

For and about FSU people
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FSU's Department of Theatre and Dance Presents 'Puffs,' a Fast-Paced Parody Featuring Unlikely Heroes



Pictured, from left, are John Hollingsworth (Oliver), Daniel Wade (Wayne) and Grace Stevenson (Megan Jones). Photo Credit: Jill Chihak.

FSU's Department of Theatre and Dance will feature the comedy "Puffs," or "Seven Increasingly Eventful Years at a Certain School of Magic and Magic," by Matthew Cox on **Friday, Nov. 22, and Saturday, Nov. 23, and Thursday, Dec. 5, through Saturday, Dec. 7, at 7:30 p.m., with a matinee on Nov. 23 at 2 p.m.** Directed by **Darrell Rushton**, performances will take in the F. Perry Smith Studio Theatre of FSU's Woodward D. Pealer Performing Arts Center.

According to Nerdist, "Puffs" "never goes more than a minute without a laugh."

For seven years a certain boy wizard went to a certain Wizard School and conquered evil. This, however, is not his story. This is the story of the Puffs ... who just happened to be there, too. This is a tale for anyone who has never been destined to save the world, and as the magazine Time Out New York pointed out, "'Puffs' illustrates the heights to which underdogs can soar."

The cast consists of **Elena Echeandia** (Narrator), **Daniel Wade** (Wayne), **Grace Stevenson** (Megan Jones), **John Hollingsworth** (Oliver), **Caleb Friend** (Cedric/Mr. Voldy), **Finley Manocchio** (Ernie Mac/Second Headmaster), **Kassidy Andris** (Hannah/Xavia Jones), **TJ Kelly** (J. Finch Fletchley/Zach Smith), **Gracie Ray** (Leanne/Frenchy), **Casey Allison** (Sally Perks/Bippy), **Paige Brubaker** (Susie Bones/Harry), **Ian Donoway** (understudy) and **Kenzie Pein** (understudy).

In addition to Rushton, creative team members include **Matthew "George" Georgeson** (technical director/scenic design), **Colton Swauger** (stage manager), **Ronald Breitfeller** (costume design), **Sarah Slack** (lighting design), **Mackenzie Guynes** (sound design), **Casey Allison** (properties designer), **Shea-Mikal Green** (intimacy director), **Cheyenne Daisey** (assistant stage manager) and **Ian Claar** (wand combat director).

"Puffs" is recommended for audiences 14 and older. Tickets to the comedy can be purchased online by visiting <https://frostburgtix.universitytickets.com>.

For info, call the Theatre and Dance Box Office at 301-687-7462 **Mondays through Fridays** from 9 a.m. to 12:30 p.m. and 1 to 4 p.m.

CES at FSU Presents Teaching Kitchen: Irish Culinary Traditions

CES at FSU and Frostburg Dining will present a Teaching Kitchen on **Thursday, Nov. 21, at 6 p.m.** in FSU's Chesapeake Dining Hall. Led by professionally trained chefs, participants will learn to make mouthwatering Irish fare, including potato leek soup and Irish soda bread.

Tickets are \$30. Attendance is limited and registration is required. For info, visit ces.frostburg.edu or call 301-687-3137.

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.

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. 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 9:30 a.m. to noon and 6 to 8 p.m. on **Mondays** and 12:30 to 4:30 p.m. on **Wednesdays, Thursdays and Fridays**. Other weekdays are by appointment. To schedule an appointment, email pawspantry@frostburg.edu. For info, visit <https://www.frostburg.edu/student-engagement/student-life/service/paws-pantry/PAWS-Pantry.php>.

Space is limited and is on a first-come, first-served basis, so register soon!

Tutoring Information for Fall 2024

Services for Fall 2024

Services include one-on-one, appointment-based tutoring, group tutoring, online tutoring and walk-in tutoring for select subjects and skills.

General Info

Extending through Tuesday, Dec. 10, appointments take place **Mondays through Fridays** from 8:30 a.m. to 4:30 p.m. in Pullen 151. (Appointments are available past 4:30 p.m. based on tutor availability).

Courses Tutored

One-to-one courses include Academic Skills (study skills, time management, textbook strategies, note-taking), BIOL 109/149/161/321, CHEM 100/150/201/202, COSC 100/101/102/240/241, MATH 104/119/120/236/237/238 and Writing.

