

For and about FSU people

A publication of Communications and Media Relations

Volume 54, Number 8, October 16, 2023

Copy deadline: noon Wednesday, Candis Johnson at cvjohnson@frostburg.edu

CES at FSU to Present Free Discussion on Music Industry Trends

CES at FSU will present a free discussion, “Trends in the Music World,” with Jean Hamilton, Maryland Symphony Orchestra board member, on **Wednesday, Oct. 25**, at 3 p.m. in Pealer Recital Hall. Participants will learn about issues and topics in today’s professional music landscape. The workshop will be presented virtually for those who are unable to attend. Registration is requested.

Hamilton retired from the position of director of the Arts Administration MA/MBA Program of the University of Cincinnati College-Conservatory of Music (CCM) as associate professor emerita in 2021. She previously served on the faculty of the Shenandoah University Conservatory in Virginia. Her professional credentials include executive director of the Maryland Symphony Orchestra, general manager of the National Symphony Orchestra at the Kennedy Center, general manager of the Milwaukee Symphony, orchestra manager of the Baltimore Symphony Orchestra and orchestra manager and artistic administrator of the Richmond Symphony Orchestra. A former Orchestra Management Fellow with the American Symphony Orchestra League, Hamilton also performed as hornist with the Iceland Symphony Orchestra. She has degrees in horn performance from CCM and the University of Michigan in Ann Arbor and a diploma from the National Centre for Orchestral Studies, University of London.

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

For info, visit the 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.

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 has moved and is now 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 has a new location 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 5:30 to 7:30 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.

Theatre and Dance

Theatre and Dance Presents 'Nate the Great' for Young Audiences



As part of the Roundabout Children's Theatre tour, FSU's Department of Theatre and Dance will present "Nate the Great" on **Saturday, Oct. 21**, at 2 p.m. in the Drama Theatre of the Performing Arts Center.

"Nate the Great" is based on the popular children's book by Marjorie Sharmat. This charming musical by John MacLay and Brett Ryback is a funny, sweet and rollicking good time that celebrates art, friendship, creative thinking and, you

guessed it, pancakes!

When Annie's masterpiece painting goes missing, the world's greatest boy detective is on the case. Nate searches high and low for clues, interviews witnesses and suspects, including pets, and makes keen observations about the world around him. While at it, another case opens, and for the first time ever, Nate finds himself stumped. To solve the mystery, Nate must think creatively, rely on the help of friendship and teamwork, and find himself a fresh batch of, you guessed it again, pancakes!

Directed by *Nicole Mattis*, the show features musical direction by *Michaela Hale* and choreography by senior theatre major *Sydney Martinez*.

In addition to the public performance at FSU, "Nate the Great" will tour through regional K-5 schools and present two performances with CES. Additionally, a dedicated performance for Individualized Education Program (IEP) children will take place on **Sunday, Oct. 22**, at 2 p.m. For info about this performance, call the Theatre and Dance box office at 301-687-7462.

The cast consists of *George Watson* (Nate), *Grace Stevenson* (Annie), *Leah Boggs* (Rosamond), *Lillian McKenzie* (Mom), *Sydney Knight* (Harry) and *Sydney Martinez* (Super Hex).

Additional creative team members include *Ronald Breitfeller* (stage manager), *Kassidy Andris* (costume designer), *Carson Luther* (technical director), *George Georgeson* (scenic designer), and *Brendon McCabe* (puppet designer).

Tickets to "Nate the Great" are \$10. Online reservations can be made by visiting <https://frostburgtix.universitytickets.com>.

Special Events

MCTA Hosting the Quanzhou Puppet Troupe



FSU's Mountain City Traditional Arts will present the Quanzhou Puppet Troupe on **Sunday, Oct. 22**, at 4:30 p.m. at 25 E. Main St. in Frostburg. The program will feature a presentation, demonstration of puppetry and performance. Attendees are invited to stay after the program to try their hand at puppeteering. The program is part of the World Artists Experiences (WAE) 2023-2024 Ambassador Series.

Quanzhou, the starting point of the Maritime Silk Road, is famous for its puppet tradition of more than a thousand years. Quanzhou's marionette repertoire consists of more than 700 traditional plays and some 300 "puppet tunes" played with ancient instruments such as the "foot-pressed drum." Founded in 1952 as the main inheritor of the city's marionette tradition, the Quanzhou Puppet Troupe has revived the

craft and toured more than 50 countries and regions in the world. They have showcased their craft at the Smithsonian Folklife Festival and many others.

