



For and about FSU people

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

For all events, FSU is following CDC guidance based on current area conditions. For current health and safety guidelines, visit www.frostburg.edu/COVID19.

FSU, ACM, Garrett College and Hagerstown Community College to Host Congressional District 6 Forum



FSU, Allegany College of Maryland, Garrett College and Hagerstown Community College will host a Maryland Congressional District 6 Candidate Forum for the elections scheduled in November on **Monday, Oct. 24**, from 7 to 8:30 p.m. in the Lane Atkinson Room (232). The forum is free and open to the public.

Audience members will be able to submit questions for the candidates to be read by a group of student moderators. At the conclusion of the event there will be a small reception for guests and candidates.

Doors will open at 6:30 p.m. Seating is limited and available on a first-come, first-served basis.

Guests are encouraged to park in the Pealer Performing Arts Center lot or the Bobcat Stadium lot located off Braddock Road. A map of campus can be found at www.frostburg.edu/fsumap.

Just in Time for Halloween – Wind Ensemble Presents a Halloween Pops Concert

FSU's Department of Music will present the FSU Wind Ensemble, conducted by *Dr. Ash Glenn*, in a Halloween pops concert on **Sunday, Oct. 30**, at 3 p.m. in the Pealer Recital Hall of FSU's Woodward D. Pealer Performing Arts Center. This event is free and open to the public. The performance will also be livestreamed; the link will be posted at www.frostburg.edu/concerts.

The program will include "The Witch and the Saint" by Steven Reineke, selections from "Star Trek Into Darkness," "Nightmare" by Jeff Herwig, "Godzilla Eats Las Vegas!" by Eric Whitacre and "Time Warp" from "The Rocky Horror Picture Show."

Reineke's "The Witch and the Saint" is a 10-minute tone poem in one movement, comprising five distinct sections that tell the legend of twin sisters born in Germany in 1588. Starting with a Gregorian chant motif, all manner of musical sorcery is used to represent the turbulent lives of these vastly misunderstood women. The piece was composed in 2004.

"Star Trek Into Darkness" is a 2013 American science fiction action film, the 12th installment in the "Star Trek" franchise and the sequel to the 2009 film "Star Trek," as the second in a rebooted film series. Set in the 23rd century, the film follows Kirk and the crew of the USS Enterprise as they are sent to the Klingon homeworld seeking a former Starfleet member-turned-terrorist. Michael Giacchino composed the film's incidental music.

A sequel to 2019's "Afraid of the Dark," "Nightmare" is an electro-acoustic glance into what happens when we fall into a dreaded bad dream. "Nightmare" details the journey from the moment we close our eyes and sleep creeps over us, to when our consciousness arrives in the middle of a bone-chilling horror scene and finally to when we open our eyes the next morning, thankful that it was all just a dream.

"Godzilla Eats Las Vegas!" was commissioned by the University of Nevada, Las Vegas, Thomas G. Leslie, conductor, and received its premiere in 1996. The players are called upon to scream in terror, dress like Elvis and play in about 30 different styles from mambo to cheesy lounge music. The audience follows a "script" that Whitacre wrote simulating a campy, over-the-top Godzilla movie.

In the cult classic "The Rocky Horror Picture Show," mad scientist Frank-N-Furter hosts a wild party at his castle, where his strange assortment of guests does the "Time Warp," a parody of novelty dance numbers such as "The Twist" and "The Loco-Motion." The song is featured in the 1973 rock musical, its 1975 film adaptation and a 2016 TV production.

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

Help for Students

Tutoring Information for Fall 2022

Tutoring will be held through **Tuesday, Dec. 13**. Days and hours of operation are **Mondays through Thursdays** from 10 a.m. to 7 p.m. and **Fridays** from 10 a.m. to 2 p.m. Math and natural sciences tutoring will be held in Pullen 139, and business, computer science and writing tutoring will take place in Pullen 151.

For info and instructions, contact the FSU Tutoring Center at 301-687-3077 or 301-687-4066, email msmith@frostburg.edu or jlewis@frostburg.edu or visit <http://www.frostburg.edu/admin/provost/academic-success-network/tutor/?forceAbsoluteURLs=false&skipGA=false>.

Appointment-Based/In-person Tutoring Courses

Students use TutorTrac to make appointments.

Courses include ACCT 211/212, Academic Skills (textbook strategies, study skills, time management and notetaking), BIOL 109/149/160/321/322, CHEM 201/202, COSC 100/101/102/130/240/241, DVMT 095/099, ECON 201/202, EXSS 200/315, GEOG 103/104, ITEC 315/345, MATH 104/109/119/120/236/237, PHYS 215/216/261/262/263 and Writing.

