



For and about FSU people

A publication of Communications and Media Relations

Volume 54, Number 14, December 4, 2023

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

## FSU Celebrates Achievements of Fall 2023 Graduates



From left, Commencement speakers Lydia Deneen, Maxwell Sykes and Julia Broberg

FSU will celebrate the student achievements of its fall 2023 graduating class at the 163rd Commencement Ceremony at 2 p.m. in a ceremony on **Wednesday, Dec. 20**, in the Cordts PE Center Main Arena.

University System of Maryland Regent **Hugh Breslin** will confer degrees, and **Al Delia**, acting president, and **Dr. Traki L. Taylor**, provost, will present diplomas to the class.

This year's commencement speakers are **Lydia Deneen** from the College of Business, Engineering, and Computational and Mathematical Sciences; **Maxwell Sykes** from the College of Education and Health and Natural Sciences; and **Julia Broberg** from the College of Arts, Humanities, and Social and Behavioral Sciences.

Deneen, of Frostburg, will graduate with a bachelor's degree in business administration with a concentration in general management and a minor in finance. Her hard work ranks her in the top 10 percent of all business students and has earned her a spot on the Dean's List every semester. Deneen received the FSU Excellence Scholarship and the Student Business Leaders Scholarship and was a member of the Sloop Institute for Excellence in Leadership in 2023. She serves as the vice president of the American Marketing Association at FSU and is a member of the Student Business Leadership Committee. In addition to carrying a full course load of 15-18 credits per semester, Deneen also works part time at a local restaurant. Deneen plans to pursue her MBA at FSU after graduation while working to become an insurance adjuster.

Sykes, of Frostburg, will graduate with a bachelor's degree in biochemistry with a minor in biology. He has served as a teacher aide and lab assistant in FSU's Chemistry Department and volunteered his time as a student tutor, where he was responsible for directing and conducting group tutoring sessions for advanced chemistry courses. Sykes also served as a residential tutor counselor over the summer for TRIO, teaching and preparing college-bound high school students in the areas of math and science. While at FSU, he has conducted independent advanced research and has made the Dean's List every semester. Sykes is the vice president of Gamma Sigma Epsilon, the national chemistry honor society, and has earned several accolades, including the Paul Hunt Lab Achievement, the T. Adams '87 and Wyche Adams '86 scholarship, the Weser Chemistry Achievement, the Roy W. Sonntag Award and the Woodward and Virginia Pealer Scholarship.

Broberg, of Frederick, will graduate with a bachelor's degree in mass communication with minors in journalism and sustainability studies. She has consistently made the Dean's List, and her hard work has allowed her to graduate a semester early with honors. Broberg has written news articles published in college newspapers and magazines at the local and national levels. She hosted and edited a radio show on FSU's student station and an NPR affiliate station that was broadcast throughout the tri-state area. Broberg also served as the social media intern for FrostburgFirst, was a teaching assistant for a professor teaching English to students in China and worked as a store clerk at a local book and video store.

Tickets are required to attend Commencement. For info, visit the FSU Commencement webpage. The ceremony will also be streamed live online. For the livestream link, visit FSU's website, [www.frostburg.edu](http://www.frostburg.edu), on the day of the commencement.

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## CES at FSU to Present Tomáseen Foley's 'A Celtic Christmas'



After sold-out performances in 2008 and 2011, "A Celtic Christmas" returns to FSU when CES presents this spirited celebration of Celtic music, dance and storytelling on **Friday, Dec. 8**, at 7:30 p.m. in Pealer Recital Hall. This performance is sponsored by the George W. and Lillian T. Walker Family, Linda W. Buckel and Juanita W. Andrews.

The heartwarming performance transports audiences to a remote cottage in the west of Ireland, where the exultation and innocence of a night before Christmas prevail as neighbors gather for an evening of celebration. There, the rafters ring with fiery traditional music and Irish Christmas carols, the quicksilver footwork of traditional dancers reverberates on the flagstone floor and the magic of storytelling brings delight to all.

Led by acclaimed Irish storyteller Tomáseen Foley, the event features Grammy Award-winning guitarist William Coulter, All-Ireland champion singer and fiddle player Eimear Arkins, champion Irish dancer Marcus Donnelly and uilleann piper Brian Bigley.

On **Thursday, Dec. 7**, at 6 p.m., the artists will lead a free community workshop, "Introduction to Irish Dance," in Pealer Recital Hall. Attendance is limited and registration is required.

To celebrate the artists' visit, the University's Dining Services will present a teaching kitchen in Chesapeake Dining Hall at FSU on **Wednesday, Dec. 6**, at 6 p.m. Using fresh, whole ingredients, participants will work in pairs as they learn to make traditional Irish fare. Attendance is limited and reservations are required. Tickets are \$30 per person and may be purchased by contacting the University box office.

"A Celtic Christmas" performance tickets are \$38 for adults; \$34.20 for FSU employees, members of the military and 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 FSU's 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)), the Allegany Arts Council and the City of Frostburg.

