

For and about FSU people

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FSU's Department of Music Presents Its Evening of Jazz, 'Remembering Oliver Nelson'



FSU's Department of Music will present An Evening of Jazz, "Remembering Oliver Nelson," on **Friday, Nov. 17**, at 7:30 p.m. in the Pealer Recital Hall of FSU's Woodward D. Pealer Performing Arts Center. Directed by **Dr. Brent Weber**, the event will feature the FSU Jazz Orchestra.

The program will include "Stolen Moments," "Emancipation Blues," "Black, Brown and Beautiful," "Hoe Down," "Ballad for Benny" and "Down by the Riverside" by Oliver Nelson; "Senor Mouse" by Chick Corea, arranged by Mike Tomaro; "Hamp and Dex" by Dexter Gordon, arranged by Ernie Wilkins; and "Malagueña" by Ernesto Lecuona, arranged by Bill Holman.

"Stolen Moments" is a jazz standard. It is a 16-bar piece though the solos are on a conventional minor blues structure. The recording of the song on Nelson's 1961 album, "The Blues and the Abstract Truth," led to it being more generally covered.

Opening with a stylish gospel chorale, "Emancipation Blues" is a grand, glorious, romping gospel chart. The song is on "Afro/American Sketches," a jazz album Nelson recorded in late 1961 and released in 1962.

"Black, Brown and Beautiful" is from the album of the same name that Nelson recorded in 1969 as a tribute to Dr. Martin Luther King Jr.

"Hoe Down," inspired by the fourth section of Aaron Copland's "Rodeo," is from "The Blues and the Abstract Truth" that Nelson recorded in 1961. It remains his most acclaimed album.

"Ballad for Benny" has a nice, easy swing feel. This is a clarinet feature and was recorded by Phil Woods and Nelson's Jazz Interactions Orchestra.

Nelson was a very good soloist on tenor, alto and soprano saxophones, but his skills as an arranger-composer eventually overshadowed his playing. In the mid-1960s, he did the writing for an album co-led by organist Jimmy Smith and guitarist Wes Montgomery, including a classic rendition of "Down by the Riverside."

Recorded by Corea in the early 1970s, "Senor Mouse" is a sophisticated samba that exemplifies him as a skilled and visionary composer.

This great Ernie Wilkins arrangement of "Hamp and Dex" was written for Lionel Hampton in 1980. Wilkins transcribed Gordon's solo on "Flying Home" and arranged it for the band.

"Malagueña" is a song by Cuban composer Lecuona. It was originally the sixth movement of his "Suite Andalucía" (1933), to which he added lyrics in Spanish. The song has since become a popular, jazz, marching band, and drum and bugle corps standard. In general terms, malagueñas are flamenco dance styles from Málaga, in the southeast of Spain.

Performers are **Hailey Beining**, **Vincent Hangarter**, section leader **Gabe Hicks**, **Lucas Lusby**, **Eileen Martin** and **Max Partlow** on reeds; **Patrick Godfrey**, **M.J. Harden**, section leader **Joey Orr** and **Morgan Tichnell** on trumpets; **Stephen Hess**, **Doug Holtz**, section leader **Jack McCoy** and **Sam White** on trombones; and, in the rhythm section, **Andrew Gula** and **Jessica Wilson** on guitar, **Cayla Gavin** on piano, **Nick Mellen** on bass and **Ben Alvey** on drum set.

Admission is \$10 for adults; \$5 for seniors, 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://frostburgtix.universitytickets.com/w/event.aspx?id=1925&r=bf8a1916b19c457784745319736ebaf1>. Tickets are also available at the door.

For info, contact FSU's Department of Music at 301-687-4109.

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.

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.

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.

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.

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.

In-person and telehealth options are available for appointments.

There is no additional cost to students for services.

Many self-help resources can be found on the Student Counseling Center webpage at www.frostburg.edu/caps.

Tutoring Information for Fall 2023

Tutoring runs through **Monday, Dec. 11**, and is offered **Mondays through Fridays** from 8:30 a.m. to 4:30 p.m. in Pullen 151.

Appointment-Based/Individual Tutoring

Students use TutorTrac to make appointments; TutorTrac can be accessed at <https://tutortrac.frostburg.edu>. The following are offered: Academic Skills (textbook strategies, study skills, time management and notetaking), BIOL 109/149/160, CHEM 150/201/202, COSC 100/102/240/241, DVMT 099, MATH 104/119/120/236/237, PHYS 215/261 and Writing.

