



# StateLines

For and about FSU people

A publication of Communications and Media Relations

Volume 53, Number 3, September 12, 2022

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 and FSU's Department of Student Engagement to Host TAKE3 as Part of FSU's Family Weekend Celebration**



As part of FSU's Family Weekend Celebration, CES at FSU and the Department of Student Engagement will present the musicians of TAKE3 on **Saturday, Sept. 24**, at 7:30 p.m. in the Alice R. Manicur Assembly Hall of FSU's Lane University Center. The club-style event features general admission seating, a food menu and bar service.

With a flair for the wild and unexpected, the genre-defying trio TAKE3 infuses classical music with rockstar energy. Known for their charismatic onstage personalities and eclectic programming – from favorites like Billy Joel, John Lennon and Coldplay to the heart-pounding music of “Game of Thrones,” “Pirates of the Caribbean” and “Pulp Fiction” – the ensemble has made an indelible impact on audiences across the

country.

The members of TAKE3 have entertained worldwide audiences with their masterful technique, musicianship and passion for music.

Lindsay Deutsch has toured as solo violinist with Yanni and multiple professional symphonies. Her recent accomplishments include playing as solo violinist for “The Witcher” on Netflix and “The Thing About Pam” on Hulu.

Los Angeles-based cellist Mikala Schmitz has been hailed by San Francisco's Civic Center for her “professional and highest caliber of playing,” and her work with the English rock supergroup, The Last Shadow Puppets, took her to venues across Europe.

Californian pianist Jason Stoll has garnered critical praise and prestigious international awards. He was named a semifinalist in the 2015 Dublin International Piano Competition and finalist in the 2013 American Paderewski Piano Competition.

Tickets are \$15 for adults, \$13.50 for FSU faculty/staff and the military, \$5 for youth under 18 and free for FSU students. For info, visit the CES webpage 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 FSU Lane University Center, is open **Mondays through Fridays** from 10 a.m. to 4 p.m.

CES is supported in part by the Maryland State Arts Council ([msac.org](http://msac.org)) and the City of Frostburg.

## **Appalachian Festival Returns to FSU Sept. 15 Through 17 With ‘Landscapes and Livelihoods’**



FSU's much-anticipated Appalachian Festival will return to campus for its 17th year **Thursday, Sept. 15, to Saturday, Sept. 17**. 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 “Landscapes and Livelihoods.”

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The capstone event is a concert by the Karan Casey Trio in Frostburg's historic Palace Theatre on **Saturday** at 7:30 p.m. With a clear, impassioned voice, Casey has long been recognized as one of the most innovative and provocative musicians in Irish traditional and folk music, singing songs that are suffused with warmth and charged with a sense of social conscience. Joined by fiddler and vocalist Niamh Dunne and guitarist and accordionist Sean Óg Graham, Casey's performance features songs that draw inspiration from personal, historical and political sources while touching on themes of family, loss, love, the empowerment of women and the Irish revolutionary struggle. Tickets are \$15 for adults; \$13.50 for FSU faculty/staff, military and youth under 18; and free for FSU students and can be purchased at the door or ordered at [ces.frostburg.edu](http://ces.frostburg.edu).

Events kick off in Frostburg's Palace Theatre on **Thursday** at 7 p.m. with the film, "Holler." This semi-autobiographical film by Nicole Riegel provides a poignant look at the region's social and economic challenges through the eyes of a young girl caught between her own dreams of a seemingly unattainable future and desperate choices for survival. A post-film discussion moderated by FSU faculty will follow the screening.

The festival's **Friday** on-campus symposium continues the theme "Landscapes and Livelihoods." Symposium discussions will explore pathways to Appalachian resilience with presentations on new agricultural pursuits, including marijuana cultivation, eco-tourism and the creation of inclusive communities. Although each presentation features a different topic, all are connected by a common dedication to regional resilience.