Three troupe puppeteers will visit Western Maryland this month. In addition to the MCTA program, on **Tuesday, Oct. 24**, at 6 p.m. the Allegany Arts Council will feature a puppeteer performance and a workshop in which children ages 6 and up can make marionettes of their own! Registration is requested for this workshop.

Since 2002, WAE has been a nonprofit organization active in providing opportunities for cultural exchange at the grassroots level. Working with a country's embassy, programs have been sponsored that involve renowned musicians and other artisans from more than 115 countries in Africa, Asia, Europe, Central and South America, and the United States. WAE's Ambassador Series presents a country or culture through the arts and citizen diplomacy. These events are free to the public.

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.

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 Choirs to Perform Fall Choral Concert, 'Life and All Things'

FSU's Department of Music will present its Fall Choral Concert on **Friday, Oct. 20**, at 7:30 p.m.

Join FSU's choral artists for an evening of song celebrating the diversity of our lived experiences. The Chamber Singers will perform Dr. Rosephanye Powell's masterwork, "The Cry of Jeremiah," and the University Chorale and Troubadours performance will feature compositions by Margaret Bonds, Adolphus Hailstork, Frank Loesser and more.

Commissioned by the American Guild of Organists for their 2012 convention, "The Cry of Jeremiah" marks the first major work from Powell, one of America's premier women composers of choral music. A multi-movement sacred work for chorus, organ and orchestra, the piece is based textually on the 29th chapter of Jeremiah in which the prophet, having experienced ridicule and imprisonment because of his prophecies, laments his present state. Powell combines this ancient text with music that draws from the African American musical heritage and classical music traditions to follow the prophet's feelings of abandonment and redemption by God.

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.universiticket.com/w/event.aspx?id=1913&r=272fa272e8114a85a887b34b3c3acc58>.

Department of Music Presents Vocal Studios Recital

FSU's Department of Music will present the FSU Vocal Studios in a recital of classical, operatic and musical theatre selections on **Monday, Oct. 23**, at 7:30 p.m.

Music majors and minors from the vocal studios of *Dr. Colin Johnson*, *Dr. Chun-Ting Chao* and *Bixiao Wang*, accompanied by pianist *Dr. Joseph Yungen*, will perform art songs and selections from opera and musical theatre. The musical theatre selections include many well-known songs from the contemporary musical theatre repertory.

Wind Ensemble to Present Its Concert, 'Time Travels'

FSU's Department of Music will present its Wind Ensemble, conducted by *Dr. Peter Lewis*, in "Time Travels" on **Tuesday, Oct. 24**, at 7:30 p.m.

The ensemble will perform "# (Hashtag)" by Robert Traugh; the four movements, "Prelude on 'Wonderous Love,'" "Ballad on 'Balm in Gilead,'" "Scherzo on 'Nettleton'" and "March on 'Wilson,'" of "American Hymnsong Suite" by David S. Milburn; "In Two Places" by Haley Woodrow; "A la Machaut" by Andrew Boss; "Fantasia in G-Major, BWV 572" by J.S. Bach, transcribed Richard Franko Goldman and Robert L. Leist; "Ecstatic Samba" by Kevin Day, arranged by Josh Trentadue; "One Life Beautiful" by Julie Giroux; and "A Mother of a Revolution" by Omar Thomas.

"# (Hashtag)" (2012) blends elements of a fanfare with a 16th-note based funk ostinato that permeates the composition. As "#" unfolds, several legato motifs attempt to spread their wings, only to be interrupted by the ostinato. Finally, the full legato motif is heard from the alto saxophone. The piece's true nature is revealed as these two juxtaposing themes finally coexist as the composition comes to a dizzying and abrupt halt.

The first movement of "American Hymnsong Suite" (2007) opens with a chant-like statement of this southern tune before transforming into a spirited march. The second movement features a rich reharmonization in a jazz tradition of this familiar spiritual. The third contains all the rhythmic playfulness inherent in many third movements found in orchestral compositions. The work concludes with a playful rendition of "When We All Get to Heaven." While listeners may make various religious connections to this piece, the composer's goal is to introduce them to the richness of American musical heritage.

"In Two Places" (2016) was composed as a representation of the feeling life often presents us when we feel pulled in several directions, and the transitions between stages of our lives. To express this sentiment and the duality life often presents, the piece consists of two main sections, both with strong melodies, and a near-constant eighth-note motor.