Group (walk-in) tutoring includes **PHYS 215/261, Tuesdays**, Isaac, 2:30 to 3:30 p.m., GSS 236, Khayahsi, 3 to 5 p.m., GSS 236, **Wednesdays**, Saylor, 2 to 3 p.m., GSS 236, Jeremaiah, 3 to 4 p.m., GSS 236, **Thursdays**, Khayahsi, 9 a.m. to noon, GSS 358, Saylor, 10 to 11 a.m., GSS 358, Te'a, 10 to 11 a.m., GSS 358, Erick, 10 to 11 a.m., GSS 358, Khayahsi, 1 to 3 p.m., GSS 236, **Fridays**, Jack, 9 to 10 a.m., GSS 236; **BIOL 321, Mondays**, 3:20 to 5:20 p.m., Compton 326, **Tuesdays**, 3:20 to 5:20 p.m., EHSC 302; and **CHEM Department Group Tutoring – 201/202/311/321, Thursdays**, Cierra Wilson, 2 to 4 p.m., Compton 358.

Online Tutoring (NetTutor)

The FSU Tutoring Center uses NetTutor, which is a 24/7 platform staffed by professional tutors. There is no additional cost for this service.

Walk-ins With Mr. Smith (time management, study skills, note taking, reading strategies, writing and more)

This includes help with writing, philosophy, history, art, time management, study skills, textbook strategies, note taking, building a rapport with your professor, presentation tips, strategizing for classes, navigating college life and general questions about FSU. Walk-ins will take place **Mondays, Wednesdays and Fridays** from 1 to 3 p.m. in Pullen 151 and are first-come, first-served.

Tutoring Center Tutors

Tutors are as follows: Carolyn DeSena – BIOL 149/321 and CHEM 201/202, Dakota Donaldson – CHEM 100/150/201/202 and MATH 119/120/236, Reagan Mangum – BIOL 109/149/161, Te'a Thompson – MATH 104/119/120/236/237/238 and PHYS 261, Isaac Zais – COSC 100/101/102/240/241, PHYS GSS and 1 to 1 PHYSICS, Jayme Moyer – Writing, Nick Hanes – COSC 100/101/102/240/241 and MATH 104/119/120/236/237/238 and Kaitlyn Green – BIOL 321 Group.

Additional Help Resources

At FSU, the Tutor Resources course in Canvas, which is a repository of handouts, links, etc., can help with many facets of your academic endeavors. No enrollment is necessary. The course is accessible via your Canvas courses page.

Online learning videos are available from the Khan Academy, a free online learning platform with instructional videos that cover math, science, computing, economics and a host of other subjects and topics (<https://www.khanacademy.org>) and Thomas Frank on YouTube, which is dedicated to everything about college (<https://www.youtube.com/thomasfrank>).

Online writing is available from Purdue OWL, a robust reference for all things related to academic writing (<https://owl.purdue.edu>), Landmark Citation Machine, resources for MLA, APA and Chicago Style manuals (<https://www.citationmachine.net>) and Written Kitten, a drafting resource where you write 100 words and get a motivational photo of a kitten.

Online study aids include Quizlet, digital flashcards, learning tools and learning and study games (<https://quizlet.com/gb>), and the Pomodoro Technique, productivity and focus (<https://www.pomodorotechnique.com>).

For online research, check out the reference librarians at the FSU Ort Library. They can help you with research using online databases the University offers. Google Scholar, which provides broad searches of the internet for academic content (articles, etc.), is another resource.

Online books are available from Google Book, where you can search the world's most comprehensive index of full-text books (<https://books.google.com>), and Project Gutenberg, a large repository of copyright-free versions of classic books, texts, novels, cultural writings, etc. (<https://www.gutenberg.org>).

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

Combating Loneliness Across Campus



Loneliness is becoming a serious issue on college campuses across the country. Over the past two decades, people ages 15 to 24 have seen a sharp decline in the amount of time they spend hanging out with friends in person – dropping by 70 percent, from about 150 minutes a day in 2003 to just 40 minutes in 2020. At the same time, social networks are shrinking, and it's becoming harder to form close friendships.

As college students, it's essential to prioritize building connections and friendships. Spend more time in common areas, talk with your classmates and get involved in extracurricular activities. One great way to meet new people and make a difference is by joining BURG Peer Education Network. The group meets **Wednesdays** at 5 p.m. in Pullen 107. BURG is all about promoting healthy choices and offering fun alternatives to drinking and drugs, while working to create positive change on campus. Stop by and join a group of peers making a real impact!

SafeRide



The SafeRide Program, an initiative of the Student Government Association, offers safe transportation to current FSU students. A student-operated program, it is free to all students. SafeRide runs almost anywhere in the city of Frostburg, including 7-Eleven, Weis, McDonalds, Burger King, Urgent Care, etc. It also provides various employment opportunities to the students of FSU as well as offers FSU-recognized organizations the opportunity to earn volunteer hours.

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. Hours of operation are 10 p.m. to 2 a.m. on **Fridays and Saturdays**. You can also request a ride by calling the SafeRide Office at 301-687-7433.