NetTutor (Online Tutoring)

For classes not listed under appointment-based, email msmith@frostburg.edu.

This 24/7, third-party, online tutoring platform is accessible via Canvas. Students must send an email to msmith@frostburg.edu to gain access. Information about NetTutor is posted outside of Pullen 151.

Walk-In/Group Tutoring

Walk in, sign in and get assistance: BIOL 321 – **Fridays**, noon to 2:50 p.m., Compton 326; CHEM 201 – **Wednesdays**, 6 p.m., Compton 328; CHEM 202 – **Wednesdays**, 5 p.m., Compton 328; CHEM 311/321 (organic), **Thursdays**, 7 to 8 p.m., Compton 358; CHEM 455 (biochemistry), **Tuesdays**, 7 to 8 p.m., Compton 358; and PHYS 215/216/261/262/263 – **Mondays and Wednesdays**, 2 to 3 p.m., Compton 236, **Wednesdays**, noon to 1 p.m., Compton 236, and **Tuesdays and Thursdays**, noon to 1 p.m., Compton 234.

PAWS Pantry Hours

FSU's PAWS Pantry provides food and basic necessities to FSU students at no cost. The pantry aims to decrease the impact that food insecurity has on the academic success of students through hunger alleviation and increased education in the areas of personal budgeting, nutrition and wellness.

Hours for the fall semester are **Mondays** from 1 to 7 p.m., **Wednesdays** from 1 to 5:30 p.m., **Thursdays** from 11:30 a.m. to 3 p.m. (by appointment only) and **Fridays** from 1 to 5:30 p.m. If the pantry's regular hours do not work for you, email pawspantry@frostburg.edu to set up an appointment.

The pantry recently updated its Intake and Liability Waiver form at <https://bit.ly/3PPmVeg>. All customers (new and returning) will need to complete this form before using the pantry.

Have you been exposed to COVID and/or are symptomatic? Email PAWSPantry@frostburg.edu to request a delivery, and a pantry representative will be in touch to coordinate a delivery day and time with you. Only those who have been exposed to the virus, have been informed to self-quarantine and/or are symptomatic should use this option.

National Suicide Hotline

If you or someone you know is in distress, you can reach the National Suicide Hotline by dialing 9988 from an on-campus landline phone or 988 from an off-campus phone. (The previous number, 800-273-8255, can still be used, indefinitely.) This line serves veterans in crisis as well. As always, you can also reach University Police at 301-687-4223 if you are in distress.

For info, visit <https://988lifeline.org/faq> and <https://www.frostburg.edu/about-frostburg/Administrative-Offices/university-police/index.php>.

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.

Legendary Northern Irish Singer, Songwriter and Social Activist Tommy Sands Will Appear at MCTA



FSU's Mountain City Traditional Arts will present legendary Northern Irish singer, songwriter and social activist Tommy Sands in a performance on **Wednesday, Oct. 26**, at 7:30 p.m. at 25 E. Main St. in Frostburg. Come join him on a riveting journey to learn how music can change the world. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Sands' songwriting has drawn the admiration of Nobel Poet Laureate Seamus Heaney and the father of folk music Pete Seeger. And Sing Out! magazine describes him as "the most powerful songwriter in Ireland, if not the rest of the world."

From the pioneering days with the highly influential Sands Family, bringing Irish music from New York's Carnegie Hall to Moscow's Olympic Stadium, Sands has developed into one of the most powerful songwriters and enchanting solo performers in Ireland today.

His songs, like "There Were Roses" and "Daughters and Sons," which have been recorded by Joan Baez, Kathy Mattea, Dolores Keane, Sean Keane, Frank Patterson, Dick Gaughan, The Dubliners and many others, have been translated into many languages and are currently included in the English language syllabus in German secondary schools.

This event is supported by funding from the Maryland State Arts Council. MCTA is a program of FSU in partnership with the Maryland Traditions Program of the State Arts Council.

For info, call 301-687-8040 or email Dr. Kara Rogers Thomas at krogerstthomas@frostburg.edu.

Percussion Ensemble to Perform Its Fall Concert

FSU's Department of Music will present the FSU Percussion Ensemble in its fall performance on **Friday, Nov. 4**, at 7:30 p.m.

