

For and about FSU people
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Forging Futures Campaign Reaches Initial Fundraising Goal

\$25 Million Raised for Students, University and the Region



In 2016, FSU began a comprehensive campaign known as “Forging Futures: The Campaign for Frostburg State University,” with an initial goal of \$25 million to support annual initiatives, increase scholarships available for students, support classroom and experiential student experiences, create regional partnerships to help drive economic and educational development and help fund capital projects that improve the campus and enhance students’ lives. The goal was to complete the campaign in 2023 in conjunction with the University’s 125th anniversary.

With the support of alumni, faculty and staff, parents of students and members of the community who recognize the transformational opportunity FSU provides to students and the economic impact it has in the region, the campaign goal of \$25 million was recently met.

Fundraising is a necessity to provide additional scholarship support to offset increases in tuition, fees and room and board, but it also enables FSU to help students in a multitude of other ways, from new classroom and lab equipment to travel experiences. Since the campaign’s launch in 2016, annual scholarship support from the FSU Foundation has increased from \$465,000 to more than \$1.3 million.

The campaign has also been successful in helping to meet capital needs, including the development of a Regional Science Center in the former Frostburg City Hall and a multicultural center on campus. Thanks to gifts to the campaign, FSU was also able to renovate athletic facilities such as the track and purchase several scoreboards and video boards.

You can learn more about campaign priorities and how to support FSU by visiting www.frostburg.edu/forgingfutures.

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. 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. **Tutoring for CHEM 201 is now being offered Thursdays from 5 to 6 p.m. in Compton 328 and CHEM 202 Wednesdays and Thursdays from 5 to 7 p.m., also in Compton 328.**

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.**

Dance

CES to Host Step Afrika! in Percussive Dance Performance



As part of Family Weekend at FSU, CES at FSU and the Department of Student Engagement will present Step Afrika! on **Saturday, Sept. 30**, at 7:30 p.m. in the Alice R. Manicur Assembly Hall of FSU's Lane University Center.

Step Afrika! merges the dance styles practiced by historically African American fraternities and sororities with traditional West and Southern African dances and an array of contemporary dance and art forms to create a compelling performance that integrates song, storytelling, humor and audience participation. The New York Times raved, "In the bodies of these skilled performers, the beat is obviously unstoppable. Again and again, the dancers pick it up and pass it around with

clapping hands and stomping feet, through the legs, behind the back, defiant and unified and inspiring."

Before the performance, at 3 p.m., in the Lane Atkinson Room (232) community members are invited to attend a free step dance workshop with the artists of Step Afrika! In stepping, the body becomes an instrument, using footsteps, claps and spoken word to produce complex polyrhythms. Attendance is limited and registration is required.

Founded in 1994 by C. Brian Williams, Step Afrika! is the first professional company dedicated to the percussive dance tradition of stepping. The company has evolved to become one of America's greatest cultural exports, touring to more than 60 countries across the world, and is featured prominently at the Smithsonian's National Museum of African American History and Culture with the world's first stepping interactive. In 2017, Step Afrika! made its off-Broadway debut with the critically acclaimed production, "The Migration: Reflections on Jacob Lawrence."

Performance tickets are \$5. 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.

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.

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.

Joshua Bishop Presents Faculty Artist Series Concert, 'Variations'



FSU's Department of Music will present *Joshua Bishop* on the euphonium in a Faculty Artist Series concert, "Variations," on **Monday, Sept. 18**, at 7:30 p.m.

Bishop will perform "Stutter Step" by Benjamin Horne; "Fantasy Variations" by Yasuhide Ito; "Seven Variations on Bei Männern" by Ludwig van Beethoven; "Allegro con brio," "Lento con teneramente," "Presto" and "Adagio con calore" from "Symphonic Variants" by James Curnow; and "With His First Breath" by Paul Lovatt-Cooper.

"Stutter Step" is a piece for unaccompanied euphonium that was premiered in 2020. The work was influenced by the music of Argentine composer Astor Piazzolla, who revolutionized tango music in the 20th century.