Events begin at 2 p.m. with "The Future Is Hemp: A Presentation and Discussion of the Most Amazing Plant," led by members of the Mountain Maryland Hemp Alliance, which includes a short talk on what hemp is, how it is used and how local growers see it moving forward.

At 3 p.m., Laura Freeman Legge and Steve Storck present "Western Maryland Trail Expansion: The Tale of Two Trails," featuring two visions for trail expansion in Western Maryland and exploring the benefits and risks of such proposals. The program focuses on two proposed trails – the George's Creek Trail and the Wild Youghiogheny Trail.

"Intentional, Inclusive and Intergenerational – The Future of Community Living" by Jane Rohde at 4 p.m. completes an update on trends for the direction for community living and the related healthcare, service and amenity marketplace from a wellness, sustainable and inclusive perspective.

At 5 p.m., soil ecologist, consultant and educator Ben Friton, in "Biomimicry at a Systems Level," provides an exploration of the laws governing thriving ecosystems that allow them to grow indefinitely and how humans can leverage biomimicry in their relationships, dwellings, farms, communities and society.

The final presentation is "The Brownsville Project" by Clory Jackson at 6 p.m. As part of the Frostburg Arts and Entertainment District's strategic plan, FrostburgFirst is facilitating a new public art installation in collaboration with The Brownsville Project to highlight the often-overlooked impact of the Brownsville community on the history and culture of Frostburg. A public art installation in the Frostburg Arts and Entertainment District will honor the requests of the descendants, while highlighting the importance of the contribution of the community to the history and culture of Frostburg.

At 7 p.m., the symposium closes with "Dinner on the Grounds: Songs for Environmental and Social Justice" with Sparky and Rhonda Rucker and Michael and Carrie Kline in an event to celebrate positive social and environmental change.

**Saturday**'s events feature two music stages with performances on the Compton Stage by Bear Hill Bluegrass, Black Diamond, Meadow Run, Footworks Percussive Dance Ensemble, Ken and Brad Kolodner, Jocelyn Pettit and Ellen Gira, Highland Grass, Critton Hollow String Band and the Barnstormers, Hickory Bottom Band and Day Old News.

Performers on the Thomas Automotive Stage include Jay Smar, Time Travelers, Dakota Karper and Pete Hobbie, Davis Bradley Duo, Jeff and Myles Thomas, Loretta Hummel and Paul Dix, Anne Lough and Amy Lough, Rev. Frankie, Old Towne Strings and Black Guy Fawkes.

Additional performance areas include Chapel Happenings Outdoors with music by the Frostburg Arion Band; Songs of Strife and Hope with Sparky and Rhonda Rucker and Michael and Carrie Kline; Appalachian Storytelling with Judi Tarowsky, Rich Knoblich, Otto and Katie Ross, Bill Hairston and Mikalena Zuckett; and a Folk and Traditional Irish Singing workshop with Capstone Concert performer Karan Casey.

The Family Stage provides something for children of all ages and features interactive performances by The Imagineers and Cowboy Hay, as well as a jug band with Slim Harrison and the Sunnyland Band. In addition, students and teachers from the folk music school The Cat and the Fiddle will share some of the music they have learned or taught.

Hands-on workshops and presentations can be found in the Folkways Tent, which offers workshops on Appalachian dance, the dulcimer and percussive dance. Musician Ben Townsend will provide his take on traditional Appalachian music and Sparky and Rhonda Rucker will perform songs of social change. FSU students are also conducting a community listening project focusing on the "Push and Pull of Appalachia" and are especially interested in hearing from community members about the conditions that push residents to leave, those that compel them to stay and the changes they'd like to see in the area.

The Explorations Tent offers an interactive session, facilitated by Nature Conservancy staff, exploring how reforestation projects might be designed to include benefits to local communities, as well as a table and display on the wildlife educational program Scales to Tales and presentations on traditional medicinal plants of Appalachia; how to encourage pollinators; coal, class and color by Talking Across the Lines, a folklife documentary consulting and production firm; and the importance of community in the Appalachian punk scene.