Directed by *Dr. Mackenzie Jacob LaMont*, the Percussion Ensemble consists of *Benjamin Alvey, Alec Chapman, Jacob Deaver, Grace Giles, Jacob Hunt, Jacob Hutzell, Joseph Louie, Julia Seddon* and *Guy Witt*. They will be joined by guest performers *Cheyenne Jeffries* and *Joe Rubens*.

The concert will feature "Stratus" by Chris Crockarell, "4/4 for Four" by Anthony Cirone, "Introduction and March" by Garwood Whaley, "Gravity" by Marc Mellits, an arrangement of the fourth movement of "Concerto for Mixed Choir" by Alfred Schnittke and "The 'O' Zone" by Jack Stamp.

In 1990, seeing a void in entertaining yet educational percussion literature, Crockarell and business partner Chris Brooks co-founded Row-Loff Productions. RLP soon became the global publishing leader in percussion literature. Since that time, Crockarell has written and arranged marching and concert percussion for RLP as well as Arranger's Publishing Company.

Cirone's "4/4 for Four" was written in 1972 during the composer's long tenure as a percussionist at the San Francisco Symphony and as a professor at San Jose State University. He serves as an executive editor of percussion publications through Meredith Music Publications and is a clinician for the Avedis Zildjian Cymbal Company, the Yamaha Corporation of America and the Remo Drum Company. Some of his most lasting contributions to the world of percussion, besides his compositions, teaching and performance history, are his many educational method books.

Whaley is the president and founder of Meredith Music Publications (1979) and conductor emeritus of the Bishop Ireton Symphonic Wind Ensemble in Alexandria, Va. He is the author of more than 30 highly acclaimed method books for percussion instruments, solos and ensembles, as well as the co-author of two supplementary band methods. His many publications for percussion instruments have become standard texts worldwide. In 2021, he was inducted into the Percussive Arts Society Hall of Fame, the highest honor one can receive in this field.

Mellits is one of the leading American composers of his generation, performing hundreds of concerts throughout the world every year. His unique musical style is an eclectic combination of driving rhythms, soaring lyricism and colorful orchestrations. Mellits' music is described as visceral, making a deep connection with the audience. He is often a miniaturist, composing works comprised of short, contrasting movements. His music is eclectic, all-encompassing, colorful and always has a sense of forward motion.

One of the most performed and recorded composers of late 20th-century classical music, the Russian composer Schnittke depicted in his music the moral and spiritual struggles of contemporary man. After he converted to Christianity and his deeply held mystic beliefs influenced his music, he was often viewed suspiciously by the Soviet bureaucracy. After his death in 1998, he was buried, with state honors, at the Novodevichy Cemetery in Moscow, where many other prominent Russian composers are interred.

The title of Jack Stamp's "The 'O' Zone" refers to the Percussion Department that Professor Gary Olmstead ("O") developed at Indiana University of Pennsylvania. The work was written in celebration of Olmstead's 25th year at the university.

Faculty Artist Series Concert by Percussionist Dr. Mackenzie Jacob LaMont

FSU's Department of Music will present percussionist *Dr. Mackenzie Jacob LaMont* in a Faculty Artist Series concert on **Saturday, Nov. 5**, at 7:30 p.m.

The program will feature LaMont on drum set and will include several works composed by LaMont as well as "Fun With Teeth" by Nate May and pieces by progressive rock groups Dream Theater and King Crimson. Fellow performers include guitarist *Dr. Tom Clippinger*, keyboardist *Dr. Jay DeWire*, bassist *Tom Harrison*, baritone *Gregory Scott Stuart*, saxophonist *Dr. Brent Weber*, pianist *Dr. Joseph Yungen*, guitarist *Shawn Zimmerman* and the FSU Saxophone Ensemble.

May describes his light "Fun With Teeth" (2015) as "death metal wrapped in a pink ribbon." Loaded with multiphonics and jazzy riffs, the work is engaging in its multiple personality disorder. May is a composer, performer and educator whose interest in human ecosystems has impelled explorations of a wide variety of sounds and interactions. Raised in Huntington, W.Va., much of his work stems from a "fascination, love and respect for the people" of Appalachia.

Dream Theater is an American progressive metal band formed in 1985. Their music has been described as a dense blend of progressive rock and post-Halen metal. The band is well-noted for being one of the early progenitors of the progressive metal genre, a unique metal that was not traditional of the day: it had distorted guitars and fast riffing, but the music focused more on technical proficiency and precise execution than on heavy metal riffs. The band's music has focused on three main elements: metal, melody and progressive roots. Dream Theater's music has also been described as art rock.