Written in the form of a theme and variations, "Fantasy Variations" (1990) actually presents the variations before the theme. The piece is a beautiful solo, essentially a concerto, in the Japanese style and is based on a Yaisamanina (love song) from Ainu folk music.

Beethoven composed his "Seven Variations on Theme" from Mozart's "Die Zauberflöte" ("The Magic Flute") in 1801. The theme comes from the duet "Bei Männern, welche Liebe fühlen" ("In Men Who Know the Feeling of Love") and is sung by Pamina and Papageno as praise to the love between husband and wife.

One of the core repertoire works for the euphonium and also one of the most demanding works ever written for the instrument, “Symphonic Variants” (1984) runs the gamut of technical facility, range, endurance and power to project and balance.

“With His First Breath” (2017) is the lovely slow melody taken from the middle movement of Lovatt-Cooper’s larger work, “Breath of Souls.” It is dedicated to his son Luca.

Department of Music Presents Faculty Showcase Recital

FSU’s Department of Music will present its Faculty Artist Series Faculty Showcase Recital on **Friday, Sept. 29**, at 7:30 p.m.

The concert will feature **Joshua Bishop** on euphonium performing the third movement and finale, “Giocoso,” from “Euphonium Concerto” by Vladimir Cosma. This is an epic and majestic euphonium concerto, written very much in a Spanish style.

Next, soprano **Dr. Chun-Ting Chao** will perform “Allons il le faut ... Adieu, notre petite table” from “Manon” by Jules Massenet, an opéra comique in five acts to a French libretto by Henri Meilhac and Philippe Gille, based on the 1731 novel “L’histoire du chevalier des Grieux et de Manon Lescaut” by the Abbé Prévost. It is the quintessential example of the charm and vitality of the music and culture of the Parisian Belle Époque.

The second movement, “Adagio affettuoso,” from “Cello Sonata No. 2 in F Major, Op. 99” by Johannes Brahms will be performed by cellist **Dr. Karen Lau**. Brahms composed this sonata in 1886, more than 20 years after completing his “Sonata No. 1.” It was written for, dedicated to and first performed by Robert Hausmann, who had popularized the first sonata. In “Adagio affettuoso,” the cello part opens in a pizzicato exposition of the main theme over piano chords.

Dr. Avery Pettigrew, on horn, will play “Divertimento for Horn and Piano,” which Jean Françaix composed in 1953. Françaix was a 20th-century French neoclassical composer, pianist and orchestrator who composed works for a wide spectrum of ensembles, many unconventional. His prolific compositional career resulted in a handful of works becoming standard in the horn repertoire.

“Signore, ascolta!” (“Lord, hear”!) from “Turandot” by Giacomo Puccini will be performed by soprano **Bixiao (Bessie) Wang**. “Turandot” is an opera in three acts by Puccini with a libretto in Italian by Giuseppe Adami and Renato Simoni, the music completed by Franco Alfano in 1926 after Puccini’s death. The opera is set in China and follows the Prince Calaf, who falls in love with the cold Princess Turandot.

Dr. Brent Weber, on soprano saxophone, will perform “Garden of Love” by Jakob ter Veldhuis. Composed for oboist Bart Schneemann in March 2002, “Garden of Love” is based on a poem by William Blake.

Pianist **Dr. Joseph Yungen** will perform a piece by Charles-Valentin Alkan, a French composer and virtuoso pianist. At the height of his fame in the 1830s and 1840s, he was among the leading pianists in Paris. “No. 8 Lento appassionato in A flat major” is from “Op. 35, Douze études dans tous les tons majeurs,” which Alkan composed in 1848.

The Faculty Jazz Quintet – with Weber on saxophone, **Dr. Donald Albrecht** on trumpet, **Tom Harrison** on piano, **Peter Lewis** on bass and **Dr. Mackenzie Jacob LaMont** on drums – will be the last to perform. Their pieces will be announced from the stage.

