

For and about FSU people
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CES at FSU Presents Multiple Grammy Winner Bill Miller in Indigenous Peoples' Heritage Celebration



CES at FSU and the Office of Diversity, Equity and Inclusion will celebrate Native American traditions on **Tuesday, Oct. 10**, with a spirited performance from multiple Grammy-winning musician Bill Miller at 7:30 p.m.

A three-time Grammy recipient for Best Native American Music Album, Miller has moved audiences around the world with music that amplifies the whispers of Native people's hearts with his signature sound: thunder (the voice), wind (the Native American flute), water (the guitar) and soul (the story). Renowned folk musician Arlo Guthrie stated, "[Bill] has always reminded me of what our singers and writers are all about, singing what cannot be spoken, echoing what cannot be heard, in ways that ring true and honest."

The son of Mohican and German parents, Miller used music to emerge from the entrenched poverty of his youth on a Wisconsin reservation. He has shared the stage with Eddie Vedder, Richie Havens and Tori Amos and appears as Native American flute soloist on the song "Colors of the Wind" from Disney's "Pocahontas." He has received numerous Native American Music Awards honors, including a Lifetime Achievement Award. Miller is also an accomplished artist, and his paintings have appeared in the Smithsonian National Museum of the American Indian, Chicago's Trickster Gallery and New York's American Indian Community House Gallery.

Immediately following the performance, WFWM station director **Chuck Dicken** will join Miller for a conversation with the audience.

During his Frostburg visit, on **Monday, Oct. 9**, Miller will present three additional events that are free and open to the public.

At 11 a.m., a music workshop, "Songs of the Spirit," will take place at Clatter Café, 15 South Broadway. Miller will share the history of Native American music along with a demonstration of the Native American flute and drum.

At 1 p.m., "Three Elements of Native American Art" will also be held at Clatter Café. Miller will share a cultural overview of Native America while demonstrating on canvas the use of three traditional elements: function, beauty and spirit.

At 6 p.m., Miller will present a diversity and reconciliation symposium, "The Red Road to Victory," at the FSU Adams/Wyche Multicultural Center at the Lincoln School. After opening in song with the Native American flute, he will illustrate the relationship between majority and minority cultures, the ineffectual result of teaching tolerance and assimilation and how to attain a redemptive culture of understanding and peace.

Several additional events are planned to celebrate Native American heritage.

Throughout **October**, Main Street Books, 2 E. Main St., Frostburg, will host a window display of Native American-themed books and other items.

On **Wednesday, Oct. 4**, from 4:30 to 8 p.m., Native American foodways will be highlighted with a community dinner at FSU's Chesapeake Dining Hall that features an all-you-care-to-eat buffet, including dishes that incorporate the ingredients of traditional Three Sisters agriculture – beans, squash and corn. The cost per person is \$14.75 and payment will be taken at the door. Advance registration is requested.

An Indigenous Arts and Culture Celebration will be held **Sunday, Oct. 8**, from 1 to 4 p.m. at Evergreen Heritage Center, 15613 Trimble Road, Mount Savage. The free event will feature multiple heritage activities, including an indigenous plant exhibition, a presentation about traditional herbal medicines, an art and nature workshop featuring Shawnee storytelling and printmaking with

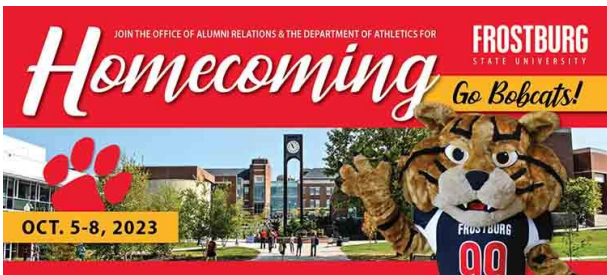
feathers, Three Sisters soup and corn pone samples, a historical display about local Native heritage and tours of the museum and nature center.

On **Tuesday, Oct. 10**, at 2 p.m., Ryan Koons, Maryland State Arts Council folklife specialist, will visit Clatter Café to discuss the process of developing land acknowledgement statements, which recognize Indigenous peoples dispossessed of their land by settler colonists.