Music

Unless otherwise noted, events will take place in Pealer Recital Hall and are free and open to the public. Unless admission is charged, concerts will be livestreamed; the link will be posted at www.frostburg.edu/concerts. For info, contact FSU's Department of Music at 301-687-4109.

Jazz Combo to Play Classic Jazz and Latin Instrumental or Vocal Tunes

FSU's Department of Music will present its Jazz Combo, directed by **Tom Harrison**, on **Wednesday, Nov. 13**, at 7:30 p.m.

FSU Jazz Combo members are **Sam White** on trumpet, **Doug Holtz** on trombone, **Vincent Hangarter** on baritone saxophone, **Taylor Bryan** on violin, **Catherine Owens** as vocalist, **Cayla Gavin** on piano, **Daniel Hicks** as drummer and Harrison on bass guitar.

Most of the selections are classic jazz and Latin instrumental or vocal tunes, giving the musicians the opportunity to improvise over these traditional styles. The more modern jazz funk/fusion style will be heard on part of the program.

"Cape Verdean Blues," written and recorded by pianist Horace Silver, whose father inspired the album by the same name, has an Afro-Cuban influenced flavor. Silver's father was from the island of Cape Verde off the coast of Africa.

"Invitation," composed by Bronislaw Kaper, was originally heard in the film "A Life of Her Own" in 1950 and has become a jazz classic, recorded by numerous artists, most notably by John Coltrane.

"Work Song," from the 1955 album "Mingus at the Bohemia," was written and recorded by jazz bassist Charles Mingus and has a simple eight-bar blues form.

"A Night in Tunisia" was composed by Dizzy Gillespie in the early '40s while with the Benny Carter band. A 1946 recording of the song was inducted into the Grammy Hall of Fame in 2004. Gillespie gave co-writer credit to Frank Paparelli in compensation for some work he had done for him, although he had no part in helping to write the song. The Afro-Cuban nature of the tune shows Gillespie's fondness for combining Latin and jazz styles.

Owens will be featured on several tunes throughout the program.

The 1935 composition "In a Sentimental Mood" was written and recorded by Duke Ellington with lyrics by Manny Kurtz and is sung here by Owens.

Originally heard in the 1937 musical “Babes in Arms,” the Rogers and Hart song “My Funny Valentine” has been widely recorded by major jazz vocalists.

“Cherry Pink and Apple Blossom White” was a number-one hit on the Billboard chart for 10 weeks in 1955. The music was composed by Luigi with French and English lyrics by Jacques Larue and Mack David, performed here as a cha-cha-cha.

From the Broadway show “Oklahoma,” Rogers and Hammerstein’s “People Will Say We’re in Love” has been recorded by many artists such as Frank Sinatra, Bing Crosby and others.

“Rain Dance” is an instrumental tune from keyboardist Jeff Lorber’s 1979 album “Water Sign,” which was characterized as jazz fusion incorporating rock and funk along with jazz elements. Lorber wrote lyrics to the song and called the vocal version “Wanna Fly,” recorded on his 2010 album “Now Is the Time.” The two versions will be performed together.

Department of Music Presents Winter Choral Concert, ‘Fin de siècle’

FSU’s Department of Music will present its Winter Choral Concert, “Fin de siècle,” on **Saturday, Nov. 16**, at 7:30 p.m. Join the FSU Chamber Singers, University Chorale and Troubadours Tenor-Bass Choir, under the direction of **Dr. Scott Rieker** and accompanied by pianist **Dr. Joseph Yungen**, for an evening of exceptional choral music.

The end of a century almost invariably produces remarkable output in the arts, especially music. While “fin de siècle” denotes a specific epoch, this wide-ranging concert explores the repertoire around the ends of various centuries, from the 16th to the 20th. The evening will feature compositions by Wolfgang Amadeus Mozart, Lili Boulanger and Darius Milhaud, as well as the first song known to have been written down in the Western Hemisphere.

Tickets are \$10 for adults; \$5 for members of the military, seniors and FSU faculty and staff; and free for students and children. Tickets can be purchased at tickets.frostburg.edu. Tickets will also be available for purchase at the door.

MCTA to Host Estonian Group, the Kontus Trio



From left, Peedu Kass , Rebecca Kontus and Paul Daniel of the Kontus Trio

FSU’s Mountain City Traditional Arts, in partnership with World Artists Experiences (WAE), will host the Estonian group, the Kontus Trio, on **Sunday, Nov. 17**, 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.

The trio features vocalist Rebecca Kontus, one of the most colorful singers on the Estonian music scene; guitarist Paul Daniel, who teaches at the Viimsi Music School; and Peedu Kass, one of the top names in the Estonian jazz scene. Together, they create an electrifying performance.