Walk-In/Group Offerings (Show Up, Sign In and Get Assistance)

BIOL 321 is offered **Mondays and Tuesdays** from 3:30 to 5:30 p.m. in Compton 326. CHEM 201 is offered **Thursdays** from 5 to 6 p.m. in Compton 328; CHEM 202 is offered **Wednesdays and Thursdays** from 5 to 7 p.m., also in Compton 328. PHYS 215/261 are offered **Wednesdays** from 2 to 4 p.m. in CSC 234 and **Thursdays** from noon to 2 p.m. and 3 to 5 p.m. in CSC 236.

NetTutor (Online Tutoring)

NetTutor is a 24/7, third-party, online tutoring platform accessible via Canvas. Students must send an email to msmith@frostburg.edu to gain access. Information about NetTutor is posted outside of Pullen 151. Some of the available subjects are accounting, anatomy, biology, business, chemistry, computer science, economics, foreign languages, geology, history, literature, logic, math, music, nursing, philosophy, physics, political science, sociology, student success and writing.

What If There Is No Assistance for My Class?

If there is no assistance for your class, you can form a study group, speak with your professor or try Khan Academy (video tutorials), Purdue Online Writing Lab or Grammarly (writing).

For info, contact Mark Smith at msmith@frostburg.edu or 301-687-4066.

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**.

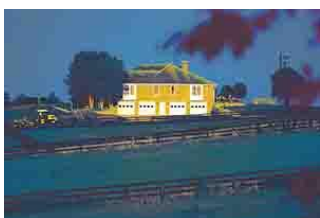
Recovery Group Meetings

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.

Exhibits

Roper Gallery to Feature 'Cheap Worth' by Mo Kessler



The Department of Visual Arts will host "Cheap Worth," an exhibition by Mo Kessler, through **Tuesday, Nov. 21**, at the Stephanie Ann Roper Gallery of the Fine Arts Building. This event is free and open to the public.

Kessler is a queer Southern anarchist, object maker and installation artist. Centering on the social and environmental landscape of Appalachia and the South, their work focuses on labor as an action and a movement, working-class visibility and the power of objects made by hand. The work ranges in medium and scale; Kessler uses regional craft techniques and the transformation of used domestic materials as a means to investigate place, class and the politics of disposability. They received their master's in studio art from Western Carolina University and their bachelor's in sculpture from the Maryland Institute College of Art. Kessler is the Southern Studies Fellow in Arts and Letters in Spartanburg, S.C.

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

For info, contact April Wright, professor of sculpture and gallery director, at 301-687-4351 or www.aprilwright.org.

Special Events

Geography Awareness Week at FSU



Stay tuned for an Instagram photo contest during Geography Awareness Week!

Geography Bowl/Theme: National Parks on **Tuesday, Nov. 14**, at 5 p.m. in Gunter 214

Learn more about U.S. National Parks in question rounds prepared by FSU students. There will be prizes for participants, including MVPs.

Ecobricking and the UN Sustainable Development Goals on **Tuesday, Nov. 14**, 6:30 to 8:30 p.m. in Gunter 208

Contribute to FSU sustainability students' efforts to produce an Ecobrick bench made of plastic waste. This is a hands-on activity.

Drones and Drone-Based GIS Applications on **Wednesday, Nov. 15**, 1 to 3 p.m. in Western Maryland Regional GIS Center, Ort Library Room 210

Come for a live demo, presentation and discussion with Western Maryland Regional GIS Center staff. Take drones out and fly them on campus (weather permitting), mapping the campus, collecting data and answering questions. There will be a demonstration of how to build a campus 3D view with collected raw data.

GIS Day Map-a-Thon Hosted by the GTU Gamma Phi YouthMappers on **Wednesday, Nov. 15**, 7 to 9 p.m. in Gunter 224



YouthMappers is an international university consortium on Mapping for Resilience that organizes a global community to create and use open geographic data that directly address locally defined development challenges worldwide. This event is open to everyone. Bring your laptop. No experience is needed.

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. For info, contact FSU's Department of Music at 301-687-4109.

FSU's Department of Music Celebrates Adolphe Sax Birthday With Concert

FSU's Department of Music will present a birthday celebration recital in honor of Adolphe Sax, the Belgian musician and inventor of the saxophone, on **Monday, Nov. 6**, at 7:30 p.m.