Tickets for Miller's performance are \$15 for adults; \$13.50 for FSU employees, military and youth under 18; and free for FSU students. For info, including ticket discount options, visit CES' webpage at ces.frostburg.edu or contact the University box office at 1-866-849-9237 or 301-687-3137. The box office, located in the 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) and receives financial support from the Allegany Arts Council and the City of Frostburg.

Bobcats Celebrate Homecoming at FSU Oct. 5-8



It's that time of year again when Bobcats of all generations come together to celebrate during the FSU 2023 Homecoming! FSU students, alumni, faculty and staff will be showing their Bobcat pride from **Thursday, Oct. 5, to Sunday, Oct. 8.**

The celebration kicks off by showing appreciation to FSU retired employees through an invitation-only Retired Employee Luncheon on **Thursday** in the Atkinson Room (232) of the Lane University Center. Later that night, a Bobcat Variety Show will be held from 7 to 9 p.m. in the Lane Center's Alice R. Manicur Assembly Hall.

On **Friday** morning, registration for the FSU Baseball Golf Outing begins at 9 a.m. and the shotgun start is at 10 a.m. at the Rocky Gap Casino Resort. Then, at 3 p.m., the Bobcat Softball team will take on the Potomac State Catamounts on the FSU Softball Field, and at 7 p.m., the Bobcat Volleyball team will play the West Liberty Hilltoppers in the Main Arena of the Cordts PE Center.

Seven new inductees will be welcomed that evening at the Bobcat Hall of Fame Induction Ceremony and Dinner. Cocktail hour for the reservation-only event begins at 5 p.m. in the Lane Upper Lobby, with dinner following at 6 p.m. in Lane Manicur Hall. Also that evening, the Welcome Back Alumni Reception will take place from 6 to 9 p.m. at Hotel Gunter at 11 W. Main St. in Frostburg.

Saturday is packed with exciting events that Bobcats can choose from to show their pride. The Swimming Intersquad Meet will take place at 9 a.m. at the Cordts PE Center pool. Also that morning, the reservation-only Track & Field and Cross Country Alumni Breakfast will be held from 9 to 11 a.m. in Lane Center room 111. At 10 a.m., you can join staff from the Office of Admissions to learn how to help a future Bobcat on their journey at Saturday Visit Day in Pullen Hall. From 10 a.m. to 2 p.m., an Alumni Welcome Center will be set up in the Lane Upper Lobby. There will be refreshments, activities for the kids and a chance to watch the football game live on the big screen, as well as an opportunity for alumni to update their contact information. You can also stop by the Lewis J. Ort Library at 10 a.m. for the Alumni Author's Corner featuring *Theresa Williams Harrison '80/M'88*.

From 10 a.m. to noon, the reservation-only Jim Anderson Memorial Baseball Brunch will take place in Lane Manicur Hall. The Golden Anniversary Reunion Brunch, for members of the Class of 1973 and before, will be from 10:30 a.m. to 12:30 p.m. in the Lane Atkinson Room.

Tailgating at Bobcat Stadium starts at 10:30 a.m. The cost is \$25 per space. For the complete rules and regulations, visit www.frostburg.edu/homecoming. Then, at 11 a.m., the Corn Hole Tournament begins in the stadium lot, with prizes for first- and second-place winners. Two alumni games also begin on campus at 11 a.m. – the Women's Lacrosse Alumni Game on the Upper Grass Field and the Softball Alumni Game on the Softball Field.

You could also join Office of Admissions staff for the Campus Walking Tour at 11 a.m. in Pullen Hall to see what's changed on campus. And experience never-before-seen images of the sun's violent surface in the immersive full-dome movie, "The Sun, Our Living Star," showing in the Multimedia Learning Center Planetarium on the first floor of the Gira Center at 11 and 11:30 a.m.

Frostburg's Football team will play the UNC Pembroke Braves at 1 p.m. at Bobcat Stadium. To buy football tickets and tailgating tickets, use this link: <https://frostburgsports.com/sports/2023/8/16/tickets.aspx>. The Women's Soccer Game will begin at 5 p.m., with the Bobcats playing the Concord University Mountain Lions, also in Bobcat Stadium.

