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 ces.frostburg.edu, or contact the University box office at 1-866-849-9237 or 301-687-3137. The box office, located in the FSU Lane University Center, is open 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 (msac.org), the Allegany Arts Council and the City of Frostburg.

The University is following CDC guidance based on current conditions in the area. Audience members at this performance are expected to wear masks indoors when in the presence of others, regardless of vaccination status. Ticket holders must visit www.frostburg.edu/checkin for symptom monitoring or agree to the symptom-check language posted at events. Visit www.frostburg.edu/COVID19 for the most up-to-date guidance.

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.
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
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 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, Crawdall 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 Dadasman, 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 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 make 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.

The University is following CDC guidance based on current conditions in our 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.

For info, visit the festival’s website at www.frostburg.edu/events/afestival.

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**Music**

**Dr. Jay DeWire to Perform in Faculty Artist Series Concert**

FSU’s Department of Music will open its fall season with a Faculty Artist Series concert by Dr. Jay DeWire, titled “Russian Masters,” on Sunday, Sept. 12, at 3 p.m. in Pealer Recital Hall. The concert is free and open to the public. This event will also be livestreamed; the link will be posted at www.frostburg.edu/concerts.

Kamarinskaya is a Russian traditional folk dance, which is mostly known today as Glinka's composition of the same name. Glinka’s “Kamarinskaya,” written in 1848, was the first orchestral work based entirely on a Russian folk song and the first to use the compositional principles of that genre to dictate the form of the music.

The “Études-Tableaux” (“Study Pictures”), Op. 33 is the first of two sets of piano études Rachmaninoff composed in 1911. They were intended to be “picture pieces,” essentially “musical evocations of external visual stimuli,” but Rachmaninoff did not disclose what inspired each one. “Moderato in D Minor – No. 4” is a simple march that grows into a thing of striking contrapuntal complexity.

Rachmaninoff’s “Preludes, Op. 32,” is a set of 13 preludes for solo piano, composed in 1910. “Prelude in B Minor, Op. 32, No. 10” was inspired by Arnold Böcklin’s painting “Die Heimkehr” (“The Homecoming” or “The Return”). Rachmaninoff stated that this was his personal favorite among his preludes.

The “Partita No. 3 in E Major for Solo Violin, BWV 1006.1” is the last work in Bach’s set of six sonatas and partitas. In 1933, Rachmaninoff transcribed for piano (and subsequently recorded) the “Preludio.”

Medtner was a Russian composer and pianist. After a period of comparative obscurity in the 25 years immediately after his death in 1951, he is now becoming recognized as one of the most significant Russian composers for the piano. The one-movement “Ninth Sonata in A Minor, Op. 30” was published without a title but was known as the “War Sonata” among Medtner’s friends; a footnote, “during the war 1914-1917,” appeared in the 1959 Collected Edition.

Russian Symbolist composer Scriabin’s “Piano Sonata No. 2 in G-sharp Minor, Op. 19” was published in 1898. The piece is in two movements, with a style combining Chopin-like Romanticism with an impressionistic touch. “Andante” begins with echoing effects, followed by two lyrically themed sections. After a short climax, the piece modulates to E major (also G-sharp minor), and lyrical sections are restated with a slightly more complicated accompaniment. “Presto,” in sharp contrast to the first movement, is very fast and intense. Alternating crescendos and decrescendos may give the listener the impression of waves.

“Piano Sonata No. 8 in B-flat Major, Op. 84” is the third of Prokofiev’s three war sonatas and was first performed in 1944. “Andante dolce” features two main themes, the first lyrical and mysterious in its wandering sense of melancholy and suppressed suffering, and the second conveying a feeling of desolation. For the middle panel, Prokofiev uses a charming, bright theme from his abandoned orchestral score, “Eugene Onegin.” The finale opens with a driving theme, but quickly turns heroic and majestic. The music ends ambivalently, with a rhythmic motif thrashing about before suddenly running short of energy.

For info, contact FSU’s Department of Music at 301-687-4109.

