



# StateLines

For and about FSU people

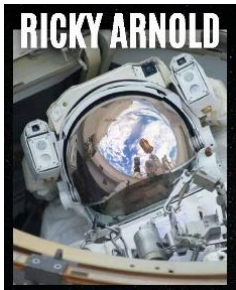
A publication of Communications and Media Relations

Volume 53, Number 5, September 26, 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).

## Photography Exhibit by Ricky Arnold to Be Held at Roper Gallery



The Stephanie Ann Roper Gallery will host a photography exhibition by NASA Astronaut *Ricky Arnold*, a 1985 FSU graduate, **Friday, Oct. 7, to Friday, Oct. 21**. The exhibit features photos Arnold took from the International Space Station. The opening reception will be held **Oct. 7** from 3:30 to 6:30 p.m.

Arnold was presented with an Honorary Doctor of Science degree at FSU's 154th commencement ceremony in 2019.

Arnold became an astronaut after a career of more than a decade as a science and mathematics teacher at schools around the world. He earned a bachelor's degree in accounting and teacher certification from FSU, and a master's in marine, estuarine and environmental science from the University of Maryland.

He has spent 209 days in space and conducted five spacewalks over two missions. He also completed a mission as an aquanaut in a joint NASA-NOAA mission on NEEMO 13, living and working in and around Aquarius, an undersea laboratory.

Arnold first visited the International Space Station as part of STS-119 via the Space Shuttle Discovery. Then in 2018, he spent 197 days as a flight engineer in the ISS as part of Expeditions 55 and 56, which included numerous educational downlink events to schools.

For this show, the Roper Gallery will be open **Mondays through Fridays** from 11 a.m. to 5 p.m. On **Saturday, Oct. 8**, the gallery will also be open from 10 a.m. to 4 p.m.

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

## 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.

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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.

## 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>.

## 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.

## 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 the Alice R. Manicur Assembly Hall of FSU's Lane University Center. The club-style event, featuring general admission table seating and food and beverage selections, is sponsored by Joel Hoover and Rommel Gonzaga.

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 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 Lane University Center, is open **Mondays through Fridays** from 10 a.m. to 4 p.m.

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

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.

**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.

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](http://msac.org)) and the City of Frostburg.

## **Dr. Jay DeWire and Violinist Heather Haughn Performing in Faculty-Guest Artist Series Concert**

FSU's Department of Music will present the Zanoli Duo, consisting of pianist *Dr. Jay DeWire* and violinist Heather Haughn, in a Faculty-Guest Artist Series concert on **Sunday, Oct. 9**, at 3 p.m.

The program will include "Violin Sonata No. 3" by Johannes Brahms, "Baal Shem" by Ernest Bloch, "Summerland" by William Grant Still and "Transcription" from "Porgy and Bess" by George Gershwin.

Brahms' "Violin Sonata No. 3 in D Minor, Op. 108" is the last of his violin sonatas, composed between 1886 and 1888. Unlike the two previous violin sonatas, it is in four movements (the others are in three). The sonata is dedicated to Brahms' friend and colleague Hans von Bülow.

Bloch's three-movement "Baal Shem: Three Pictures of Hassidic Life," one of his best-known works, is named after the acknowledged 18th-century founder of the Hassidic movement, Rabbi Israel ben Eliezer. Better known by his acquired moniker, the Baal Shem Tov (master or holder of a good name, in other words, a fine reputation), he is also commonly referenced in Hassidic circles by its acronym, the BESHT. The importance of a good name has a long history in Jewish thought, dating to antiquity and scripture.

Still composed his "Three Visions" in 1935. The second movement, "Summerland," is a portrait of promised beauty in the afterlife. Still himself referred to "Summerland" as "the Elysium of the Spiritualists," the place that awaits a good person after death and judgment. Lush impressionistic textures combine with jazz harmonies and pentatonic melodies to create an atmosphere of serene beauty. "Summerland" is one of Still's most popular movements.