A wide variety of artisans will be on site to demonstrate local traditions, including tatting, pottery, folk art, steampunk, rug hooking, jewelry making, knitting, basket weaving, traditional music, fiber art, cigar-box banjos, stained glass, woven potholders, leather goods, slate paintings, charcoal prints, watercolors, wood carvings, custom-made furniture, herb and flower arrangements, quilted cards, hand-dyed yarns, wooden toys and personal and home-care products.

Community groups and organizations and other individuals on the grounds include The Nettle Patch, local author Ben Cooper, the Western Maryland Chapter of the Archeological Society, the Frostburg Museum, The Brownsville Project and Frostburg First, the

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Appalachian Laboratory, the Western Maryland Advisory Council for the Maryland Commission on Civil Rights, The Nature Conservancy, Choose Civility, the Evergreen Heritage Center and the Jane Gates Heritage House.

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

For info, visit the festival's website at [www.frostburg.edu/events/afestival](http://www.frostburg.edu/events/afestival).

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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: CHEM 201 – **Wednesdays**, 6 p.m., Compton 328; CHEM 202 – **Wednesdays**, 5 p.m., Compton 328; 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](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.

## 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.

### CES at FSU Presents Karan Casey Trio in Appalachian Festival Capstone Concert



CES at FSU will present the Karan Casey Trio in a performance of traditional Irish folk music on **Saturday, Sept. 17**, at 7:30 p.m. at the historic Palace Theatre at 31 E. Main St. in Frostburg. The event is offered as the capstone concert for the 2022 FSU Appalachian Festival.

With a clear, impassioned voice, Casey has long been recognized as one of the most innovative and provocative musicians in Irish traditional and folk music, singing songs that are suffused with warmth and charged with a sense of social conscience. The Washington

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Post declared her to be “the Irish equivalent of Emmylou Harris,” and The New York Times praised her ability to maintain “the taut, quivering ornamentation of old ballad style, singing tales of love, war and murder with a gentle gravity.”

Joined by fiddler and vocalist Niamh Dunne and guitarist and accordionist Sean Óg Graham, Casey’s performance features songs that draw inspiration from personal, historical and political sources while touching on themes of family, loss, love, the empowerment of women and the Irish revolutionary struggle.

Immediately following the performance, as part of the Offstage Series With WFWM, WFWM station director **Chuck Dicken** will join the artists for a conversation with the audience. Discover the inspiration behind the trio’s music, their history as professional musicians and how themes from Ireland’s past and present influence their songwriting.

Prior to the evening’s performance, Casey will present a free workshop, “Folk and Traditional Irish Singing Pedagogy,” at 3 p.m. on the FSU Upper Quad during Appalachian Festival daytime activities. In the hour-long workshop, songs will be “teased out,” as participants listen, learn and explore together. Orality, ornamentation and voice placement, along with collecting and sourcing songs, will be discussed. The workshop is open to 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](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 FSU Lane University Center, is open **Mondays through Fridays** from 10 a.m. to 4 p.m.

The Karan Casey Trio tour is kindly supported by Culture Ireland. The CES 2022-23 season is supported in part by the Maryland State Arts Council ([msac.org](http://msac.org)) and the City of Frostburg.

## Department of Music Presents Joshua Bishop, Dr. Avery Pettigrew and Dr. Joseph Yungen in Faculty Artist Series Concert



From left, Dr. Joseph Yungen, Joshua Bishop and Dr. Avery Pettigrew

FSU’s Department of Music will present *Joshua Bishop, Dr. Avery Pettigrew and Dr. Joseph Yungen* in a Faculty Artist Series concert on **Monday, Sept. 19**, at 7:30 p.m.

The program will include the second movement, “Dance: Zeibekikos,” from “Concerto for Euphonium” by Philip Wilby, performed by Bishop, on the euphonium.

Next, Pettigrew, on the French horn, and Joseph Yungen, on piano, will play “Sonatina, Op. 56” and “Triton, Op. 60” by Ruth Gipps, as well as “Shall I Compare Thee to a Summer’s Day” (world premiere) by James Stephenson.