The program will include "Le cirque: Fanfare" by Joaquín Turina, arranged by Jacques Laroque; "Dinant, la voix cuivrée" by Alain Crépin; "Nimrod" from "Enigma Variations" by Edward Elgar, arranged by J.J. Ashley; "Moderato and Allegro" by Erland von Koch; "Moderato quasi Marcia" from "Serenade, Op. 44" by Antonín Dvořák, arranged by Clair W. Johnson; and "The Lone Ar-ranger Goes Sax Mad!" by Philip R. Buttall, re-arranged for saxophone ensemble by Nigel Wood.

Turina was a Spanish composer of classical music. His works include operas, chamber music, piano works, guitar pieces and songs. Much of his work shows the influence of traditional Andalusian music. "Le cirque: Fanfare" is from his album "Piano Works."

Crépin is a Belgian saxophonist, composer, music educator and conductor who has written numerous works for symphonic bands and orchestras. In 2002, he was invited to write a piece for large saxophone ensemble. He used the popular Dinant folk song "Les batteurs de cuivre" ("The Coppersmiths") and arranged it in three styles by making delicate use of harmonies.

Elgar composed his "Variations on an Original Theme, Op. 36," popularly known as "Enigma Variations," between 1898 and 1899. It is an orchestral work of 14 variations on an original theme. Elgar dedicated the work to his friends, each variation being a musical sketch of one of his close acquaintances. The name Nimrod refers to music editor Augustus J. Jaeger. Nimrod is described in the Old Testament as "a mighty hunter before the Lord," Jäger being German for hunter. "Nimrod" is sometimes used at British funerals, memorial services and other solemn occasions. An adaptation of this popular piece appears at the ending of the 2017 film "Dunkirk."

Von Koch was a Swedish composer. He wrote symphonies, ballets, an opera and other compositions, including music for film. He composed the nine-minute piece, "Moderato and Allegro for Saxophone Chamber Orchestra" in 1981.

"Serenade for Wind Instruments, Cello and Double Bass in D Minor, Op. 44, B. 77" is a chamber composition Dvořák wrote in 1878. The Serenade evokes the old-world atmosphere of musical performances at the castles of the Rococo period, where the worlds of the aristocracy and the common folk merged. It is composed in a Slavonic style (shortly before Dvořák's "Slavonic Dances"), though not quoting folk songs directly. The opening march pays tongue-in-cheek homage to the serenades of Mozart and central European wind-band music.

"The Lone Ar-ranger" is a fun potpourri of familiar tunes that flash by, often tantalizingly quickly, based on the finale of Gioachino Rossini's "William Tell Overture." Rossini's music was used as the signature tune for "The Lone Ranger," one of the first Westerns to hit TV in the early 1950s.

Directed by **Dr. Brent Weber**, Saxophone Choir personnel are **Eileen Martin** on soprano saxophone; Weber and **Raegan Barrett** on soprano saxophone; **Alex McNemar**, FSU alum **Josh Foreman**, **Hailey Beining** and **Blake Burhoe** on alto saxophone; **Gwen Fazenbaker**, **Tammy Burns** and **Courtney Sechler** on tenor saxophone; and **Gabe Hicks** and **Vincent Hangarter** on baritone saxophone.

FSU's Department of Music Presents Jazz Combo in Concert

FSU's Department of Music will present its Jazz Combo, conducted by *Tom Harrison*, in concert on **Wednesday, Nov. 8**, at 7:30 p.m.

The members of the Jazz Combo are *Max Partlow* on tenor and soprano sax/flute, *Joey Orr* on trumpet/flugelhorn, *Sam White* on trumpet/trombone, *Riley House* on piano/alto sax, vocalist *Catherine Owens* on piano, *Andrew Gula* on guitar, *Isaiah Alexander* and Harrison on bass and *Ben Alvey* on drums.

The FSU Jazz Combo will perform an assortment of traditional jazz standards, swing, Latin and modern jazz styles.

Vocal selections interpreted by Owens will include the ballads, "A Sunday Kind of Love," made popular by Etta James and many others, and "Body and Soul" recorded by such notables as Coleman Hawkins, Billie Holiday and Louis Armstrong. Other vocal standards include a Count Basie favorite "April in Paris," and the song "All of Me," the definitive versions coming from Holiday, and then later by Frank Sinatra.

Herbie Hancock's classic "Canteloupe Island" was recorded in 1964 for his album "Empyrean Isles" while he was still in Miles Davis' group. The song has been recorded by and sampled by countless artists.

"Happy People," a 2002 composition by the great saxophonist Kenny Garrett, who also played with Miles Davis, leans toward the funky side of jazz.

In 1976, pianist and composer Cedar Walton penned the Afro-Cuban and swing tune "Bolivia," which has become a jazz standard.