King Crimson is a rock band formed in 1968 in London. The band draws inspiration from a wide variety of music, incorporating elements of classical, jazz, folk, heavy metal, gamelan, industrial, electronic, experimental music and new wave. The band has also drawn on English folk music. They exerted a strong influence on the early 1970s progressive rock movement and continue to inspire subsequent generations of artists across multiple genres. The band has earned a large cult following. King Crimson has been described musically as progressive rock, art rock and post-progressive.

FSU Saxophone Orchestra and Local Community Saxophonists in Adolphe Sax Birthday Celebration Recital

FSU's Department of Music will present an Adolphe Sax Birthday Celebration Recital on **Sunday, Nov. 6**, at 3 p.m.

Join the FSU Saxophone Orchestra and local community saxophonists for an unforgettable evening of music celebrating the birth of Sax, the Belgian musician who invented the saxophone. Directed by *Dr. Brent Weber*, the orchestra of 18 musicians will perform "Fanfare" from "La Péri" by Paul Dukas, arranged by Ronald Caravan; "Mise à Sax" by Alain Crepin; "not about posies" by *Dr. Mackenzie Jacob LaMont*; "Shady Grove," an American traditional piece, arranged by William Pyle; and "ExtraSensory Perception" by Marc Mellits.

Saxophone Orchestra personnel are as follows: soprano saxophone – *Ed Cameron, Alex McNemar* and Weber; alto saxophone – *Jasmin Golson, Josh Foreman, Caitlyn Rund, Riley House, Guy Witt* and *Raegan Barrett*; tenor saxophone – *Tammy Burns, Rich Frush, Gabe Hicks* and *Max Partlow*; baritone saxophone – *Mike Lee, Eileen Martin, Mike Pfaff* and *Courtney Sechler*; and bass saxophone – *John Taylor*. Guest artists performing "not about posies" will include *Dr. Joseph Yungen* on piano, *Dr. Jay DeWire* on keyboard harp, *Shawn Zimmerman* on electric guitar, *Tom Harrison* on bass and LaMont, prerecorded percussion, who will also conduct.

"La Péri" ("The Peri") is a 1912 ballet in one act by French composer Dukas about Iskender (the name of Alexander the Great in Persian) searching for immortality and his encounter with a peri, a mythical superhuman being. It premiered in 1912.

Crepin is a Belgian composer, music educator and conductor who has written numerous works for wind and fanfare orchestra. Among his chamber music is "Mise à sax," for saxophone ensemble.

In "not about posies," the movement titles ("ring around," "pockets full," "ashes, ashes" and "we all fall down") are based on the "Ring Around the Rosie" poem. Though it has never been confirmed, some writers have claimed this poem refers to the Black Death epidemic that struck London in the mid-1600s. With this negative connotation in mind, LaMont subtitled each movement to refer to a different epidemic: greed. The four subtitles from the movements end up saying "endless greed destroys everything."

"Shady Grove" is a traditional Appalachian folk song, believed to have originated in eastern Kentucky around the beginning of the 20th century. The song was popular among old-time musicians of the Cumberlands before being widely adopted in the bluegrass repertoire. The lyrics describe "the true love of a young man's life and his hope they will wed," and it is sometimes identified as a courting song.

Mellits is an American composer and musician. His music is influenced by minimalist and rock music and has been identified with the post-minimalist stylistic trend. "ExtraSensory Perception," consisting of the movements "Roasting Petunia," "The Seduction of Brie," "Standing at the Gates of Orange Wheat" and "Groove Machine," was composed in 2018.

CES at FSU to Host MSO in a Concert of Classical Masterworks



The MSO Orchestra

CES at FSU will present a concert of classical masterworks with the Maryland Symphony Orchestra on **Friday, Nov. 11**, at 7:30 p.m.

The performance, sponsored by Dr. Peter Halmos, will include Wolfgang Amadeus Mozart's spirited "Symphony No. 29 in A Major," Igor Stravinsky's "Pulcinella Suite," which was derived

from his ballet, and Carl Maria von Weber’s “Concertino for Clarinet in E-flat Major, Op. 26,” featuring accomplished solo clarinetist Beverly Butts.

Concert tickets are \$35 for adults, \$31.50 for FSU faculty and staff and the military, \$15 for youth under 18 and free for FSU students.

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

MSO Musical Director Elizabeth Schulze will also present “Prélude,” a virtual session to discuss the works to be performed. The recording will be available on MSO’s YouTube channel, <https://www.youtube.com/user/MarylandSymphony>, approximately one week before the concert.