The last selection will be “Concerto for Euphonium” by Martin Ellerby, which Bishop and Yungen will perform.

Completed in 1995, Wilby’s concerto has already been established as one of the greatest concertos for the euphonium. Its extended length seeks to explore the fine combination of sustained lyricism and explosive virtuosity that typify the modern euphonium.

Gipps was an English composer, oboist, pianist, conductor and educator. Stylistically, Gipps was a Romantic in the musical sense and in her choice of extra-musical inspiration. The chamber music piece, “Sonatina, Op. 56” was composed in 1960 and “Triton, Op. 60” in 1970.

Stephenson’s “Shall I Compare Thee to a Summer’s Day” is from “Maytudes” – a French horn etude project in consultation with musician Gail Williams. Version No. 4, for French horn and piano, was commissioned by Pettigrew. The melody bases its rhythm on the Shakespearean sonnet.

Ellerby’s “Concerto for Euphonium” is one of the most impressive pieces in the euphonium repertoire and one that tests the performer. Scored in four movements, this concerto was composed in 1995.

## Flutist Nina Assimakopoulos Will Perform in Guest Artist Series Concert, ‘Legends, Myth and Magic!’



FSU’s Department of Music will present a Guest Artist Series concert by integrative artist and flutist Nina Assimakopoulos, titled “Legends, Myth and Magic!” on **Friday, Sept. 23**, at 7:30 p.m. She will be accompanied by pianist Sun Jung Lee and percussionist Mike Vercelli.

This immersive sound experience will feature storytelling, Native American music, classical and world flutes, piano and percussion.

A champion of contemporary music, Assimakopoulos is credited with more than 83 national and world-premiere performances and new work commissions, as well as multimedia collaborative projects and concerts integrating baroque through contemporary flute music with visual and digital arts, dance and theater. She has toured extensively in the U.S., Europe, Asia and South America as a performing artist. Her five solo CDs include “Vayu, Multi-cultural Flute Solos From the 21st Century.” In addition to her work as a musician,

Assimakopoulos is a prize-winning painter whose work has been exhibited at museums and internationally juried shows. As a teacher, Assimakopoulos has taught as a professor of flute performance for more than 15 years and appears frequently as a masterclass clinician at universities, conservatories and festivals across the globe. She is a flute professor at West Virginia University.

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# National Hispanic Heritage Month Celebration at FSU to Feature Mariachi Herencia de México With Lupita Infante



CES at FSU and the Department of Student Engagement will celebrate National Hispanic Heritage Month with a spirited musical performance from Mariachi Herencia de México with special guest Lupita Infante on **Wednesday, Sept. 28**, at 7:30 p.m. in Lane Manicur Hall. The club-style event will feature general admission table seating and food and beverage selections.

Fresh off their 2021 PBS appearance performing alongside Camila Cabello at the White House, Mariachi Herencia de México embodies the glorious folkloric traditions of the past while infusing them with the dynamism and bravado of youth. In 2017, they were honored with a Latin Grammy nomination for Best Ranchero/Mariachi Album.

Grammy-nominated vocalist Infante brings an innovative, bicultural perspective to the Mexican folk genre of mariachi. The granddaughter of Mexican music and film icon Pedro Infante and the daughter of esteemed musician Pedro Infante Jr., Infante is committed to honoring her family's legacy while bravely questioning long-held traditions of the historically male-dominated artform of mariachi.

Immediately following the performance, as part of the Offstage Series With WFWM, WFWM station director **Chuck Dicken** will join the artists for a conversation with the audience to discuss Mexico's folkloric traditions, as well as discover how a now-acclaimed youth ensemble emerged from the immigrant barrios of Chicago and how Infante was inspired to carry on her family's musical legacy and adapt it for a new generation.

Tickets are \$15 for adults; \$13.50 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](https://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 **Mondays through Fridays** from 10 a.m. to 4 p.m.