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## Help for Students

### PAWS Pantry

The PAWS Pantry at FSU provides food and basic necessities to FSU students at no cost. The pantry is open and available to all students. Students will complete a brief survey and paperwork to register as a pantry member during their first visit. They will be given a numeric identifier for tracking purposes, so their name and information are never used in any reporting. During regular hours, students may come to the pantry and shop from the selection of non-perishable foods and hygiene products (when available).

The pantry is located at Braddock House at 20 Braddock Road. Walk-up hours are 10 a.m. to 1 p.m. and 3 to 5 p.m. on **Mondays**; 10 a.m. to 1 p.m., 3 to 5 p.m. and 6 to 8 p.m. on **Wednesdays**; and noon to 3 p.m. on **Fridays**. Other weekdays are by appointment. To schedule an appointment, email [pawspantry@frostburg.edu](mailto:pawspantry@frostburg.edu).

Meal cards are available for students! Cards provide up to five free meal swipes at Chesapeake and are available on a first-come, first-served basis. Just ask about them the next time you're at the pantry.

All students (new and returning) using the pantry must complete the Intake and Waiver, which they can complete at the pantry or access at <https://portal.frostburg.edu/pantry>.

### Are You a First-Generation Student?

#### Student Support Services Can Help!



TRiO/Student Support Services, located in Pullen 133, offers academic advising, tutoring and study skills, financial aid assistance and guidance, graduate school assistance, career development, and educational and cultural events for first-generation students. Student Support Services is an academic support program to help first-generation college students stay in school and graduate.

To make an appointment, call 301-687-4481. Hours are 8 a.m. to 4:30 p.m. **Mondays through Fridays**.

### Things to Know About the Student Health Center

The Student Health Center is staffed with two nurse practitioners, two registered nurses and two front office staff. Center hours are **Mondays through Fridays** from 9 a.m. to 4 p.m.

Services offered include treatment for minor illness/injury, women's health/birth control, emergency contraception, immunizations, STI testing, sexual assault resources, allergy injections and wellness and smoking cessation programs.

Appointments can be scheduled online through the patient portal or by calling 301-687-4310.

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The center is located on the first floor of the Education and Health Sciences Center. Free over-the-counter items are available to students in the waiting room, including Tylenol, ibuprofen, cough drops, menstrual products and condoms.

Additional resources and information can be found at [www.frostburg.edu/brady-health](http://www.frostburg.edu/brady-health).

## Student Counseling Center

The Student Counseling Center offers brief but comprehensive counseling services to FSU students, including individual and group therapy.

The center is open **Mondays through Fridays** from 8 a.m. to 4:30 p.m., excluding holidays. Several same-day appointments are available every day for students who are in crisis and in immediate need of speaking with someone.

Crisis services are available in the evenings and on the weekends and holidays. Those services can be accessed by calling University Police at 301-687-4223 and asking to speak with a crisis counselor.

Wait times to meet with a counselor for ongoing support are no more than 10 business days, and often within five business days.

To make an appointment, call 301-687-4234 or stop by the center during business hours. In-person and telehealth options are available for appointments. There is no additional cost to students for services.

The Student Counseling Center is on the first floor of the Education and Health Sciences Center in the same space as the Student Health Center.

Many self-help resources can be found on the Student Counseling Center webpage at [www.frostburg.edu/caps](http://www.frostburg.edu/caps).

## SafeRide



The SafeRide Program, an initiative of the Student Government Association, offers safe transportation to the students at FSU. SafeRide, a student-operated program, is free to all students. SafeRide runs almost anywhere in the city of Frostburg, including 7-Eleven, Weis, McDonalds, Burger King, Urgent Care, etc.

SafeRide is just a tap away! Download the TransLoc app today! Use the app to request your ride and to receive notifications when your driver arrives. Sign in using your FSU credentials and request a ride during SafeRide hours. You can also request a ride by calling the SafeRide Office at 301-687-7433.

Hours of operation are 10 p.m. to 2 a.m. **Fridays and Saturdays.**

## Recovery Group Meetings

For students looking for a 12-step support group to attend, FSU will now have meetings on **Thursdays** at 7 p.m. at the Osborne Newman Center (the building behind Annapolis Hall) at 130 S. Broadway.

For info, contact Don Swogger, director, SAFE Office, and advisor, BURG Peer Education Network, at [dswogger@frostburg.edu](mailto:dswogger@frostburg.edu).

## Theatre

### Theatre and Dance Presents ‘Miss Bennet: Christmas at Pemberley’



**Sydney Martinez (Mary Bennet) and Brendon McCabe (Arthur DeBourgh)**

This holiday season join FSU’s Department of Theatre and Dance for a sequel to Jane Austen’s “Pride and Prejudice” by Lauren Gunderson and Margot Melcon **Thursday, Dec. 7, through Saturday, Dec. 9**, at 7:30 p.m. All performances will take place in the Drama Theatre of FSU’s Woodward D. Pealer Performing Arts Center.