"Red Clay" is the title song from the 1970 album release by trumpeter Freddie Hubbard and is in the soul-jazz fusion style that became popular on the CTI recording label.

The theme song from the 1959 romantic tragedy film "Orfeu Negro" ("Black Orpheus") is a bossa nova written by Brazilian guitarist Luiz Bonfá.

The often-performed jazz classic "Lady Bird" was composed by Tadd Dameron, a pianist and composer who was known for writing arrangements for the Count Basie, Dizzy Gillespie and other big bands.

The Miles Davis and Victor Feldman song "Seven Steps to Heaven" was the title cut from the 1963 album by Davis and is in an up-tempo swing style. Herbie Hancock ended up as pianist on the recording, as Victor Feldman didn't want to leave the West Coast to join Davis in New York.

The Modern Jazz Quartet's pianist John Lewis wrote the swing tune "Afternoon in Paris" in 1949 and it has become a jazz standard.

MSO Returns to FSU for a Performance Featuring Three Romantic-Era Masterworks



MSO Music Director Elizabeth Schulze

CES at FSU will present the Maryland Symphony Orchestra on **Friday, Nov. 10**, at 7:30 p.m. in Pealer Recital Hall.

The concert will feature three Romantic-era masterworks. Felix Mendelssohn's hauntingly beautiful "Melusine" overture conveys the folkloric tale of a mythical being. Louise Farrenc's captivating "Symphony No. 3" showcases the composer's skillful use of counterpoint and chromatic harmonies. Ludwig van Beethoven's dramatic and passionate "Symphony No. 7" provides a triumphant finale to a magical symphonic performance.

Prior to the concert, at 6:30 p.m., ticket holders are invited to join MSO Music Director Elizabeth Schulze in the Pealer Recital Hall for *Prélude*, a discussion of the works to be performed.

Concert tickets are \$40 for adults; \$36 for FSU employees and the military; \$17 for youth under 18; and free for FSU students. For info, 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.

This engagement is supported by grants from the FSU Foundation and the Community Trust Foundation's Iris and Peter Halmos Community Fund. CES is supported in part by the Maryland State Arts Council (msac.org), the Allegany Arts Council and the City of Frostburg.

String Ensemble Will Perform Concert, 'Chorus Aeternus'

FSU's Department of Music will present its String Ensemble, conducted by *Peter Lewis*, in concert on **Tuesday, Nov. 14**, at 7:30 p.m.

In "Chorus Aeternus" ("Eternal Dance"), the ensemble will perform "Rumanian Rhapsody No. 1" by Georges Enescu, arranged by Harry A. Alshin; the four movements, "Boisterous Bourrée," "Playful Pizzacato," "Sentimental Sarabande" and "Frolicsome Finale," of "Simple Symphony" by Benjamin Britten; "Hungarian Dance No. 5" by Johannes Brahms, arranged by Evelyn Shanholtz; "Six Country Dances, K 571" by Wolfgang Amadeus Mozart; the three movements, "Prelude," "Air" and "Dance," of "Brook Green Suite, 190" by Gustav Holst; and "Danse Macabre" by Camille Saint-Saens, arranged by Merle J. Isaac.

Composed in 1901 when Enescu was not yet 20, "Rumanian Rhapsody No. 1" became his signature work. The piece was a huge success at its premier in 1903, and its popularity has never waned. In this work, Enescu succeeded in conveying the folk-musical spirit through the lens of late Romanticism, which ultimately cemented his reputation as the founder of a Romanian national school.

Composed between 1933 and 1934, Britten's "Simple Symphony" was based on several smaller works that the composer had written when he was very young. Dedicated to his viola teacher Audrey Alston, the symphony was Britten's attempt at getting into the amateur and school markets. Four short movements make up its structure, with each one displaying different youthful themes from Britten's pen. The composer also gave slightly comical names to the movements, which shows his humor and neoclassical turn.

Perhaps one of his most well-recognized works, Brahms' "Hungarian Dances" is a set of 21 dances inspired by Hungarian folk music. Of the 21 dances, only Nos. 11, 14 and 16 are said to be Brahms' original compositions. Within his "Hungarian Dances," Brahms captured the lilting and jubilant energy of the csárdás and verbunkos, traditional Hungarian folk dances characterized by dramatically varying tempos, lively rhythms and whirling virtuosic passages.

