

For and about FSU people
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WFWM Public Radio and Palace Theatre Present Award-Winning Bluegrass Bass Player Missy Raines



WFWM Public Radio and the Palace Theatre will host Missy Raines in concert on **Saturday, Oct. 5**, at 7:30 p.m. at the Palace Theatre, 31 E. Main St. in Frostburg. Doors will open at 7 p.m. The concert is a benefit for FSU's WFWM Public Radio.

Raines, the most awarded bass player in International Bluegrass Music Association history, returns to her hometown area with her touring band Allegheny. Raines, who was born in Cumberland, Md., and raised in nearby Short Gap, W.Va., is a 10-time winner of the IBMA "Bass Player of the Year" award. In addition to the Bass Player awards, she's received multiple awards from IBMA for Recorded Event of the Year and Song of the Year. In 2019, Raines was featured in The Country Music Hall of Fame as part of its American Currents exhibit. In January of 2020, she debuted on the Grand Ole Opry with her

band Allegheny.

Growing up in Short Gap, Raines credits her parents, who were not musicians but music lovers, with providing her the inspiration to become a musician. They took her to country and bluegrass music concerts throughout the region where she quickly developed a desire to play on the stage. She also continues to draw inspiration from the mountains surrounding her hometown. Her band's name, Allegheny, is taken from those very mountains.

On her latest release "Highlander," Raines has given another tip of the hat to the region. Working with producer Alison Brown, she is joined by a thoughtfully curated list of guests, including Kathy Mattea, Laurie Lewis, Dudley Connell, Michael Cleveland and Danny Paisley, to create an album that at once honors Raines' deep bluegrass roots even as she cultivates them.

Standout tracks include "Who Needs a Mine," a Raines original that reflects on the impact of the opioid crisis in West Virginia and features fellow West Virginian Kathy Mattea; "I Would Be a Blackbird," featuring fellow female bluegrass pioneer Laurie Lewis; and the album's first single, "These Ole Blues," with bluegrass icon Danny Paisley sharing vocals with Raines.

Tickets can be purchased at Main Street Books, 2 E. Main St. in Frostburg, or reserved by calling 301-689-5605. Tickets, if not sold out, will also be available at the Palace Theatre box office the night of the concert.

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!

Combating Loneliness Across Campus



All around America, and more presently in colleges, people are experiencing an epidemic of loneliness. According to the Surgeon General's report, "Our Epidemic of Loneliness and Isolation" (<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>), individuals in the U.S. ages 15 to 24 spend 70 percent less time socializing in person compared to two decades ago, decreasing from about 150 minutes a day in 2003 to just 40 minutes in 2020. The number of close friendships has also seen a decline, with social networks shrinking by approximately 16 percent.

In response to this growing isolation, it's important to step out of your comfort zone. Spend time in common areas, talk with classmates and get involved in extracurricular activities to build friendships. You can join the BURG Peer Education Network by attending any General Body Meeting, held **Wednesdays** at 5 p.m. in Pullen 107. BURG is dedicated to fostering healthy lifestyles and providing fun, engaging alternatives to substance use.

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.

The **new schedule** of 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 (New Offering)** – 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.

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.

Special Events

FSU Social Justice Summit

The 2024 Social Justice Summit will be held **Friday, Oct. 25, through Sunday, Oct. 27**. Registration ends **Wednesday, Oct. 9**. The summit is free and open to all FSU students.

This event provides FSU students with the opportunity to increase their awareness surrounding issues of diversity, equity and inclusion. Action plans developed during the weekend will assist them in being agents of positive change on campus. This weekend-long event gives students the chance to learn more about self, engage in discussion with other students on a variety of issues and create strategies for implementing social change.

Social justice is the continuous process of eliminating ignorance and prejudice through education and advocacy to bring about greater equity among all members of society and ensuring no dimension of identity is continually faced with systemic oppression. Social justice is a process in which we strive to eliminate the roots of oppression through education and the redistribution of resources, opportunities and responsibilities. In the pursuit of social justice, education must be used as a tool to empower people so that they can eliminate the oppression of all. Acting as one, we must create an open, equitable and just society.

Learning outcomes for the summit include the following:

Participants will be able to articulate concepts and terminology related to social justice. (Terms: social justice, privilege, power, oppression, marginalization and intersectionality)

Participants will be able to recognize their own intersectional social identities in relation to privilege, power and oppression.

