



# StateLines

For and about FSU people

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Copy deadline: noon Wednesday, Candis Johnson at [cvjohnson@frostburg.edu](mailto: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](http://www.frostburg.edu/COVID19).

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

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](http://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](http://msac.org)), the Allegany Arts Council and the City of Frostburg.

## Department of Theatre and Dance to Participate in 'My Body No Choice' Reading of Play Responding to Supreme Court Overturning of Roe v. Wade

FSU's Department of Theatre and Dance will join 20 theatres and universities from across the United States in a reading of eight, female-authored monologues centered around bodily autonomy and choice. Directed by faculty member *Nicole Mattis*, FSU's reading will take place on **Tuesday, Nov. 1**, at 7:30 p.m. in the F. Perry Smith Studio Theatre of FSU's Performing Arts Center. Displays, including a community art project, will be presented in the PAC lobby beginning at 7 p.m. The event is free and open to the public.

Readings will be performed by *Robin Wynder*, assistant vice president of Student Affairs; *Dr. Trina Redmond*, a professor in the Department of Psychology; *Annie Danzi*, an associate professor in the Department of Communication; *Kimberli Rowley* and *Nicole Halmos*, FSU alumnae; and *Amaya Hatcher* and *Grace Stevenson*, FSU students.

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‘My Body No Choice’ is a reaction to the Supreme Court’s July 2022 decision and was commissioned by Arena Stage in Washington, D.C., by Executive Director Molly Smith. “I knew I had to make a theatre piece in response to this horrifying decision,” said Smith. “It’s my final production as Arena’s artistic director, and setting it in a consciousness-raising space like women had in living rooms in the ’70s felt like the absolute right action to take. We all need to raise our consciousness together.

“I hope that by experiencing the artists bringing these powerful monologues around choice to full fruition, the audience will be empowered to talk about their own difficult choices. These include the choice to have (or not have) an abortion, the right to choose one’s body size and the right to make a decision around when to end one’s life. Far too often, these are the stories women are afraid and ashamed to share, and with the Supreme Court’s recent decision, it’s time for women to lose that fear.”

FSU’s project is being supported by the Department of Theatre and Dance, Women’s Studies, Center for Literary Arts and a new feminist group being formed on campus.

For info, contact Mattis at [nmattis@frostburg.edu](mailto:nmattis@frostburg.edu).

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## 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](mailto:msmith@frostburg.edu) or [jlewis@frostburg.edu](mailto: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](mailto:msmith@frostburg.edu).

This 24/7, third-party, online tutoring platform is accessible via Canvas. Students must send an email to [msmith@frostburg.edu](mailto: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; 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; **PSYC 155 and 201 (new)** – **Thursdays, 3 to 4 p.m., Guild 120, and Fridays, 3 to 4 p.m., Guild 121.**

### 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](mailto: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](mailto: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](http://www.frostburg.edu/concerts). For info, contact FSU's Department of Music at 301-687-4109.

### 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.

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# 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.

## Piano Studio Will Perform Recital

FSU's Department of Music will present its Piano Studio in a recital on **Sunday, Nov. 6**, at 7 p.m.

**Dr. Jay DeWire** is the piano instructor.

**Carolyn DeSena** will perform the slower, more introspective "No. 7, Intermezzo" of "8 Klavierstücke, Op. 76" by Johannes Brahms, and **Sam White** "No. 3, Ballade" of "6 Klavierstücke, Op. 118," which are some of the most beloved compositions that Brahms wrote for solo piano.

**Morgan Danver** will play "No. 10, Le cathédrale engloutie" from "Preludes, Book I" by Claude Debussy. In writing preludes, Debussy continued the natural evolution of this form, from its classical position as a preliminary movement or introduction to the main body of a composition.

**Riley House** will perform the fiery first movement, "Allegro molto e con brio," from "Piano Sonata in C Minor, Op. 10, No. 1" by Ludwig van Beethoven.

**Cayla Gavin** will perform the second movement, "Mouvement de menuet," from Maurice Ravel's "Sonatine," one of his defining works. The minuet unfolds as a slow waltz, elegant and restrained, but nonetheless building through moments of passion and intensity.

White will play "Du bist die Ruh" ("You Are Rest and Peace"), a lied by Franz Schubert. He will be joined by soprano **Laurel Plitnik**. The text is from a set of poems by the German poet Friedrich Rückert.

"Dolly Suite, Op. 56" by Gabriel Fauré consists of six short pieces written to mark the birthdays and other events in the life of the daughter of the composer's mistress, Emma Bardac. **Jelynna Horsey** and **Morgan Danver** will perform the first movement, "Berceuse"; Gavin and House the second, "Mi-a-ou"; DeSena and White the third, "Jardin de Dolly"; Gavin and House the fourth, "Kitty Valse"; House and DeWire the fifth, "Tendresse"; and Gavin and DeWire the sixth, "Pas Espagnol."