Several additional events are scheduled to further celebrate National Hispanic Heritage Month.

**Thursday, Sept. 15, through Friday, Sept. 30**, Main Street Books, at 2 E. Main St. in Frostburg, will host a display of Hispanic- and Latinx-themed fictional and nonfictional literary works for people of all ages, as well as community member-loaned cultural memorabilia and artifacts collected from travels in Hispanic regions.

On **Sept. 15** at 7 p.m., community members are invited to gather at The Deep End, 16 W. Main St. in Frostburg, for a "Brains and Brews" conversation. Discussion will focus on Spanish cultures and clarifying issues that are sometimes confused, such as differences in language and distinctions among the terms Latinx, Hispanic and Mexican. "Brains and Brews" is a fun, monthly lecture and discussion series curated by FSU's College of Liberal Arts and Sciences.

On **Tuesday, Sept. 27**, at 6 p.m., Frostburg Dining Services will present a Latin American-themed teaching kitchen in FSU's Chesapeake Dining Hall. Participants will create a traditional dish of cheese pupusas – stuffed, grilled masa cakes – and curtido, a traditional Salvadoran cabbage slaw. Participation is limited and reservations are required. Tickets are \$30 and may be purchased by contacting the University box office.

The National Hispanic Heritage Month Celebration is made possible through the Folk and Traditional Arts Community Projects program of Mid Atlantic Arts with support from the National Endowment for the Arts. CES is supported in part by the Maryland State Arts Council ([msac.org](https://msac.org)) and the City of Frostburg.

## Presentations/Discussions

### Announcing the 23rd Annual FSU Social Justice Summit

The FSU Social Justice Summit provides FSU students with the opportunity to increase their awareness surrounding issues of diversity, equity and inclusion. Action plans developed during the weekend will assist them in being agents of positive change on campus.

This weekend-long event gives students the chance to learn more about self, engage in discussion with other students on a variety of issues and create strategies for implementing social change! The 2022 Social Justice Summit will be held **Friday, Sept. 30, through Sunday, Oct. 2**. Registration ends **Wednesday, Sept. 14**. The summit is free and open to all FSU students.

Social justice is the continuous process of eliminating ignorance and prejudice through education and advocacy to bring about greater equity among all members of society and ensuring no dimension of identity is continually faced with systemic oppression. Social justice is a process in which we strive to eliminate the roots of oppression through education and the redistribution of resources, opportunities and responsibilities. In the pursuit of social justice, we must use education as a tool to empower people so that we can eliminate the oppression of all. Acting as one, we must create an open, equitable and just society.

Learning outcomes for the summit include the following:

Participants will be able to articulate concepts and terminology related to social justice (the terms social justice, privilege, power, oppression, and marginalization, intersectionality).

Participants will be able to recognize their own intersectional social identities in relation to privilege, power and oppression.

Participants will be able to articulate how concepts of privilege, power and oppression operate within the FSU community and larger society.

Participants will be able to explain how they will incorporate learning from the summit into their daily practices.

All faculty and staff are asked to inform their students of this opportunity and encourage their participation (perhaps even giving credit for participation).

For info, visit the Office for Diversity, Equity and Inclusion in Hitchins 116 or call 301-687-4050.

## Exhibits

### Department of Visual Arts Presents an Exhibition of Paintings by Stephen Estrada



“Brewing Storm” by Stephen Estrada

FSU’s Department of Visual Arts is hosting an exhibition of paintings by Stephen Estrada **through Monday, Sept. 26**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This event is free and open to the public.

Estrada’s paintings reflect an intimate, human connection with the natural world. His work traces his personal journey from the Pacific to the Atlantic coast, as well as travels in the Caribbean and the Gulf of Mexico where he has worked to rebuild homes after hurricanes Katrina and Michael.

Estrada continued his studio practice while working as design chief at the Smithsonian and director at the U.S. Department of State’s Museum of Diplomacy but now works full time as an artist. He has shown nationally, and his work is in collections throughout the United States.