**On Dec. 9, the department will host a “Pemberley Ball” beginning at 5:30 p.m. The event will feature live music from the FSU String Ensemble, period dancing, holiday refreshments, and more before the 7:30 p.m. final performance of “Miss Bennet: Christmas at Pemberley.” Guests are encouraged, but not required, to dress in period attire. Tickets for the ball will be sold separately from the play. Sponsored by FSU’s Student Government Association, tickets to the ball are free for FSU students and \$10 for the general public.**

Set two years after the novel ends, “Miss Bennet: Christmas at Pemberley” continues the story, only this time with bookish middle sister Mary as its unlikely heroine. Mary is growing tired of her role as a dutiful middle sister in the face of her siblings’ romantic escapades. When the family gathers for Christmas at Pemberley, an unexpected guest sparks Mary’s hopes for independence, an intellectual match and possibly even love.

“Miss Bennet: Christmas at Pemberley” is directed by *Shea-Mikal Green* with costumes by guest artist and FSU Theatre and Dance alum, *Cody Gilliam*.

The cast consists of *Whitney O’Haver* (Elizabeth Darcy), *Ronald Breitfeller* (Fitzwilliam Darcy), *Sydney Martinez* (Mary Bennet), *Brendon Eric McCabe* (Arthur DeBourgh), *Emilia Porter* (Jane Bingley), *Carson Luther* (Charles Bingley), *Kassidy Andris* (Anne DeBourgh), *Elena Echeandia* (Lydia Wickham), *Paige Brubaker* (Housekeeper), *Tony Rivera* (Steward), *Leah Moreland* (Ladies Maid), *T.J. Kelly* (Butler), *Casey Allison* (Ladies Maid/Movement Captain) and *Emma Messick* (Ladies Maid).

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In addition to Green and Gilliam, creative team members include *Mackenzie Guynes* (stage manager), *George Georgeson* (scenic and sound design), *Ava Breighner* (properties design), *Kyle Wolford* (assistant scenic design), *Sarah Slack* (assistant stage manager) and *Nicole Mattis* (dialect coach).

Tickets are \$18 for the general public, \$15 for FSU employees and senior citizens, \$10 for youth and \$7 for FSU students. Tickets can be purchased at [www.frostburgtix.universitytix.com](http://www.frostburgtix.universitytix.com).

For info and details about group ticket sales for the “Pemberley Ball” on **Dec. 9**, call the Theatre and Dance box office at 301-687-7462.

## Music

Unless otherwise noted, performances will take place in Pealer Recital Hall and are free and open to the public. 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.

### Department of Music Presents Concert by Brass Ensemble

FSU’s Department of Music will present its Brass Ensemble, conducted by *Joshua Bishop*, on **Monday, Dec. 4**, at 7:30 p.m.

Ensemble performers are *Leah Boggs, Andrew Chaudron, DeAndre Cook, Daniel Coughenour, Alex Frey, Martin Harden, Doug Holtz, Zachary English, Jack McCoy, Joseph Orr, Morgan Tichnell, Travis Walker* and *Samuel White*.

The program will include “Action Brass” by Brian Sadler; “BWV 298,” “BWV 323,” “BWV 384” and “BWV 426” from “Chorale Suite” by Johann Sebastian Bach; the first two movements, “Lisbon” and “Horkstow Grange,” from “Lincolnshire Posy” by Percy Grainger, arranged by Bishop; “Die Bankelsangerlieder” by anonymous; and “1812 Overture” by Pyotr Ilyich Tchaikovsky, arranged by Bishop.

“Action Brass” has all the excitement of an action film score. Heroic fanfares start the action, followed by a middle section with a contrasting dark, narrative theme. The action then picks up, accelerating into a triumphant brass fanfare with woodwind flourishes for a glorious finale.

Bach composed more than 400 chorales, which come from two sources, the C.P.E. Bach Collection and Bach’s 200 plus cantatas. A typical church cantata by Bach usually included a chorale as the final movement, which most today would refer to as a church hymn, although Bach’s chorales are more harmonically complex than most popular hymns.

Grainger composed “Lincolnshire Posy” for concert band in 1937. The 16-minute-long work has six movements, each adapted from folk songs Grainger collected on a 1905-1906 trip to Lincolnshire, England. Originally titled “Dublin Bay,” “Lisbon” is the shortest – a simple, lilting melody. The melody follows a young sailor preparing to leave his love to head toward Lisbon. “Horkstow Grange” refers to the village of Horkstow. Like the first movement, this one is also in strophic form, the theme stated by the clarinets and horns at the opening.

“Die Bankelsangerlieder” is a 17th-century Baroque sonata that has recently been attributed to Daniel Speer. Translated from German, “The Song of the Bench Singers” refers to performers who often played in taverns while standing on benches.

“The Year 1812, Solemn Overture, Op. 49,” popularly known as the “1812 Overture,” is a concert overture Tchaikovsky composed in 1880 to commemorate Russia’s successful defense of the French invasion by Napoleon in 1812. The 15-minute overture is best known for its climactic volley of cannon fire, ringing chimes and a brass fanfare finale. One of Tchaikovsky’s most popular works, it has also become a common accompaniment to firework displays on America’s Independence Day.

### FSU Chamber Singers Performing Area Concerts in December

FSU’s Department of Music is presenting its Chamber Singers in several concerts this December – the next one on **Saturday, Dec. 9**, at 7 p.m. at Ashby’s Fort, 227 Dan’s Run Road in Fort Ashby, W.Va., and the last, “Lessons and Carols,” on **Friday, Dec. 15**, at 7 p.m. at St. Michael’s Catholic Church, 44 E. Main St. in Frostburg, Md.