"Porgy and Bess" is a folk opera by George Gershwin, first performed in 1935. It was adapted from Dorothy Heyward and DuBose Heyward's play "Porgy," itself an adaptation of DuBose Heyward's 1925 novel of the same name. The libretto of "Porgy and Bess" tells the story of Porgy, a disabled black street beggar living in the slums of Charleston. It deals with his attempts to rescue Bess from the clutches of Crown, her violent and possessive lover, and Sportin' Life, her drug dealer.

## **Dr. Brent Weber Will Appear in Faculty Artist Series Concert, 'Saxophone +'**

FSU's Department of Music will present saxophonist *Dr. Brent Weber* in a Faculty Artist Series concert, titled "Saxophone +," on **Sunday, Oct. 16**, at 3 p.m. He will be accompanied by *Dr. Joseph Yungen, Dr. Mackenzie LaMont, Michael Lee, Shawn Zimmerman* and the Mountain Maryland Saxophone Quartet.

The concert will feature "Sonata for Alto Saxophone and Piano" by Carter Pann; "Black" by Marc Mellits; "A Message to a Friend" by Ney Rosauro; "Tears in Heaven" by Eric Clapton and Will Jennings, arranged by Joshua Redman; "Introduction et Variations sur une Ronde Populaire" by Gabriel Pierne; and selections from "West Side Story" by Leonard Bernstein, arranged by James Boatman.

Composed in 2016 on commission from American saxophonist and educator Joe Lulloff, Pann's sonata is a 23-minute monument in four movements. The work was inspired by the saxophone music of the late composer William Albright and by Lulloff's particular blend of finesse and brutality accompanied by an unparalleled command of the instrument.

"Black" is one of the most talked-about modern chamber pieces. The work's rhythmic structure is dispersed between the performers in blocks, creating a dizzying effect as parts of the theme are exchanged back and forth. When both parts align, the listener is thrust into the midst of a seemingly endless barrage of aggressive energy, resulting in perceptual chaos.

A unique and entertaining piece written in the spirit of the music of Frank Zappa, "A Message to a Friend" has an open section of free improvisation for both players.

"Tears in Heaven" is a ballad about the pain Clapton felt following the death of his four-year-old son, Conor, who fell from a window of a 53rd-floor New York apartment. It appeared on the soundtrack of the 1991 film "Rush," an American crime drama. The song won three Grammy Awards and is Clapton's best-selling single in the U.S.

"Introduction and Variations on a Popular Rondo" is a standard in the saxophone quartet repertoire. Composed in 1934 and dedicated to the Marcel Mule Quartet, this piece is as bright and cheerful as a round dance should be, and yet quite delicate and light in terms of writing. With many ornaments and variations, it begins slowly but is interrupted twice by the rondo.

"West Side Story" is a musical conceived by Jerome Robbins, with music by Bernstein and lyrics by Stephen Sondheim. Inspired by William Shakespeare's play "Romeo and Juliet," the story is set in the mid-1950s in the Upper West Side of Manhattan in New York City, then a multiracial, blue-collar neighborhood. The musical explores the rivalry between the Jets and the Sharks, two teenage street

gangs of different ethnic backgrounds. The dark theme, sophisticated music, extended dance scenes and focus on social problems marked a turning point in musical theatre.

## Presentations

### ‘Annihilating Space: The Indianapolis Motor Speedway and the Making of Modern America’



As part of the Race Lecture Series, FSU’s Department of History will host a presentation, titled “Annihilating Space: The Indianapolis Motor Speedway and the Making of Modern America,” by Dr. Brian Ingrassia on **Thursday, Oct. 13**, at 7 p.m. in Gira 397. Sponsored by the Martha T. and Ralph M. Race Western History Lecture Fund, this event is free and open to the public.

In early 1909, auto-racing enthusiasts, including a headlamp tycoon named Carl Graham Fisher, built a 2.5-mile oval racetrack on the west side of Indianapolis. By that October they paved it with 3.2 million bricks, leading to a famous nickname: “the Brickyard.” The Indianapolis Motor Speedway quickly became a site for exciting (and sometimes deadly) races that have endured for more than a century, but the legendary oval also became a place where Americans witnessed the perils and promises of automobility. Beginning in 1911, spectators at the famous 500-mile races learned how automotive technology could help them virtually “annihilate space” between distant points. Henry Ford may have built affordable cars for the multitude, but Fisher and his fellow Speedway impresarios produced an exciting way of thinking about cars and machine-oriented space that made modern America’s automotive obsession into a reality.