Kontus has demonstrated her musical range by composing for diverse projects, from intimate salon performances to mixed choirs and even a symphony orchestra. In April 2024, she released her sixth solo album, for which she recorded music inspired by reflections on post-COVID years. Although the texts are philosophical and often serious, the contrasting musical material is uplifting and positive.

Daniel has worked for many years as a guitar teacher, most recently at the Viimsi Music School. He has been active as a freelance musician with the Estonian Dream Big Band, pop singer Lauri Saatpalu, early music ensemble Floridante and more. In 2021, together with the band Puhkuseloomad, he released the album “Puhkuseloomad.”

Kass is one of the top names on the Estonian jazz scene and beyond. After garnering the prestigious Young Talent prize at Estonia’s annual Jazzkaar festival in 2010, he quickly established a reputation as Tallinn’s first-call bassist, and his entrée onto the wider European scene was prefaced by his 2006 win, at age 20, of the Sony Jazz Stage award in Riga, Latvia. He has since shared the bandstand with Django Bates, Marilyn Mazur, Seamus Blake, Tony Allen and the European Jazz Orchestra. His tours have taken him all over Europe and to the United States, Canada, Japan and Australia.

WAE bridges international understanding through cultural and citizen diplomacy in communities (primarily smaller towns), colleges and schools. WAE hopes to build community both here and within our world. All programs are free, with donations appreciated. WAE receives grants, including one from the Allegany Arts Council. For info, visit www.worldartists.org.

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.

Dr. Colin Johnson to Perform Faculty Artist Series Concert, ‘A Life in Dreams’

FSU’s Department of Music will present bass-baritone **Dr. Colin Johnson** in a Faculty Artist Series Concert, “A Life in Dreams,” on **Sunday, Nov. 17**, at 3 p.m. He will be accompanied by pianist **Dr. Jay DeWire**.

The program for “A Life in Dreams,” a music exploration holding on to a vision that once was, will include “Miei rampolli femminini” from “La Cenerentola” by Gioachino Rossini; “Wohl denk ich oft an mein vergangenes Leben,” “Alles endet, was entsteht” and “Fühlt meine Seele das ersehnte Licht” from “Drei Gedichte von Michelangelo” by Hugo Wolf; and “Brighter Than Bright,” “Ah, Herté Mine,” “Credo,” “Pleasures,” “Impossibilities,” “A Frog in the Frost,” “My Expected Heaven,” “Immortality” and “From Italy” from “Your John Keats” by Debra Lynn.

“La Cenerentola, ossia La bontà in trionfo” (“Cinderella, or Goodness Triumphant”) is an operatic dramma giocoso in two acts by Rossini that was first performed in 1817. In this variation of the fairy tale, the wicked stepmother is replaced by a stepfather, Don Magnifico. The noted aria, “Miei rampolli femminini” is performed by Don Magnifico in Act 1.

Wolf wrote “Drei Gedichte von Michelangelo” in 1897, when his health was failing, so in a sense they are his own “letzte Lieder.” In “Wohl denk ich oft an mein vergangenes Leben,” the poet compares past to present, Now, he’s praised by the world, but fame has come at a price. The last line ruses with a Wolfian flourish, but laced with bitterness. A slow, penitential introduction leads into “Alles endet, was entstehet.” The meaning of the song is that if one phase draws to an end, life goes on. The text Wolf uses in “Fühlt meine Seele das ersehnte Licht” refers to earthly love. As the vocal part ends, the piano part continues, suggesting a kind of afterglow.

“Your John Keats” (2017) is a nine-movement song cycle for baritone with piano that includes letter excerpts from English Romantic poet John Keats to Fanny Brawne (his fiancée) throughout their two-year relationship, during which Keats became ill with tuberculosis and was sent to Rome (for the warmer climate) where he died. “Brighter Than Bright” conveys the apprehensive passion of new love. “Ah Herté Mine” explores the mysterious fragility of “deep” love. “Credo” is a passacaglia (a slow tune written over a repeating bass figure). “Pleasures” begins and ends with a lilting expression of utter joy and delight. The turbulent movement “Impossibilities” describes the symptoms Keats experienced when first falling ill. “A Frog in a Frost” has a charming presentation, but the undercurrent reflects Keats’ physically weakened state after becoming ill. Much of the melodic material in “My Expected Heaven” is borrowed from the mating call of a male robin. The vertical piano chords on each beat represent bars on a birdcage (the illness holding Keats captive, and separating him from Fanny). “Immortality” expresses Keats’ fury and frustration with the inability to will himself toward better health. “From Italy” opens and closes with a low descending piano figure, a ritornello of sorts representing Keats’ body shutting down.

