</u>.

Music

CES at FSU Hosts Americana and Bluegrass Musicians, The Honey Dewdrops, in Appalachian Festival Capstone Concert



CES at FSU will present Americana and bluegrass musicians, The Honey Dewdrops, on **Saturday, Sept. 18**, at 7:30 p.m. at the historic Palace Theatre at 31 E. Main St. in Frostburg. The performance is offered as the capstone concert for the 16th annual FSU Appalachian Festival.

Laura Wortman and Kagey Parrish, together known as The Honey Dewdrops, have long felt the push and pull between their Appalachian roots and their current home in urban Baltimore. Their evocative songwriting and harmony-soaked music blend the tones of guitar, banjo and mandolin to convey the beauty and warmth of traditional folk music while reflecting the harsh realities of

the present. Baltimore Magazine stated that "... their sincere, stripped-down songwriting is just the kind of music we need more of. This music is sweet to the ears, easy on the heart, and will stick in your mind for some time to come."

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

Before the evening's performance, Wortman and Parrish will present a free workshop, "Introduction to Harmony Singing," at 3:30 p.m. on the FSU Upper Quad during Appalachian Festival daytime activities. Participants will learn techniques for achieving good tone, finding the melody and creating harmony. The workshop is open to those of all ages and no reservations are required.

Capstone concert tickets are \$15 for adults; \$13.50 for FSU faculty/staff, military and youth under 18; and free for FSU students. For info, including ticket discount options, visit CES' webpage at <u>ces.frostburg.edu</u>, 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 Monday through Friday from 10 a.m. to 4 p.m.

The Honey Dewdrops engagement is supported in part by a grant from the Maryland State Arts Council. The CES 2021-22 season is supported in part by the Maryland State Arts Council (<u>msac.org</u>), the Allegany Arts Council and the City of Frostburg.

Theatre and Dance

FSU's Department of Theatre and Dance Presents '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. Pealer 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 <u>https://frostburgtix.universitytickets.com</u>. Tickets are \$7 for students, \$12 for FSU employees and senior citizens, and \$15 for general admission.

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.

Roundtable Discussions

Return Roundtable Discussion

Recharging, Reconnecting, Reimagining and Regaining Passion for Teaching!

The Center for Teaching Excellence invites faculty to join a return roundtable discussion on **Monday, Sept. 13**, 4:30 to 5:30 p.m. in the Lane Atkinson Room (232).

Come reconnect with faculty for face-to-face (and mask-to-mask) roundtable discussions about the return to campus and fully inperson teaching, including:

Regaining Our Passion: How will we rejuvenate ourselves and our teaching? How will we make sure we are taking care of ourselves?

Reimagining and Re-envisioning: What did we do during the pandemic that was worth continuing? What will we do differently in our classes moving forward?

Returning to Old Favorites: What pre-pandemic techniques are you looking forward to re-embodying?

RSVP to <u>cte@frostburg.edu</u>.

For info, contact Dr. Holly Currie, director of CTE, at 301-687-4359.

Exhibits

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

FSU's Roper Gallery to Feature 'Broken Silence,' an Exhibition by Francine Tint



"Luscious Skin" by Francine Tint

FSU's Department of Visual Arts will host a show of paintings by New York-based artist Francine Tint, titled "Broken Silence," which will open with a reception on **Saturday, Oct. 2**, 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 **Monday, Oct. 25**.

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 is also very much her own person who has 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 with present efforts. Even when Tint is painting with a light hand, serious considerations are taken up in her art. The spiritual nature of her painting, along with her technical control, results in works whose accomplishments are greater than their immediate experience.

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.

Jim Singelis Exhibition, 'Burning From Within,' Continues Through September at Roper Gallery



A portrait by Jim Singelis

FSU's Department of Visual Arts will host an exhibition of paintings and drawings by Jim Singelis, titled "Burning From Within," through **Thursday, Sept. 30**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This event is free and open to the public.