Note: These concerts will not be livestreamed.

The Chamber Singers will visit historic Ashby’s Fort for their next concert. Experience an evening of music and entertainment, featuring a wide variety of repertoire and holiday favorites at the first fort George Washington ordered constructed in Virginia during the French and Indian (or Seven Years’) War.

Finally, the FSU Chamber Singers will team up with the musicians of Divine Mercy Catholic Parish to present an evening of song in preparation for the celebration of Christmas. Traditional favorites will blend with modern masterpieces for an evening to remember.

### Holiday Concert Is ‘Music for the Season’

FSU’s Department of Music will present its Holiday Concert, “Music for the Season,” on **Sunday, Dec. 10**, at 3 p.m. There will also be a prelude performance by the FSU Jazz Orchestra, directed by *Peter Lewis*, at 2:15 p.m. in the Performing Arts Center lobby.

Note: This event will not be livestreamed.

Presenting a variety of holiday and seasonal music, performers will include members of the FSU Choirs, conducted by *Dr. Scott Rieker*; the FSU Wind Ensemble, conducted by *Peter Lewis*; the FSU Brass Ensemble; FSU String Ensemble; FSU Percussion Ensemble; 5 Guys Jazz Quintet; and faculty and student soloists and duets.

Admission is \$10 for adults; \$5 for seniors, member of the military, and FSU faculty and staff; and free for students and children. Tickets are available at the University box office in room 203 of FSU’s Lane University Center (**Mondays through Fridays** from 10

a.m. to 4 p.m.), by phone at 301-687-3137 or online at <https://frostburgtx.universitytickets.com/w/event.aspx?id=1934>. Tickets are also available at the door.

## 'An Irish Christmas' Hosted by MCTA



John Doyle, left, and Mick McAuley

FSU's Mountain City Traditional Arts will present "An Irish Christmas With John Doyle and Mick McAuley" on **Monday, Dec. 11**, at 7 p.m. at 25 E. Main St. in Frostburg. Join them for an evening of traditional Irish music, songs and stories that will transport you to the villages of rural Ireland. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Doyle and McAuley's musical connection began in the groundbreaking Irish-American band, Solas. Now, both have flourishing high-profile solo careers and periodically come together to brush off some Solas standards and lots of their individual material. Both natives of Ireland and from musical families, Doyle and McAuley are powerhouses in traditional Irish music.

Having started his professional career at the age of 16, Doyle went on to form the highly acclaimed supergroup, Solas, which took the folk and Celtic music worlds by storm. Since then, his flourishing solo career, highly regarded solo albums and in-demand studio prowess as producer have made him one of the busiest artists in traditional music. Doyle's original rhythmic and percussive guitar style has been emulated by guitarists all over the world. Widely considered the finest Celtic guitarist performing today, he is also a powerful singer and highly regarded songwriter.

McAuley is an Irish musician, composer and songwriter who has recorded and toured internationally for many years. While his music is rooted firmly in the Irish tradition, he has been part of a movement that continues to push the musical boundaries of that tradition to bring Irish music to a wider and more diverse audience. A multi-instrumentalist, McAuley plays accordion, melodeon, concertina, whistles and guitar and has been a guest on many recordings and performances. Most recently, he spent many months as accordionist for Sting in his Broadway production, "The Last Ship." McAuley's debut solo album, "An Ocean's Breadth," was awarded Best Celtic Album of the Year by The Washington Post.

MCTA is a program of FSU and a founding member of Maryland's Folklife Network. It receives support from the Maryland Traditions Program of the State Arts Council.

For info, call 301-687-8040.

## Presentations

### Educational Leadership Practicum Symposium



Dr. Veselina Lambrev

The Department of Educational Professions and the EdD program will host a practicum symposium and keynote lecture on **Wednesday, Dec. 6**, at 7 p.m. via Webex. This is a great opportunity to learn about different practicum sites and to hear from your peers about their experiences.

The keynote lecture will be delivered by Dr. Veselina Lambrev, an assistant professor of program development at the College of Education at the University of South Florida in Tampa. Lambrev will share insights on the collaborative practicum experience, conducting equity work and qualitative research.

Lambrev's curriculum vitae can be found at <https://www.usf.edu/education/documents/faculty/cvs/veselina-lambrev-cv.pdf>.

The symposium will feature presentations by EDLP 902 students, who will share their experiences and insights from their practicum placements. During Practicums I and II, students work in teams or individually as consultants to local educational organizations (which may include nonprofits and other non-traditional educational contexts and settings) to use the skills developed throughout the doctoral program to analyze problems of practice and use multiple frames to develop meaningful solutions, primary goals of the Carnegie Project on the Education Doctorate, of which FSU is a member.

To register for the practicum symposium, visit <https://shorturl.at/ixI08>. For info, contact Dr. Michael Williams at [mrwilliams@frostburg.edu](mailto:mrwilliams@frostburg.edu).