FSU’s Department of Music Presents Evening of Jazz Concert, ‘The Monster and the Flower – A Study in Latin Jazz’

FSU’s Department of Music will present its Evening of Jazz Concert, “The Monster and the Flower – A Study in Latin Jazz,” featuring the FSU Jazz Orchestra, directed **Dr. Brent Weber**, on **Friday, Nov. 22**, at 7:30 p.m.

Performers are vocalist **Mack Taylor**; section leader **Gabe Hicks, Hailey Beining, Gwen Fazenbaker, Vincent Hangarter, Luis Hernandez, Lucas Lusby** and **Andre Perras** on reeds; section leader **Patrick Godfrey, Martin (MJ) Harden** and **Stephen Hess** on trumpets; section leader **Alex Frye, Connor Curtis, Doug Holtz, Zach English** (bass) and **Jerimiah Twigg** on trombones; and rhythm section members **Nick Mellen** on guitar **Taylor Bryan** on piano, **Brandon Little** on bass, **Daniel Hicks** on drum set and **Jacob Deaver** on percussion.

The program consists of “Mokopuni Magic” by Mark Taylor; “Softly, as in a Morning Sunrise” by Oscar Hammerstein and Sigmund Romberg, arranged by Dave Rivello; “Besame Mucho” by Consuelo Velasquez, arranged by Roger Ingrahm; “The Monster and the Flower” by Claudio Roditi and Ricard Silveira, arranged by Darmon Meader; “Coconut Champagne” by Denis DiBlasio, arranged by Bob Lowen; “Chu Cho” by Paquito D’Rivera, transposed by Miles Collins; “This I Dig of You” by Hank Mobley, arranged by Mike Tomaro; “La Fiesta” by Chick Corea, arranged by Michael Phillip Mossman; “Feeling Good” by Anthony Newley and Leslie Bricusse, arranged by Matt Amy; and “Tiger of San Pedro” by John LaBarbera.

Reminiscent of the music Taylor wrote for the Stan Kenton Orchestra, the fiery showpiece “Mokopuni Magic” features a churning Afro-Cuban groove alternating with sections in swing.

“Softly, as in a Morning Sunrise” is a song from the 1928 operetta “The New Moon.” One of the best-known numbers from the show, it is a song of bitterness and yearning for a lost love.

“Bésame Mucho” (“Kiss Me a Lot”) was written in 1941 by Velasquez, who was about 15 years old at the time, in bolero style. Inspired by the “Nightingale Aria” from the opera “Goyescas” by Enrique Granados, she said that she had never been kissed when she wrote the song.

“The Monster and the Flower” is a song associated with multiple artists and arrangements. The original version was released in 1986 by Paquito D’Rivera Explosion.

In a Latin/calypso style, the appealing chart “Coconut Champagne” features crisp ensemble writing and a drum solo.

“Chu Cho” is a wonderful Latin number D’Rivera wrote for Mario Bauza and his Afro-Cuan Orchestra.

“This I Dig of You” is from “Soul Station,” an album American jazz saxophonist Mobley recorded in 1960. It’s an up-tempo hard bop vehicle full of slash chords and a Latin pedal/swing head.

Corea recorded “La Fiesta” on “Return to Forever,” a jazz fusion album, in 1972.

“Feeling Good” (also known as “Feelin’ Good”) is a song written by Newley and Bricusse for the musical “The Roar of the Greasepaint – The Smell of the Crowd.” It was first performed on stage in 1964.

“Tiger of San Pedro” is a jazz song by LaBarbera, made popular by trombonist Bill Watrous. It was the title song of the Grammy-nominated Columbia recording “Tiger of San Pedro” by Watrous’ band, The Manhattan Wildlife Refuge.

Admission is \$10 for adults; \$5 for seniors, members of the military, and FSU faculty and staff; and free for students and children. Tickets can be purchased at tickets.frostburg.edu. Tickets will also be available for purchase at the door.

Discussions

Campus and Community Discussion Series

The campus and local community discussion series hosted by the STCO 350 Intercultural Communication class continues on the following **Thursdays** at 11 a.m. at Adams/Wyche Multicultural Center at the Lincoln School. All are welcome.

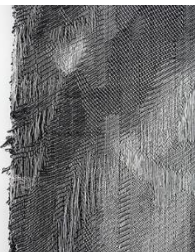
Nov. 21, dialogue on Western Maryland LGBTQ+ history in collaboration with Preservation Maryland's "Planting the Rainbow Flag" initiative, co-sponsored by FSU's Office of Diversity, Equity and Inclusion, the Critical Gender and Sexuality Studies program and the Department of History.

