



StateLines

For and about FSU people

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

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 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 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) 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.”

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.

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 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.

Help for Students

PAWS Pantry Hours

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

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

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

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

Music

Unless otherwise noted, performances will take place in Pealer Recital Hall and are free and open to the public. These events will also be livestreamed; the link will be posted at www.frostburg.edu/concerts. For info, contact FSU's Department of Music at 301-687-4109.

Department of Music Opens Season With Violinist Matous Michal in Guest Artist Series Concert



FSU's Department of Music will open its fall season with a Guest Artist Series concert by Matous Michal on **Thursday, Sept. 8**, at 7:30 p.m. He will be accompanied by pianist **Dr. Joseph Yungen**.

Michal will perform "Sonata for Violin and Piano No. 35 in A Major, K. 526" by Wolfgang Amadeus Mozart, "Sonata for Violin and Piano No. 1 in F Minor, Op. 80" by Sergei Prokofiev and "Sonata for Violin and Piano No. 2 in G Major, M. 77" by Maurice Ravel.

Mozart composed "Sonata for Violin and Piano No. 35 in A Major, K. 526" in 1787. It consists of three movements: "Molto allegro," "Andante" and "Presto." It is the last of Mozart's substantial violin sonatas.

Prokofiev's "Sonata for Violin and Piano No. 1 in F Minor, Op. 80," composed between 1938 and 1946, is one of the darkest and most brooding of the composer's works. Prokofiev was awarded the 1947 Stalin prize for this composition. The piece is in four movements of roughly equal length: "Andante assai," "Allegro brusco," "Andante" and "Allegro – Andante assai, come prima."

"Sonata for Violin and Piano No. 2 in G Major, M. 77," Ravel's last chamber work, was composed from 1923 to 1927. Ravel was inspired by American music, namely jazz and blues. The violin sonata consists of three very different movements in very contrasting styles: "Allegretto," "Blues. Moderato" and "Perpetuum mobile. Allegro."

A native of the Czech Republic, Michal began his violin studies at the age of 4; at 14, he made his debut as soloist after winning the Dubai International Competition for Young Virtuosos. Since then, he has won numerous other awards. He has served as the concertmaster of the Verbier Festival Orchestra, Juilliard Orchestra, Music Academy of the West Festival Orchestra and Manhattan School of Music Symphony Orchestra, as well as the associate concertmaster of the Grant Park Orchestra. Matous was appointed to the second violin section of the Chicago Symphony Orchestra in February 2016.

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

FSU's Department of Music will present a Faculty Artist Series concert by *Dr. Jay DeWire*, titled "Reflections," on **Sunday, Sept. 11**, at 3 p.m.

DeWire will perform "Nine Variations in D, K.573 on a Minuet By J.P. Duport" by Wolfgang Amadeus Mozart, "Sonata in B-flat Major, Op. 22" by Ludwig van Beethoven, "Variations Sérieuses, Op. 54" by Felix Mendelssohn and "Sonata in C Major, Op. 1" by Johannes Brahms.

Duport's "Cello Sonata, Op. 4/6" was quite popular in the late 18th century – at least with Friedrich Wilhelm II, the King of Prussia, for whom Mozart may have written this set of variations on one of its themes.

Composed in 1800 and published as a "Grande Sonata," Beethoven's "Piano Sonata in B-flat Major, Op. 22" marks the end of his first creative period. Beethoven held this sonata in especially high regard, proudly calling it "a real challenge" in a letter to his publisher.

In 1841, at the height of his mastery, Mendelssohn wrote three variation cycles for piano in quick succession. The first of them, the "Variations Sérieuses, Op. 54," may be regarded as his most important piano work.

Brahms composed "Sonata No. 1 in C Major, Op. 1" in 1853. Despite this being his first published work, "Piano Sonata No. 2" was actually composed first, but Brahms chose this work to be his first published opus because he felt that it was of higher quality. The sonata is in four movements.

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.

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 ylzakharova@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.

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.

Points of Pride

Andy Duncan's Article Published in 'Journal of the Alleghenies'

Andy Duncan, a professor in the Department of English and Foreign Languages, published a new article, "B Is for Belle, Who Fell Down the Well," ("Journal of the Alleghenies," Vol. 58, pp. 58-59, 2022). It's about an 1824 Prospect Square child rescue in Cumberland that has inspired a 21st-century ghost story.

Office of Sponsored Programs Successes/News

On Aug. 23, project director *Melanie Moore* (CES) was awarded \$7,000 from the Mid Atlantic Folk and Traditional Arts Community Projects Program of Mid Atlantic Arts with support from the National Endowment for the Arts for the project *Cuando Mexico Canta*.

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

Take Note

New York Times Digital Subscription Program

Free to FSU Students, Faculty and Staff!

Sponsored by the Ort Library, J. Glenn Beall Jr. Institute for Public Affairs, FSU Foundation and the Office of Civic Engagement, the [NYTimes.com](https://www.nytimes.com) digital subscription program supports a 21st-century education and improves student success while providing the campus community with a trusted resource to use to enhance global current news awareness, enrich curriculum discussions and provide a reputable research source. This subscription provides access to in-depth coverage of the daily issues being addressed in the news, expert analysis and reporting of historical events as they occurred. Faculty will be able to freely recommend using [NYTimes.com](https://www.nytimes.com) to students to enhance their research and educate them on the differences between authenticated news sources and “fake news.”

New York Times Digital Option Features

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

The New York Times Academic Site License program provides all FSU students, faculty and staff the ability to access [NYTimes.com](https://www.nytimes.com) on any device connected to the internet, on or off campus. Users can customize their account to set up alert newsletters, view and submit reader comments, as well as save and share articles.