“A la Machaut” (2015) integrates thematic material from three works of the great medieval composer, Guillaume de Machaut, and adds a colorfully modern touch. The piece opens with a slow introduction of Machaut’s polyphonic chanson, “Puis qu’en oubli” (“Since I Am Forgotten”), followed by a livelier setting, created by the percussion section, of “Douce dame jolie” (“Sweet, Lovely Lady”) and material from “Messe de Nostre Dame.” The composition comes to a rousing end, with shimmering winds, blasting percussion and low brass.

“Fantasia in G-Major” (1703-07) is strikingly dissonant in its constant texture of suspensions. But the breadth of the five-part polyphonic writing and the richness of the harmonic sonority make it one of the grandest of all Bach’s compositions for organ. In this transcription by Goldman and Leist, an attempt is made to recapture the sound of the Baroque organ through the medium of the modern band.

“Ecstatic Samba” (2017/2022) is a piece that balances rhythmic vitality, catchy grooves and the irresistible samba dance with the peace and serenity that would appear in Day’s later works for wind ensemble.

“One Life Beautiful” (2010) is a double entendre that in one sense refers to the person this work is dedicated to, as in one life beautifully lived. The other sense is the observation that having only one life is what makes it so sacred, tragic and precious. This is an impressionistic work musically describing that condition.

“A Mother of a Revolution” (2019) is a celebration of the bravery of trans women, in particular, Marsha “Pay It No Mind” Johnson, who is credited with being an instigator of the famous Stonewall Uprising of June 28, 1969, one of the pivotal events of the LGBTQ liberation movement.

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=1952&r=90970681220d4cdbae27cb1ac1c27f12>.

Faculty-Guest Artist Series Concert, ‘Felix Mendelssohn: Piano Trios’

FSU’s Department of Music will present pianist **Dr. Joseph Yungen**, cellist Steven Honigberg and violinist Peiming Lin in a Faculty-Guest Artist Series concert on **Sunday, Oct. 29**, at 3 p.m.

The concert will feature two pieces by Felix Mendelssohn: the four movements, “Molto allegro ed agitato,” “Andante con moto tranquillo,” “Scherzo” and “Finale,” of “Piano Trio No. 1 in D Minor, Op. 49” and the four movements, “Allegro energico e con fuoco,” “Andante espressivo,” “Scherzo: Molto allegro quasi presto” and “Finale: Allegro appassionato,” of “Piano Trio No. 2 in C Minor, Op. 66.”

“Piano Trio No. 1” was completed in 1839 and published the following year. It is one of Mendelssohn’s most popular chamber works and is recognized as one of his greatest. During the initial composition of the work, Mendelssohn took the advice of fellow composer Ferdinand Hiller to revise the piano part. The revised version was in a more romantic, Schumannesque style with the piano given a more important role in the trio.

“Piano Trio No. 2” was composed in 1845 and published in 1846. Mendelssohn dedicated the work to his close friend and violinist, Louis Spohr, who played through the piece with the composer at least once. The trio offered inspiration to Johannes Brahms, with the opening theme of the finale being referenced in the scherzo of his “Piano Sonata No. 3, Op. 5,” as well as the opening of the first movement of this trio being the basis for the piano line in the finale of his “Piano Quartet No. 3 in C Minor, Op. 60.”

Piano Ensemble Will Perform Concert

FSU’s Department of Music will present its Piano Ensemble, under the direction of **Dr. Jay DeWire**, in concert on **Monday, Oct. 30**, at 7:30 p.m.

The ensemble will perform works by William Grant Still, Franz Schubert and more! The concert will feature solo piano as well as collaborative four-hand piano works.

Pianists include *Taylor Bryan, Cayla Gavin, Riley House, Jack Maust, Samuel Wade* and *Samuel White*.

Presentations

‘A Candid Conversation With America’s Dating Doctor ... David Coleman’

Next in A Campus Unified Presenter Series is “A Candid Conversation With America’s Dating Doctor ... David Coleman” on **Monday, Oct. 16**, at 7 p.m. in Lane Manicur Hall.

Claiming on social media to be “in a relationship” is a far cry from reality as the speed of dating and friendships accelerates daily. Add in the responsibilities of being a student and leader and it gets even more complicated. Apps and sites like Tinder, TikTok and Instagram have forever changed the social landscape. One post, one text or one video can alter multiple lives in an instant. In a humorous, yet helpful way, Coleman will address all aspects of dating, relating, asexuality, communicating and making true friends in today’s high-paced collegiate world.