Participants will be able to articulate how concepts of privilege, power and oppression operate within the FSU community and larger society.

Participants will be able to explain how they will incorporate learning from the summit into their daily practices.

All faculty and staff are asked to inform their students of this opportunity, encourage their participation (perhaps even giving credit for participation) and refer them to the Office for Diversity, Equity and Inclusion in Hitchins 116 or have them call 301-687-4050 for info.

Theatre

Theatre and Dance Opens Season With Musical of Beloved Children's Story, 'Blueberries For Sal'

As part of FSU's Homecoming weekend, FSU's Department of Theatre and Dance will open its 2024-2025 season with the children's musical, "Blueberries for Sal," on **Saturday, Oct. 19**, at 2 p.m. in the Drama Theatre of the Performing Arts Center.

Based on the cherished children's book by Robert McCloskey, "Blueberries for Sal: The Musical" brings all of your favorite characters to life in the imaginative setting of Blueberry Hill.

Kuplink, kuplank, kuplunk! Sal and her mother grab their pails and head to Blueberry Hill to pick delicious blueberries for the winter months ahead. On the other side of the hill, Mama Bear and Baby Bear also fill up on scrumptious blue morsels for the long hibernation. When fearless Sal and frightful Baby Bear wander off, they have a mixed-up adventure in the Maine woods. Featuring catchy and heartwarming tunes like “Big Big Kid,” “Little Pail,” “Why Does Winter Happen” and “Learn to Fly,” “Blueberries for Sal: The Musical” highlights the powerful bond between parent and child and the exuberant joy of wildlife, imagination and self-discovery.

Directed by **Nicole Mattis** with musical direction by Michaela Hale and choreography by theatre major **Grace Stevenson**, “Blueberries for Sal” was adapted for the stage by Michael J. Bobbitt and Sandra B. Eskin with music and lyrics by William Yanesh.

The cast and creative team also includes **Casey Allison** (Little Sal), **Gracie Ray** (Little Sal’s Mom), **Elena Echeandia** (Little Bear), **Kassidy Andris** (Mama Bear), **Leah Boggs** (Mama Crow/assistant music director), **Shay Fochtman** (Mama Partridge), Stevenson (Uncle Moose), **Kyle Wolford** (stage manager), **Mackenzie Guynes** (tour manager/sound design), **Sarah Slack** (costume design), **Elijah Reed** (scenic design), **Ronald Breitfeller** (puppet design) and **George Georgeson** (props design/technical support).

This production is part of Theatre and Dance’s Roundabout Children’s Theatre tour, which includes a collaboration with CES at FSU and the Children’s Literature Centre.

In addition to the 2 p.m. performance, there will be a select performance at 4 p.m. for adaptive learning audience members. For info about this performance, call the Theatre and Dance box office at 301-687-7462.

Tickets for the 2 p.m. matinee can be purchased online at <https://frostburgtix.universitytickets.com/?cid=169>.

Comedy

CES at FSU Presents The Second City in Its 65th Anniversary Show



CES at FSU will present the original, daring, sidesplitting comedy troupe, The Second City, in its 65th Anniversary Show on **Thursday, Oct. 3**, at 7:30 p.m. in Pealer Recital Hall.

The performance will feature all-time favorite songs, sketches and characters written by some of the troupe’s most illustrious alumni, including Catherine O’Hara, Tina Fey, Keegan-Michael Key, Amber Ruffin, Stephen Colbert, Tim Meadows, Bill Murray, Tim Robinson, Joan Rivers, Eugene Levy and Adam McKay.

Since its founding in 1959, The Second City has grown to become the most influential and prolific comedy empire in the world, developing a unique way of creating art and fostering generation after generation of superstars. It was experimental and unconventional in its approach to theater and comedy, and early alumni like Alan Arkin, Joan Rivers, Fred Willard, Gilda Radner, Dan Aykroyd and John Belushi launched the theatre into the international spotlight.

In 1976, it launched SCTV, which has been hailed as one of the greatest sketch comedy series of all time. The two-time Emmy-winning show featured an all-star cast made up of Martin Short, Andrea Martin, Catherine O’Hara, John Candy, Eugene Levy, Dave Thomas, Joe Flaherty and Rick Moranis.