### FSU Honors Program to Host Brown Bag Luncheon Presentation on History of Polish Women

The FSU Honors Program, in partnership with World Artists Experiences, will host a brown bag luncheon presentation, "A History of Polish Women," on **Thursday, Dec. 7**, at 12:30 p.m. in Lane Center 113. Bring a lunch and join Katarzyna Rybka-Iwańska, a career diplomat and the head of public and cultural diplomacy at the Embassy of the Republic of Poland in Washington, D.C., to hear about some of Poland's most remarkable women.

The presentation will explore the stories of Polish women on the forefront of history, including Dr. Maria Skłodowska-Curie, the great female scientist; Wanda Rutkiewicz, the fearless Himalayan climber; Dr. Maria Siemionow, who performed the world's first nearly total face transplant; the first Polish female parliamentarians; Irena Sendler, the Polish nurse who saved hundreds of children from the Warsaw Ghetto; and Wisława Szymborska, the Polish poet beloved worldwide.

For info, contact Dr. Kara Rogers Thomas at [krogersthomas@frostburg.edu](mailto:krogersthomas@frostburg.edu).

## Exhibits

### Senior Exhibition, 'Shatter Me,' at Roper Gallery Dec. 9-15



FSU's Department of Visual Arts will open its fall 2023 senior exhibition, "Shatter Me," a solo show by Francesca Crevoiserat, with a reception on **Saturday, Dec. 9**, from 2 to 4 p.m. at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition, which is free and open to the public, will be on display through **Friday, Dec. 15**.

Crevoiserat will graduate with a bachelor's in art and design with a focus in painting, a secondary focus in ceramics and a minor in art history. After graduation, she plans to continue her education and obtain a master's in art therapy.

For this show, the Roper Gallery is open **Monday through Friday** from 11 a.m. to 5 p.m.

For info, contact Jackie Brown in the Visual Arts Department at [jbrown@frostburg.edu](mailto:jbrown@frostburg.edu) or 301-687-4319.

### Ort Library Exhibiting 'Art of the George Meyers Collection'



The Lewis J. Ort Library is exhibiting "Art of the George Meyers Collection," curated by FSU senior **Julia Seddon**. Meyers (1912-1999) was a lifelong labor activist from Lonaconing, Md. He served as the labor secretary of the Communist Party of Maryland and later as the labor secretary for the CPUSA. He collected various items, artworks and souvenirs throughout his travels to the Soviet Union, Mongolia, Czechoslovakia, the German Democratic Republic and elsewhere. The featured items are from his personal collection and from the collections of other labor activists, which have been incorporated into the Meyers Collection. These display cases also include pieces from the Leah Shiffman, William Moody, Barbara Meyers and Gairdner B. Moment collections.

Seddon is a history major and has worked as a student assistant in the J. Glenn Beall Archives for two years. She is a member of the FSU Percussion Ensemble and is a percussion instructor at Mountain Ridge High School in Frostburg.

The exhibit will be on display on the fourth floor of the library for the remainder of the academic year.

## Points of Pride

### FSU's Athletic Training Program Partners With Volunteer Firefighters



**Group photo:** From left, Dr. Jackie Durst, associate professor of kinesiology at FSU; MSAT student Taylor Patrick; Assistant Fire Chief/PIO Matt McMorran; Dr. Lauren Pacinelli, coordinator of Clinical Education in the Graduate Athletic Training program; and MSAT students Jordan Patrick, Riannon Shagena and Ashlyn Catanese

**Balance Data Collection photo:** From left, Dr. Jackie Durst, MSAT student Jordan Patrick, volunteer firefighter research participant, MSAT student Ashlyn Catanese

FSU's Department of Kinesiology has collaborated with local volunteer firefighters on two projects that allow graduate students in the Athletic Training program to conduct original research while simultaneously providing beneficial services to the Frostburg community.

In 2022, **Dr. Lauren Pacinelli**, coordinator of Clinical Education in the Graduate Athletic Training program, and **Dr. Jackie Durst**, associate professor of kinesiology, developed the Rural Firefighter Resiliency Project.

According to statistics, volunteer firefighters have a higher prevalence of musculoskeletal injury and cardiovascular complications compared to their career counterparts. Research shows that more than 60 percent of national fire rescue units are volunteers, which only emphasizes the importance of the work FSU's graduate students are conducting.

The pilot program had 12 local volunteer firefighters participate. Graduate students used the results from their assessments to build individualized exercise programs to correct mobility and performance deficits and improve overall function.

According to Pacinelli and Durst, the program was an overall success. Kinesiology students gained valuable and unique research experience, all 12 participants reported improvements in one or more of the assessed areas and FSU's Department of Kinesiology now has the foundation to move forward on more collaborations with the local volunteer firefighter network.

During the 2023-2024 academic year, FSU's Kinesiology Department launched a second project titled "Influence of Gear on Firefighter Postural Stability and Strength." Currently an active project, volunteer and career firefighters from the rural Western Maryland region are encouraged to participate.

The common goal of both initiatives is to evaluate and improve volunteer firefighter performance to decrease injury to them, which in turn helps to increase public safety.

The 2022-2023 project was made possible through an FSU Foundation Opportunity Grant, and the current project has received funding through two internal grants as well. For info on how to participate, contact Pacinelli at [lepacinelli@frostburg.edu](mailto:lepacinelli@frostburg.edu) or 301-687-4497.