This program has been presented all across America at more than 2,000 colleges to rave reviews.

For info, contact Ashley Daniels at amdaniels@frostburg.edu.

African American Studies Lecture Series: Presentation by Dr. Jesse Ayivor

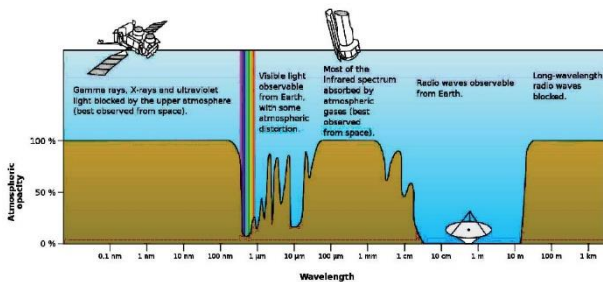


FSU's African American Studies Program and the Department of Geography will host Dr. Jesse Ayivor in an African American Studies Lecture Series presentation on **Tuesday, Oct. 24**, from 7 to 8.30 p.m. in Lane 111. Ayivor will speak on "The Environmental Impacts of Hydro-Power Generation in Ghana." This event is free and open to the public.

Ayivor is a senior research fellow at the Institute for Environment and Sanitation Studies at the University of Ghana. He has more than 20 years of teaching and research experience in human dimensions of wildlife management, water resources management, sustainable agriculture and food security, and disaster risk management. He is also the author of more than 50 publications in related areas of research. Ayivor earned his doctorate in environmental science from the University of Ghana.

For info, contact Dr. James C. Saku, coordinator of the African American Studies Program, at 301-687-4724 or jsaku@frostburg.edu.

MLC Hosts Dr. Greg Latta in 'The Invisible Universe – Radio Astronomy'



FSU's Multimedia Learning Center will host **Dr. Greg Latta**, professor emeritus of physics, in a presentation titled "The Invisible Universe – Radio Astronomy" on **Wednesday, Oct. 25**, at 7 p.m. in the Multimedia Learning Center, room 186 of FSU's Gira Center. This event is free and open to the public.

Radio astronomy is a relatively new science, less than 90 years old. Until now, it has been limited to large and expensive research telescopes. However, advances in electronics and hardware due to the wireless revolution and advances in computing have brought it within reach of the

individual radio astronomer.

Latta will present a program on the radio astronomy he has done with a personally built radio telescope system using a 1-meter dish antenna, readily available electronics (all available on Amazon.com) and free software available on the internet. The telescope system was used to detect and measure radiation at the infamous hydrogen line frequency from hydrogen clouds in the Milky Way galaxy, hundreds or thousands of trillions of miles away. Not only were the clouds detected, but their velocities toward or away from Earth were also measured. The data reveal the presence of spiral arms in the Milky Way and the motion of Earth in its orbit around the sun.

Latta will have the telescope with him during the presentation. The presentation will be at a level suitable for the general public and run about one hour. It will include information on radio astronomy in general and its history, the operation of the 1-meter telescope and the science behind the results obtained.

For info, contact Latta at glatta@frostburg.edu.

Department of Communication Alumni Spotlight Advising Session



The Department of Communication's Communication Leadership Lab and students of CMST 122-601/-904 Introduction to Public Communication will host a hybrid Alumni Spotlight Advising Session on **Wednesday, Oct. 25**, from 10 to 10:50 a.m. for students interested in registering for courses in the strategic communication and emerging media major or minor programs or the leadership studies or social media minors. This is the second session in a new series of Alumni Spotlight events the department has begun hosting.

The featured alumna will be **Tara Strickland '07** (CMST), vice president of employee experience and former senior director for Corporate Communications at AVIAN, LLC, in Lexington Park, Md. For more than 10 years, she has created internal and external communications strategies and worked with leaders and managers to build a strong employee ownership culture at AVIAN that encourages candor, transparency and care. Strickland specializes in human resources, recruiting, strategic communications, change management, public relations and graphic design. She is a certified Prosci Change Management practitioner and believes that simple authentic communication is the key to promoting, protecting and enhancing a company's reputation and employee ownership culture.

