

For and about FSU people
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Copy deadline: noon Wednesday, Candis Johnson at cvjohnson@frostburg.edu

WVSOM, Frostburg State University Announce Partnership



Dr. Ronald Nowaczyk, left, and WVSOM's president, Dr. James W. Nemitz

FSU and the West Virginia School of Osteopathic Medicine (WVSOM) have entered into a memorandum of understanding that will better prepare FSU students interested in pursuing a career in osteopathic medicine.

The agreement, signed by WVSOM's president, Dr. James W. Nemitz, and **President Ronald Nowaczyk** on Oct. 16 will provide skills and credentials necessary for admission to and success in osteopathic medical school through the WVSOM Pre-Osteopathic Medicine Program (POMP).

The goal of POMP at WVSOM is to promote osteopathic medicine, increase the number of excellent applicants, support aspiring osteopathic physicians at all levels of education and continue the proud legacy of osteopathic medicine. Students who successfully complete all program requirements will receive guaranteed acceptance to WVSOM.

The program ensures that students have the opportunity to network with medical students and medical professionals and assists with shadowing opportunities while improving students' knowledge of osteopathic medicine.

POMP is a partnership between WVSOM and affiliated institutions. The program is designed for undergraduate students who have an interest in osteopathic medicine and plan to enter osteopathic medical school. Currently, 13 schools of higher education are affiliated with the program.

For info about the program, visit www.wvsom.edu/admissions/pomp.

WVSOM is a national leader in educating osteopathic physicians for primary care medicine in rural areas. Visit WVSOM at www.wvsom.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.**

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.

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.

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 Perform 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>.

CES at FSU Presents 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.

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.”

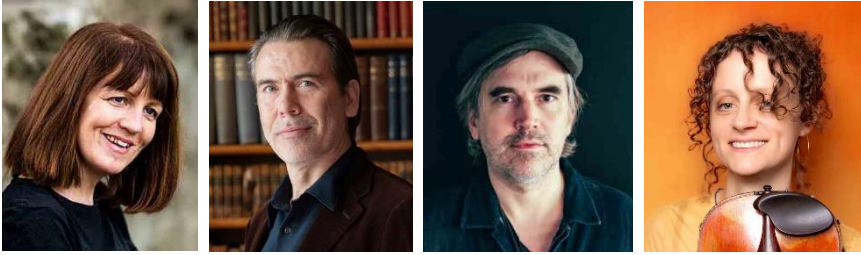
Piano Ensemble Will Perform Concert

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*.

MCTA Presents Traditional Irish Music With Brenda Castles, Ivan Goff, Jefferson Hammer and Liz Hanley



From left, Brenda Castles, Ivan Goff, Jefferson Hammer and Liz Hanley

FSU's Mountain City Traditional Arts will present traditional Irish music on **Wednesday, Nov. 1**, at 7 p.m. at 25 E. Main St. in Frostburg. The performance features some of the tradition's most in-demand musicians, including Brenda Castles on concertina, Ivan Goff on uilleann pipes and flute, vocalist Jefferson Hammer on guitar and vocalist

Liz Hanley on fiddle. The live entertainment is open to the public through general admission with a suggested donation of \$15.

Castles is from County Meath. She has two solo albums of Irish music on concertina and performed regularly with Mick Moloney's Green Fields of America collective. She has recently performed solo concerts for the Consairtín festival in Ennis, Temple Bar TradFest, Meath Beo and the Pipers Club in Dublin. This year Castles has produced a short film, "Plight of the Bumble Bee," for which she composed a traditionally inspired soundtrack.

Goff is from Dublin and is a member of Irish traditional band Danú. He has performed/toured worldwide in duets and ensembles with many household names of Irish music. With credits that range from film and theater to appearances with the New York Philharmonic, Goff has also performed in Broadway productions such as Sting's "The Last Ship," "Come From Away" and "Riverdance."

Hamer is a guitarist, singer and songwriter from Brooklyn, New York. He has toured and recorded albums with Anais Mitchell, Sarah Jarosz and Session Americana. The Murphy Beds, his long-running traditional folk duo with Eamon O'Leary, has released two self-produced albums. His original songs and lead guitar work are featured on Alameda, an acoustic and electric collaboration with bassist Jeff Picker and drummer John Fatum.

Hanley is a Brooklyn-based fiddle player, violinist, singer and performer across many genres. She has toured globally with the late Dr. Mick Moloney and the Green Fields of America, the pop-infused prog-folk-rock band Frogbelly and Symphony and the symphonic rock band Emanuel and the Fear. Hanley's debut album of songs and tunes in the Irish tradition, "The Ecstasy of St Cecilia," was hailed a "gentle work of beauty" by FolkWorld.

For info, call 301-687-8040.

FSU's Department of Music Presents Percussion Ensemble

FSU's Department of Music will present its Percussion Ensemble, conducted by *Dr. Mackenzie Jacob LaMont*, on **Friday, Nov. 3**, at 7:30 p.m. The group will be joined by guest performers *Dr. Jay DeWire* and *Cheyenne Jeffries*.