Singelis limits his practice to radical closeups of human faces, including his own, but sometimes those of soulful animals. In his portraits, Singelis emphasizes the mental and emotional component, and he heightens, distorts and exaggerates at will so there is little or no direct likeness. In most cases his images are extensively worked so that

remnants and layers of paint or notations establish a record of the creative process. He can also produce a drawing of real power using only a few quick strokes.

For this exhibit, the Roper Gallery is open Monday through Friday from 1 to 4 p.m.

Special Collections Displaying Exhibit Dedicated to Charles H. Gover



The Dr. David M. Gillespie Special Collections at the Ort Library is displaying an exhibit dedicated to Charles H. Gover (1922-2020). A Frostburg local, Gover served during WWII in the U.S. Air Force as a bombardier and radar operator. His missions took him primarily to Italy, but also Czechoslovakia and Austria. He continued his military service until 1965 when he retired as a lieutenant colonel. Gover moved his family back to Western Maryland after his military retirement and worked at Kelly Springfield for an additional 19 years. He documented his WWII career in detail through his scrapbook titled "In Khaki," portions of which are on display. His scrapbooks and memorabilia were donated to the Special Collections after his death and are fully processed, available for research. The exhibit is located on the fourth floor of the library and will be up for the remainder of the semester.

Points of Pride

Office of Sponsored Programs Successes/News

On Aug. 25, project director *Stacey Park* (Educational Professions) was awarded \$42,996 by the Maryland State Department of Education for a Child Care Career and Professional Development Fund for FY2022. The fund covers tuition, fees and required textbooks for students who are completing the required coursework in pursuit of a degree in early childhood education, elementary education, child development and special education, or other state-approved fields.

On Aug. 27, project director *Melanie Moore* (Cultural Events Series) was awarded \$3,000 by the Maryland State Arts Council in support of an engagement with The Honey Dewdrops in September 2021.

On Aug. 30, project director *Deborah Devlin* (Math) entered into a \$60,000 contract with Lumen Learning for services that support their grant with the Bill and Melinda Gates Foundation to create an exemplar introduction to statistics course.

For info, see the Office of Sponsored Programs' Successes/News webpage at http://www.frostburg.edu/osp/successesnews.php.

Andy Duncan on the Program of Readercon 31

Andy Duncan, a professor in FSU's Department of English and Foreign Languages, was on the program of Readercon 31 in August, the first time the Boston-area Conference on Imaginative Literature was held virtually.

As a Saturday-night headliner event, Duncan interviewed guest of honor Jeffrey Ford, and on Sunday afternoon, Duncan was on a panel titled "A Sense of Place" with John Langan, John P. Murphy, Graham Sleight and moderator Patty Templeton.

For info, visit https://www.readercon.org.

Chesapeake Bay Magazine Article Features FSU Professors and Alums

The article, "Hellbender, Yes!" in Chesapeake Bay Magazine features *Dr. Richard Raesly*, a professor in FSU's Department of Biology; *Dr. Daniel Hocking*, a former assistant professor; and alumni *Kodi Bowers*, *Allison Williams*, *Jess Raney*, *Rebecca Phillip*, *Kristina Grove* and *Nicole Funkhouser*.

To read the complete article, visit https://chesapeakebaymagazine.com/hellbender-yes.

Take Note

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 <u>www.frostburg.edu/homecoming</u> 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.

Bernard Wynder Legacy Fund to Receive Proceeds From 'Being Black in Brownsville'

Lynn Bowman, a lecturer in FSU's Department of English and Foreign Languages, has earmarked proceeds from the third edition of "Being Black in Brownsville: Echoes of a Forgotten Frostburg" for the Bernard Wynder Legacy Fund. This fund is dedicated to supporting FSU's Diversity Center's initiatives, including programs and excursions.

Bowman's book weaves together the histories of Frostburg and Brownsville/Park Avenue, a community that began in 1866 with Tamar Brown's purchase of land on what is now FSU's Upper Quad. This edition was issued in conjunction with the celebration of the state of Maryland's and the city of Frostburg's proclamations of Oct. 11, 2014, as Brownsville Recognition Day.