### Exhibits

**FSU’s Roper Gallery Featuring Jim Singelis Exhibition, ‘Burning From Within,’ Through September**

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. “The face captivates,” he writes. “Even the most distorted abstraction of a face can convey a distinct persona, someone we can recognize and for whom we can feel empathy.” His images vary in size from larger-than-life to a standard small format of 5 by 7 inches; in the current exhibition those are arranged in grids of 10 or 12.

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. “In the beginning, I wanted nothing more than to be a draughtsman,” he has said. “And to this day nothing pleases me more than a tangle of lines tawing of real power using only a few quick strokes.”

Singelis came to painting after a long career in scenery design for theater, movies and print advertising, followed by several years as a computer-programming consultant. Among his film credits are the art direction for “Once Upon a Time in America” with Robert De Niro and “See No Evil, Hear No Evil” with Richard Pryor and Gene Hackman. His faces reflect the characteristic high drama and intense emotion of stage and screen, but their frankness in communicating personal insight transcends theatricality. Alongside their heroic quality is a simple and direct intimacy.

Singelis has shown in one-person exhibitions at The Other Art Fair in Brooklyn. In Massachusetts, he has exhibited at Knox Gallery in Monterey, St. Francis Gallery in Lee, the New Marlborough Arts Center and the Sandisfield Arts Center.

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

### Points of Pride

**Andy Duncan Is Co-winner of SFRA’s 2020 Mary Kay Bray Award**

*Andy Duncan*, a professor in FSU’s Department of English and Foreign Languages, is a co-winner of the Science Fiction Research Association’s 2020 Mary Kay Bray Award for the best work published in the organization’s journal, “SFRA Review.”

The 2020 award is shared with Virginia L. Conn of Rutgers University, whose winning book review of Anindita Banerjee and Sonja Fritzsche’s “Science Fiction Circuits of the South and East” appeared in Issue 50.1 and online at https://sfrareview.org/2020/07/10/50-1-rnf3conn.

The award was announced at the 2021 SFRA Conference, held virtually in June and hosted by Seneca College in Toronto. Recipient statements by Conn and Duncan were published in “SFRA Review” Issue 51.3 (Summer 2021) and online at https://sfrareview.org/2021/07/29/recipients-statement-for-the-mary-bray-award-2020.

At the conference, Duncan also presented a new paper, “Tommyknockers, Tommyknockers: Folklore Underfoot.”

For info on SFRA, the oldest scholarly organization for study of the fantastic, visit http://sfra.org.

Dr. Jill Morris Wins Award for Work as Faculty Adviser of The Bottom Line

Dr. Jill Morris, an associate professor in FSU’s Department of English and Foreign Languages, has won a national award for her work as faculty adviser of The Bottom Line, FSU’s student-run news organization (https://thebottomlinenews.com).

The Noel Ross Strader Memorial Award, named for a longtime University of Houston journalism professor, is presented by the College Media Association to advisers who “have exercised the principle of freedom of the press at some risk to personal or professional welfare,” according to the CMA website. The award is not made annually, but “only when meritorious candidates are brought forth.”

Morris will be recognized at an awards ceremony at the Fall National College Media Convention to be held Oct. 14 to 17 in New Orleans. For info on CMA, visit http://www.collegemedia.org.

Eva Greig Granted Staff Emeriti Status

Eva Greig has been approved by the Staff Senate and the Executive Cabinet for staff emeriti status. Greig worked for FSU for more than 34 years and was responsible for the University’s insurance claims, certificates of insurance, the organization of contract management, dining invoices, scheduling and a host of other duties to help keep the Division of Administration and Finance running smoothly. The first point of contact for the office, she would always go the extra mile to help resolve a problem and make sure the customer, whether it was a student, parent or faculty/staff member, was satisfied. Greig was reliable and dependable, always looking for ways to head off problems and find solutions, as well as make processes more efficient. A firm believer in FSU and the worth of a degree from the University, she is also the mother of three FSU alums!