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

Workshops

CES at FSU Presents Free MSO Audition Workshop for High School and College Students



Jonathan Parrish, left, and Liam Glendening of MSO

CES at FSU will present a free workshop for high school and college music students, titled “Preparing for a Music Audition,” on **Wednesday, Oct. 26**, from 3 to 5 p.m. in Pealer Recital Hall.

Whether one is applying to college music programs or seeking employment as a professional musician, auditions are an important part of life for serious music students. In this two-part workshop, participants will learn how to navigate the audition process with Jonathan Parrish, executive director of the Maryland Symphony Orchestra, and Liam Glendening, principal trombonist, and gain valuable insight into the professional music world.

During the event, Parrish will discuss MSO’s audition process and share his experiences from both sides of the audition curtain. Glendening will discuss the preparation of orchestral excerpts, practice optimization and audition strategies.

After a brief break at 4 p.m., participants will observe mock auditions as selected students perform prepared musical excerpts and receive feedback from Parrish and Glendening.

Participation in mock auditions is limited. Interested students must contact CES in advance at ces.frostburg.edu to make arrangements.

This event will be available for in-person attendance or virtual attendance via the CES Facebook page at <https://www.facebook.com/CESFrostburg>.

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

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

Exhibits

‘Queer Appalachia’



Queer Appalachia, an exhibition celebrating the LGBTQIA+ community in Appalachia, will be held **Friday, Nov. 4, through Friday, Nov. 25**, in the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. The opening reception will be on **Nov. 4** from 6 to 8 p.m. This event is free and open to the public.

Gallery hours for this exhibit will be **Mondays through Fridays** from 11 a.m. to 6 p.m.

Presentations

Philosophical Forum: ‘Questioning the Overturning of Roe v. Wade’

The FSU Department of Philosophy Philosophical Forum will present a panel discussion of the implications of the overturning of Roe v. Wade on **Tuesday, Oct. 25**, at 6:30 p.m. in the Lane Atkinson Room (232). The moderator will be *Dr. Shoshana Brassfield*, an associate professor in the department.

This event is free and open to the public and will include the following:

“Why the U.S. Supreme Court Overturned Roe v. Wade,” *Dr. Scott P. Johnson*, a professor in the Department of Political Science – This presentation will examine the legal and political difficulties brought about by the Roe decision and the 50-year battle to overturn one of the most controversial rulings in the history of the court.

“Reproductive Justice and the Dobbs Decision,” *Dr. Angie Luvara*, an assistant professor in the Department of Sociology – This presentation will apply an intersectional reproductive justice framework to the Dobbs decision by investigating the ways that the harms created by this decision will fall disproportionately on marginalized peoples.

“The Moral and Legal Status of Abortion,” *Dr. Skott Brill*, a professor in the Department of Philosophy – This presentation will use the method of thought experiment to question a claim on which the overturning of Roe rests: that it is reasonable to believe an abortion violates the moral and legal rights of an embryo or fetus.

For info, contact Brill at 301-687-4249 or sbrill@frostburg.edu.

Take Note

Open Enrollment

It's that time of year again – Open Enrollment for health benefits – the one time each year when employees and retirees can enroll for the first time, change plans, add or drop dependents and re-enroll in flexible spending accounts (FSAs). Reminder: FSA elections do not carry over from year to year.

Open Enrollment runs until **Friday, Nov. 4**, to make changes for the 2023 calendar year. Open Enrollment will be online using State Personnel System (SPS) Workday.

Important: When adding a new or re-enrolled dependent, the state of Maryland requires dependent verification documentation be attached to your enrollment election. “Newly added dependents” are dependents that have never been covered in the current or any prior year. “Re-enrolled dependents” are dependents that were covered at one time in the past but haven't been insured under the state of Maryland plan since January 2019.

Dependents added without the correct documentation will be removed from coverage before the new plan year. Dependents who are dis-enrolled remain ineligible unless they experience a qualified family status change or until the next Open Enrollment period.

The Dependent Documentation Requirements link is

<https://dbm.maryland.gov/benefits/Documents/Dependent%20Documentation%20Requirements.pdf>.

For assistance with Open Enrollment, email lnightingale@frostburg.edu or call 301-687-4398.

College Alignment: Moving Forward Discussions

The dates, times and locations for the upcoming College Alignment: Moving Forward staff and student discussions are as follows:

Staff discussion – **Monday, Oct. 31**, 2 to 3 p.m., Gira Center 397

Student discussion – **Thursday, Nov. 10**, 1 to 2 p.m., Gira Center 397

Your engagement and feedback on enhancing the structure and productivity of FSU's colleges are encouraged.