Dec. 5, topic TBA.

For info on these Communication Leadership Lab events, contact Dr. Elesha L. Ruminski, professor of strategic communication and chair of the Department of Communication, at elruminski@frostburg.edu.

Exhibitions

Exhibition by Gabrielle Duggan: 'pursues integrous deliverables'



FSU's Department of Visual Arts is presenting its second exhibit of the fall semester, a solo exhibition by Gabrielle Duggan, "pursues integrous deliverables," **through Tuesday, Nov. 26**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. This exhibition is free and open to the public.

Duggan has had residencies at Fish Factory, Creative Center of Stöðvarfjörður, Iceland; Sculpture Space Inc. in Utica, N.Y.; Praxis Fiber Workshop in Ohio; Cooler Ranch, Landfalls and Governors Island Art Fair in New York; the Musk Ox Farm in Alaska; Ponyride, as a Knight Foundation Emerging Artist, in Michigan; and Rob Dunn Lab at North Carolina State University and North Carolina Museum of Natural Sciences.

Awards include the Juror's Prize at Art on the Trails by Sarah Montross; the Integrated Coastal Programs Coastal Fellowship (Coastal Studies Institute), RCAA, East Carolina University; and project grants from the North Carolina Arts Council. An associate professor at East Carolina University, Duggan has also taught at the University of North Texas, Georgia State University and Penland School of Craft.

Duggan's work simulates binary systems, drawing attention to inter-reliance between dichotomies by positioning grey areas in balanced tension. Textile strategies, technology and materials have been a reliable foundation for the artist's work to reflect social, political and historical implications of power.

Duggan constructs installations in three-dimensional space by applying principles of tension and repetition to post-consumer and post-industrial materials. These works range from intimate to significant in scale through material choice and context. When performing with sound, image or as image, Duggan steps into these roles directly inhabiting spaces of lost and self-possessed agency.

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

For info on the artist, visit <https://www.gabrielleduggan.com/index.html>. For info on the exhibition, contact April Pauza at ajpauza@frostburg.edu.

New Ort Library Exhibits Spotlight Local Company History



Students pose with one of the new exhibits.

The Lewis. J. Ort Special Collections and Archives have collaborated with **Dr. Elly McConnell's** History 433 Public History class to curate exhibits in the library this fall. Students were able to learn elements of exhibit curation such as visual layout, local and regional history education, and writing through this experiential learning project.

The Artmor Plastics Corp. exhibit is located on the fifth floor. Artmor, created by Art Morgan, was a plastics company that existed on the high point of the Cumberland Narrows. Morgan was a visionary who had big plans for the Narrows, including a museum, visitors center and gondola. Artmor was in business for nearly 40 years. The Artmor exhibit was curated by **Wesley Mason, Trent Harris, James Goodwin** and **Aiden Adams**. In their exhibit, students blended Morgan's wild ambitions with his long-running factory and considered future possibilities for the land Morgan purchased.

The local glassware exhibit is located on the second floor. Glassware from this exhibit is on loan from Allegany Museum. Allegany County alone once had approximately 28 glassware companies throughout its history. Many of them burnt down. Examples featured in the exhibit include Cumberland Glass Company, Sloan Glass and Utility Glass Works. Students selected beautiful representations of local stemware and glass pieces, researching each company. The Glass Companies exhibit was curated by **Lydia Nebiolo, Megan Knox, Sydney Smolenski** and **Haley Droll**.

The Western Maryland Central Labor Council (WMCLC) exhibit is located on the third floor. The Labor Council represents approximately 5,000 members of 39 local unions. It is an affiliate of the AFL-CIO. Students worked with the WMCLC collection to select representation of the materials from the collection. The exhibit highlights the United Rubber, Cork, Linoleum and Plastic Workers of America/United Rubber Workers, Local 26 (1943-1994). This union represented Kelly Springfield workers

with artifacts that document the closure of the Kelly Springfield Tire Facility in 1987. Students also include documents from the Brotherhood of Railroad Trainmen and the local Macaroni workers. This exhibit was curated by *Mary Wolodkin, Oliver Simon, Caleb Wegman* and *Saphira Gray*.

These exhibits will be on display in the library for the remainder of the academic year.

Workshops

Financial Literacy Workshop



On **Thursday, Nov. 14**, representatives from SECU Credit Union will host a Financial Literacy Workshop on personal and financial challenges and goals. There will be promotions, games, prizes, giveaways and refreshments. Students are invited to attend the workshop at any of these times: 8:30 to 9:20 a.m., 10 to 10:50 a.m. and 2 to 2:50 p.m. The workshop will take place in Gira Center 397.