WFWM

Return of ‘Community Matters’

WFWM is bringing back its weekly five-minute interview program, “Community Matters.”

The monthly schedule is as follows and runs through Friday, Dec. 31.

First Friday – FSU
Second Friday – Allegany County Public Schools
Third Friday – Allegany County Library
Fourth Friday – Garrett County entity/organization
Fifth Friday (when it happens) – Reserved for organizations not covered in the above

You can listen to the program just about every Friday at 5:30 p.m. It will be posted later on WFWM’s Facebook page at https://www.facebook.com/wfwmradio.

For info, contact Kenny Heath kfheath@frostburg.edu.

Take Note

Fall 2021 Library Hours

Ort Library hours for fall are as follows:

Monday through Thursday – 7:30 a.m. to midnight
Friday – 7:30 a.m. to 6 p.m.
Saturday – 10 a.m. to 6 p.m.
For non-CRL collections by accessing online digital collections made available through the CRL catalog/website or through interlibrary loan, the history of various sciences and agriculture, among other topics. FSU faculty and staff have free and unlimited use of the resources. Changes to services, policies and access to resources during the global health pandemic can be found on the library’s COVID-19 Response page at https://libguides.frostburg.edu/covid19.

COVID-19 Testing Protocol for Fall 2021

FSU will use testing guidance from the Centers for Disease Control and Prevention for institutions of higher education (https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/the-testing.html) to inform our practice. Testing continues to be an important strategy to mitigate risks to the University community, local region and state of Maryland. Visit https://www.frostburg.edu/COVID19/testing-protocol.php to view FSU’s protocols.

Come to the Block Party!

Get to Know Downtown and FSU’s Student Organizations

Explore Main Street Frostburg, watch performances and get to know FSU’s student organizations at the Block Party on Wednesday, Sept. 8, from 6 to 9 p.m. This event is free and open to the public. (In case of rain, the event will be held on Thursday, Sept. 9.) For info, contact Megan Dignan, assistant director, Student Activities, at mtmtdignan@frostburg.edu.

University Box Office Expands Service

The University box Office, located in Lane Center 203 (adjacent to Lane University Center’s information desk) now serves online or in-person ticketing for Athletics, the Department of Theatre and Dance, CES, the Department of Music, Office of Student Life, student organizations, bus or field trips, and academic departments events where registration or attendance verification is required.

Openings in Marching Band, and All Music Dept Chors and Bands

FSU Marching Bobcat Band and Department of Music choirs, bands and instrumental ensembles are looking for new members. The groups are open to all FSU students (and faculty and staff) regardless of major and are offered as 1-credit courses with just a $10 fee. Find the list of currently offered ensembles in the fall class schedule booklet. Email music@frostburg.edu to be put in contact with the appropriate director.

Courses include MUSC 328 Marching Band, MUSC 330 Wind Ensemble, MUSC 319 University Chorale, MUSC 327 Jazz Ensemble, MUSC 339 Percussion Ensemble, MUSC 335 Chamber Orchestra and MUSC 336 Guitar Ensemble. Many more are available!

Community Course in Basic Ceramics

FSU’s Department of Visual Arts will offer a non-credit community course in basic ceramics this fall. The course will be held on Tuesdays, Sept. 7 through Oct. 26, from 6 to 9 p.m. in Fine Arts 107. Work can be picked up Tuesday, Nov. 2.

This eight-week course will provide an introduction to the basic ceramic processes, including hand-building, and the pottery wheel. The course will be taught by ceramic artists Bobby Croft and Alexis Thorne.

The cost is $180, plus the cost of clay. (Pay in the Billing Office in Pullen 148.) Tools are provided. Students under the age of 18 must be accompanied by an adult who is also registered for the class.

For info, contact the Department of Visual Arts at 301-687-4779, or email Jacqueline Brown at jbrown@frostburg.edu.

New Resources Available From Ort Library

The Lewis J. Ort Library announces the following new resources to support students, faculty and staff beginning in the 2021-2022 academic year.