Composed 10 months before Mozart's death, this collection of country dances is unusually predictable and simple for his late compositions. However, there are some clear signatures that Mozart incorporates in his writing that permeate much of his compositional output, namely, his tendency to reuse material with slight variation, and his fascination with all things Turkish. The "country dance" is a form of dance that traces its origins back to the British Isles, and later became known as "contra dance."

"Brook Green Suite" was written in 1933 for the St. Paul's Girls School junior orchestra. Holst wrote the suite the year before he died. The intention was to create a piece easy enough for younger members to play that is not simply a watered-down version aimed at younger players or simple orchestrations of keyboard pieces. The name refers to the location of the school on Brook Green in Hammersmith, London. The piece is composed in a more traditional idiom than most of Holst's later pieces.

Saint-Saëns found the lines for "Danse macabre" in the poet Henri Cazalis "Égalité, fraternité . . .," writing a song version in 1872. The text merges the legend of Death fiddling on Halloween as skeletons dance on their graves with the late medieval tradition of the Dance of Death (Danse Macabre), in which all are equal, from king to peasant, and are led dancing to the grave. Saint-Saëns expanded the song as a tone poem in 1874 and introduced, about midway through, the "Dies irae," a Gregorian chant theme from the Requiem Mass much referenced by composers summoning scenes of death and judgment.

FSU Choirs to Perform Winter Choral Concert, 'Mysteries and Music'

FSU's Department of Music will present its Winter Choral Concert on **Sunday, Nov. 19**, at 3 p.m.

The FSU choirs present an afternoon performance at the intersection between music and the mysteries of life. The concert features the idiosyncratic "Mid-Winter Songs" by Morten Lauridsen, some pop tunes and uplifting compositions that speak to the soul and move the heart.

Literary insight and musical inspiration are fused in Lauridsen's "Mid-Winter Songs" (1980). For this cycle, Lauridsen's voracious reading led him to the poetry of Robert Graves. Lauridsen chose verse inspired by the poet's obsession with his colorful mistress and muse Laura Riding, as well as poetry that reflected the measure of tranquility that Graves attained with his second wife, Beryl.

With the "Mid-Winter Songs," Lauridsen boldly reinvented the "choral cycle," imbuing this genre with emotional depth, formal sophistication and thematic consistency. All of the main melodic motives developed throughout this score are announced in the dramatic opening measures.

After the incandescent anguish of the harrowing "Lament for Pasiphaë," the second movement, "Like Snow," is a madrigal-like scherzo whose references to winter conjure up that icy icon of Graves' romantic life, Riding. The succeeding slow movement, "She Tells Her Love While Half Asleep," which Lauridsen describes as filled with "tenderness and warmth," is a tribute to the poet's second wife that forms the score's emotional and formal climax. A second choral scherzo follows; filled with jazzy syncopations, "Mid-Winter Waking" conjures the poet's joy at the reawakening of his inspiration, which is compared to the first thaw that precedes the end of winter. The finale, "Intercession in Late October," is a quiet prayer, deeply moving in its evident reluctance to return to coldness, both of weather and the heart. An extended orchestral interlude recapitulates all of the thematic material, but the "Mid-Winter Songs" end, like several of Lauridsen's cycles, in a manner poignant and unresolved.

Admission is \$10 for adults; \$5 for seniors, 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://frostburgtix.universitytickets.com/w/event.aspx?id=1927&r=40b97400de8a466ea768d4fe1c811efe>. Tickets are also available at the door.

Presentations

Andy Duncan to Speak on Weird Western Maryland Project



Andy Duncan, a professor in the Department of English and Foreign Languages, has launched his Weird Western Maryland pages at <https://www.frostburg.edu/personal-arduncan> with a starter set of 70-plus items from his years of research into area ghosts, monsters, UFOs, superstitions, conspiracies, oddities, eccentricities and mysteries.

He will present a public Lifelong Learning talk on the ongoing project on **Thursday, Nov. 9**, at 10 a.m. in room 8 of the Continuing Education Building at Allegany College of Maryland in Cumberland.

For registration info, visit <https://www.allegany.edu/ce/lifelong-learning/index.html>.

A Campus Unified Presenter Series

Dr. Joshua "Dr. J" Fredenburg will speak on **Monday, Nov. 13**, at 7 p.m. in Lane Manicur Hall. Fredenburg is a prominent speaker on leadership, diversity and inclusion, having reached audiences in 47 states and two countries. Over 15 years, he's earned awards such

as for the Top Student Leadership Development Program by NASPA and was named a Top Leader Under 40 in South Florida. He's authored seven books on leadership and diversity as well as appeared on shows like "The Wayne Brady Show" and on BET, MTV and local CBS and KLA5 broadcasts. Fredenburg has also graced the TEDx stage. He's the founder of the Circle of Change Leadership Experience, affecting more than 2,000 students from 150+ institutions.