User Registration Procedure

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

Instructional Resources for Faculty

In addition to campus-wide access to [NYTimes.com](https://www.nytimes.com), FSU has access to the value-added InEducation academic resources available at www.nytimesineducation.com. Teaching resources and curricular activities are available for more than 10 broad subject areas. Click on Register at the top right of the InEducation website to access this resource. You will need to use your FSU email address to create an account. Additional resources for teaching and learning are available on The Learning Network at www.nytimes.com/learning.

For info on account registration, contact the Ort Library Reference Desk at 301-687-4424 or libref@frostburg.edu. All other program inquiries can be directed to Patrick O’Brien at pobrien@frostburg.edu or 301-687-4210.

Library Info and Hours

The Ort Library is open and available for study space, research, instruction and technology. Come check out the newly remodeled main floor. Find books and other items, check out materials and study rooms keys, and ask for help at the Library Services main desk to the right inside the main entrance doors. Research assistance is available in person and online. There are eight group study rooms, seven individual study rooms, silent study areas, group study areas and more. A variety of computing and printing equipment is available, including PCs, iMacs, free black-and-white printers, pay color printers, scanners and copy machines.

For info, call the main desk at 301-687-4395 or email libref@frostburg.edu.

Fall 2022 Library Hours

Mondays to Thursdays – 7:30 a.m. to midnight

Fridays – 7:30 a.m. to 6 p.m.

Saturdays – 10 a.m. to 6 p.m.

Sundays – 1 p.m. to midnight

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.

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>.

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.

BURG Peer Education Network Events

The BURG Peer Education Network will present Games on the Lawn on **Thursday, Sept. 8**, from 5 to 8 p.m. on the Upper Quad.

The group will also host a S’mores Night on **Friday, Sept. 30**, starting at 5 p.m. on the 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.

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 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.

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 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. Applications are due no later than **Sunday, Sept. 25**, at 11:59 p.m.

Activities for Life

For info and registration, contact Amy Nazelrod, AFL coordinator, at 301-687-7934 or anazelrod@frostburg.edu.

Water Aerobics

Water aerobics will be offered on **Tuesdays and Thursdays** from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool. This semester's session will be held **Tuesday, Sept. 8, Thursday, Sept. 15, Tuesday, Sept. 20, Thursday, Sept. 22, and Tuesday, Sept. 27**.

This class is geared toward those who want to increase cardiovascular fitness, flexibility and body strength. It is the perfect activity for those with painful joints or other movement limitations. Water aerobics creates good muscle balance, making the muscles limber and strong. The instructor for this class is Charissa Bishop.

The pool will be open from 6:40 to 7:30 p.m. on **Sept. 6, 13 and 29** for participants to water walk on their own without instruction.

Yoga

Yoga will be offered on **Tuesdays, Sept. 20 through Oct. 25**, from 6:30 to 7:30 p.m. in room 106 of the Cordts PE Center.

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 good class for beginners. The instructor is Heather Mullenix.

Participants must provide their own mat.

Study Abroad

Start Planning 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. 9, 16 and 30, Oct. 14 and 28, Nov. 18 and Dec. 2**.

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

Health and Safety Messages

To Prevent Becoming a College Crime Statistic ...



Choose your friends wisely. True friends will never intentionally put you at risk.

Be careful at your dorm entrance. Don't let anyone you don't know follow you into a residence hall when the doors are secured. If a stranger is lingering near the entrance, use a different entrance if possible.

Sign up for safety alerts. If an active shooter situation or other dangerous situation occurs, you can be alerted right away – typically by text message.

Lock your door. This simple step could keep you from being a victim of property crime or violent crime.

Use your mobile phone cautiously. When you're walking across campus, think twice about being glued to your phone. Violent criminals love a victim who will not notice them in time.

Check on insurance. Homeowners insurance typically has "off-premises coverage," which generally includes a child's personal property if they are living in a college dorm. Parents' homeowners insurance typically does not extend to a student's off-campus housing. If a child rents an off-campus apartment or lives in an off-campus fraternity or sorority house, a renters insurance policy should be considered.

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



Mental Health Monday Tip: Nine Tips to Boost Your Mental Health

<https://integrisok.com/resources/on-your-health/2021/october/tips-to-boost-mental-health>

Tell Yourself Tuesday Tip: Twelve Inspiring Quotes About Mental Health

<https://www.goodtherapy.org/blog/stop-stigma-12-inspiring-quotes-about-mental-health-0512187>

Wacky Wednesday Tip: Finding a Balance

<https://care.unc.edu/finding-a-balance-how-i-manage-my-mental-health-in-college>

Thankful Thursday Tip: Gratitude Attitude

<https://www.sunshinebehavioralhealth.com/blog/gratitude-attitude-how-thankfulness-helps-in-mental-health>

Fun Friday Tip: Fun Activities to Help Improve Your Mood

https://www.healthywa.wa.gov.au/Articles/F_I/Fun-activities-to-help-improve-your-mood

Social Saturday Tip: Social Support

<https://www.heretohelp.bc.ca/wellness-module/wellness-module-3-social-support>

Self-Love Sunday Tip: Self-Love Tips

<https://www.psychologytoday.com/us/blog/click-here-happiness/202103/self-love-tips>

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2023

CORE VALUES

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

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

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

OUR VISION FOR FROSTBURG STATE UNIVERSITY IN 2023

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

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

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

STRATEGIC GOALS

Focus learning on the acquisition and application of knowledge.

Provide engaging experiences that challenge our students to excel.

Expand regional outreach and engagement.

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

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