Presentations

A Campus Unified Presenter Series Hosts Mitzi Sinnott

The last few years have presented challenges for students, faculty and staff at FSU. Come for a series hosting some of the nation’s top, most dynamic presenters in a move toward a more unified campus where everyone works together to solve problems.

The series begins with “Many Stories, One Campus’ Honoring Truths as We Chart the Way Forward” with Mitzi Sinnott on **Monday, Sept. 18**, at 7 p.m. in the Lane Atkinson Room (232).

Sinnott is known for igniting change in communities through her art. “Start with heart and art” is the guiding motto for her company All Here Together Productions as they do the work of making lasting social change in community organizations, corporations and universities. Named one of the Top Five Diversity Speakers in America by Campus Activities Magazine, Sinnott is familiar with the complexities of racial identity, mental illness and the legacy of war. She presented her unique family saga in “Snapshot: A True Story of Love Interrupted by Invasion” featured on PBS nationwide and onstage in South Africa, Scotland, Sweden and on campuses across America. Sinnott is a two-time recipient of the Brooklyn Arts Council Individual Artist Award, a two-time recipient of the Kentucky Foundation for Women’s Arts Meets Activism Award, a Best Actress nominee at the Edinburgh Fringe Festival, Scotland, and a winner of the 2020 Tanne Foundation Artist Award.

USMH to Host Student-Author Community Event



In recognition of National Recovery Month, the University System of Maryland at Hagerstown will host a student-author-led discussion and book-signing community event on **Friday, Sept. 22**, at 6 p.m. in the USMH Hospitality Center.

Jamel Freeman, author of “Can I Do This?” and a Salisbury University social work student enrolled at the USMH campus, will share his personal experience, strength and hope in the face of addiction and his journey with recovery.

National Recovery Month is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

This event is free and open to the public. Free event registration is available at <https://usmhjamel.freeman.eventbrite.com>.

Freeman will answer questions submitted by attendees and be available to sign his book, which will be available for purchase at the event. Submit questions to pfrancis@hagerstown.usmd.edu by **Monday, Sept. 18**.

Workshops

Environmental Data Workshop



The Western Maryland Regional GIS Center and FSU's Department of Geography will host the second workshop on "Python for Environmental Data Processing," on **Wednesday, Sept. 20**, from noon to 2 p.m. in the computer lab in Gunter Hall 212. The workshop is free and open to FSU faculty, staff and students and registered community participants.

There are no prerequisites. The workshop is designed for computer users from beginners to advanced. Topics include environmental data preprocessing and analyzing and visualizing environmental data in workshop 2.

For info, contact Dr. Hai Lan at hlan@frostburg.edu or Dr. Tianna A Bogart at

tabogart@frostburg.edu.

Exhibits

Ort Library Continues Anniversary Celebration With 1963-87 Exhibit



The Lewis J. Ort Library is celebrating the 125th anniversary of FSU with an exhibit each semester that represents the institution's epochs: The State Normal School No. 2 at Frostburg 1898-1934, Frostburg State Teachers College 1934-1963, Frostburg State College 1963-1987 and Frostburg State University 1987-Present. The third of these four exhibits encompasses the Frostburg State College years when it transitioned to a four-year liberal arts college. Visitors can see the tremendous growth in enrollment, which tripled to more than 3,700 students; in the campus, which erected more than 15 buildings; student diversity; and the curriculum, which expanded to include a liberal arts education as well as graduate programs. Information on notable

leaders such as *Dr. Alice Manicur, William R. and Pansye S. Atkinson* and *Presidents John Morey and Dr. Nelson P. Guild* is presented. Many colorful images of student life are also included.

Visitors can learn about Guild (1969-1985) in a companion exhibit located on the second floor. The Frostburg State College, 1963-1987 exhibit is located to the right of the Main Desk on the third floor. The exhibits will remain up through the fall semester. Library hours are **Mondays through Thursdays** from 8 a.m. to 10 p.m., **Fridays** from 8 a.m. to 5 p.m. and **Sundays** from 2 to 10 p.m. For info, visit www.frostburg.edu/library.