Points of Pride

Project Green Challenge Update

Twelve sustainability studies students are again participating in Project Green Challenge, an online campaign that educates, empowers and mobilizes students worldwide around climate action, public health, social justice and advocacy. Students in SUST/IDIS 155 (Intro to Sustainability Studies) have placed FSU at no. 9 on the Leaderboard, with 5,180 points earned as of Nov. 1.

Chemistry major *Liam Johnstone* was again recognized for his submission on uses of food scraps for compost, flavoring in vegetable stock as well as for regrowth as part of Team FSU Sustainers as a Greener Challenge Winner. Johnstone's submission can be viewed under Winners for Green on Day 24 (Food Waste). First-year mechanical engineering major *Emily Wishart* was recognized again for her submission on the strategy of biomimicry in architecture to use natural models to create sustainable buildings as part of Team Go Earth as a Greener Challenge Winner. Wishart's submission can be viewed under Winners for Greener on Day 26 (Green).

Visit <https://projectgreenchallenge.com> for info on these challenges and to watch the progress of FSU as it hopefully continues moving up the Leaderboard. Contact Tracy Edwards at tedwards@frostburg.edu or in Gunter 210 for info on sustainability studies at FSU or if you would like to participate in PGCs.

Take Note

Voices for Change



Join the conversation with the FSU Network for Intersectional Feminism on **Thursday, Nov. 9**, from 6:30 to 7:30 p.m. in Gira Center 397. Help FNIF identify the group's priorities by sharing campus experiences.

For info, contact Dr. Tianna Bogart at tabogart@frostburg.edu.

USM Board of Regents Faculty Awards

FSU can nominate up to five faculty members for USM Board of Regents Faculty Awards. The Board of Regents Faculty Awards are the highest honor presented by the Board of Regents to exemplary faculty members within USM. These awards publicly recognize distinguished performance in teaching, scholarship or research, creative activity, public service and mentoring on the part of faculty members. All details related to the call for nomination, guidelines and eligibility can be found at <https://www.usmd.edu/usm/academicaffairs/regents-faculty-awards>.

The deadline for FSU to submit nominations to USM is **Friday, Nov. 17**.

The internal deadline to submit materials to provost@frostburg.edu is **Saturday, Nov. 11**.

For info, email provost@frostburg.edu.

Bobcat Passport Program

The Bobcat Passport Program encourages undergraduate student engagement with the wide variety of cocurricular events FSU has to offer. These opportunities help introduce students to culturally diverse thoughts, ideas and expressions to help better prepare them to become engaged global citizens.

Benefits of the Bobcat Passport Program

To the Students

Exposure to a wider range of ideas and viewpoints will help better prepare students for the workforce and for connectedness in their communities.

Attendance at a variety of events will help students meet new people and establish a closer connection with their fellow students and the University.

To the Event Sponsor(s)

Increased attendance at events

More word-of-mouth "promotion" of events and affiliated departments/offices

More on- and off-campus exposure

Students actively attending approved events will get a virtual "ticket" (for each event attended). These "tickets" will be used in a drawing for various prizes during the spring semester's annual Leadership Awards ceremony. There will also be a special drawing toward the end of the fall semester.

Anyone sponsoring a University-wide event may apply for it to become a Passport event. It is believed that this designation will help

increase attendance and engagement at such events. To apply, read, complete and submit the online Bobcat Passport Program application at <https://shorturl.at/fgvSX>.

A Celebration of National First-Generation College Student Day



TRIO/Student Support Services will celebrate National First-Generation College Student Day on **Wednesday, Nov. 8**, from noon to 2 p.m. in the Lane Center upper lobby.

Be sure to bring a first-generation friend! Pick up some free hot chocolate with your first-gen selfie frame.

For info, contact Shawn Jones, student development specialist, at rsjones@frostburg.edu.

Remaining Training Opportunities for Supervisors

The Office of Human Resources is offering the following training opportunities for supervisors.

There is training on the Performance Management Process and the Search and Selection Process. OHR will continue having trainings until everyone is through these modules. Below are the remaining dates, times and locations that are scheduled:

Performance Management Process:

Thursday, Nov. 9 – 11 a.m. to noon in EHSC 208A and 3 to 4 p.m. in EHSC 209

Friday, Nov. 10 – 10:30 to 11:30 a.m. and 2 to 3 p.m. in EHSC 209

Search and Selection Process:

Friday, Nov. 10 – 9 to 10:15 a.m. in EHSC 209

You can register for the Performance Management Process trainings at <https://forms.frostburg.edu/217767>.