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## Annual Sponsor-a-Family Thanksgiving Basket Program

The FSU campus community donated 98 baskets totaling 3,093.5 pounds of food and \$2,770 in gift cards!

Thanks to volunteers from the following departments, student organizations and classes who volunteered their time to collect and donate baskets: Alpha Phi Omega, Department of Student Engagement, EngageFSU, Management 356 and 405, Pi Lambda Phi, Social Work, Student Accessibility and Learning, Student Affairs and Student Government Association. In total, 16 individuals volunteered 46 hours.

## Office of Sponsored Programs Successes/News

On Nov. 9, project director **Jodi Broadwater**, director, SBDC, was awarded \$156,262 by the University of Maryland, College Park, Maryland Small Business Development Center – Lead Center for FY2024. SBDC provides outreach, review and assistance in business plan and financial proposal preparation, marketing strategies, procurement-related certifications and strategic planning based on the client's stage in the business life cycle.

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

## FSU's CSIT Student Showcase Enlightens and Inspires



On Nov. 16, FSU's CSIT Student Showcase displayed the remarkable talent and innovation of its computer science and information technology students. Nearly 30 students participated, showcasing their skills in diverse areas such as hacking, facial recognition with AI, developing game mods in Minecraft and much more.

This showcase highlighted the technical prowess of the students and served as an educational experience for attendees, offering insights into the diverse and dynamic field of computing sciences. It was an inspirational event for new students and those considering a career in computing, illustrating the multitude of opportunities and practical applications in the industry.

The event was well-attended by local and regional employers, faculty, staff, administrators and proud parents, fostering a rich atmosphere of networking and community engagement. The involvement of parents added a personal dimension, underscoring the support and pride in the students' achievements.

For info, see #CSITStudentShowcase, #FrostburgTechTalent, #ComputingSciences and #InnovationAtFrostburg.

## Great Turnout for Geography Bowl Session and EcoBrick During Geography Awareness Week!



Questions were contributed by students **Alex Donley** and **Katlyn Barbee** and **Dr. William Wetherholt**, an associate professor in the Department of Geography.

**Luis Cervantes** (Biology) claimed MVP status, answering the most questions about the U.S. National Parks.

The final Geography Bowl event of fall 2023 will be held on **Tuesday, Dec. 12**, at 5 p.m. in Gunter 214.

For info, contact Tracy Edwards at [tedwards@frostburg.edu](mailto:tedwards@frostburg.edu) or in Gunter 210 or Alex

Donley at [ajdonley0@frostburg.edu](mailto:ajdonley0@frostburg.edu).



Geography Awareness Week also included opportunities to EcoBrick. More than 30 students worked to finish up 16 EcoBricks.

If you still don't know what an EcoBrick is or why FSU students are making them, you have one more chance to learn in fall 2023. The final EcoBrick event, sponsored by the Sustainability Awareness Society, will be held on **Tuesday, Dec. 5**, at 4 p.m. in Gunter 208.

For info, contact Tracy Edwards at [tedwards@frostburg.edu](mailto:tedwards@frostburg.edu) or in Gunter 210 or Liam Johnstone at [ljohnstone0@frostburg.edu](mailto:ljohnstone0@frostburg.edu).

## Andy Duncan on the Program at VICFA

**Andy Duncan**, a professor in the Department of English and Foreign Languages, was on the program of the second annual Virtual International Conference on the Fantastic in the Arts, held Nov. 5 through 11. He did an author reading on a panel with Indrapramit Das (<http://indradas.com>), P. Andrew Miller (<https://pandrewmiller.com>) and host Alexis Brooks de Vita (<http://alexisbrooksdevita.ink>).

For info on VICFA, including a conference schedule, visit <https://iaffita.wildapricot.org/page-1820583>.

## Take Note

### Announcements About Weather-Related Delays and Closings

Below is information on how to find out if FSU is closed, delayed or will close early on days with inclement weather. The following applies to in-person classes and activities and on-campus employees only, and for the FSU campus only.

#### If the campus is closed:

In-person classes are cancelled.

In-person employees and hybrid teleworkers who are scheduled to be on campus the day of the closure should not report to work.

Essential personnel are required to report to work at their scheduled time.

#### If there is a delay:

In-person classes scheduled before the announced opening time are cancelled. Classes after that time occur as scheduled.

In-person employees and hybrid teleworkers scheduled to be on campus that day should begin their shifts at the announced opening time.

Essential personnel are required to report to work at their scheduled time.

#### If there is an early closure:

In-person classes scheduled after the announced closure time are cancelled. Classes before that time occur as scheduled.

In-person employees and hybrid teleworkers scheduled to be on campus that day should end their shifts at the announced closure time.

Essential personnel are required to remain at work until their scheduled time.

#### Hybrid teleworkers and online classes:

Fully online classes will continue regardless of campus status.

Hybrid teleworkers who are scheduled to work remotely on a day the campus is closed will follow their regular schedule. Those who do not work must use accrued leave time.

#### Payroll and personnel information:

Essential personnel are required to report to work in the event of any cancellation or delay. These individuals have been notified of their “essential” status by their department heads. If you are unsure of your status, check with your supervisor.