This event is hosted by the FSU Career and Professional Development Center.

Summit Station Workshop on Remote Work

Summit Station will host a Remote Workshop on **Tuesday, Nov. 19**, from 9 a.m. to noon. The workshop will be delivered by Pam Twigg of Pam Twigg Coaching. The workshop will include introductory exercises and discussion about remote work; discussion of the benefits, challenges and best practices for remote work; and hands-on sign up for a remote work job service, Virtual Vocations. The workshop will also include a continental breakfast at 8:30 a.m.

To sign up, go to <https://forms.office.com/r/Qfa3kH5Vrt> or contact Stacy Wassell, director, Remote Work Center, SBDC, at swassell@frostburg.edu or 240-727-5287.

Bobby Petrocelli Returns to FSU Nov. 19



Motivational speaker Bobby Petrocelli will appear at FSU on **Tuesday, Nov. 19**, at 7 p.m. in the Lane Atkinson Room (232). Petrocelli is a nationally acclaimed speaker known for his inspiring story of overcoming hardship and turning adversity into a message of hope, resilience and personal empowerment.

His heartfelt and empowering message is one that will resonate with anyone looking for strength in tough times or simply wanting to be inspired to live more intentionally.

For info about Petrocelli and his mission, visit <https://10seconds.org>.

Points of Pride

Armiento and Poe at the Cumberland Theatre



Armiento stands before Rhett Wolford's set for "Nevermore."

Dr. Amy Branam Armiento, a professor in the Department of English and Foreign Languages, was invited by Kimberli Rowley, the Cumberland Theatre's artistic director, to give presentations on Poe's life before the Oct. 19 and 25 performances of "Nevermore - The Imaginary Life and Mysterious Death of Edgar Allan Poe." Jonathan Christenson's musical takes quite a few liberties with Poe's biography, and Armiento provided many factual details to help contextualize the play. Armiento and *Andy Duncan*, a professor in the Department of English and Foreign Languages, signed copies of "More Than Love: The Enduring Fascination with

Edgar Allan Poe" (available at Main Street Books and Amazon) during the intermission.

The Book Center Hosts Armiento and Duncan for Book Signing



Duncan, Armiento and Hendershot prepare to sign books.

On Oct. 26, *Dr. Amy Branam Armiento*, professor of English, was joined by *Andy Duncan*, professor of English, and *Emily (Michael) Hendershot*, an FSU alumna, for a book signing of "More Than Love: The Enduring Fascination With Edgar Allan Poe" at The Book Center in Cumberland. Armiento edited the collection, which is comprised of 20 essays written by Poe professionals, and Duncan and Hendershot, along with *Jamison Odone*, an associate professor in the Department of Visual Arts, have contributed chapters to the book. Odone created miniature versions of

his illustrated version of "Annabel Lee" to hand out to those who stopped by for the event.

Office of Sponsored Programs Successes/News

On Oct. 29, project director *Nicole Mattis*, professor and chair, Department of Theatre and Dance, was awarded a \$2,000 General Operating Grant by the Allegany Arts Council in support of the Mountain Maryland Theatre Festival.

On Oct. 30, project director **Jodi Broadwater**, director, SBDC, was awarded \$55,765 by the University of Maryland, College Park, Maryland Small Business Development Center Lead Center for CY2024. SBDC provides outreach, review and assistance in business plan and financial proposal preparation, marketing strategies, procurement-related certifications and strategic planning based on the client's stage in the business lifecycle.

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

Take Note

BURG Peer Education Network Events

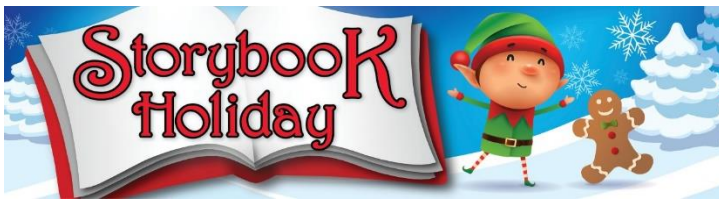
Honoring Veterans on Veterans Day

Veterans Day (**Nov. 11**) is an important opportunity to honor and show appreciation for the sacrifices made by our military veterans. Treating a vet can be as simple as offering a thank-you, providing a free meal or taking the time to acknowledge their service and commitment.

General Body Meeting

The BURG Peer Education Network will hold a General Body Meeting on **Wednesday, Nov. 13**, at 5 p.m. in Pullen 107.

Annual Storybook Holiday, a Free Children's Event, to Be Held Dec. 7



The Children's Literature Centre, in conjunction with the city of Frostburg, will host the 21st Annual Storybook Holiday on **Saturday, Dec. 7**. Storybook Holiday is a free event for kids of all ages to experience Main Street in Frostburg turned into a winter-wonderland!