Points of Pride

Three FSU Employees Receive Staff Awards for Excellence



From left, Rubin Stevenson, President Ronald Nowaczyk, Anthony Rosa and Kristie Bloskey

FSU honored *Rubin Stevenson, Kristie Bloskey* and *Anthony "Tony" Rosa* with Staff Awards for Excellence at the President's State of the University address held on Sept. 7. The annual Staff Awards for Excellence recognize exceptional service to the institution. Recipients are nominated and chosen by their colleagues.

Stevenson, associate athletic director, was honored in the Exempt (salaried) Employee category. He began his tenure at FSU in 1992 and has held several positions in the Department of Athletics.

Stevenson is a member of Staff Senate and represents FSU on the University System of Maryland's Council of University System Staff. He also assists the Office of Alumni Relations and the FSU Foundation in maintaining relationships with alumni and advocates for financial support. Stevenson's service to students is unparalleled. He volunteers his time as an academic advisor for new students and spends countless hours mentoring them.

Bloskey, the executive administrative assistant to the vice president for Administration and Finance, won the award in the Nonexempt Employee category. She began her career at FSU in 2020 in the Office of Admissions. Bloskey participates in professional development opportunities to advance her career and is eager to take on projects. Currently, she is monitoring several large contracts, is the Workday project coordinator and helps her department improve end-of-year processes and workflows.

Rosa was recognized in the Nonexempt Employee in the Facilities/Maintenance category. A carpenter for the University's multi-trade shop for Facilities and Maintenance, Rosa has consistently delivered excellent workmanship and expertise in carpentry during his four-year tenure at FSU. In addition, he is always willing to share his knowledge to help support his colleagues' growth and productivity on the facilities team. Outside of the University, Rosa volunteers his time with the Allegany County Animal Shelter and is an accomplished beekeeper and gardener.

Award recipients are given a plaque, a certificate commemorating their dedication and a monetary award. Staff Awards for Excellence are funded by the FSU Foundation's Annual Fund Campaign.

For info, contact the FSU Office of Human Resources at 301-687-4105.

News From the Department of Biology

Dr. Tom Serfass, a professor in the Department of Biology, received a grant for \$32,780 from the West Virginia Department of Natural Resource for lab costs associated with the assessment of toxic substances accumulated in the tissues of river otters. The project is a collaborative effort involving Serfass' colleagues at the Swedish National Museum, University of Georgia and University of California, Davis.

In July, his graduate student, *Erin Geibel*, with colleagues, gave the following presentation at the 13th International Mammalogical Congress in Anchorage, Alaska: "The C&O Canal National Historical Park – An Important Corridor for Carnivore Movement in Maryland?"

Take Note

FSU Kicks Off Bobcat Passport Program

An exciting program will kick off at FSU on **Sunday, Oct. 1**. To promote more student involvement and engagement, FSU will pilot the Bobcat Passport Program, which will provide support for co-curricular opportunities for students as a complement to FSU's strong traditional curriculum. These opportunities will help introduce students to culturally diverse thoughts, ideas and expressions to better prepare them to become engaged global citizens.

Exposure to a wider range of ideas and viewpoints will help prepare students for the workforce and for connectedness in their communities, and attendance at a variety of events will help students meet new people and establish a closer connection with their fellow students and the University.

The program is also expected to result in increased attendance at events, more word-of-mouth "promotion" of events and affiliated departments/offices and more on- and off-campus exposure.

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

Anyone sponsoring a University-wide event can apply for it to become a "Passport" event. For an application, contact Dr. Artie Travis at altravis@frostburg.edu or Dr. John Lombardi at jlombardi@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>.