Percussion Ensemble students are *Benjamin Alvey, Gavin Baker, Jen Barnhart, Bryce Campbell, Jacob Deaver, Sam Dolly, Jacob Hunt, Joseph Louie, Eileen Martin, Joe Rubens* and *Julia Seddon*.

They will perform "Crown of Thorns" by David Maslanka, "Gainsborough" by Thomas Gauger and "Ionisation" by Edgard Varese.

The title "Crown of Thorns" is an obvious reference to Christ's crown of thorns, but the name first came to Maslanka as a possible title for a piece after seeing a plant called "Crown of Thorns" at the New York Botanical Gardens. Crown of Thorns is a thorny desert plant from the Middle East, and the rambling, interweaving, vine-like stems suggested music to him. The imagery is Christian, but the experience transcends religion, and is universal. The music is at times sober and reflective, but more often filled with a liberated energy and joy.

"Gainsborough" is a highly melodic, very popular percussion quintet written in three movements. This piece remains a favorite because of its playful textures, demanding parts and appealing tonality. The first movement is a sprightly dance that mostly features quick lines between two marimbas, with interruptions from the timpani and battery percussionists. The slow, hesitant second movement has a more modal and metallic sound, highlighting the bells and vibraphone. A jazzy recitative appears in the middle of this movement. The final movement is quick and rhythmically active with a healthy amount of call and response between sections. It moves through several styles, finishing with a flourish.

Varèse composed "Ionisation" between 1929 and 1931. Although not the first piece written for percussion ensemble, it is probably the most well-known and influential. Nicolas Slonimsky, the musicologist, conductor, pianist and composer to whom "Ionisation" was dedicated, conducted the premiere in New York in 1933 at a concert sponsored by the Pan-American Association of Composers. Varèse himself played the sirens. The performance was described by a critic as "a sock in the jaw." The piece was first published in 1934.

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=1919&r=cd53639bc5f746a3a742942717743fdd>.

Presentations

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

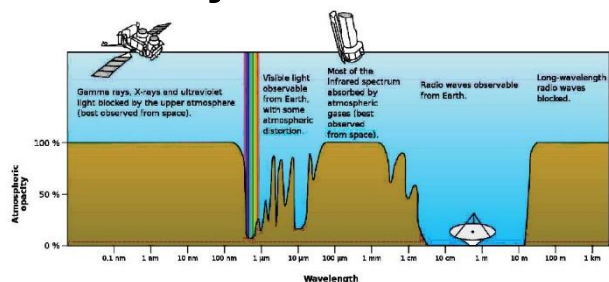


FSU's African American Studies Program and the Department of Geography will host Dr. Jesse Ayivor in an African American Studies Lecture Series presentation on **Tuesday, Oct. 24**, from 7 to 8.30 p.m. in Lane 111. Ayivor will speak on "The Environmental Impacts of Hydro-Power Generation in Ghana." This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

If the weather is favorable, telescopes will be set up after the presentation for observing Saturn.

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.

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>.

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

Dr. Kate Sheehan and Graduate Students Participate in Waterbirds Society Conference



From left, Marykate McHale, Dr. Kate Sheehan and Sonja Barber at the awards banquet at the Waterbirds Society Conference

Recently, *Dr. Kate Sheehan*, an assistant professor in the Department of Biology, and *Marykate McHale* and *Sonja Barber*, two students in the Applied Ecology and Conservation Biology Master’s program, participated in the annual Waterbirds Society conference in Ft. Lauderdale, Fla. The society is an international group of scientists, managers and conservation-minded groups.

Sheehan led a workshop on quantitative avian necropsy in collaboration with a doctor of veterinary medicine from local wildlife rehabilitation centers and Nova Southeastern University and presented original research on parasites from birds, fishes and invertebrates in Alaska. Sheehan is a member of the Diversity, Equity and Inclusion Committee, Publications Committee and Conservation Committee; she is also co-chair of the Grants Committee.

McHale gave her first conference oral presentation on part of her thesis work, where she performed spatial and ecological models related to avian botulism in the Northern Hemisphere.

Barber also gave her first oral paper, describing the ectoparasite and microbial community compositions in healthy versus diseased seabirds. She won the best oral presentation award.

McHale and Barber received travel awards to attend the conference.

Project Green Challenge

Twelve Sustainability Studies students are again participating in the 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. 12 on the Leaderboard, with 2,380 points earned as of Oct. 18.

Chemistry major *Liam Johnstone* was recognized for his submission on sustainable garden design and practices as part of Team FSU Sustainers as a Greenest Challenge Winner. Johnstone's submission can be viewed under Winners for Greenest on Day 11 (Soils).

Visit <https://projectgreenchallenge.com> for more information on these challenges and to watch the progress of FSU.

For info on Sustainability Studies at FSU or if you would like to participate in PGC, contact Tracy Edwards at tedwards@frostburg.edu or in Gunter 210.