For this show, the Roper Gallery is open **Mondays through Fridays** from noon to 5 p.m.

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

### Fall Semester Exhibits at Ort Library

For info, contact Liza Zakharova at [vlzakharova@frostburg.edu](mailto:vlzakharova@frostburg.edu).

#### Campus Growth From 1898 to the Present



The Ort Library is celebrating FSU’s upcoming 125th anniversary with an exhibit celebrating campus growth from 1898 to the present. Part 1 of the exhibit begins on the library’s fourth floor and depicts campus buildings and scenery from 1899, the year the cornerstone was laid for what would become the original campus building Old Main, to the 1950s. Aerial photos of the Brownsville/Park Avenue community are also on display on the fourth floor. Part 2, on the fifth floor, depicts campus growth from the 1960s to the present. The 1960s and 1970s were an era of tremendous growth on campus. Several buildings featured, such as Faculty Hall, Tawes Hall and the Prospect V-III monument, were demolished for additional campus growth. All images on display are from the FSU Collection, from the Special Collections.

#### Local Carpentry Tools



The Ort Library, in cooperation with the Frostburg Museum, is hosting an exhibit on the library’s second floor depicting carpentry tools from a Frostburg carpenter and local citizens who used the tools at their farms. All tools featured were made around the turn of the 20th century. Vintage drills, scales, measuring tools and carpentry planes are on display. All materials in the exhibit are on loan from the collections of the Frostburg Museum.

## Points of Pride

### PA Medicine: High-Fidelity Simulation for Active Learning



*Daniel Champigny*, an assistant professor in the Physician Assistant Program, and *Justina Bennett*, a lecturer in the program, participated in high-fidelity simulation training at the PA Leadership and Learning Academy at the University of Maryland, Baltimore. They learned to incorporate patient simulation into their instruction to engage students in active learning. Students participate in real-life scenarios where they experience the intersection of pathology and physiology.

This 21st-century education technology at the PA Medicine suite in Hagerstown supports student success in patient assessment and diagnostic methods to provide care to rural and underserved communities in the region.

### Office of Sponsored Programs Successes/News

On June 23, project director *Dr. Kara Rogers Thomas* (Sociology) was awarded \$4,750 in Appalachian Regional Commission funds by East Tennessee State University for the Appalachian Teaching Project, Understanding the Push and Pull of Appalachia to Create a Resilient Future.

On Aug. 17, project director *Kayla Precourt* (Upward Bound Regional Math/Science Center) was awarded \$360,938 by the U.S. Department of Education for the TRIO program, Upward Bound Math/Science (FedFY2023). The program prepares high school students for postsecondary education programs that lead to careers in the fields of math and science.

For info, see the Office of Sponsored Program’s Successes/News webpage at <https://www.frostburg.edu/osp/Successes%20News.php>.

## Appalachian Laboratory

### Appalachian Laboratory to Host 60th Birthday Event



Come for a special Watershed Moments Community Learning Series event celebrating the 60th birthday of the Appalachian Laboratory on **Thursday, Sept. 22**, at 6:30 p.m. at 301 Braddock Road in Frostburg. Learn more about the past, present and future activities of the lab, including a surprise community-focused announcement about a new initiative to mark the occasion, and celebrate at the birthday party-themed reception.

This event is free and open to the public. Registration is required. Register online at <https://www.umces.edu/watershed-moments>. For info, contact Rhonda Schwinabart, coordinator of Outreach, at [rschwinabart@umces.edu](mailto:rschwinabart@umces.edu) or 301-689-7102.

## Take Note

### Consider Declaring a Major in History



Learn about the social, economic, cultural and political forces that shape societies and the challenges we all face.

Concentrations are in international history or history of the Americas.

Forty-five credit hours are required:

Core introductory-level courses (e.g., HIST 103, 104, 113, 114) – 6 cr.

Research core courses (e.g., HIST 299, 485) – 6 cr.

Either concentration – 27 cr.

Electives (any pair of 300/400-level HIST courses) – 6 cr.