Ingrassia is author of “The Rise of Gridiron University: Higher Education’s Uneasy Alliance With Big-Time Football” (2012), which won the annual monograph award from the North American Society for Sport History. He has contributed to the “Journal of the Gilded Age and Progressive Era” and the “Journal of Sport History,” among other scholarly publications. He also serves as series editor of the Sport and Popular Culture series at the University of Tennessee Press.

Ingrassia’s current research explores auto racing, urban planning and the “good roads” movement of the early 1900s. He is writing a book that examines the founding and early years of the Indianapolis Motor Speedway to illuminate broader changes in urban space, mobility and popular culture in Progressive Era America. Ingrassia is an assistant professor at West Texas A&M University.

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

### 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 overturning of Roe v. Wade on **Tuesday, Oct. 25**, at 6:30 p.m. in the Lane Atkinson Room. 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](mailto:sbrill@frostburg.edu).

## Exhibits

### 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.

## Points of Pride

### Local Colleges Among Best for Student Voting

#### Allegany, FSU Cited by Washington Monthly Magazine

Allegany College of Maryland and FSU were recently listed on Washington Monthly's honor roll of America's best colleges for student voting.

According to the nonprofit magazine, "to make the student voting honor roll, universities had to submit 2020 and 2022 action plans to the ALL IN Campus Democracy Challenge. Schools also needed to have signed up to receive data from the National Study of Learning, Voting and Engagement, which calculates college-specific registration and voting rates."

Additionally, the schools must have made their 2018 and 2020 NSLVE data available to the public.

"In short, schools need to have shown a repeated commitment to increasing student voting – and have been transparent about the results. We then ordered the list by student voter registration rate," according to the magazine.

### Career Carnival a Big Success This Semester



The Career Carnival held recently at FSU was well-attended and everyone had a great time!

Students were able to learn more about the services offered by the Career and Professional Development Center, as well as other campus organizations and departments.

While engaging in the traditional fun carnival games with their peers, students were introduced to the core competencies of what it means to be career ready, as well as the platforms available to them to assist with job and internship searching, skill assessments and interview preparation.

Volunteers who helped make this event a success included CRU, Pauline Pascariello and L.E.A.D.S., the University Programming Council, Robert Cooper and Student Engagement, Student Affairs, the Center for Academic Advising and Retention and BURG Peer Educators.

## Take Note

### 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/3xHIkjb> 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. There will be a total of four competitions: one for each platform (Instagram and TikTok) focusing on encouraging individuals to register to vote and one for each platform encouraging individuals to get out and vote by sharing why you vote.

The submission deadline for the competition topic Register, Plan, Vote is **Sunday, Oct. 16**, at midnight, and the 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.

### Sharps Take-Back Event



The Maryland Area Health Education Center West (AHEC West) will offer a sharps take-back event on **Thursday, Sept. 29**, from 3 to 6 p.m. at the Unitarian Universalist Church at 211 S. Lee St. in Cumberland (around the back of the church). This free event is available to anyone who needs to dispose of any kind of sharps.

Safely return any sharps for medical disposal. Information about Narcan training will be available. Safe disposal containers will be distributed, and there will be giveaways and education materials.

For info, contact Daniel Dunn, University Police, at [dldunn@frostburg.edu](mailto:dldunn@frostburg.edu).

## Bobcats Shop Local!



Join the Counseling and Psychological Services Office and the SAFE Office for their virtual campaign #BobcatsShopLocal. Grab a friend and stop by any of the small businesses in Frostburg through **Sunday, Oct. 2**. Snap a picture of you and your friends having coffee at Clatter, eating dinner at LG's Pizza, checking out local artists at Mountain City Traditional Arts, grabbing some new reads at Main Street Books, trying on a second-hand outfit at Cauldron Vintage, heading out to the Fall Arts Walk on **Saturday, Oct. 1**, or anything in between!

Use #BobcatsShopLocal on Instagram, Facebook or Twitter and be entered into a drawing for a prize basket. Get creative with your pictures and show your love and support for our community's small businesses!