## FSU's Department of Music to Present String Ensemble Concert

FSU's Department of Music will present its String Ensemble in concert on **Wednesday, Nov. 9**, at 7:30 p.m.

Conducted by **Dr. Karen Lau**, ensemble members are **Anna Hilderbrand** and **Chassady Redhead** on violin, **Evelyn Shanholtz** and **Kathryn Schram** on viola and **Jocelyn Finnecy** on cello.

The group will perform the first movement, "Allegro," of "Symphony No. 5 in B-flat Major, D. 485" by Franz Schubert, arranged by Ignacio Massun; the second movement, "Adagio affettuoso ed appassionato," of "String Quartet No. 1 in F Major, Op. 18, No. 1" by Ludwig van Beethoven; and the four movements, "Prelude," "Fugue," "Nocturne" and "Cakewalk," of "Serenade for String Orchestra" by Norman Leyden.

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Schubert's "Symphony No. 5 in B-flat Major, D. 485" was completed in 1816. Of all his symphonies, it is scored for the smallest orchestra and has come to be known as "the symphony without trumpets and drums." In character, the writing is often said to resemble Mozart; Schubert was infatuated with the composer at the time he composed it. The fresh, unencumbered opening of the "Allegro" is lightness itself. Jaunty and tuneful, the principal themes are introduced with the unmistakable Schubertian chromaticism.

"String Quartet No. 1 in F Major, Op. 18, No. 1" was written by Beethoven between 1798 and 1800, published in 1801 and dedicated to the Bohemian aristocrat Joseph Franz von Lobkowitz. It is the second string quartet that Beethoven composed and consists of four movements. According to Karl Amenda, Beethoven's friend, the second movement was inspired by the tomb scene from William Shakespeare's "Romeo and Juliet."

Known for his thousands of film, radio and symphonic arrangements, prolific composer Leyden published this suite for string orchestra in 1971. The four brief, contrasting movements blend classical/baroque tradition with stylistic harmonies popular to the era.

## Readings

### CLA Will Host Poet Indran Amirthanayagam

The Center For Literary Arts will host Indran Amirthanayagam on **Thursday, Nov. 3**, at 7:30 p.m. in room 237 of the Ort Library. This event is free and open to the public.

Amirthanayagam writes poetry in English, Spanish, French, Portuguese and Haitian Creole. He is the author of 21 books of poems, including "Ten Thousand Steps Against the Tyrant" (Broadstone Books, 2022), "Blue Window," "The Migrant States" (Hanging Loose Press, 2020) and "Coconuts on Mars" (Paperwall, 2019).

Amirthanayagam is a 2020 Foundation for Contemporary Arts fellow in poetry and a past fellow of the New York Foundation for the Arts, the US/Mexico Fund for Culture and the MacDowell Colony. He edits The Beltway Poetry Quarterly, curates the reading series Poetry at the Port in Silver Spring, Md., and serves on the Board of DC-ALT.

For info, contact [cla@frostburg.edu](mailto:cla@frostburg.edu).

## 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.

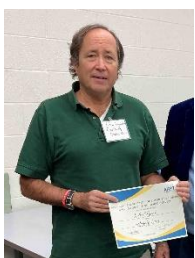
## Points of Pride

### Dr. Greg Latta Receives John Campanius Holm Award From NWS

During a recent live webinar ceremony, **Dr. Greg Latta**, Professor Emeritus of Physics and Engineering, was awarded the prestigious John Campanius Holm Award from the National Weather Service for his work with NWS as a Cooperative Observer Program (COOP) observer.

The COOP Network, which has served the nation since 1890, monitors and maintains the nation's local weather and climate data record to support weather and climate forecasts, watches and warnings, as well as continuity and preservation of the climate record. This award was named in honor of John Campanius Holm, a Lutheran minister who was the first person known to have taken systematic weather observations in the American colonies (1644-1645). Each year, up to 25 cooperative observers are honored with the award for outstanding public service in the provision of daily observations in support of NWS' climate and weather programs.

### Dr. John Lynch Winner of Distinguished Service Award



**Dr. John Lynch**, a lecturer in FSU's Department of Physics and Engineering, was honored with a Distinguished Service Award at the Oct. 22 meeting of the American Association of Physics Teachers Appalachian Section. Lynch was nominated by **Dr. Francis Tam**, FSU Professor Emeritus of Physics and Engineering.

"Dr. Lynch is a hardworking physicist who contributes quietly in so many ways to the Appalachian Section and to FSU," said Tam. For more than eight years he has served as the section's secretary-treasurer. Since joining the faculty in 2017, Lynch has taught a wide range of introductory and advanced-level courses in physics and engineering. "John has been conscientious about his responsibilities, encouraging and appreciating colleagues and students," said Tam.