Today, The Second City is home to a world-class entertainment company and continues to produce premier talent at its locations in Chicago, Toronto and Hollywood, entertaining more than one million audience members annually.

Performance tickets are \$30 for adults, \$27 for FSU employees and members of the military, and free for FSU students. This event is intended for audiences ages 18 and older.

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.

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.

Boston-Based Irish Flute Player and Singer Shannon Heaton Will Perform at Mountain City Traditional Arts



FSU’s Mountain City Traditional Arts will host Boston-based Irish flute player and singer Shannon Heaton, on **Thursday, Oct. 3**, at 7 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.

Heaton has performed and taught on four continents. She is an Artist Fellow of the Commonwealth of Massachusetts and was twice named Live Ireland’s Female Artist of the Year. In her solo shows, she shares tunes, songs and stories, taking listeners on a tour of places and people that keep Irish music alive.

Heaton was exposed to many music traditions on her way to Irish music, travelling extensively throughout North America, Nigeria, and Europe with academic parents. After her first year of college in Suphanburi, Thailand,

she studied music performance and ethnomusicology at Northwestern University and attended Irish music sessions throughout Chicago. There she met guitarist Matt Heaton, with whom she spent many winters in Ireland.

When not performing as Matt and Shannon Heaton, she has collaborated with numerous acts, including Japanese-based Tricolor, Newfoundland native Keith Murphy, balladeer Robbie O'Connell, harpist Maeve Gilchrist and fiddle player Sam Amidon.

A wildly creative teacher, Heaton has created free resources for Irish traditional musicians, including her long-running "Tune of the Month" video/podcast series. During the early days of the pandemic, she started the Virtual Guided Session with participants from more than 50 countries. She is also a prolific composer and arranger, and her original music has been recorded by the Battlefield Band, Allie Robertson, Childsplay and many others.

Heaton is a world-class American performer with Irish roots and universal appeal. She is passionate about making Irish music accessible to players and listeners of all levels and backgrounds.

MCTA is a program of FSU and the Maryland Traditions Program of the State Arts Council.

For info, call 301-687-8040.

Choral Concert, 'Solidarity Forever: Music of the Labor Movement'

FSU's Department of Music, in collaboration with Dr. Gregory Wood of FSU's Department of History and the Ort Library's Special Collections, will present the Fall Choral Concert, "Solidarity Forever: Music of the Labor Movement," on **Friday, Oct. 18**, at 7:30 p.m.

Dr. Scott Rieker, director of Choral Activities, will conduct this concert of choral arrangements of songs representing the struggle of workers throughout the United States, particularly in Appalachia. Rieker spent the summer researching, transcribing and arranging music from the Smithsonian Folkways archive, and this concert features numerous premieres, including songs that have never before been written down. The FSU Chamber Singers, University Chorale and Troubadours Tenor-Bass Choir, accompanied by pianist **Dr. Joseph Yungen**, will be joined by alumni instrumentalists for this uplifting retrospective that has an uncanny relevance to current day events.

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.

Then, come back the following evening at 7:30 p.m., when the FSU Chorale will join the FSU Wind Ensemble for "The Circus Band" (1894) by American composer Charles Ives. "The Circus Band" is the last in a set of five songs that Ives called "Five Street Songs," written while he was a student at Yale University. This stirring march in "quickstep time" is primarily tonal, with moments of unexpected rhythmic twists and syncopations, as well as a sprinkling of "wrong notes" in homage to the amateur town band.

Presentations

African American Studies Program Presents Rev. Justin Searls in Presentation, 'Liberty to the Captive'



As part of the African American Lecture series, FSU's African American Studies Program will host the Rev. Justin Searls on **Tuesday, Sept. 24**, for a lecture titled "Liberty to the Captive: The Two Definitions of Equality in the Abolitionist Movement." The lecture will take place from 7 to 8.30 p.m. in room 111 of FSU's Lane University Center. The event is free and open to the public.

Searls is a Christian minister, chaplain, professional writer and modern abolitionist. He has written and published several commentaries and letters to the editor in different newspapers. He is the author of "Freedom's Proclamation: The Abolition of Slavery and the Theology of the Civil War," a Bible study demonstrating how God condemned racism in the Bible and providentially through the Civil War. He is also the author of two poetry compilations - "The Cross in the Night" and "The Light of the Eternal Holy

Fire." Searls graduated from the University of Akron summa cum laude with a bachelor's in political science with a focus on history. He is pursuing a master's in history at Liberty University in Lynchburg, Va.