Complementary courses outside of the History Department – 6 cr.

For info, contact Dr. Greg Wood, chair of the History Department, at [gwood@frostburg.edu](mailto:gwood@frostburg.edu).

### Upcoming CAPS Events for National Suicide Awareness Month

For info, call 301-687-4234.

#### Chalk the Walk!

Join the FSU Counseling and Psychological Services Office and the National Society of Leadership and Success on **Monday, Sept. 12**, from noon to 3 p.m. to decorate the sidewalk area around the Clock Tower. Be sure to stop by and spread positivity by writing motivational messages on the ground for all to read as they walk by.

#### Keep Rockin'

Join FSU's Counseling and Psychological Services Office and Veterans Services for a rock-painting project at the Clock Tower on **Thursday, Sept. 22**, from noon to 3 p.m. Stop by and paint a rock to take with you or place around campus.

### National Suicide Hotline in Operation

The National Suicide Hotline is now in operation. If you or someone you know is in distress, you can reach the 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>.

### How Do I ...?



“How Do I ...?” is a new series hosted by the Career and Professional Development Center. Register with the QR code for any or all of the listed events.

All events will be held at 3:30 p.m. in Pullen 149 on the following **Tuesdays**.

**Sept. 20** – Create a Budget

**Sept. 27** – Rent an Apartment

**Oct. 4** – Write a Resume

**Oct. 11** – Prepare for the Career Fair

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## Roving Resumes

Stop by on the following **Tuesdays** with a copy of your resume and the Career and Professional Development Center will review and help you build your resume – **Sept. 13** from 11 a.m. to 1 p.m. at a table in the Lane Center or **Sept. 20** from 1:30 to 2:30 p.m. in the Ort Library (look for the sign in the middle of the library).

## Career Carnival



Hosted by the Career and Professional Development Center, the Career Carnival will be held on the Library Quad on **Wednesday, Sept. 14**, from 11 a.m. to 3 p.m.

There will be games, inflatables, snacks and prizes!

More info to come.

## National Constitution Day



The Lewis J. Ort Library, in partnership with the Office of Civic Engagement, will host a National Constitution Day event on **Thursday, Sept. 15**, from 11 a.m. to 2 p.m. in the Ort Library.

Constitution Day is an American federal observance that recognizes the adoption of the U.S. Constitution and those who have become U.S. citizens.

Stop by to take a selfie with Ben Franklin, and don't forget to pick up a free, pocket-sized copy of the Constitution!

## BURG Peer Education Network – Upcoming Events

**Monday, Sept. 19** – National Recovery Month Table, 11 a.m. to 3 p.m., Lane Center

**Friday, Sept. 23** – Kahoot! 6 to 7 p.m.

**Friday, Sept. 30** – S'mores Night, 5 to 8 p.m., Upper Quad

## Planetarium Show for Oct. 1



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. 1** will be “The Sun, Our Living Star” 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.

For info, contact Dr. Jason Speights at [jcspeights@frostburg.edu](mailto:jcspeights@frostburg.edu).

## Jobs

The hourly rate for the following jobs is \$12.50.

### Student Van Drivers Needed

The Office of Civic Engagement is hiring van drivers for its ECHOSTARS AmeriCorps program. Van drivers transport students to and from service projects in the greater Allegany County area. Most van driver schedules vary from 5 to 15 hours a week based on availability and program needs. Weekday and weekend hours are available. Interested students must have a clear driving record, successfully complete an online van-driving safety module to become van certified and pass a state and FBI background check.

For info and to apply, email [ECHOSTARS@frostburg.edu](mailto:ECHOSTARS@frostburg.edu).

### Hiring: Voter Engagement Ambassadors

The Office of Civic Engagement is hiring students as voter engagement ambassadors for the fall semester to assist with improving voter engagement on campus. The positions are for one semester.