For info, contact the Provost's Office at 301-687-4211.

Ecobricks, Geography Bowl, FRN Events

FSU Ecobricks

FSU Ecobricks will meet on **Thursdays** at 1 p.m. in Gunter 211/214. Join the group to construct Ecobricks and learn more about how you can transform your relationship with plastics. Ecobricking is a hands-on environmental movement, and the group is making progress toward its first big project.

Learn more at the meetings, by following FSU Ecobricks on Facebook or by contacting Laurel Plitnik, president, at lgplitnik0@frostburg.edu or Tracy Edwards, advisor, at tedwards@frostburg.edu.

FSU Geography Bowl

Join Bobcat geographers for an evening of fun **Mondays** from 7 to 8:30 p.m. in Gunter 214. Test your skills and develop your geographic knowledge base through friendly bowl-style competition – with buzzers! All are welcome to attend and/or develop questions. There will be at least one image-based round – just like at the World Geography Bowl.

For info, contact Alex Donley at ajdonley0@frostburg.edu or Tracy Edwards in Gunter 210 or at tedwards@frostburg.edu.

FSU Food Recovery Network

So far in fall 2022, 149 pounds of food have been recovered from Chesapeake Dining Hall and delivered to the Western Maryland Food Bank. Additional student, faculty and staff volunteers are needed to build the FRN Team to reduce food waste on campus and address regional poverty/food concerns.

If interested in learning more, email tedwards@frostburg.edu. The first FRN meeting is being scheduled for the **last week in October**.

Spirit Night at Chick-fil-A

FSU's Phi Kappa Phi chapter will host a Spirit Night at Chick-fil-A in LaVale (next to Kohl's) on **Wednesday, Oct. 26**, from 5 to 7 p.m., with proceeds to benefit Jane's Place Inc. Allegany County Child Advocacy Center. 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.

FSU Fall 2022 Virtual Career and Internship Fair



Registration is open! FSU will host a Virtual Career and Internship Fair on **Wednesday, Oct. 26**, from 11 a.m. to 3 p.m. through Handshake. Attend a group or one-on-one sessions with employers that are looking for FSU students. Click on any of the emails sent to your FSU student email account from Handshake or go to https://frostburg.joinhandshake.com/career_fairs/35627 to register or view employers.

For info, call 301-687-4403 or email careerservices@frostburg.edu.

Auditions and Interviews for T&D Fall 2023 Incoming Students



A scene from the 2022 Spring Dance Concert

FSU's Department of Theatre and Dance will hold auditions and interviews for fall 2023 incoming students on **Saturday, Nov. 12**, from 10 a.m. to 1 p.m. (Auditions/interviews will also be held on **Saturday, March 11, 2023**.) Auditions/interviews are required for the acting as well as design and technology tracks.

A major is also available in theatrical studies. Minors are available in musical theatre, dance and theatre.

In addition to the auditions/interviews, tour the Pealer Performing Arts Center and meet with current students.

To register, visit www.frostburg.edu/TheatreDance and click "Admission Auditions."

Sponsor-a-Family: Thanksgiving Baskets

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

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

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

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

Storybook Holiday Magic to Be Featured on National TV Program

FSU's Children's Literature Centre and the city of Frostburg have been creating holiday magic through Storybook Holiday since 2004. Mark your calendars for this year's event on **Saturday, Dec. 3** – the elves will be working the Main Street area all day! The featured author will be Will Hillenbrand, who will share his amazing book, "Santa's Story." A few highlights of the day will include Breakfast With the Elves, Letters to Santa, a magical parade, Elves' Secret Workshop, Sticker Stops and a classic movie.

This is going to be the biggest Storybook Holiday yet and many volunteers are needed. To volunteer for Storybook Holiday, fill out the google form at <https://forms.gle/mAbZxfnWb4jUJUpX5>.

This year, CLC and its elves are bringing a special gift to Frostburg in the form of a television crew that will capture the town's Christmas celebration for part of a reality series called "Small Town Christmas," airing later this year on cable channel UPTV. This is the second season of the docuseries, which pays tribute to small towns that celebrate the holidays in big ways. The show is hosted and executive produced by Megan Alexander, a national correspondent for "Inside Edition" and the author of books that include "The Magic of a Small Town Christmas."