The presentation is co-sponsored by the African American Studies Program and the Department of Geography.

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

AL Hosting Presentation on Environmental Science Solutions



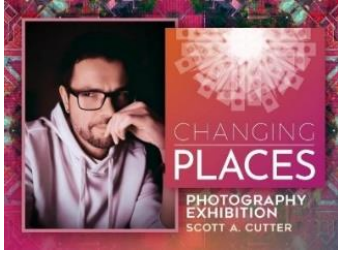
The Appalachian Laboratory of the University of Maryland Center for Environmental Science is taking the Watershed Moments Community Learning Series on the road with "Water, Forests and Wildlife in Western Maryland: Environmental Science and the Appalachian Laboratory" on **Tuesday, Sept. 24**, at 6:30 p.m. in the Performing Arts Center of Garrett College in McHenry, Md. This event is free and open to the public.

Scientists from the Appalachian Laboratory are conducting leading-edge environmental science for solutions in Western Maryland and beyond. Come learn more about current research with implications for local watersheds.

For info, contact Rhonda Schwinabart, coordinator of External Affairs, at 301-689-7102 or rschwinabart@umces.edu.

Exhibitions

‘Changing Spaces,’ an Exhibition by FSU Alum Scott Cutter



FSU’s Department of Visual Arts is hosting its first exhibit of fall 2024, a solo exhibition by FSU alumnus **Scott Cutter**, “Changing Spaces,” through **Thursday, Sept. 26**, at the Stephanie Ann Roper Gallery in FSU’s Fine Arts Building. This exhibition is free and open to the public.

Cutter’s creative journey began with a background in traditional media and materials and has grown into an ever-expanding career as a graphic designer. Developing during the early stages of modern technology allowed for a gradual transition into technology-based artistic expression, which continues to evolve. Cutter creates designs for many applications, including print work, digital media, audio/video and stage production.

Cutter creates art that is accessible to all individuals. He creates engaging, attractive art that can exist in many environments without pretense. His goal is to produce art that is easy to understand and appreciate, verging on commercial-based appeal. As a graphic artist and marketer, Cutter strives for wide-ranging visual appeal, while still maintaining solid artistic foundations, regardless of medium.

For info on the artist, visit www.scottacutter.com. For info on the exhibition, contact April Pauza at ajpauza@frostburg.edu.

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

Points of Pride

FSU Recognized for Excellence in Student Voter Registration, Turnout During 2022 Midterms



The ALL IN Campus Democracy Challenge (ALL IN) recognized FSU for its nonpartisan democratic engagement efforts that fostered high levels of student voter engagement in the 2022 midterm elections. FSU received the Silver Campus Seal, reflecting its commitment to ensuring that nonpartisan democratic engagement is a defining feature of campus life. Colleges and universities earning a silver seal achieved between a 30 to 39 percent voting rate, highlighting excellence in student voter engagement.

FSU was recognized alongside more than 500 campuses using data from the National Study of Learning, Voting and Engagement (NSLVE) out of Tufts University, which found that colleges and universities had the second-highest voter turnout among students in a midterm election since NSLVE began measuring this data.

More than 1,060 institutions enrolling more than 10 million students participate in the ALL IN Campus Democracy Challenge, which supports colleges and universities in achieving excellence in nonpartisan student voter engagement.

The All IN Campus Democracy Challenge is a national nonpartisan initiative of Civic Nation, a 501(c)(3) organization. The ALL IN Campus Democracy Challenge strives to change civic culture and institutionalize democratic engagement activities and programs on college campuses, making voter participation a defining feature of campus life.

ALL IN, in collaboration with more than 1,050 higher education institutions, seeks to make participation in local, state and federal elections a social norm; substantially increase the number of college students who are democratically engaged on an ongoing basis, during and between elections, and not just at the polls; and make educating for democratic engagement on college campuses an accepted and expected part of the culture and curriculum so that students graduate with the knowledge, skills, behaviors and values needed to be informed and active citizens.