The session is open to anyone who wishes to attend in Gira Center 162 or register online to participate virtually. (Register in advance at <https://shorturl.at/syQV9>; after registering, you will receive a confirmation email containing information about joining the meeting.) For info on advising or joining or viewing the event, contact Dr. Elesha Ruminski, chair of the Department of Communication and coordinator of the Communication Leadership Lab, at elruminski@frostburg.edu.

An Inspiring Evening With Bobby Petrocelli: 'You Matter, It Doesn't!'

Bobby Petrocelli, a renowned speaker, author, educator and coach, will return to FSU to share his remarkable story of personal triumph and hope on **Wednesday, Oct. 25**, at 7 p.m. in the Lane Atkinson Room (232).

For info, visit <https://www.10seconds.org> or contact the FSU SAFE Office at 301-687-4761.

Workshops

Budgeting in the Real World



Need some tips on how to budget, organize and manage your finances?

The Career and Professional Development Center will host a workshop by an expert from Somerset Trust Company on **Tuesday, Oct. 24**, at 6 p.m. in Lane 113.

Register at <https://shorturl.at/akxJ5>.

Exhibits

‘Expecting a Different Result’ by Leda Brittenham at Roper Gallery



The Department of Visual Arts will host Leda Brittenham’s exhibition, “Expecting a Different Result,” **through Friday, Oct. 27**, at the Stephanie Ann Roper Gallery of the Fine Arts Building. This event is free and open to the public.

Brittenham grew up in Spafford, N.Y. She has shown her work in group shows in upstate New York, France, New York City and Indiana. She is currently the managing director at Kunstraum LLC in Brooklyn. She works in painting, installation, fiber and animation in her studio in Ridgewood, Queens.

In her work, Brittenham creates sets, props and backdrops and combines them with real people and objects. She is interested in the translation and retranslation of symbols and signifiers through different media. The objects, paintings, people and spaces in her home are considered, reconsidered, recontextualized, rendered in paint, rendered in yarn and rendered in paint again. Through this practice, she teases out their histories and their secrets.

For this exhibition, she created a life-size painted and knit version of the living room of the apartment where she lived from December 2019 to June 2022, the site of many significant events for her. It was where she sheltered in place during the majority of the COVID-19 pandemic. It was a place of transitions and traumas, of creativity and boredom, of safety and confinement.

You can view more of Brittenham’s work at <https://ledabrittenham.com>.

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.

Points of Pride

FSU Named Winner of 2023 Appademy Awards

Awards Honor Universities, Colleges for Outstanding Digital Experiences



FSU has been awarded the 2023 Appademy Award for Best App Redesign, an accolade representing the excellence in visual design and usability for a redesigned mobile campus app. The juried event is hosted by Modo Labs, the world’s leading student engagement platform provider of unified campus web portals and mobile apps.

In its sixth year, Modo continues its tradition of recognizing the innovativeness and creativity of campuses using the Modo platform and reveals how higher education institutions are expanding their digital engagement with students.

To determine the winners, Modo’s juried panel of technology, design and user experience professionals reviewed and scored submissions based on creativity, design, user experience, features/functionality and performance.

Institutions that win an Appademy Award use the Modo Campus platform to design and host their web portals and native mobile apps. Modo Labs enables schools to easily integrate their campus systems alongside engaging features and essential apps into their student portal, website and/or native mobile app.

FSU’s team that worked on the app redesign included **Reid Bluebaugh**, director of Applications and Development; **David Mason**, IT programmer analyst; **Brittini Kaetzel**, director of Special Academic Services; **Dr. Rita Thomas**, manager, Instructional Design and Technology; and **Colby Ellsworth**, director of Digital and Web Strategy.

Modo is the world’s leading platform provider of workplace and campus apps. Trusted by global Fortune 1000 brands and the world’s most prestigious institutions, the Modo digital engagement platform delivers a unified, fully customizable, mobile-first user experience to simplify anytime access to information, and the services students and employees need to feel supported, engaged and inspired.

For info, visit www.modolabs.com.

Dr. Artie Travis Is One of Daily Record's Veterans in Business and Law Award Winners



The Daily Record has named *Dr. Artie L. Travis*, vice president for Student Affairs at FSU, one of the inaugural Veterans in Business and Law Award winners. Travis is one of 23 honorees from across the state.