Alexander was drawn to Frostburg for its "cool" name and as well as the annual Storybook Holiday celebration. She and her production team will wrap up their season in Frostburg and will be in town in **late November and early December** to capture Storybook Holiday. The episode is scheduled to air on UPTV on **Sunday, Dec. 18**, at 9 p.m. Eastern Time.

Allegany County Tourism is spearheading local plans for this unique opportunity and has assembled a Host Committee for the event.

Townspople are invited to attend Storybook Holiday this year in their most festive holiday attire.

More details will follow as the Tourism Office and Host Committee communicate with the television crew.

To get a preview of what "Small Town Christmas" is like or to see last year's episodes, go to uptv.com/shows/small-town-christmas.

Student Voter Engagement Competition Series

The J. Glenn Beall Institute for Public Affairs, in conjunction with the Office of Civic Engagement, is hosting a series of social media competitions focused around encouraging students and young people to vote and take action. Leading up to the election there will be competitions using Instagram and TikTok. A panel consisting of faculty, staff and students will judge the submissions and award

students a stipend from the J. Glenn Beall Institute for first place (\$350), second place (\$250) and third place (\$150) submissions for each competition topic/platform.

Submissions for all competitions should be submitted through <https://bit.ly/3xHlkjB> by providing the link(s) to the video/picture submission on the social media site. Students are encouraged to be creative and focus on getting individuals to register and vote in the mid-term elections. There is no limit to submissions, and students are encouraged to take part in all competitions. Submissions will only be considered if they are submitted via the link above and tagged on social media with #BobcatsVote.

The submission deadline for the competition topic Why I Vote is **Sunday, Nov. 6**, at midnight.

For info, contact the Office of Civic Engagement at civicengagement@frostburg.edu or 301-687-4210.

Flu Vaccine Clinic at Brady Health



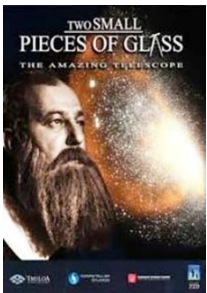
The Brady Health Center is offering the quadrivalent vaccine again this year. This vaccine protects against four strains of the influenza virus – two type A strains and two type B.

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

The cost is \$25. Student can pay by cash, check, Bobcat Express or bursar bills student PAWS account. Faculty and staff can pay by cash or check.

You must be over 18 years of age. Don't forget to wear short sleeves!

Planetarium Show for Oct. 29



Science Saturdays feature space news, a tour of the night sky and a full-dome movie.

After the shows, telescopes will be set up for observing the moon and the planets if the sky is dark enough and the weather is favorable.

The show for **Oct. 29** will be “Two Small Pieces of Glass” at 5 and 7 p.m. in the Multimedia Learning Center, room 186 of the Gira Center. This event is free and open to the public.

“Two Small Pieces of Glass” follows two students as they interact with a female astronomer at a local star party. Along the way, the students learn the history of the telescope from Galileo’s modifications to a child’s spyglass – using two small pieces of glass – to the launch of the NASA/ESA Hubble Space Telescope and the future of astronomy. Aiming to engage and appeal to audiences of all ages, the show explores the wonder and discovery made by astronomers throughout the last 400 years.

Private shows are also available on request for schools and other similar groups. These are free. Up to 80 people can be seated, with access for up to five wheelchairs. Due to the popularity of the private shows, be sure to book several months in advance.

For info, contact Dr. Jason Speights at jcspeights@frostburg.edu.

FSU-TV3

Mark Your Calendars for the FSU-TV3 App Launch!



FSU-TV3 and the Department of Communication is hosting an App Launch Party on **Monday, Oct. 31**, from 11 a.m. to 2 p.m. in the Gira Center lobby. Stop by for some spooky treats, get the app, walk the red carpet and meet the producers of the student-produced programming.

Follow FSU-TV3 on social media at <https://www.facebook.com/FSUTV3> and @fsutv3 on Twitter and Instagram.

Study Abroad

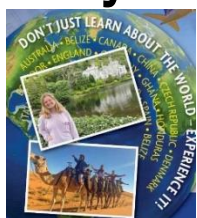
Plan Your Study Abroad Experience for Summer and Fall 2023!



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 will take place at 3:30 p.m. on the following **Fridays: Oct. 28, Nov. 18 and Dec. 2**.

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

Study Abroad and International Fair



The Center for International Education will host a Study Abroad and International Fair on **Wednesday, Oct. 26**, from 11 a.m. to 2 p.m. in the Lane Atkinson Room (232). This event is open to all faculty, staff and students.