FSU Student Shines in Prestigious NSF Research Traineeship



Nathan Schoffstall presenting his research on generative AI during the workshop

Nathan Schoffstall, an undergraduate student from the Department of Computer Science and Information Technologies, participated in the highly competitive National Science Foundation Research Traineeship (NRT) program during summer 2024. As the leader of his group, Schoffstall, along with two other students from different states, presented their collaborative research titled “LLM Applications in Healthcare: Detecting Medication Interactions” at the 2024 Summer Workshop on AI and Digital Health in Morgantown, W.Va.

Schoffstall and his team explored how AI-based tools leveraging large language models (LLMs) can accurately predict adverse medication interactions and effectively communicate these interactions to patients. Their findings underscored the potential of generative AI to enhance patient safety and improve healthcare outcomes.

Dr. Xunyu Pan, a professor in the department and research mentor for the NRT program, was also invited to present his research at the workshop. His presentation, “Generative AI in Medical Imaging: Potential Applications,” highlighted the

capabilities of generative AI in areas such as data augmentation, cross-modality translation and clinical interpretability within the field of medical imaging.

This marks the second consecutive year that FSU students have participated in this prestigious NSF-supported research program, further advancing their contributions to AI and healthcare innovation.

For info, contact Pan at 301-687-4037 or xpan@frostburg.edu.

FSU Students Accepted Into WVSOM POMP



Pictured, from left, are FSU students **Emilia Porter**, **Cierra Wilson**, **Brady Mckinley** and **Carolyn DeSena**.

Last fall, FSU and the West Virginia School of Osteopathic Medicine (WVSOM) entered into a partnership to provide skills and credentials necessary for admission to and success in osteopathic medical school through the WVSOM Pre-Osteopathic Medicine Program (POMP). Four FSU undergraduate students recently learned that they were accepted into this program.

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.

Cierra Wilson, **Carolyn DeSena**, **Brady Mckinley** and **Emilia Porter** have been accepted into the program and will attend WVSOM following graduation. Wilson wants to be a doctor of osteopathic medicine, specializing in geriatric medicine. DeSena is interested in going into pediatrics, but she is also open to other specialties. Mckinley is thinking of pursuing emergency medicine.

Porter did research on osteopathic medicine, explored WVSOM's programs and curriculum, and shadowed doctors, which she said solidified her passion for their approach to patient care.

Student Jacob Warner Receives Order of the Phoenix Honor for Selfless Act



Last year, FSU's chapter of Sigma Alpha Epsilon held a Be the Match event on campus. Newly initiated into the fraternity, freshman **Jacob Warner** participated by swabbing his cheek, just as many students did that day.

Nearly six months later, Warner was notified that he was a match for a person in need of a bone marrow transplant and took the opportunity to help change the life of a stranger. He spent part of his summer traveling from Maryland to New York as he prepared to donate his bone marrow.

Sigma Alpha Epsilon awarded Warner the Order of the Phoenix, the highest honor an undergraduate in the fraternity can receive.

Andy Duncan Speaks at Symposium of the Council of the Alleghenies

Andy Duncan, a professor in the Department of English and Foreign Languages, spoke on "Western Maryland Weirdness" at the Annual Symposium of the Council of the Alleghenies, held Aug. 17 at the Cumberland Country Club. Duncan was introduced by Yelizaveta Zakharova, Ort Library's Special Collections librarian and the new editor of the council's annual publication, "The Journal of the Alleghenies." For info on the council, visit <https://www.councilofthealleghenies.org>. Duncan's research project is ongoing at <https://www.frostburg.edu/personal-arduncan>.

He also participated in the invitation-only Sycamore Hill Writers Conference, held June 15 through 21 at the mountaintop Wildacres Retreat near Little Switzerland, N.C. For info about Wildacres, a nonprofit on a mission "to support and inspire better human relations," visit <https://wildacres.org>.

Office of Sponsored Programs Successes/News

On Sept. 9, project directors **Dr. Kelly Bubp** (Mathematics) and **Dr. Justin Dunmyre** (Mathematics) were awarded \$2,500 by the University System of Maryland for the project, USM CTL Matrix Project.

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

Take Note

Introducing Town Square on the Faculty and Staff Portal

Town Square is a place where faculty and staff can post information as well as ask questions, all while giving users the capability to set their individual channel subscription preferences.