Take Note

Thanksgiving Baskets

This year University Advancement and the FSU Foundation will sponsor three Thanksgiving baskets to help local families in need. To participate, you can sign up to donate specific items at <https://rb.gy/ixitu>. Next to your name, be sure to include the number of items you want to purchase.

You can also contribute money toward the Martin's gift cards that will be provided to families for the purchase of perishables. You don't need to indicate the dollar amount, only your name. You can then bring the money to Shannon Gribble or Raegan Hawk at Fuller House and they will keep a tally of how much is received. The food item donations can be left with Hawk or Kelly Durst at Fuller House.

All contributions should be turned in no later than **Wednesday, Nov. 15**.

OSP Subscribes to Online Funding Database SPIN

The Office of Sponsored Programs has subscribed to SPIN, 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.

Access SPIN at <https://spin.infoedglobal.com/Authorize/Login> or from 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.

Watch your email for info about an online training session that will take place in the coming weeks.

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

Weekly Geography Bowl

Geography Bowl sessions will be held on **Tuesdays** at 5 p.m. in Gunter 214.

To any and all interested in learning more about the people and places of the planet, join the group in Gunter 214 for weekly Geography Bowl sessions. Themes vary each week. Participants are invited to compete for most valuable player status (awarded each week) and to prepare rounds for future weeks. Stop by for a fun way to expand your geographic knowledge base.

For info, contact Tracy Edwards at tedwards@frostburg.edu or in Gunter 210 or Alex Donley at ajdonley0@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.

Virtual Career and Internship Fair



The Career and Professional Development Center will host the Virtual Career and Internship Fair in Handshake on **Wednesday, Oct. 25**, from 11 a.m. to 3 p.m. in Handshake. Employers from all over the region are registered and will continue registering to meet and talk to you! All class levels and all majors are welcome to attend to hear about jobs and internship opportunities.

Here is what you need to do:

Step 1: Register to attend at <https://shorturl.at/aexGH>.

Step 2: Review attending employers.

Step 3: Sign up for group and/or one-on-one sessions with the employers you are interested in.

For info, email Career Services at careerservices@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-ayIR8o41lhGmUX7sR9W9ssg/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 sign up to volunteer, visit the Google Form at <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. If you are interested in volunteering for this event, visit <https://shorturl.at/kCHR6>.

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 begins 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.

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 **Wednesday, Nov. 1, Thursday, Nov. 9, and Wednesday, Nov. 22**. To register, go to <https://airtable.com/appPudH5IDMHNAQoM/shrPyYMy4XZXZHPq3>.

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 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

The last two virtual sessions will take place at 3 p.m. on the following **Fridays: 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

Have Fun but Stay Safe This Spooky Season!



According to the National Sexual Violence Resource Center, 35 of every 1,000 female college students will be sexually assaulted each year. Halloween costume parties can provide the ideal atmosphere for perpetrators to target their victims, and 9 out of 10 women personally know their attacker. You should never, under any circumstance, accept alcohol handouts.

Choose your Halloween costume wisely. Avoid costumes that make you unrecognizable. Wear something that you can move in and make sure masks and wigs don't accidentally cover your eyes, impairing your vision.

Never carry fake weapons or items that could appear to be weapons.

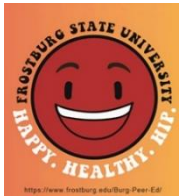
Go with a group and leave with the same group. Discourage any group members from venturing off alone, but if someone is adamant about doing so, make sure everyone else knows this person's general whereabouts.

If you plan to drink alcohol, remember to eat sufficient meals and drink water throughout the day. This will help your body stave off intense blood alcohol level spikes once you begin drinking.

Any time you experience unease at a party, or suspect that you're in a compromising situation, listen to your instincts, grab a trusted friend and leave.

Make sure your phone is fully charged and keep it with you.

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



Mental Health Monday Tip: Protecting Your Mental Health

<https://www.psychologytoday.com/us/blog/rethink-your-way-the-good-life/201909/protecting-mental-health-in-college>

Tell Yourself Tuesday Tip: Seventy-Five Positive Affirmations

<https://shorturl.at/DGJX3>

Wacky Wednesday Tip: Having Fun on a Budget

<https://www.fastweb.com/student-life/articles/ways-to-have-fun-on-a-college-student-budget>

Thankful Thursday Tip: Write Down What You Feel Thankful For

<https://www.npr.org/sections/health-shots/2018/12/24/678232331/if-you-feel-thankful-write-it-down-its-good-for-your-health>

Fun Friday Tip: The Ultimate Guide to Halloween on Campus

<https://www.collegexpress.com/articles-and-advice/student-life/blog/ultimate-guide-college-halloween>

Social Saturday Tip: Staying Safe

<https://www.fastweb.com/student-life/articles/halloween-campus-safety-tips>

Self-Love Sunday Tip: Eleven Ways to Show Self-Love

<https://www.theodysseyonline.com/self-love-college>

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.