Duties include but are not limited to:

Attending Voter Engagement Committee meetings

Advertising and developing social media campaigns

Assisting with voter registration and absentee ballot requests

Educating the student body on voting deadlines, processes and election-day information

Assisting with program planning of educational and outreach events



Presenting information to student organizations, academic classes and other on-campus groups about the voting process

To be considered, email your resume to [civicengagement@frostburg.edu](mailto:civicengagement@frostburg.edu) or submit it to Misty Schurg in Lane 234.

## Volunteers

### Alternative Winter Break in Houma, La.

Alternative breaks are fully immersive and highly organized service trips for students and young adults that allow them to make a direct impact in a community while learning more deeply about the issues surrounding that community and the larger world.

This year, FSU's alternative winter break will take place **Saturday, Jan. 7, to Sunday, Jan. 15, 2023**, in Houma, La., where many Houma residents are still living in houses that are unsafe after Hurricane Ida destroyed the area in 2021. (Note: the exact dates are subject to change but will be during this time frame.) Students will help rebuild the homes of those damaged by the hurricane.

Typically, the out-of-pocket cost of the trip for each student ranges between \$100 and \$250 depending on funding.

Interest sessions (which are optional but encouraged) will be held **Monday, Sept. 12**, from 2 to 3 p.m. in Lane 111 and **Tuesday, Sept. 13**, from 7 to 8 p.m. in Lane 108.

Apply at <https://bit.ly/3KsccW7>. To request a paper application, email [civicengagement@frostburg.edu](mailto:civicengagement@frostburg.edu). Applications are due no later than **Sunday, Sept. 25**, at 11:59 p.m.

### Beautify the 'Burg

Volunteers are needed for the annual Beautify the 'Burg event on **Saturday, Oct. 1**, from 9 a.m. to noon. Volunteer spots are limited and will be accepted on a first-come, first-served basis. If you and/or your student organization are interested in serving, fill out the Volunteer Registration and Liability form and return it to the Office of Civic Engagement in Lane 234 by **Tuesday, Sept. 20**. Once submitted, the Planning Committee will be in touch with your organization to give you details about your service site for the day.

For info and a registration form, contact the Office of Civic Engagement at 301-687-4210 or [civicengagement@frostburg.edu](mailto:civicengagement@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: Sept. 16 and 30, Oct. 14 and 28, 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

### Be Safe When Driving



Be sure to take your cell phone with you.

Never let the fuel level get below a fourth of a tank.

Drive on well-traveled streets and keep your car in gear while it is stopped.

Allow at least one car length space between your car and the car in front of you so that you can escape should someone try to get into your car.

Always be aware of your surroundings and check your rear view mirror often.

Keep doors locked and windows shut and keep valuables out of sight, either covered or in the trunk.

Always carry an emergency kit in your vehicle with first aid supplies, flares, flashlight, jumper cables, blanket, etc.

If your car breaks down, stay inside and lock the doors. If anyone approaches to help, crack the window and ask them to call the police. Ask uniformed people to show identification.

If a person with a weapon confronts you and wants your vehicle, give it up. No car is worth being injured or losing your life over.

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



Mental Health Monday Tip: Balancing Work and School

<https://www.mhanational.org/balancing-work-and-school>

Tell Yourself Tuesday Tip: You Are Enough

<https://melissacamarawilkins.com/what-it-means-to-be-enough>

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Wacky Wednesday Tip: Thirty-Seven Mind-Boggling College Student Statistics

<https://whattobecome.com/blog/college-student-statistics>

Thankful Thursday Tip: The Neuroscience of Gratitude and How It Affects Anxiety and Grief

<https://positivepsychology.com/neuroscience-of-gratitude>

Fun Friday Tip: Twice the Fun in Frostburg and Cumberland

<https://www.visitmaryland.org/list/twice-fun-frostburg-cumberland>

Social Saturday Tip: Upcoming Events in Downtown Frostburg

<https://www.downtownfrostburg.com/frostburg-events>

Self-Love Sunday Tip: The Foundations of Self-Love

<https://www.selfloverainbow.com/the-foundations-of-self-love>

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## **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).