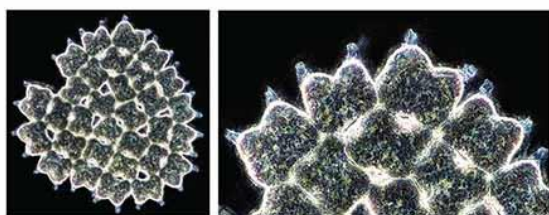
This new award honors military veterans who are making a significant impact on Maryland business and legal fields and continuing to give back to their communities. To be considered for the honor, the nominee must be a former member of the U.S. military, living and working in Maryland, and in a senior leadership position at a company or firm.

Travis takes pride in running a division of the University that fosters an environment where every student is seen, heard and valued and where students receive personalized experiences and support to succeed.

The 2023 Veterans in Business and Law award recipients will be recognized at an online awards celebration on **Nov. 10** and will be profiled on **Nov. 13** in print and online at [TheDailyRecord.com](https://thedailyrecord.com).

For info about the 2023 Veterans in Business and Law, visit <https://thedailyrecord.com/event/veterans-in-business-law>.

Mackenzie Freeze Wins Recognition in 'Microscopy Today'



This image by MacKenzie Freeze appeared in "Microscopy Today."

"Microscopy Today" hosts the annual Micrograph Awards competition, and FSU students enrolled in Dr. Rebekah Taylor's class, BIOL456/556 Advanced Microscopy, submitted images to the competition.

MacKenzie Freeze's image received Special Honors recognition in the competition this year.

"Microscopy Today" notes that while the goal of the competition is to honor image excellence, occasionally what is seen in an image reveals its scientific relevance in an interesting way. Freeze's dark-field light microscope image shows a colony of living freshwater green algae, "Pseudopediastrum boryanum." The structure of these microorganisms conveys natural biosorbent properties, and they are used to remove hexavalent chromium from contaminated aquatic ecosystems.

The image and description can be found at <https://academic.oup.com/mt/article/31/5/17/7273045>.

Tenor Bass Sing! Festival a Success



On Oct. 9, the Department of Music hosted its sixth annual Tenor Bass Sing! Festival. Two dozen potential Bobcats from six schools across Maryland attended. They included students interested in a variety of majors and all wanting to make music a lifelong avocation, if not their major.

Choral teachers participated and received professional development in a master-class setting, focused on working with the changing male voice.

The gala concert that concluded the evening featured the visiting students, the FSU Troubadours Tenor-Bass Choir and the local barbershop group, the Harmony Chord Factory, led by *Jeff Avey*, an FSU alumnus and Allegany County Public Schools Fine Arts coordinator. The day-long festival was hosted and coordinated by *Dr. Scott Rieker*, with *Dr. Joseph Yungen* serving as collaborative pianist for the day. *Dr. Jay DeWire* and percussionists *Ben Alvey*, *Jacob Deaver* and *Joe Louie* joined the performers for the concert, which can be viewed at <https://www.youtube.com/watch?v=oHB1gUtmn2I>.

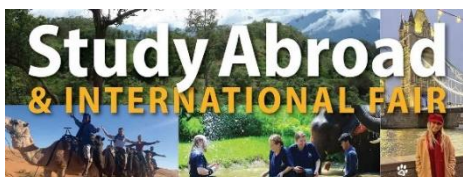
Take Note

Open Enrollment

The Office of Human Resources announces that this year's open enrollment for State of Maryland health benefits will be online using State Personnel System (SPS) Workday beginning **Monday, Oct. 16**, and continuing 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.

Study Abroad and International Fair



The Study Abroad and International Fair will be held **Wednesday, Oct. 18**, 11 a.m. to 2 p.m. in the Lane Atkinson Room (232). All students, faculty and staff are invited. **This is an approved Bobcat Passport event.**

For info, contact the Center for International Education at 301-687-4714, email FSUInternational@frostburg.edu or visit www.frostburg.edu/StudyAbroad.

Benefits Fair

The Office of Human Resources will host a State of Maryland Open Enrollment Benefits Fair on **Friday, Oct. 20**, from 9 a.m. to 1 p.m. in the Lane Atkinson Room (232). Employees of any state agency and state retirees are invited to attend this event. Representatives from each of the providers offering coverage will be on hand to answer any questions members have regarding State of Maryland health benefits.

For info, contact Lee Ann Nightingale at 301-687-4398 or lnightingale@frostburg.edu.