Two Children's Literature Centre events will take place in the afternoon. Stop by to celebrate CLC's new location at an open house from 3 to 4:30 p.m. in room 219-A of the Education and Health Sciences Center. CLC's reservation-only Book Award Banquet will be held later in the Hotel Gunter Ballroom. Happy hour starts at 5:30 p.m., then dinner and a presentation at 6 p.m.

Later that evening, the Office of Student Engagement will host a Student Dance from 10 p.m. to 1 a.m. in Lane Manicur Hall.

Sunday is the last day of the Homecoming's events. The Student Government Association will hold a "Big Event" at noon to clean up the streets of Frostburg. Everyone is invited to meet on the Upper Quad to participate.

For info, visit www.frostburg.edu/homecoming, call 301-687-4068 or email alumni@frostburg.edu.

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**.

Counseling and Psychological Services

Counseling and Psychological Services (CAPS) offers brief but comprehensive counseling services to FSU students, including individual and group therapy.

The office 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 office during business hours.

CAPS has a new location on the first floor of the Education and Health Sciences Center in the same space as Brady Health.

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 CAPS webpage at www.frostburg.edu/caps.

Things to Know About Brady Health Center

The Brady Health Center is staffed with two nurse practitioners, two registered nurses and two front office staff. Health 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 in the same space as CAPS.

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.

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.**

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 Student Alexander McNemar Will Perform Senior Saxophone Recital

FSU's Department of Music will present student *Alexander McNemar* in his senior saxophone recital on **Friday, Oct. 6**, at 7:30 p.m. He will be accompanied by pianist *Dr. Joseph Yungen*, with guest artist *Dr. Brent Weber* on saxophone.

McNemar will perform "Clarinet Sonata in E-flat Major, Op.167" (1921), one of Camille Saint-Saëns' last works, arranged by Larry Teal; "Concertino da Camera for Alto Saxophone and Small Orchestra" (1934) by Jacques Ibert; "Caprice en forme de valse" (1950) by Paul Bonneau, a technically demanding major work for saxophone; and "Saxsounds III (Diminishing Returns)" for two saxophones and electronic delay by Steven Galante.

Department of Music to Host Tenor-Bass Sing!

FSU's Department of Music will host the sixth annual Tenor-Bass Sing! Invitational Choral Festival on **Monday, Oct. 9**, on the FSU campus. This event, for middle- and high-school students who sing in the tenor or bass ranges, features a day of learning music together, camaraderie, a tour of campus and an evening concert, which will be held at 6 p.m.

The TBS Festival choir will be joined by guest artists FSU Troubadours Tenor-Bass Choir and tenor-bass singers from community choirs.

For info, contact Dr. Scott Rieker, FSU choral director, at 301-687-4110 or serieker@frostburg.edu.

Faculty Artist Series Features Dr. Brent Weber in Concert

FSU's Department of Music will present saxophonist and bassoonist *Dr. Brent Weber* in a Faculty Artist Series concert on **Sunday, Oct. 15**, at 3 p.m. He will be accompanied by pianist *Dr. Joseph Yungen* and assisted by clarinetist *Dr. Mark Gallagher*.

The concert will feature "Rhapsody for Bassoon" by Willson Osborne, "Garden of Love" by Jacob ter Veldhuis, and "Duett-Concertino for Clarinet, Bassoon and Piano" and "Concerto for Oboe" by Richard Strauss, the latter arranged by Weber.

Osborne's "Rhapsody for Bassoon" is one of the most widely performed solo works for the bassoon. Osborne wrote the first version of the work in 1952. The piece, originally titled "Study for Bassoon," was dedicated to Sol Schoenbach, an American bassoonist and teacher.

Jacob ter Veldhuis, a Dutch avant-garde classical composer, wrote "Garden of Love" for oboist Bart Schneemann in 2002. The piece is based on a poem by William Blake. The audio track consists of sound bites from speech, oboes, harpsichord, birds and electronic sounds.

The "Duett-Concertino" was composed by Strauss in 1946-47 and premiered in 1948. It is the last purely instrumental work he wrote and is a lovely example of the lean, retrospective voice he often used in his final years.