If interested in purchasing a copy, contact Dr. Amy Branam Armiento at <u>abranam@frostburg.edu</u> or 301-687-4293. The cost is \$15 per copy, and there is a limited supply.

SGA Seeks Senators



Applications for SGA senator positions on the 2021-2022 Senate are now open. You must be a current undergraduate FSU student and have at least a 2.7 GPA. Interviews close **Wednesday, Sept. 15**.

To set up an interview time, email Kathi Perkins at <u>kperkins@frostburg.edu</u>.

BURG Peer Education Network/SAFE Office to Host Positive Affirmation Day

To promote positivity, The BURG Peer Education Network and SAFE Office will host a Positive Affirmation Day on **Tuesday**, **Sept. 14**.

The FSU family is encouraged to participate throughout the day. Student peer health educators will host an affirmation table in the Lane Center. Students, staff and faculty will be encouraged to write positive affirmations and post them on the positive affirmation board. Participants will receive smiley-face stickers and other prizes for participating. Faculty members have been encouraged to discuss the power of affirmation with their students and challenge them to encourage other students throughout the day.

Remember to affirm your co-workers throughout the day. These small, simple gestures only take a few seconds, but the impact can make a difference for a struggling student or a stressed-out friend or co-worker.

And be sure to follow the FSU SAFE Office on Facebook at @FSUSAFEOFFICE.

New Resource Available From Ort Library

The Lewis J. Ort Library announces the following new resource to support students, faculty and staff.

Site License Access to The Chronicle of Higher Education Website



The Chronicle of Higher Education has the nation's largest newsroom dedicated to covering colleges and universities. *The Chronicle* updates its website with news and articles throughout the day.

Starting immediately, everyone at FSU has unlimited access to <u>Chronicle.com</u>. This site license includes all of *The Chronicle*'s content, daily news and data. Searchable access to articles and essays dating back to 1989 are included, as well as special issues such as The Almanac of Higher Education and The Trends Report.

Unlimited access to Chronicle.com is available anytime and anywhere, whether on or off campus, as this site license provides IP authentication and domain access.

Badminton Club Meets Sundays

The Badminton Club meets every **Sunday** between noon and 3 p.m. in Cordts PE Center room 164. All equipment is provided by the club. The club fee is \$10 per semester to cover the shuttlecock. All are welcome!

For info, contact Dr. Joy Zheng at 301-687-4430 or yzheng@frostburg.edu.

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**.

Jobs

Student Van Drivers Needed – \$11.75/Hour

The Office of Civic Engagement is hiring van drivers for its ECHOSTARS AmeriCorps program. Van drivers transport students to and from service projects in the greater Allegany County area. Most van driver schedules vary from 5 to 20 hours a week based on your 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 ECHOSTARS@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

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 <u>mlombardi@frostburg.edu</u>, or Connie Capacchione at 301-687-3049 or <u>ccapacchione@frostburg.edu</u>.

FSU-TV3

New Series on FSU-TV3



"Fairy Tale Access," airing on **Saturday and Sunday** at 7:30 p.m., highlights literacy and or travel. Join the discussion about the featured author's books and their writing process.

FROSTBURG STATE UNIVERSITY hea

"Get Healthy With Holly" is a show with personal trainer and nutrition specialist Holly Kouvo. She talks about health and fitness topics that help teach people how to live a healthy lifestyle. Tune in on **Tuesday and Thursday** at 1 p.m..

"Capital Jazzfast" airs on **Tuesday and Friday** evenings at 6 p.m. This series reflects seven years of jazz performances in Jefferson City, Mo.

For programming info, log on to <u>https://www.frostburg.edu/fsu-tv3/programming-information/1programming</u> or watch original programming at <u>https://www.frostburg.edu/fsu-tv3/programming-information/programming.php</u>.