The day includes Elf Olympics, the Storybook Holiday Parade, Co-Co With the PoPo, Kids Elf Training Academy, Horse-Drawn Carriages, Letters to Santa, Elves Secret Workshop, an Author Presentation and more.

For info about Storybook Holiday, visit <https://www.frostburg.edu/clc/sbh> or contact the Children's Literature Centre at 301-687-3133 or clc@frostburg.edu.

Outdoor Recreation Equipment Rentals



The Center for Advancement of Natural and Outdoor Experiences (CANOE) is a program of the Department of Recreation and Parks Management at FSU. CANOE is a dedicated center that serves as a catalyst for advancing outdoor and natural experiences for students, faculty, staff and the surrounding community.

The center facilitates access to outdoor equipment, resources, quality outdoor recreation activities, field experiences, internships and student employment in the outdoor industry.

CANOE offers outdoor recreation equipment rentals. Available equipment includes bikes, tents, kayaks, paddle boards, snowshoes and more!

For info, visit <https://www.frostburg.edu/fsu-canoe/index.php>.

Appalachian Lab Seeks Nominations for Inspiration Award

Nominations are currently open for the 2025 Appalachian Laboratory Inspiration Award. The award recognizes those who engage in or provide support to science, technology, engineering or mathematics (STEM) initiatives in the following counties: Garrett, Allegany and Washington counties in Maryland; Bedford, Fulton and Somerset counties in Pennsylvania; and Mineral, Morgan, Preston and Hampshire counties in West Virginia.

In 2022, the Appalachian Laboratory of the University of Maryland Center for Environmental Science (UMCES) celebrated its 60th anniversary in Western Maryland. As a lasting way of marking that milestone, the lab launched the Appalachian Laboratory Inspiration Award to recognize those in the tri-state region who share the lab's commitment to future generations of STEM professionals in the community. Previous winners include Team 1629 Garrett Coalition (GaCo) in 2024 and Robotics and Engineering in Allegany County Together (REACT) in 2023.

Both individuals and organizations (private, public or non-governmental) are eligible. Nominees must be engaged in or supporting STEM programming in the lab's defined tri-state region as described above. Nominations will remain open until **Monday, Nov. 18**. Visit www.umces.edu/al/inspiration-award to submit a nomination, or contact Rhonda Schwinabart at 301-689-7102 or rschwinabart@umces.edu for info.

Volunteers

Interested in Volunteering?

The Office of Student Life posts service projects open to FSU Students in Bobcat Connect under Volunteer Opportunities.

You can request to join the organization to receive automatic email updates whenever events are posted, or all events will be made public so anyone with Bobcat Connect access can sign up.

You can visit the page and request to join at <https://frostburg.campuslabs.com/engage/actioncenter/organization/voice>.

For info, contact Ashley Daniels at amdaniels@frostburg.edu, 301-687-7615 or in Lane 231.

Health and Safety Messages

Five Ways to Avoid Academic Fatigue



Take care of your physical body. Eat right. Sleep well. Breathe deeply. Get some exercise. Hydrate. A little self-care goes a long way.

Pick your peak time. Do the hard stuff when you're at your sharpest. That may be 4 a.m. or 3 p.m. Everybody's different. Not sure when's your best time? Keep an activity log for a few days and note when you have the most energy and mental clarity, then structure your activities accordingly.

Learn to let go. Sometimes you can't do it all. Remember, work is infinite but time is finite. There's always more to do. And there are only 24 hours in a day. Top tactic: focus on the most important tasks, and focus on only three to five of those at most.

Give yourself a break. Long hours don't necessarily lead to productivity. While seemingly contrary, a short or long break can boost productivity. Try stepping away from things for a bit and see if you don't come back stronger, fresher and more focused.

Reboot. A nap. A walk. A snack. Everyone has something that re-energizes them. Find what works for you and build it into your day. Need help? Search "energy break ideas" for a list of things to try.

VALUES AND VISION: FROSTBURG STATE UNIVERSITY IN 2024

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 2024

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

Goal 1: Strategic Enrollment Management – Develop a marketing, recruitment and retention plan that identifies realistic and sustainable goals for first-year, transfer, online, adult, graduate and international students, and the resources necessary to implement the FSU SEM Plan, which outlines strategies, action items and measurable outcomes across the next three fiscal years.

Goal 2: Campus Environment and External Messaging – Promotion of a campus culture that emphasizes student success, enhances the well-being of our students and employees, and fosters a sense of belonging.

To view FSU's Strategic Plan 2024-2026 online, visit www.frostburg.edu/strategicplan.