"Concerto for Oboe" (1945) is another piece Strauss composed near the end of his life, during what is often described by biographers, journalists and music critics as his "Indian summer." The concerto consists of three interconnected movements and lasts around 25 minutes.

MCTA Presents Irish Folk Duo Niamh Parsons and Graham Dunne



FSU's Mountain City Traditional Arts will present Irish folk duo Niamh Parsons and Graham Dunne on **Sunday, Oct. 15**, at 4 p.m. at 25 E. Main St. in Frostburg. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Dublin natives Dunne and Parsons have a long-standing musical collaboration, touring together since 1999. With a penchant for Irish ballads, Parsons is considered one of the most distinctive voices in Irish music. Paired with Dunne, a versatile guitarist and expert accompanist, their performances are simultaneously haunting, heartwarming and sublime.

Parsons' early love of music developed into a passion for collecting songs. She is always on the lookout for songs that speak to her and has gathered a body of songs from many sources, both traditional and modern. Once she discovers a song she likes, she views herself as the vehicle for the music. Described in the Boston Herald as emotionally haunting and tonally as clear as crystal, Parsons' nine albums are "must-have" collector's items for any lover of songs and singing.

While living in County Clare, Dunne was very involved in the Irish traditional music scene, accompanying an array of local musicians. He is also a multi-talented musician of eclectic taste, which has led to the accumulation of a vast repertoire of material. His musical explorations have seen him dabble in jazz, flamenco and Indian music, going so far as to study tabla, which he now plays at sessions in Dublin.

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.

Readings

Banned Books Reading

**Banned
Books
Week
2023**

Volunteer
to Read...



The Lewis J. Ort Library and Sigma Tau Delta, the English honor society, will co-host the annual Banned Books reading on **Tuesday, Oct. 3**, at 7 p.m. on the main floor (third) of the Ort Library.

The Banned Books Reading is an annual event inspired by the American Library Association's Banned Books Week. Participants are invited to read from their favorite banned books (approximately five to seven minutes per selection) or simply share as

audience members in supporting efforts to overturn/prevent the banning or challenging of books in the U.S.

Sign up at tinyurl.com/FSUBB2023. For info on Banned Books Week and the most challenged books of 2022, visit <https://www.ala.org/advocacy/bbooks/banned>.

For student attendees, remember to bring your ID to be enrolled in the Bobcat Passport Program, which will be scanned before and after the event to be entered into a May 2024 drawing for prizes.

Presentations

First Annual Biosymposium

The first annual Biosymposium will be held on **Friday, Oct 6**, from 1 to 3 p.m. in the third-floor Atrium of Compton. This exciting poster symposium event will provide an opportunity for undergraduate and graduate students to share information about their recent research and experiential learning opportunities related to the biological sciences. Attendees will be able to learn about experiential learning opportunities, majors and minors, and clubs and organizations within the FSU Department of Biology. For info, contact Clara Thiel at crthiel@frostburg.edu.

'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.

‘The Brownsville Project: Live Performance and Social Discourse’



The Office of Diversity, Equity and Inclusion will host “The Brownsville Project: Live Performance and Social Discourse” on **Wednesday, Oct. 11**, at 7 p.m. in Pealer Recital Hall. This event is free and open to the public.

Inspired by an invisible, yet powerful overlap in their family history, Clory Jackson and Caroline Hann embarked on a creative journey five years ago to explore and confront the history of Brownsville and its social impact on the lives of Brownsville descendants and Western Maryland residents. This reprise production will feature new revelations and historic findings.

For info, call 301-687-4050 or email odei@frostburg.edu.

Points of Pride

FSU Once Again Places High on Washington Monthly 2023 College Guide and Rankings

In its annual College Guide and Rankings, Washington Monthly once again gave FSU high marks. FSU ranked 38th in the country overall in its Master’s Level Colleges and Universities category and 49th in the Northeast in the Best Bang for the Buck category.

The College Guide is included in the **September/October 2023** issue of Washington Monthly, a bimonthly nonprofit magazine that covers U.S. politics and government.

In its list of master’s level colleges and universities, the publication includes 604 institutions that award a significant number of master’s degrees but few or no doctoral degrees. The best bang for the buck list ranks schools according to how well they help non-wealthy students attain marketable degrees at affordable prices.