The channels that are currently available on Town Square include Faculty and Staff, Faculty ONLY, Staff ONLY, Ask Administration and Messages from the President. For the Staff Only and Faculty Only channels, employees will only see the

one specific to their primary role as defined in HR. Subscribe to specific channels to receive email updates based on your preferences. To subscribe to a channel, click the “subscribe” button in the top right-hand corner – the dropdown menu will let users set their preferences to none, instant, daily or weekly.

The Ask Administration channel allows you to post questions specifically for FSU administration. Responses to questions asked on this channel will be posted within three business days.

All faculty and staff are encouraged to explore the Town Square and begin to use this space for sharing information and asking questions. After logging in to the portal, Town Square can be located in one of the tiles available on the main page. You can also search “town square” using the search function in the upper right-hand corner.

Homecoming and Family Weekend Oct. 17-20



**HOMECOMING & FAMILY
WEEKEND
OCTOBER 17-20, 2024**

Join the Office of Alumni Relations and the Office of Student Engagement in celebrating Homecoming and Family Weekend with alumni, friends, faculty, staff and students. The weekend will feature athletic games, the Bobcat Hall of Fame, the Bobcat Showcase, an Indoor Family Tailgate and so much more!

You can view the schedule of events, register online and find additional information by visiting the webpage at

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

Virtual Training Session on SPIN

The Office of Sponsored Programs invites the campus community to attend an hour-long virtual training session to learn how to use the SPIN online funding opportunity database. The session will take place on TEAMS on **Wednesday, Sept. 25**, at 10 a.m. and will be led by William DeCocco of InfoEd Global.

SPIN is open to all FSU faculty, staff and students. It 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.

Participants are encouraged to create SPIN accounts before the training. Register at <https://spin.infoedglobal.com/Authorize/Login> or visit the Office of Sponsored Programs webpage under Funding Discovery. Eligible SPIN users must be affiliated with FSU and have an active FSU email address.

Contact Susan Manger at smanger@frostburg.edu with any questions about using the SPIN database.

Microsoft Teams

For help with Microsoft Teams: <https://shorturl.at/yYkyK>

Meeting ID: 253 582 733 949

Passcode: VnwG7P

Dial In by Phone

+1 240-534-3045,,868650940# United States, Bethesda

Find a local number: <https://shorturl.at/CuAVu>

Phone conference ID: 868 650 940#

Upcoming Events From the BURG Peer Education Network

Mental Health Awareness Walk (around campus loop)

Tuesday, Sept 24, at 6 p.m. at the Clock Tower. Walk to end loneliness and bullying and spread awareness for anxiety and campus support systems.

General Body Meeting

Wednesday, Sept 25, from 5 to 6 p.m. in Pullen 107

Open Mic Night

Wednesday, Oct. 2, from 6 to 8 p.m. at Echo Circle. Come for an evening of music, poetry, comedy and more. Show off your talent and enjoy the performances of others. Help end social isolation and ensure everyone has a voice.

Western Maryland Independent Literature Festival

The Western Maryland Independent Literature Festival will take place **Thursday, Sept. 26, through Saturday, Sept. 28**. Indie Lit is a celebration of the writers, publishers and readers of small press and independent publishing. If you read and/or write, this event is for you!

The schedule is as follows: **Sept. 26, SMPA Poetry Slam featuring Nicole Yurcaba** at 7 p.m. at Clatter, 15 S. Broadway; **Sept. 27, Indie Lit Kickoff Reading featuring George Guida** at 7 p.m. at Clatter and **The Downstrokes with Who Me?** at 8:30 p.m. at The Deep End, 16 W. Main St.; and **Sept. 28, Readings, Panels, Workshops and Craft Talks and Small and Indie Press Book Fair** from 11 a.m. to 4 p.m. at City Place, 14 S. Water St., Mountain City Traditional Arts, 25 E. Main St., and the Frostburg Public Library Meeting Room, 65 E. Main St.

For info, visit the Center for Literary Arts' Indie Lit webpage at <https://www.frostburg.edu/center-for-literary-arts/Festivals/indie-lit-festival.php>.

U.V.U.D.G. Meeting



Calling all singers and musicians! United Voices Under Gods Dominion will hold an Interest Meeting on **Thursday, Sept. 26**, at 6 p.m. in Lane 108.