Join the Global Civic Leaders Fellowship Program

Calling all college students with a passion for global citizenship and a desire to make a difference in the world! The Global Civic Leaders Fellowship Program will empower you to become a catalyst for positive change on a global scale. As a participant in this program, you will have the opportunity to engage in monthly meetings featuring guest speakers who will share their expertise and insights on a wide range of global topics. Through thought-provoking discussions, you will delve into the concept of global citizenship, exploring the responsibilities, challenges and opportunities it entails. This fellowship program will equip you with the knowledge, skills and networks needed to address pressing global challenges and create a more inclusive and sustainable world.

Program duration is **fall 2023 through spring 2024**. Attend monthly meetings and take part in selected activities and discussions (3 to 4 hours/month). Explore global citizenship topics such as sustainability, education, poverty, politics and more. A minimum GPA of 2.5 is required; there is no limits on majors. There will also be monthly discussions led by guest speakers on various global issues.

Participants will receive a bookstore stipend for the spring semester.

This event is hosted by the Office of Civic Engagement and the J. Glenn Beall Institute for Public Affairs, with support from the FSU Foundation.

Apply only at <https://shorturl.at/eKSW6> by **Friday, Sept. 22**, to secure your spot.

For info, email the Office of Civic Engagement at civicengagement@frostburg.edu, or contact Patrick O'Brien at 301-687-7599 or Tim Magrath at 301-687-4080.

Women's Writer Meetup

The Center for Literary Arts is hosting a monthly Women's Writing Meetup on the **second Wednesday** of every month at 7 p.m. in Ort Library 237. The meetup is open to women and women-identifying individuals of all backgrounds and skill levels. The meetup

will provide a safe and supportive space for women to read and share their own writing and literary inspiration as well as foster gentle feedback for developing writing skills, reading presentations and more.

All genres and styles of writing are welcome and encouraged.

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.

25th Anniversary Challenge



As you celebrate the 125th anniversary of FSU's founding, take some time to think about what you think FSU will look like in 2098. FSU's campaign tagline is Forging Futures. *President Nowaczyk* would like to hear from campus and community members about that future, specifically the year 2098 when FSU will celebrate its 200th anniversary.

Be creative! You can draw, paint, sculpt or write a poem or news article.

Entries will be displayed on campus and included on the 125th website and FSU social media accounts.

Terms and Conditions

Entries will be judged by the 125th Anniversary Committee and winners will be announced at Homecoming on **Saturday, Oct. 7**.

Multiple entries are welcome; each entry will be eligible to win. Prizes will be awarded to the top three submissions.

Entries are due to the Office of University Advancement no later than 4:30 p.m. on **Friday, Sept. 22**.

Falun Gong to Be Offered Weekly

Come improve your physical and mental health with Falun Gong, which will be offered **Thursdays** from 12:30 to 1:30 p.m. in Compton 327 and **Saturdays** from 8 to 9 a.m. in the LaVale Plaza. This event is free and open to the public.

There will be a brief introduction to Falun Gong for beginners, then participants will learn how to practice standing exercises 1 through 4. Later on, they will learn and practice exercise 5, the sitting meditation, to tranquil music.

Visit <https://faluninfo.net> for information about the history of Falun Gong and persecution of Falun Gong followers in China, <https://falundafa.org> for free study and practice materials (videos, audios and books) and <https://en.minghui.org> where Falun Gong practitioners share their experiences.

Games on the Lawn



The BURG Peer Education Network, in partnership with the Frostburg Fandom Society, will host Games on the Lawn on **Wednesday, Sept. 27**, from 7 to 9 p.m. on the Upper Quad.

For info, contact Joseph McKenzie at jdmckenzie@frostburg.edu

Constitution Day Celebration

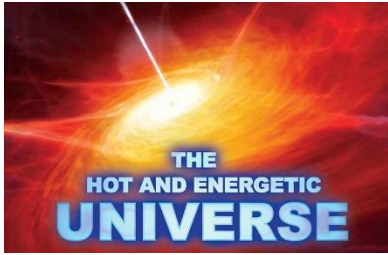
Stop by the Constitution Day table on the third floor of the Lewis J. Ort Library on **Monday, Sept. 18**, and receive a free Pocket Constitution while supplies last.