### Andy Duncan Hosts Q&A at Creative-Writing Seminar

**Andy Duncan**, a professor in FSU's Department of English and Foreign Languages, did a two-hour virtual Q&A on Oct. 25 with students in Dr. Audrey Taylor's creative-writing seminar at Rio Grande College in Eagle Pass, Texas, part of Sul Ross State University.

## Take Note

### Blood Drive – Urgent Need!



The Pre-Med Society will sponsor a blood drive on **Tuesday, Nov. 8**, from 11 a.m. to 4:30 p.m. in the Lane Atkinson Room (232).

Maximize your blood donation and help more patients! If you are an eligible O, B- or A-donor, consider making a Power Red donation. Red blood cells are the most commonly transferred blood component. Power Red is similar to a whole blood donation, except a special machine is used to allow you to safely donate two units of red blood cells during one donation while returning your plasma and platelets to you. Though each donation takes

a bit longer to make, you are doubling your impact for patients compared to a whole blood donation. You may also feel less fatigue since your other blood components are returned to you.

To register, visit <https://www.redcrossblood.org/give.html/drive-results?zipSponsor=FrostburgUnivLane>.

For info, contact Andry Cantarero at [acantarero0@frostburg.edu](mailto:acantarero0@frostburg.edu).

### Majors Fair



Need help finding the right major? Do you feel like the major you are in might not be right for you? Would you like to talk to other students who are familiar with your major? Then this fair is for you!

The Majors Fair will be held on **Wednesday, Nov. 2**, from 11 a.m. to 2 p.m. in Lane Manicur Hall. Meet with students who want to share exciting information with you about the majors offered at FSU. There will also be interactive demonstrations and prizes!

### ‘The Secret Life of Larry Finkelstein’



Ever wanted to know more about the Defense Intelligence Agency?

Come hear the true tales of espionage and intrigue from an FSU alum/Defense Intelligence agent in “The Secret Life of Larry Finkelstein: True Stories From a Defense Intelligence Agent” on **Thursday, Nov. 3**, at 4:30 p.m. in Compton 224.

### ‘Building Your Foundation for Your Future’



Do you feel uncertain of the path you are on?

Come for a virtual watch party and hear an FSU alum’s story about how one opportunity changed the entire direction of his life on **Wednesday, Nov. 9**, at 5 p.m. in Compton 224.

### Professional Development Conference: ‘Lighting the Future’



The Office of Human Resources will host the fall Professional Development Conference, “Lighting the Future,” on **Wednesday, Nov. 9**, and **Thursday, Nov. 10**, in Lane 113. On both days, breakfast will start at 8:30 a.m., sessions will begin at 9:30 a.m. and the events will end at 3:30 p.m. It is a hybrid conference with some presentations that will be only in person and some that will only be virtual. This event is open to all FSU faculty and staff.

For info, contact Chris Everett at [cseverett@frostburg.edu](mailto:cseverett@frostburg.edu).

### Interest Session – FSU Spectrum

There will be an interest session for all students interested in participating in the FSU Spectrum (LGBTQIA+) organization on **Friday, Nov. 11**, from 11:30 a.m. to 1:30 p.m. in Lane 113. This event is open to all students interested in learning more about and potentially joining the organization. For info, email [odei@frostburg.edu](mailto:odei@frostburg.edu).

### 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](mailto:lnightingale@frostburg.edu) or call 301-687-4398.

## 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](http://www.frostburg.edu/TheatreDance) and click "Admission Auditions."

## College Alignment: Moving Forward Student Discussion

The upcoming College Alignment: Moving Forward student discussion will be held on **Thursday, Nov. 10**, from 1 to 2 p.m. in 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.

## 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](mailto: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, you can sign up for a job on the Google Document at [https://docs.google.com/document/d/1NOFEANWbs5YsgWX6s0SMVTJF3Dmcr\\_j2OInzK\\_tUcC8/edit?fbclid=IwAR3CCzyPZWWX17Jp8x3GyBM3itn06dy6psSakOx8sZrck\\_-waqw00o75vIw](https://docs.google.com/document/d/1NOFEANWbs5YsgWX6s0SMVTJF3Dmcr_j2OInzK_tUcC8/edit?fbclid=IwAR3CCzyPZWWX17Jp8x3GyBM3itn06dy6psSakOx8sZrck_-waqw00o75vIw). Volunteer jobs are available for anyone. You do not have to be an education major to sign up. Storybook Holiday elf jobs include Breakfast With the Elves, Elf Olympics teams, Letters to Santa guide, parade elves, Photo With an Elf, Elves' Secret Workshop, sticker stop guide, trolley ride guide, Tail Waggin' Tutors, author presentation elf and tree-lighting elf.