For info, call 301-687-4234.

## 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!

## 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. 27** – Rent an Apartment

**Oct. 4** – Write a Resume

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

## BURG Peer Education Network – Upcoming Events

**Tuesday, Sept. 27** – National Recovery Walk, 7 to 8 p.m., Clock Tower

**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).

## Activities for Life

### Group Swim Lessons

Two sessions of group swim lessons for children ages 5 to 12 years will be offered **Mondays and Wednesdays** from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool.

Session 1 will take place **Oct. 3 to 19** and Session 2 **Oct. 24 to Nov. 9**. Each session is limited to 20 participants.

Payment must be made at the time of registration.

For info and registration, contact Amy Nazelrod, AFL coordinator, at 301-687-7934 or [anazelrod@frostburg.edu](mailto:anazelrod@frostburg.edu).

Limited slots are also available for private swim lessons.

## Jobs

### Upward Bound Tutoring Positions Available

The Upward Bound office is accepting applications from FSU students who are able to tutor students in algebra, geometry, calculus, trigonometry, probability and statistics, environmental science, biology, chemistry, Spanish or Chinese at the high-school level. Tutors will need to be available during late afternoons and/or evenings to meet with students after school hours.

For info or an application, visit the webpage at [www.frostburg.edu/upward-bound](http://www.frostburg.edu/upward-bound), stop by the Upward Bound office on the ground floor of 7 American Avenue, call 301-687-4994 or email [esteele@frostburg.edu](mailto:esteele@frostburg.edu) or [upwardbound@frostburg.edu](mailto:upwardbound@frostburg.edu).

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 EHOSTARS 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 [EHOSTARS@frostburg.edu](mailto:EHOSTARS@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.

## 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. 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.

## Community

### Roller Derby Open House



Are you at least 18 years old and want to know more about Roller Derby? Come to the open house on **Thursday, Sept. 29**, from 7:30 to 9:30 p.m. at the Frostburg Armory Gymnasium at 170 S. Water St. in Frostburg.

All are welcome. No experience or gear is necessary. You must be fully vaccinated and have health insurance. For info, message on Facebook [@ironmountainrollergirls](https://www.facebook.com/ironmountainrollergirls).

## Health and Safety Messages

### Stay Safe Online



- Never connect to unknown, unsecure (open) wireless networks.

- Use strong passwords on all devices.

- Use two-step authentication.

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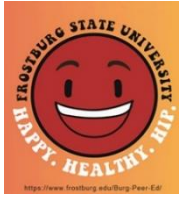
Look for products that offer multilayered protection that goes beyond viruses, such as spam filtering or firewall protection.

Back up your data and accounts regularly.

Review your bank and credit card statements monthly.

**Think twice before giving out personal information. If you do receive such a request, contact the business or organization directly to verify what information they want and why it's necessary for them to have it.**

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



Mental Health Monday Tip: COVID-19 and Your Mental Health

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mental-health-covid-19/art-20482731>

Tell Yourself Tuesday Tip: Affirmations to Help You Get Through the COVID-19 Pandemic

<https://mountainlaurelrecoverycenter.com/affirmations-help-you-get-through-covid-19-pandemic>

Wacky Wednesday Tip: COVID-19 Facts Versus Myths

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/2019-novel-coronavirus-myth-versus-fact>

Thankful Thursday Tip: Top-10 Reasons to Be Grateful During the COVID-19 Pandemic

<https://www.psychiatrytimes.com/view/top-10-reasons-to-be-grateful-during-the-covid-19-pandemic>

Fun Friday Tip: Fifty-Three Virtual Activity Ideas to Keep College Students Engaged During COVID-19

<http://sapro.moderncampus.com/blog/53-virtual-activity-ideas-to-keep-college-students-engaged-during-covid-19>

Social Saturday Tip: Tips for Maintaining Relationships During COVID-19

<https://summitcounseling.org/tips-for-maintaining-relationships-during-covid-19>

Self-Love Sunday Tip: Seventy-Six Top Self-Care Tips for Taking Care of You

<https://www.everydayhealth.com/wellness/top-self-care-tips-for-being-stuck-at-home-during-the-coronavirus-pandemic>

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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).