Statista Expert is a database that provides 2.5 million multidisciplinary statistics derived from more than 22,500 original sources, as well as visualizations. The database covers more than 80,000 topics and provides market data for more than 4,000 dossiers.


All USMAI Library Consortium member institutions, including FSU, are now members of the Center for Research Libraries (CRL). CRL manages a collective collection of 6 million items from all over the world to support researchers in law/government, finance and the history of various sciences and agriculture, among other topics. FSU faculty, students and staff have free and unlimited use of the CRL collections by accessing online digital collections made available through the CRL catalog/website or through interlibrary loan for non-digitized titles.
Inter-University Consortium for Political and Social Research Membership – Social Science Data Sets
(https://www.icpsr.umich.edu/web/pages)

All USMAI Library Consortium member institutions, including FSU, are now members of the Inter-University Consortium for Political and Social Research (ICPSR). ICPSR maintains a data archive of more than 250,000 files of research in the social and behavioral sciences. It includes data sets from more than 15,000 studies. FSU faculty, students and staff have access to the data sets (some for immediate download and some with permission of the principal investigators), as well the ability to submit their own to the archive.

In addition to the links above, you can access these resources via the library’s A-Z Databases webpage at https://libguides.frostburg.edu/az.php.

For additional info, visit https://frostburg.libanswers.com, call 301-687-4395 or email libref@frostburg.edu (for all questions) or libcollections@frostburg.edu (for collection-specific inquiries).

Free New York Times Digital Subscription Program

The NYT Free Digital Subscription program is the result of a collaborative effort from the Lewis J. Ort Library, J. Glenn Beall Jr. Institute for Public Affairs, FSU Foundation and the Office of Civic Engagement to promote student engagement and education in current events, the democratic process and international news. As part of this subscription, there is also an “InEducation” resource for faculty and staff that contains articles searchable by educational topics and includes learning outcomes, discussion questions and more provided by faculty from across the nation. Be sure to encourage your students to subscribe!

The NYTimes.com digital subscription program supports a 21st-century education and improves student success while providing the campus community with a trusted resource to use to enhance global current news awareness, enrich curriculum discussions and provide a reputable research source. This subscription provides access to in-depth coverage of the daily issues being addressed in the news, expert analysis and reporting of historical events as they occurred. The New York Times is often referred to as “the national newspaper of record for the United States” (https://www.britannica.com/topic/The-New-York-Times), and faculty will be able to freely recommend using NYTimes.com to students to enhance their research and educate them on the differences between authenticated news sources and “fake news.”

New York Times Digital Option Features

NYTimes.com is a multi-platform news site that provides full access to The New York Times and International New York Times content, including breaking news, multimedia, reviews and opinion, blogs, videos and more. NYTimes.com is updated 24/7. From the home page, one can access more than 25 sections, including World, Politics, New York, Opinion, Business, Technology, Science, Sports, Arts, Fashion and Style, and Video. Users may search the site for articles from the current day back to 1851.

The New York Times Academic Site License program provides all FSU students, faculty and staff the ability to access NYTimes.com on any device connected to the internet, on or off campus. Users can customize their account to set up alert newsletters, view and submit reader comments, plus save and share articles.

User Registration Procedure

Current students, faculty and staff will register to access The New York Times via a link on the Ort Library’s A-Z Databases website. Point your web browser to http://libguides.frostburg.edu/az.php and select the New York Times/NYTimes.com – Account Creation Required link. Off-campus users will need to enter the barcode number on their FSU ID card and last name to proceed. You will then be prompted to register for an account on the NYTimes.com website using your FSU email address. Detailed registration instructions can be found at https://tinyurl.com/yc3r7ooa.

Instructional Resources for Faculty

In addition to campus-wide access to NYTimes.com, FSU will also have access to the value-added InEducation academic resources available at www.nytimesineducation.com. Teaching resources and curricular activities are available for more than 10 broad subject areas. Click on Register at the top right of the InEducation website to access this resource. You will need to use your FSU email address to create an account.