Learn more about the Constitution on the Library's website at <https://libguides.frostburg.edu/constitution>.

National Voter Registration Day

National Voter Registration Day is coming up on **Tuesday, Sept. 19**. FSU's Office of Civic Engagement will host voter registration tables from 10 a.m. to 4 p.m. on the Clock Tower Quad. Organizations from the campus community will be featured as well as the local Board of Elections.

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.

Current Schedule and Movies for Fall 2023

Sept. 23 – “The Hot and Energetic Universe” (new!)

Note: Due to equipment problems, this show has been cancelled. Stay tuned for the revised schedule.

Oct. 21 – “Mayan Archaeoastronomy”

Nov. 18 – “Zula Patrol: Under the Weather” (new!)

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 Supreme Court Decision on Affirmative Action: How It May Impact You**” by **Rasheed Cromwell, Esq., Wednesday, Sept. 20, 7 p.m.**, Adams/Wyche Multicultural Center at the Lincoln School, open to campus community

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.**, location to be announced, 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 **Sept. 21, Oct. 19, Nov. 16** and **Dec. 14**.

For info, contact Dr. Keith Terry at kerry@frostburg.edu or 301-687-7020.

Homecoming

Homecoming 2023 will be held **Thursday, Oct. 5, through Sunday, Oct. 8**.

For info, check out <https://www.frostburg.edu/alumni/homecoming.php>.

Volunteers

Alternative Winter Break

Alternative Winter Break will take place **Sunday, Jan. 7, through Saturday, Jan. 13**, in New Orleans.

Spend a week volunteering to benefit communities struck by natural disasters. Immerse yourself in another culture while using your break to make a lasting impact.

The deadline to apply is **Thursday, Sept. 28**, at 11:45 p.m. Apply at <https://shorturl.at/InozG>.

Optional interest sessions will be held **Monday, Sept. 25**, at 2 p.m. and **Tuesday, Sept. 26**, at 7 p.m., both in Lane 111.

Catholic Campus Ministry

Simple Supper



Catholic Campus Ministry, in conjunction with the Episcopal Churches of Western Maryland, invites all FSU students to a homestyle dinner **Sundays** from 5:35 to 7:30 p.m. at the Osborne Newman Center (building with the green roof) behind Annapolis Hall. Bring a friend, eat and run or hang out for games and fellowship.

For info, text Sharon Bogusz at 410-300-4790.

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: Sept. 22, 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.

Community

Pop-Up Shop

FSU announces the opening of a new shopping experience for the campus community. The Pop-Up Shop is a vibrant and dynamic space where local businesses can showcase their products and services to the University community. The Pop-Up Shop is located on the first floor of the Lane University Center, beside the Game Room and room 113.

Health and Safety Messages

September Is National Food Safety Education Month



This month take an active role in preventing foodborne illness, also known as “food poisoning.” The federal government estimates that there are about 48 million cases of foodborne illness annually – that’s about 1 in 6 Americans each year. Every year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths.

Salmonella, for example, is responsible for more foodborne illnesses in the U.S. than any other bacteria.

There are four easy steps to take to prevent food poisoning:

Clean. Wash hands, utensils and surfaces. Wash or scrub fruits and vegetables under running water – even if you do not plan to eat the peel. Germs on the peel or skin can get inside fruits and vegetables when you cut them. There’s no need for soap or a special produce wash. Just use cold water and on tougher fruits and vegetables, a small kitchen brush.

Separate. Separate cooked meat from fresh produce.

Cook. Use a thermometer to check the temperature of your cooked food.

Chill. Refrigerate leftovers and perishable items.

For info, visit <https://www.fda.gov/food/consumers/food-safety-education-month#nfsemresources>.

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.