You can register for the Search and Selection Process training at <https://shorturl.at/psuDF>.

Sponsor-A-Family: Thanksgiving Baskets

Through the Annual Sponsor-a-Family program, organizations and individuals on campus can help a local family in need by donating a Thanksgiving meal in a basket.

All baskets will be delivered to families on **Monday, Nov. 20**. Students, faculty, staff, organizations and offices on campus are encouraged to participate. Everyone can make a difference!

If your office or organization is interested in sponsoring a family for the Thanksgiving Holiday, email PawsPantry@frostburg.edu to receive an information packet and details on how to sign up.

For info, contact the Office of Student Life at 301-687-7615.

Bikes for Rent – Free for an Allotted Time



FSU CANOE has bikes for rent. There are 15 bikes available. The only requirement is a valid FSU student ID.

Bikes are available to rent on an individual basis, or for a group or organization. The bikes are located in Lowndes 117. All bike rentals are free for an allotted time, and by appointment only.

For info regarding the rental program, email Rachel West at rtwest@frostburg.edu.

Training for Online Funding Database SPIN

SPIN is an online funding opportunity database open to FSU faculty, staff and students. SPIN contains more than 40,000 funding opportunities from more than 10,000 federal, public, nonprofit and private sponsors and grantors. Registered users can set up and save search preferences, sign up for email notifications, and organize and export funding searches.

The Office of Sponsored Programs announces that InfoEd Global will provide SPIN training to the FSU campus community. The training will take place on **Thursday, Nov. 9**, at 1 p.m. via the Teams link at <https://shorturl.at/oELP6>. The meeting ID is 211 603 609 915 and the passcode is MSCbpF.

Participants are encouraged to create SPIN accounts before the training. Register at <https://spin.infoedglobal.com/Authorize/Login> or visit the Office of Sponsored Programs webpage under Funding Discovery (<https://www.frostburg.edu/osp/Sponsored%20Programs%20Administration/Funding-Discovery.php>). Eligible SPIN users must be affiliated with FSU and have an active FSU email address.

For info, contact Susan Manger at smanger@frostburg.edu.

Open Enrollment

This year's open enrollment for State of Maryland health benefits is online using State Personnel System (SPS) Workday and will continue until **Thursday, Nov. 9**, at 5 p.m. During this time, eligible faculty and staff can enroll in and/or make changes to their health benefits for an effective date of **Monday, Jan. 1, 2024**. Employees will receive alerts about open enrollment from the State of Maryland via the SPS Workday system.

For info, contact Lee Ann Nightingale at lnightingale@frostburg.edu.

Bus Trip to the National Museum of the American Indian

The Office of Diversity, Equity and Inclusion will offer its final free event for fall, the bus trip to the National Museum of the American Indian in Washington, D.C., on **Saturday, Nov. 11**. The bus will depart from the Performing Arts Center parking lot at 8 a.m. and return at 8 p.m. This event is open to FSU students first, then faculty and staff.

For info on the museum, go to <https://americanindian.si.edu/visit/reopening#entrance-safety>.

To register for this trip, visit https://docs.google.com/forms/d/e/1FAIpQLSe6tyBa8yAt1xf_4x2RR_eGx-ayiR8o411hlGmUX7sR9W9ssg/viewform?usp=sf_link. For info, contact ODEI at 301-687-4050 or ODEI@frostburg.edu.

Volunteers

Storybook Holiday and Harry Potter Book Night

The Children's Literature Centre recently concluded its Book Award Banquet and open house on Oct. 7. Now CLC is preparing for its Storybook Holiday and Harry Potter Book Night events. Both are for children, and lots of volunteers are needed to make these events run smoothly. If you are interested in volunteering for Storybook Holiday on **Saturday, Dec. 2**, at City Place and Main Street, you can dress up as an elf and choose from a variety of jobs such as breakfast elf, wandering elf, secret workshop elf and more. To volunteer, go to <https://shorturl.at/dfESU>.

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 priority application deadline is **Wednesday, Nov. 15**. The final deadline is **Friday, March 1, 2024**.

You can learn more about the MPSS program at information sessions on **Thursday, Nov. 9**, and **Wednesday, Nov. 22**. To register, go to <https://airtable.com/appPudH5IDMHNAQoM/shrPyYMv4XZXZHPq3>.