For info regarding account registration, contact the Ort Library Reference Desk at 301-687-4424 or libref@frostburg.edu. Direct all other program inquiries to Bill Mandicott at wmandicott@frostburg.edu or 301-687-4881.

FSU-TV3

Did You Know FSU Has Its Own Cable Channel?

FSU-TV3 is available on Comcast channel 3 on campus and in Frostburg, Mount Savage and Lonaconing. The channel offers a variety of programming.

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


Eligible for Federal Work-Study?

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 Cappachione at 301-687-3049 or ccapacchione@frostburg.edu.

### Activities for Life

#### Water Aerobics

Water Aerobics will be offered **Tuesday, Sept. 7, through Thursday, Oct. 7**, from 6:40 to 7:30 p.m. in the FSU pool in the Cordts PE Center. You can register for **Tuesday and Thursday** classes (10 classes), or **Tuesday or Thursday** classes (five classes). For info, contact Amy Nazelrod at anazelrod@frostburg.edu or 301-687-7934.

### 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 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**.

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.

### Community

#### Check out ‘The Outsiders’ at the Cumberland Theatre!

Be sure to go see “The Outsiders,” playing at the Cumberland Theatre through **Sunday, Sept. 12**. Six FSU students and one alum are appearing in the play. **Darrell Rushion**, a professor in FSU’s Department of Theatre and Dance, is the fight director.

For info, visit [www.cumberlandtheatre.com](http://www.cumberlandtheatre.com).

### Health and Safety Messages

#### Be Sure to Get Your Flu Shot!

That’s especially true this year. Even though flu season was mild last year – thanks to the diligent hand washing and mask wearing people did – the CDC says that getting a flu vaccine is more important than ever to help reduce the strain on healthcare systems that are responding to COVID-19 surges.

Plus, it’s possible to get the flu and COVID-19 at the same time. As the Delta variant, and others, continue to evolve, it’s becoming increasingly more important that people understand the risk that comes with fighting multiple like-minded viruses.

You can technically get the flu any time of year, but flu season really starts to ramp up in October and peaks between December and February, according to the CDC. The vaccine takes a few weeks to give you protection, which is why you start hearing reminders to get your flu shot in early fall, and it’s really important that you do so.

The flu vaccine is only moderately protective against getting the flu, but it is protective against having flu complications and being hospitalized.

The flu shot won’t protect you from getting COVID-19. However, getting your COVID-19 vaccine will – which is why it’s crucial to receive both immunizations before cold weather arrives.


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

The BURG Peer Education Network operates out of the S.A.F.E. Office in Pullen 109.

Since 1987, the program has been nationally recognized as one of the top peer health education programs in the country.

For info or if interested in applying, call 301-687-4761 or email BURGPeerEdNetwork@gmail.com, and check out the webpage at [https://www.frostburg.edu/burg-peer-ed](https://www.frostburg.edu/burg-peer-ed).
Be sure to check out these tips for the week:

Mental Health Monday Tip: Incorporating Mindfulness
https://blog.online.colostate.edu/blog/uncategorized/improve-your-studies-and-work-six-ways-to-become-more-mindful

Tell Yourself Tuesday Tip: You Are Loved
https://youthfirstinc.org/learning-to-love-yourself

Wacky Wednesday Tip: Unplug It
https://www.bustle.com/articles/152307-6-healthy-ways-to-disconnect-from-technology-because-we-dont-need-to-be-online-247

Thankful Thursday Tip: Savor Life
https://greatergood.berkeley.edu/article/item/10_steps_to_savoring_the_good_things_in_life

Fun Friday Tip: Add a Pop of Color
https://www.beaumont.org/health-wellness/blogs/health-benefits-of-coloring-for-adults

Social Saturday Tip: Develop Yourself With Yoga
https://www.extendednotes.com/after-school-articles/using-yoga-to-promote-social-emotional-development

Self-Love Sunday Tip: Woo-Saah
https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips

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.