According to a description on the magazine’s website, “We rank four-year schools (national universities, liberal arts colleges, baccalaureate colleges and master’s universities) based on their contribution to the public good in three broad categories: social mobility, research and providing opportunities for public service.”

For info, visit <https://washingtonmonthly.com/2023-college-guide>.

Office of Sponsored Programs Successes/News

On Sept. 14, project director **Clara Thiel**, a lecturer in the Department of Biology, was awarded \$73,828 in Department of the Interior, National Park Service funds by the University of Maryland Center for Environmental Science for the project, Climate Change Vulnerability Assessments of State-Listed Plant Species.

For info, visit the office’s Successes/News webpage at <https://www.frostburg.edu/osp/Successes%20News.php>.

Take Note

USMH to Host Open House



The University System of Maryland at Hagerstown will host an open house on **Tuesday, Oct. 3**, from 5 to 7 p.m. at 32 W. Washington St. in Hagerstown. USMH invites community members and prospective students to tour the campus and learn more about the undergraduate and graduate programs offered.

Representatives from USMH partner universities will be present to discuss the application process and scholarship opportunities available as well as answer program-specific questions.

Additionally, community college representatives will be available to discuss the benefits of the 2+2 Pathway available through Hagerstown Community College and Frederick Community College, which offers students an affordable and accessible path to achieving their higher education goals.

A veteran services representative will be available to share details on benefits available for veterans’ higher education journey.

New at this open house is a virtual reality career exploration experience where attendees can sample select career paths with virtual reality goggles at the Western Maryland Consortium’s table!

Walk-ins are welcome, but preregistration is requested for this free event. To preregister, visit <https://usmhfall2023openhouse.eventbrite.com>.

CLC Book Award Banquet



The Children's Literature Centre will host its 11th annual CLC Book Award Banquet on **Saturday, Oct. 7**, starting at 5:30 p.m. at the Toasted Goat on Main Street in Frostburg. Featured is the presentation of the CLC Book Award to Marcy Campbell's book, "The More You Give." "The More You Give" is a lyrical picture book that shows how a family passes down love from generation to generation, leaving a legacy of growing trees as well as community. Dinner and drinks will be served. To register for this event, visit <https://forms.frostburg.edu/forms/view/74>.

Earlier that day, CLC will host an Open House from 3 to 4:30 p.m. to celebrate its new space in room 219 A of the Education and Health Sciences Center. A video featuring FSU's Legacy of Teacher Education, light appetizers and giveaways will be offered. Admission to the Open House is free, and no registration is required.

Job Fair



Need a job? Looking for an internship? The on-campus Career and Internship Fair will be held **Wednesday, Oct. 11**, from 11 a.m. to 3 p.m. in the Lane Center. The fair is for all majors and all class levels. This event is hosted by the FSU Career and Professional Development Center.

Students can see which employers will be attending at <https://shorturl.at/fyAY8>. For info, call 301-687-4403 or email careerservices@frostburg.edu.

Free Speech Week



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>.

Fall Planetarium Shows

Science Saturdays feature Space News, a Sky Tour and a full-dome movie. Telescopes are provided afterwards for viewing celestial objects if the conditions are favorable. Shows are free and no tickets are required. All ages are welcome. The shows begin at 5 and 7 p.m. It is recommended that you plan to arrive 5 to 15 minutes early to guarantee a seat.

Stay tuned for the revised schedule.

For info, contact Dr. Jason Speights at jcspeights@frostburg.edu.

ODEI Programming for Fall

The Office of Diversity, Equity, and Inclusion (ODEI) will offer the following free programming this fall.

The Red Road to Victory, Monday, Oct. 9, 6 p.m., Adams/Wyche Multicultural Center at the Lincoln School, Reconciliation and Diversity Symposium With Bill Miller (see the CES schedule for additional programming), open to the public

"The Brownsville Play," Wednesday, Oct. 11, 7 p.m., Pealer Recital Hall, open to the public, free tickets required

An original play, written by Brownsville descendant Clory Jackson. To learn more about The Brownsville Project, go to <https://www.thebrownsvilleproject.com>.