For info, contact the Center for International Education at 301-687-4714 or FSUinternational@frostburg.edu or visit the webpage at www.frostburg.edu/StudyAbroad.

Costa Rica – Pura Vida Trip in Summer 2023



The Department of Recreation and Parks Management will offer a study abroad program to Costa Rica in May 2023. 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 open to any FSU student and is integrated as the experiential component of RECR 448 Principles of Ecotourism during summer session 2023. Dates of travel are **Wednesday, May 31, to Thursday, June 8, 2023.**

This program will provide you the opportunity to experience once-in-a-lifetime moments abroad, immerse yourself in new cultures and engage in incredible personal growth. You will engage in hands-on experiences as you 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. This trip includes visits to five national parks in Costa Rica.

For info, contact the faculty trip leader, Dr. Natalia Buta, chair of the Department of Recreation and Parks Management, at nbuta@frostburg.edu or 301-687-4458.

Health and Safety Messages

Halloween Safety – It’s Not Just for Kids!



Halloween is one of the most popular holidays of the year among teens and adults, too! It’s important to pay attention to your surroundings and use your best judgment at any college party, but take special precautions when people will be in costume and possibly consuming alcohol.

Choose your Halloween costume wisely. If you’re going to dress up, be sure to wear something that you can move in. Sky-high heels and too-tight dresses can restrict your movement. Masks and wigs can accidentally cover your eyes, impairing your vision.

Obey laws, rules and regulations. Whether you are going out in public, staying on campus or heading to a party in an apartment complex, follow the rules. You don’t want to get arrested, kicked out of school or injured!

If you’re going to drink, do so responsibly. Never accept a beverage – beer, cocktail, or even water or soda – from someone you don’t know. Never leave your drink unattended.

Decorate safely. Are you the party host? Make sure valuables and breakables are put away safely. Light your jack o’lanterns with glow sticks instead of real candles.

Use the buddy system. Don’t go to a Halloween party without a good friend. Make a pact to arrive and leave together, and keep tabs on each other all evening.

Be on your toes when meeting new people who are wearing costumes, especially outfits that hide their faces or change their voices.

Be sure your phone is fully charged before you go out for the night and make sure the volume is turned on in case a friend is trying to reach you. Don’t let your phone out of your sight.

Keep cash tucked inside your pocket or costume. You might need it for cab fare or other emergency.

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

Fear of Missing Out and Social Media Wellness



Mental Health Monday Tip: <https://www.verywellmind.com/how-to-cope-with-fomo-4174664>

Tell Yourself Tuesday Tip: <https://www.psychologytoday.com/us/blog/stronger-the-broken-places/201501/10-ways-overcome-fear-missing-out>

Wacky Wednesday Tip: <https://akhealth.org/social-media-mental-health-facts>

Thankful Thursday Tip: <https://www.psychologytoday.com/us/blog/click-here-happiness/201807/how-practice-gratitude-social-media-and-how-not>

Fun Friday Tip: <https://www.makeuseof.com/tag/start-enjoying-social-media-again>

Social Saturday Tip: <https://www.hsph.harvard.edu/news/features/social-media-positive-mental-health>

Self-Love Sunday Tip: <https://benebynina.com/2022/04/15/social-media-and-mental-health-scroll-for-self-love>

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

Frostburg State University is a place where every student can experience a myriad of opportunities both in and out of the classroom, fostered by a sense of inclusion and close mentoring relationships with faculty and staff.

Frostburg State University is committed to developing cultural competence and cultivating understanding of and respect for a diversity of experiences and world views that encourage each person's ability to "take the perspective of the other."

Frostburg State University is committed to a system of shared governance that allows faculty, staff and students to learn about the issues the University confronts and that provides a structure for meaningful input into University decisions.

OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

Frostburg State University is a regionally acclaimed and nationally recognized academic institution that provides distinctive programs to support state and regional workforce needs. Faculty, staff and students foster collaboration in a welcoming and inclusive campus culture.

Students value the opportunities open for them at FSU and form close mentoring relationships with faculty and staff, who are committed to their success and well-being. Students apply knowledge and skills learned in the classroom to internship, civic engagement, study abroad and research experiences to meet the challenges of a complex and changing global society.

The University is integrated into the fabric of the community as a valued and respected regional asset. We are committed to making changes that secure our future while celebrating the values that reflect our history.

STRATEGIC GOALS

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

Align University resources – human, fiscal and physical – with strategic priorities.

To view FSU's Strategic Plan 2018-2023 online, visit www.frostburg.edu/strategicplan.