Personnel compensation for closures or delays (in-person only) will be based on the appropriate cancellation or delay message as presented on the FSU voicemail system.

As always, the most reliable information regarding delays and cancellations will come from FSU-controlled outlets (campus email, BURG Alerts, University voicemail, FSU website and social media sites). Notification of delays or closures will be made through these outlets:

BURG Alerts texts and campus emails (see registration information below)

Main University number 301-687-4000, Option 2 (after 6 a.m.)

On the top of the main page of the FSU website, [www.frostburg.edu](http://www.frostburg.edu)

Through various local radio stations

FSU X (formerly Twitter), [twitter.com/frostburgstate](https://twitter.com/frostburgstate)

FSU Facebook, [www.facebook.com/frostburgstateuniversity](https://www.facebook.com/frostburgstateuniversity)

Everyone with an FSU email is automatically signed up for BURG Alerts to that FSU email account. BURG Alerts, in addition to weather notifications, alert the campus in an emergency.

You may also opt to have alerts sent as text messages to your cell phones (standard texting rates apply) and to other email addresses. To sign up, visit <https://www.frostburg.edu/computing/fsualert> or click the Emergency link at the bottom of the FSU homepage. Follow the instructions, using your FSU username and password to access the site. You have the option to have alerts sent to two cellular numbers and six email addresses. (You may add family members, or they can create their own accounts using the link provided above.) **Make sure to follow the validation steps to activate your choices.**

If you spend any time in the Frostburg area, it is highly recommended that you sign up for the text alerts to ensure that you are notified of emergencies or weather-related schedule changes.

**Unless an FSU closure is announced on the outlets above, FSU is open. The final decision regarding your safety resides with you.** If, in your judgment, it is not safe for you to come to work while the University is still open, you must contact your supervisor and provide this information. If liberal leave is announced for employees, it is expected that everyone will make an effort to report to



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work. Employees who take liberal leave will be charged for the appropriate leave time. **The announcement of liberal leave does not cancel classes or relieve essential employees of their need to report to work during inclement weather.**

**Here are some ways you can check on weather conditions if you have to travel:**

FSU campus weather cam on Weather Bug: <https://www.weatherbug.com/weather-camera/frostburg-md-21532> (Other regional cams can be found here, too.)

Maryland DOT statewide cams: <https://chart.maryland.gov/trafficcams/index.php#>

I-68 Exit 33 cam: <https://chart.maryland.gov/video/video.php?feed=7200276f018000a8005dd336c4235c0a>

**Do not call University police or the computer help desk for weather-related information.**

**Do check your FSU email, call the University switchboard or visit the FSU website.**

**You can also check the local radio stations. If there are mixed messages in the media, call the University switchboard for clarification. That number will always be the final authority in case of confusion from other sources.**

## Library Research Help

The Ort Library's research librarians are available to assist students with their research for assignments.

By visiting the Ask a Librarian Hours and FAQs page at <https://frostburg.libanswers.com> (also found on the Library's home page at <https://www.frostburg.edu/library>), students can seek research help in one of the following ways:

Schedule a research consultation appointment (in person or online) at <https://shorturl.at/bjst9>.

Drop in to speak with a librarian during research hours (available on the Ask a Librarian and FAQs page above).

Chat online with a librarian during research hours at <https://shorturl.at/cpA26>.

Call the main desk and ask for a librarian during research hours (301-687-4395).

Email a librarian at [libref@frostburg.edu](mailto:libref@frostburg.edu).

View Frequently Asked Questions at <https://frostburg.libanswers.com>.

## Ort Library End-of-Semester Hours

The Ort Library will offer additional hours of operation to support the academic community at the end of the fall semester. Online resources remain accessible 24/7.

For questions about services, hours or operations, check out Frequently Asked Questions, send an email to [libref@frostburg.edu](mailto:libref@frostburg.edu) or call the Library Services main desk at 301-687-4395. You can also chat with a librarian or schedule a research consultation to help with final assignments.

### End-of-Semester Hours

**Monday, Dec. 4, through Thursday, Dec. 7,** 8 a.m. to midnight

**Friday, Dec. 8,** 8 a.m. to 5 p.m.

**Saturday, Dec. 9,** noon to 5 p.m.

**Sunday, Dec. 10,** 2 p.m. to midnight

**Monday, Dec. 11, through Thursday, Dec. 14,** 8 a.m. to midnight

**Friday, Dec. 15,** 8 a.m. to 5 p.m.

**Saturday, Dec. 16,** noon to 5 p.m.

**Sunday, Dec. 17,** 2 p.m. to midnight

**Monday, Dec. 18,** 8 a.m. to midnight

**Tuesday, Dec. 19, through Thursday, Dec. 21,** 8 a.m. to 5 p.m.

**Friday, Dec. 22,** closed

## Flu Vaccine Available



The Student Health Center is administering the quadrivalent vaccine to FSU faculty, staff and students. This vaccine protects against four strains of the influenza virus.

The cost is \$30 (cash or check). Students have the option to bill their PAWS account but must make an appointment. Call or web-book appointments. Walk-ins are welcome.

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You must be over 18. Be sure to wear short sleeves.