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.

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

Townpeople 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](http://uptv.com/shows/small-town-christmas).

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## 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](mailto: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!

## Science Saturday Planetarium Show for Dec. 3



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 **Dec. 3** will be "From Earth to the Universe" 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.

In this stunning, 30-minute voyage through time and space, viewers can revel in the splendor of the various worlds in the solar system and the ferocity of the scorching sun. "From Earth to the Universe" then leaves our home to take the audience out to the colorful birthplaces and burial grounds of stars, and still farther out, beyond the Milky Way, to the unimaginable immensity of myriad galaxies. Along the way, the audience will learn about the history of astronomy, the invention of the telescope and today's giant telescopes that allow us to continue to probe ever deeper into the universe.

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](mailto:jcspeights@frostburg.edu).

## Activities for Life

### Yoga Class

Yoga will be offered on **Tuesdays, Nov. 1 through Dec. 6**, from 6:30 to 7:30 p.m. in Cordts PE Center room 106.

Come for a gentle, slow-flow yoga class designed to decrease stress and anxiety. Flowing postures will be combined with breath and meditation. This is a great class for beginners.

The instructor is Heather Mullenix.

Participants must provide their own yoga mat.

To register, email [activitiesforlife@frostburg.edu](mailto:activitiesforlife@frostburg.edu).

## FSU-TV3

### FSU-TV3 Streaming App Launch

**Download the App to Watch "The Halloween Spooktacular" and Other Original Programming From FSU students**

The Department of Communication at FSU will launch its new streaming app for FSU-TV3 on **Monday, Oct. 31**. The launch will be celebrated in the main lobby of the Gira Center from 11 a.m. to 2 p.m. with a red carpet reception, treats and the opportunity to meet the student producers. The app will broaden the reach and the clarity of the channel.



To kick off the app's available programming, "The Halloween Spooktacular," in its fifth year of production, will be broadcast, featuring all the spooky antics you have grown to love. Download the app for free to watch this spooky series. You can watch all five of the Spooktaculars on FSU-TV3 on **Oct. 31** from noon to midnight.

The app is supported by the Department of Communication and FSU. If you would like to support FSU-TV3, visit [www.frostburg.edu/GiveTV3](http://www.frostburg.edu/GiveTV3). Your support will help provide additional educational programming on the app and the channel.

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

For info, contact Melanie Lombardi, FSU-TV3 Cable Channel manager, at [mlombardi@frostburg.edu](mailto:mlombardi@frostburg.edu).

## 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: Nov. 18 and Dec. 2**.

Email Victoria Gearhart at [vmgearhart@frostburg.edu](mailto:vmgearhart@frostburg.edu) to sign up for the session of your choice.

## Health and Safety Messages

### Update on the Flu



#### CDC FluView

CDC's first full FluView report of the 2022-2023 flu season shows that while flu activity is relatively low overall, there are early increases happening in most of the country. Flu activity is highest and increasing the most in the southeast and south-central parts of the United States. This increased activity could signal an early start to flu season.

**Most of those are influenza A, specifically a strain called H3N2. While any version of the flu can be dangerous in vulnerable populations, this strain has been known to cause more severe**

**illness.**

#### Steps to Prevent the Flu

Everyone 6 months and older should get an annual flu vaccine, ideally **by the end of October**.

Avoid close contact with people who are sick. If you are sick, limit contact with others as much as possible to keep from infecting them.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with viruses that cause flu.

If you are sick with the flu, antiviral drugs can be used to treat your illness. **CDC recommends that people stay home for at least 24 hours after their fever is gone except to get medical care or other necessities.** Fever should be gone without the need to use a fever-reducing medicine.

Note that the stay-at-home guidance for COVID-19 may be different. Learn about some of the similarities and differences between flu and COVID-19.

For info, visit <https://www.cdc.gov/flu/prevent/prevention.htm>.

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

### Obsessive-Compulsive Disorder



Mental Health Monday Tip: <https://www.webmd.com/mental-health/mental-tips-living-with-ocd>

Tell Yourself Tuesday Tip: <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/how-take-power-back-intrusive-thought-ocd>

Wacky Wednesday Tip: <https://www.rethink.org/news-and-stories/blogs/2021/10/ocd-is-not-an-adjective-or-a-quirk-so-let-s-all-stop-using-it-as-one>

Thankful Thursday Tip: <https://www.livingwithocd.net/blog-1/practice-daily-gratitude>

Fun Friday Tip: <https://pittsburghocdtreatment.com/15-ways-to-make-exposure-therapy-more-fun-for-kids-and-adults>

Social Saturday Tip: <https://adaa.org/understanding-anxiety/ocd-at-school/how-ocd-affects-social-interaction>

## **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](http://www.frostburg.edu/strategicplan).