For info, contact R. Shawn Jones at rsjones@frostburg.edu.

Annual CLC Book Award Banquet

The Children's Literature Centre will host its annual CLC Book Award Banquet on **Friday, Oct. 4**, at 5:30 p.m. in the Hotel Gunter ballroom. The Children's Literature Centre presented its first CLC Book Award in 2012. This annual award is given to a children's picture book that most embodies the attributes of compassion, love or courage. This is awarded to a person early in their career as an author with the aim to encourage and support an author/illustrator in the early years of their career, who has published in the United States within the past three years. This year's winner is "How to Send a Hug" by Hayley Rocco, illustrated with her husband, John Rocco.

For info or tickets to the event, visit <https://www.frostburg.edu/childrens-literature-centre/book-award/index.php>.

Deadlines

Undergraduate Grade Changes

The last day for undergraduate grade changes, including the removal of incomplete grades for the spring 2024 and summer 2024 semesters, is **Friday, Oct. 4**.

FSU-TV3

FSU-TV3 Programming Partners



FSU-TV3 partners with groups at FSU to provide programming for the channel.

Bobcat Sports Net is where FSU-TV3 features an athletic event of the week. This week the Football team's game against Charleston is featured, starting at 8 p.m. on **Wednesday**.

From the SAFE Office FSU-TV3 brings you new programs and replays of the PAWSCAST **Tuesdays and Thursdays** starting at 8 p.m.

There are three ways to watch the channel's programming:

On Comcast channel 3 with a cable subscription

Free online with the channel's Video-on-Demand site at <https://cloud.castus.tv/vod/frostburgtv3/?page=HOME>

The free download from the Apple or Play stores, the channel's streaming app at <https://www.frostburg.edu/fsu-tv3/fsu-tv3-app.php> or by scanning the QR code to download the app

To support FSU-TV3, visit <https://bit.ly/47wRLlk>. Your support will help provide additional educational programming on the app and the channel.

Volunteers

Volunteer in New Orleans Over Break



The Department of Student Engagement is heading back to New Orleans for Alternative Break. An interest session will be held on **Monday, Sept. 23**, at 4 p.m. in Lane 108. Come learn about the trip and ask any questions.

Attendance at an interest session is encouraged, but not mandatory.

Students can submit an application at <https://shorturl.at/8DpEK>.

Community

Like Fresh Fruits and Veggies?



Save time in your weekly schedule to visit the Allegany County Farmers Market, which is held **Fridays** from 9:30 a.m. to 1 p.m. at City Place in Frostburg, just a short walk from campus. Shopping local supports local farmers and producers and helps the environment.

In-season produce, eggs, beef and flowers are available.

Health and Safety Messages

Fall Weather Safety Tips



Here are some tips to be prepared for whatever weather challenges may come your way this season.

Floodwaters

Turn around; don't drown! Never drive through floodwaters. Fall can often times bring with it rainy weather, and heavy rains can be a common occurrence as September and October are still part of hurricane season. All it takes is 6 inches of moving water to make you fall. And keep children and pets from playing in floodwater.

Leaf Hazards

Fallen leaves can gather on roadways and when they become wet, they can create very slick conditions. Add freezing temperatures to the mix and your vehicle will have zero traction, similar to driving on an icy road. In addition, leaves can cover important road markings (e.g., double yellow lines) or deep potholes. So it's important to slow down when driving on a leaf-covered roadway. Children often play in leaf piles so be alert! Never drive through a pile of leaves.

Reduced Visibility

With the days getting shorter, visibility when driving in the fall can be a challenge. Many people walk along the side of the road at dusk with dogs or ride bicycles, and they can be difficult to see. School is also in session so kids are out playing. Mornings tend to be foggy. Additionally, fall is a time when wildlife is more active and on the move. Slow down when driving, especially on curvy or narrow roads where visibility around corners is difficult, pay attention to postings for animal crossings and obey school zone speed limits.

Weather Changes

If you take a hike, be prepared for weather changes as you increase elevation. It may be sunny at the base of the mountain but it could be cold and rainy or even snowy at the summit. Dress in layers, bring a wind breaker or waterproof shell and plenty of water and never hike alone.

For info, visit <https://www.farmersalmanac.com/fall-weather-safety-tips>.

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.