The center is located in room 118 of the Education and Health Sciences Center.

For info, call 301-687-4310 or email [bradyhealth@frostburg.edu](mailto:bradyhealth@frostburg.edu).

## Toys for Happiness

The Office of Student Life and the ASTAR AmeriCorps program are collecting unwrapped new toys between now and **Monday, Dec. 18**, to donate to Toys for Happiness. Toys can be dropped off at the PAWS Pantry during normal operating hours and the College of Arts, Humanities, and Social and Behavioral Sciences Dean's Office (Compton 241) any day during regular business hours or brought to the President's Holiday Reception on **Dec. 18**, from 2 to 4 p.m. in Lane Manicur Hall.

## University Store to Host 'Elf on the Shelf'



The University Store will host a special visitor **through Tuesday, Dec. 12**. Its "Elf on the Shelf," Mr. Jingles, will arrive from the North Pole for "The 12 Days of Holiday Savings" event. During this period, look for the University Store's social media posts and emails featuring the discounted items of the day.

For info, contact Kimberly Raley at [kcraley@frostburg.edu](mailto:kcraley@frostburg.edu).

## Jingle and Mingle Movie Marathon



Join the Catholic Campus Ministry for a Jingle and Mingle Movie Marathon on **Tuesday, Dec. 12**, from 6 to 9 p.m. at the Osborne Newman Center. All FSU students are welcome.

Come for some hot chocolate. Trim the tree. Decorate gingerbread houses. Bake cookies. Need time to study? Bring your work with you and sit by the fireplace.

For info, contact Sharon Bogusz at [ccm-s.bogusz@frostburg.edu](mailto:ccm-s.bogusz@frostburg.edu).

## Deadlines

### Graduate Grade Changes

The last day for graduate grade changes, including the removal of incomplete grades for the spring 2023 and summer 2023 semesters is **Monday, Dec. 11**.

## Volunteers

### Storybook Holiday and Harry Potter Book Night

The Children's Literature Centre concluded its Book Award Banquet and open house on Oct. 7. Now CLC is preparing for its Harry Potter Book Night event. This event is for children, and lots of volunteers are needed to make this event run smoothly.

The Harry Potter Book Night event will take place on **Saturday, Feb. 3, 2024**, at FSU's Lewis J Ort Library. Some volunteer jobs include wandering wizards, heads of houses, station helpers and sorting hat wizards. To volunteer, visit <https://shorturl.at/kCHR6>.

## Internships

### Maryland Public Service Scholars Program

The Maryland Public Service Scholars Program has paid summer 2024 internship opportunities available. Each year, Maryland college students (juniors and seniors of all majors) are selected for paid internships and leadership development opportunities to explore careers in government agencies and nonprofit organizations to make a difference in the lives of Marylanders. These fellowships provide students the opportunity to develop their skills, network, serve in the public service realm and become better future leaders in Maryland's public and social sectors.

Fellows are paid a \$3,500 stipend. Internships are from **Thursday, May 30, to Sunday, Aug. 11, 2024**. The final deadline is **Friday, March 1, 2024**. For info about the MPSS program, visit <https://publicservicescholars.umbc.edu>.

## Health and Safety Messages

### Protect Your Water Pipes This Winter!



To prevent frozen water pipes, protect your home by following the simple steps below.

#### Before Cold Weather

Locate and insulate pipes most susceptible to freezing, typically those near outer walls, in crawl spaces or in the attic.

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Wrap pipes with heat tape (UL approved).

Seal any leaks that allow cold air inside where pipes are located.

Disconnect garden hoses and shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.

### **When It's Cold**

Let hot and cold water trickle at night from a faucet on an outside wall.

Open cabinet doors to allow more heat to get to un-insulated pipes under a sink or appliance near an outer wall.

Make sure heat is left on and set no lower than 55 degrees.

If you plan to be away, have someone check your house daily to make sure the heat is still on to prevent freezing.

### **If Pipes Freeze**

Make sure you and your family know how to shut off the water, in case pipes burst. Stopping the water flow minimizes the damage to your home. Call a plumber and contact your insurance agent.

Never try to thaw a pipe with an open flame or torch.

Always be careful of the potential for electric shock in and around standing water.

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



Mental Health Monday Tip: Mental Health and Academics

<https://www.psichi.org/page/263EyeSpring22Stolberg>

Tell Yourself Tuesday Tip: You can Succeed With These Study Tips

<https://www.goingmerry.com/blog/study-tips-for-college>

Wacky Wednesday Tip: Seventy-Five Positive Affirmations for Studying

<https://astoldbyariel.com/affirmations-for-studying>

Thankful Thursday Tip: Motivation and Gratitude

<https://www.psychologytoday.com/us/blog/comfort-gratitude/202109/how-gratitude-can-help-teens-stay-motivated>

Fun Friday Tip: Friday Night Activities

<https://ordinaryandhappy.com/things-to-do-on-a-friday-night>

Social Saturday Tip: Study With Your Friends

<https://ivypanda.com/blog/studying-with-friends>

Self-Love Sunday Tip: Self-Love Tips

<https://uncustomary.org/self-love-tips-college-students>

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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.

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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).