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 oversees experiences. Each virtual session takes place at 3:30 p.m. on the following **Fridays** throughout the semester: **Sept. 17**; **Oct. 1, 15 and 29**; **Nov. 19**; and **Dec. 3**.

Email Victoria Gearhart at <u>vmgearhart@frostburg.edu</u> 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.

An information meeting for interested students will be held on Friday, Sept. 17, from 4 to 5 p.m. in Dunkle 319.

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**. 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 upclose 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 <u>nbuta@frostburg.edu</u> or 301-687-4458, or visit <u>https://www.frostburg.edu/student-life/campus-</u> services/center-for-international-ed/study-abroad/student-abroad-programs.php.

UCM

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

United Campus Ministry has some great events planned for the campus and Frostburg communities this fall. The ministry events and meetings start this week.

Here is the schedule:

Monday, Sept. 13, 7:45 to 9:15 p.m., Lane 108. The United Through Christ Bible Fellowship group. Be sure to submit questions or topics you have an interest in developing for Bible study.

Wednesday, Sept. 15, 7:30 to 9:15 p.m., Lane 111, 100 Percent Triumph Bible Study.

Thursday, Sept. 16, 12:15 to 1 p.m., Pullen 105. In Meditation Meet-up, Chaplain Cindy will teach five Christian meditation methods, and the group will practice them each week. This group is for students, staff and faculty.

Thursday, Sept. 16, 6 to 9 p.m., CCIT 395, Ladies of Faith Dinner Conference. Guest speakers are professional women of faith and FSU alumni. There will be door prizes, free dinner and a great time. Get your tickets at the box office in the Lane Center. This event is for students, staff and faculty.

Sunday, Sept. 19, 1 to 3:30 p.m., Practice Gym. Men's 100 Percent Basketball Fellowship.

Other Events:

Friday, Sept. 24, 7:30 p.m., Lane 111, First UCM TGIF Bingo Night. Great prizes will be up for grabs.

Saturday, Sept. 25, 10:30 a.m., Service Saturday. Meet in the van lot across the street from Dunkle Hall and up the hill from Annapolis Hall.

Health and Safety Messages

Turn Around Don't Drown – It's Not Just a Slogan



Turn Around Don't Drown is a National Weather Service campaign to warn people of the hazards of walking or driving a vehicle through flood waters.

It's not the road you know no matter how many times you've driven it. Six inches of water is enough to hit the bottom of most passenger cars, flooding the exhaust and leaving you immobile. If you cannot walk through water (especially moving water), do not attempt to drive across it.

Flood damage can ruin a vehicle in a number of ways, from eating away at wiring to seizing up mechanical systems. Driving through flooded roads may damage a vehicle's engine, warp the brake rotors, cause loss of power steering and short-circuit electrical components.

Plus, it's dangerous. A mere 6 inches of fast-moving flood water can knock over an adult. It takes just 12 inches of rushing water to carry away most cars, and just 2 feet of rushing water can carry away SUVs and trucks.

Also, keep about half a tank of gas in your car in case you reach a flooded street and have to take an alternate route home.

For info, visit https://www.idrivesafely.com/defensive-driving/trending/tips-dealing-water-road.

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



Mental Health Monday Tip: Positive Thinking

https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/positive-thinking/art-20043950

Tell Yourself Tuesday Tip: Have a Blissful Mind

https://theblissfulmind.com/positive-affirmations-list

Wacky Wednesday Tip: A Bendable You

https://www.youtube.com/watch?v=TezCjIQJ9pA

Thankful Thursday Tip: Gratitude

https://www.youtube.com/watch?v=9FtLtC63QRo

Fun Friday Tip: Healthy Food = Happy Body

https://www.wired.com/2011/08/12-smart-ways-to-make-healthy-foods-fun

Social Saturday Tip: Anxiety NO MORE!

https://www.helpguide.org/articles/anxiety/social-anxiety-disorder.htm

Self-Love Sunday Tip: Hear the Love

https://app2brain.com/learn-languages/words-phrases/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.