For info about the MPSS program, visit <https://publicservicescholars.umbc.edu>.

USM Venture Fellowship



The University System of Maryland Venture Fellowship offers training, upskilling and internship opportunities for students seeking careers in venture capital.

The fellowship provides students who are currently enrolled full-time at a USM member institution with the opportunity to gain real-world experience in the venture capital industry. Leveraging the Maryland Momentum Fund's network of venture capitalists, advisors and entrepreneurs, the fellowship is designed to help students learn the fundamentals of early-stage finance, build professional networks, work on venture deals and develop connections and a toolkit for a career in startup financing.

The program is open to undergraduate (sophomore and above) or graduate students. Although some finance or business background is helpful, there are no prerequisite courses or specific degree types required.

For info and to apply, visit <https://momentum.usmd.edu/usm-venture-fellows>. Applications close **Thursday, Nov. 30**.

Study Abroad

Start Planning Your Study Abroad Experience for Summer and Fall



Alivia Melius in Japan – Spring 2023

Join the Center for International Education for a Study Abroad Information Session to learn more about options for study abroad:

Types of study abroad programs

When students should study abroad

Study abroad scholarships

Using financial aid (Pell Grants and student loans) for study abroad

Transferring classes back to FSU

The last virtual session will take place at 3 p.m. on **Friday, Dec. 1.**

Email Victoria Gearhart at vmgearhart@frostburg.edu to sign up.

Health and Safety Messages

Diabetes Prevention: Five Tips for Taking Control



November is a big month for diabetes-related events and awareness days. With Diabetes Awareness Month, American Diabetes Month, Diabetes-Related Eye Disease Month and World Diabetes Day, it's the ideal time to talk about diabetes and increase awareness of this disease.

More than 10 percent of the U.S. population has diabetes.

Lifestyle changes can help prevent the onset of type 2 diabetes, the most common form of the disease. Prevention is especially important if you're at an increased risk of type 2 diabetes because of excess weight or obesity, high cholesterol or a family history of diabetes.

If you have been diagnosed with prediabetes – high blood sugar that doesn't reach the threshold of a diabetes diagnosis – lifestyle changes can prevent or delay the onset of disease.

Making a few changes in your lifestyle now can help you avoid the serious health complications of diabetes in the future, such as nerve, kidney and heart damage.

Lose extra weight. People in one large study reduced their risk of developing diabetes by almost 60 percent after losing approximately 7 percent of their body weight with changes in exercise and diet.

Be more physically active. Goals for most adults to promote weight loss and maintain a healthy weight include 30 minutes or more of moderate to vigorous aerobic exercise – such as brisk walking, swimming, biking or running – on most days; resistance exercise – such as weightlifting, yoga and calisthenics – at least 2 to 3 times a week; and breaking up long bouts of inactivity, such as sitting at the computer.

Eat healthy plant foods. Eat a variety of healthy, fiber-rich foods, including fruits, non-starchy vegetables, legumes and whole grains.

Eat healthy fats. Sources of good fats include olive, sunflower, safflower, cottonseed and canola oils; nuts and seeds, such as almonds, peanuts, flaxseed and pumpkin seeds; and fatty fish, such as salmon, mackerel, sardines, tuna and cod.

Skip fad diets and make healthier choices. These three divisions on your plate promote healthy eating: one-half – fruit and non-starchy vegetables; one-quarter – whole grains; and one-quarter – protein-rich foods, such as legumes, fish or lean meats.

For info, visit <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-depth/diabetes-prevention/art-20047639>.

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



Mental Health Monday Tip: Mental Health in College

<https://health.clevelandclinic.org/mental-health-in-college-students>

Tell Yourself Tuesday Tip: Confidence Is Important

<https://basicsbybecca.com/blog/confidence-mantras>

Wacky Wednesday Tip: Fifteen Fun/Weird Facts

<https://www.admitsee.com/blog/15-fun-weird-facts-about-u.s.-colleges>

Thankful Thursday Tip: Things to Be Thankful For

<https://www.psychologytoday.com/us/blog/click-here-happiness/202105/things-be-thankful>

Fun Friday Tip: What to Do on Campus in Your Free Time

<https://www.event-29.com/college-event-ideas>

Social Saturday Tip: Ten Ways to Meet More People

<https://www.educationcorner.com/meet-new-people-in-college.html>

Self-Love Sunday Tip: Loving Yourself With a Budget

<https://spoonuniversity.com/healthier/10-ways-to-practice-self-love-on-a-college-student-budget>

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.