Diversity Retreat, Friday, Oct. 13, through Sunday, Oct. 15, FSU students only – application required, applications available starting **Monday Sept. 11**

Bus Trip to the National Museum of the American Indian, Saturday, Nov. 11, open to FSU students first, then faculty and staff

More details will be provided as the dates draw closer.

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

Brains and Brews Fall 2023



Brains and Brews takes place at The Deep End on Main Street in Frostburg, between 7 and 8 p.m., typically on the third **Thursday** of the month, except when it is moved up a week during finals week.

Presenters have about 18 minutes to present to an audience often made up of FSU faculty, staff, area residents and sometimes graduate and undergraduate students. That is followed by 6 or 8 minutes of Q&A.

The dates for this fall's Brains and Brews events are **Oct. 19**, **Nov. 16** and **Dec. 14**. For info, contact Dr. Keith Terry at ketry@frostburg.edu or 301-687-7020.

Deadlines

Undergraduate Grade Changes

The last day for undergraduate grade changes, including the removal of incomplete grades, for the spring 2023 and summer 2023 semesters is **Friday, Oct. 6**.

FSU-TV3

Casting Call



FSU-TV3 is looking for actors to be part of an active shooter training video. A casting meeting will be held on **Wednesday, Oct. 4**, at 7 p.m. in the TV studio in the Gira Center. FSU-TV3 is scheduled to film on **Sunday, Oct. 15**. Actors will be roleplaying as victims of a shooting event in Compton Science Center. Additionally, one person will be cast in the role of the shooter.

No acting experience is required but preferred. Actors will be in a simulated environment, complete with real officers, loud noises and violent imagery. Experience with combat would also be a bonus.

Food will be provided as the event may take up most of the day.

For info, email Melanie Lombardi at mlombardi@frostburg.edu. Visit bit.ly/3PNkbS8 to fill out some basic information before the meeting.

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. 6 and 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

Do You Know How to Use a Fire Extinguisher?



October is fire prevention month.

Everyone should have at least one fire extinguisher somewhere in the home, but it's not enough to simply keep one under the kitchen sink. If there is a fire, your safety depends on knowing how to use that fire extinguisher correctly.

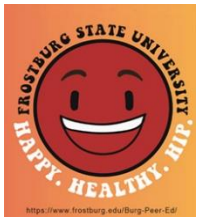
Most household fire extinguishers are considered multipurpose and labeled for use in A, B and C classes.

How to Use It

1. Identify a clear exit/escape route. Consider this when determining where to store your fire extinguisher, and make sure you'll have multiple exit options nearby after you retrieve it.
2. Stand back. Face the fire and keep your back to the clear exit you earlier identified. You should stay between 6 and 8 feet away from the flames as you prepare to operate the fire extinguisher.
3. Discharge the extinguisher. It can be difficult to think clearly during an emergency, so remember this acronym: PASS.
 - P: Pull the pin on the fire extinguisher.
 - A: Aim the extinguisher nozzle on the hose low, toward the base of the fire.
 - S: Squeeze the handle or lever to discharge the extinguisher.
 - S: Sweep the nozzle back and forth. Keep the fire extinguisher aimed at the base of the fire and move it from side to side until the flames are extinguished.

For info, visit <https://www.safewise.com/blog/prepared-properly-use-fire-extinguisher>.

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



Mental Health Monday Tip: Tips for Success

<https://www.charliehealth.com/post/top-tips-for-college-mental-health-success-according-to-psychologists>

Tell Yourself Tuesday Tip: Positive Thinking

<https://www.careers360.com/careers/articles/positive-thinking-for-students-counar>

Wacky Wednesday Tip: Seventy-Five College Statistics

<https://research.com/universities-colleges/college-statistics>

Thankful Thursday Tip: Ten Small Things to be Thankful For

<https://www.collegexpress.com/articles-and-advice/student-life/blog/10-small-things-students-should-be-thankful>

Fun Friday Tip: College Bucket List

<https://bucketlistjourney.net/college-bucket-list-activities>

Social Saturday Tip: Socializing in College

<https://socialself.com/blog/social-college>

Self-Love Sunday Tip: Nineteen Self-Care Ideas

<https://justtatythings.com/self-care-ideas-for-college-students>

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.