Free Speech Week Event



Andy Duncan's ENGL 336 Journalistic Writing students will mark Free Speech Week with an outdoor group reading of the First Amendment to the U.S. Constitution and of the University System of Maryland's Freedom of Speech and Expression policy. The reading, to which all are invited, will begin at 11 a.m. **Monday, Oct. 16**, at the Clock Tower in Delaney Plaza.

As adopted by the Board of Regents in June 2019, USM's Freedom of Speech and Expression Value Statement (https://www.usmd.edu/regents/bylaws/guidelines/Freedom_of_Expression_Principles_Guidelines.pdf) requires each campus to "proactively communicate their commitment to protecting free speech and

expression among their respective communities every semester."

For info on Free Speech Week, a national event created by The Media Institute in 2005, visit <https://www.freespeechweek.org>.

As this is one of the first Bobcat Passport Program events, students who wish their attendance credited should bring their campus IDs.

ODEI Programming for Fall

The Office of Diversity, Equity, and Inclusion (ODEI) will offer its final free event for fall, the bus trip to the National Museum of the American Indian, on **Saturday, Nov. 11**. This event is open to FSU students first, then faculty and staff.

More details will be provided as the date draws closer.

For info, contact Robin Wynder, assistant vice president for Student Affairs, at rwynder@frostburg.edu.

Internships

Capitol Hill and Annapolis Internships – Calling All Majors!

Great opportunities exist for all majors who want to experience what it's like to work on Capitol Hill or with the Maryland General Assembly this spring. All majors are accepted but you must have a 3.0 GPA or above to qualify; you should also be a junior or senior. You can earn college credits for these internships, and most come with a significant stipend to make them affordable. The Maryland General Assembly will also pay \$15 per hour. The internships begin in **early January and run through the middle of April**.

These internships are sponsored by the Beall Institute for Public Affairs at FSU. For info, contact Tim Magrath **Mondays, Wednesdays or Fridays** between 11 a.m. and noon at the Beall Archives/Institute in room 409 in the library. You can also email him at tmagrath@frostburg.edu or call 301-687-4080.

Study Abroad

Start Planning Your Study Abroad Experience for Summer and Fall 2024!



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

Each virtual session will take place at 3 p.m. on the following **Fridays: Oct. 20, Nov. 3 and Dec. 1**.

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

Health and Safety Messages

Listen Up! Protect Your Hearing!



Once a person's hearing is damaged, there is no way to repair it, and the condition may worsen over time.

Turn the Volume Down

The World Health Organization found that 1.1 billion teenagers and young adults face hearing loss dangers from unsafe use of audio devices. A good practice to follow is listening to music at 60 percent volume for no longer than an hour.

Don't Be Afraid to Use Earplugs

You're at an event and the music is so loud that you have to yell at the person next to you so they can hear what you're saying – a perfect example of when earplugs should be used. Nearly 15 percent of Americans have experienced some type of loud work or leisure environment that has caused noise-induced hearing loss.

Keep Your Ears Dry

When water gets trapped in the ear, it can lead to an infection in the outer ear (swimmer's ear). After a dip in the pool, gently towel-dry your ears. If you still feel some water inside the ear canal, tilt your head and lightly pull on the ear lobe.

Relax

Stress and anxiety are linked to temporary and permanent tinnitus – the phantom ringing noise in your ears. When you're particularly stressed, your body becomes filled with adrenaline. This puts immense pressure on your nerves and spikes your blood flow and body temperature. This pressure and stress can then travel through the body and up into the inner ear, causing tinnitus symptoms. Try to make a conscious effort to regularly put yourself in less stressful situations. This is good for your ears and hearing and your overall health.

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



Mental Health Monday Tip: Five Ways to Help Yourself

<https://www.self.com/story/college-mental-health-tips>

Tell Yourself Tuesday Tip: Mindfulness and Positive Thinking

<https://www.pursuit-of-happiness.org/science-of-happiness/positive-thinking>

Wacky Wednesday Tip: One Hundred College Event Ideas

<https://gentwenty.com/college-event-ideas>

Thankful Thursday Tip: Thirteen Gratitude Exercises

<https://positivepsychology.com/gratitude-exercises>

Fun Friday Tip: Friday Night Events

<https://www.theodysseyonline.com/10-friday-night-college>

Social Saturday Tip: Staying Safe at College Events

<https://www.appily.com/guidance/articles/college-life/how-to-stay-safe-during-college-parties>

Self-Love Sunday Tip: Balance Your Stress and Relaxation

<https://collegeguide.nami.org/relationships-self-care/?section=staying-healthy>

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.