

For and about FSU people
A publication of the FSU Division of Communications and Media Relations

Volume 47, Number 1, August 29, 2016

Copy deadline: noon Wednesday, Candis Johnson at statelines@frostburg.edu

Welcome (and Welcome Back) to Frostburg State University!

FSU and Frostburg Businesses Ready to Take to the Streets for Annual Block Party

Fun on Frostburg's Main Street returns with the annual Block Party on **Wednesday**, **Sept. 7**, from 6 to 10 p.m., filled with music, entertainment, food, games and more. The rain date is **Thursday**, **Sept. 8**.

The event is sponsored by FSU Student Activities and the City of Frostburg Parks and Recreation Department as a way to bring together the campus and city communities and familiarize FSU's students with the businesses in Frostburg.

Block Party has something for everyone, including giveaways, a DJ, local business, community and student organizations on hand to introduce themselves, and the eighth annual hot-pepper eating contest at 8 p.m., with each round increasing the intensity of the peppers. There will be cash prizes for winners.

FSU SafeRide will offer FSU students a free shuttle to the Block Party from 5:45 to 10:45 p.m. from Annapolis Hall to the corner of Mechanic Street and Broadway or from Brady Health to the city parking lot behind St. Michael Catholic Church.

For info, contact Brian Vought at bvought@frostburgcity.org or 301-689-6000, ext. 18.

FSU Students Can Get to Know Frostburg Businesses at Frostburg 101: A Taste of the City



Discover Frostburg's downtown restaurants and shops with a new FSU student-only event!

The Student Government Association, FrostburgFirst, FSU Foundation and FSU SafeRide have partnered to offer Frostburg 101: A Taste of the City, from 1 to 5 p.m., **Saturday**, **Sept. 10**, on Main Street in Frostburg.

The event is a perfect way for students new to FSU and existing students to discover stores downtown they haven't visited, supporting the Frostburg economy and strengthening the relationship between campus and community. Students can win prizes while discovering more than 20 participating businesses.

Hitch a free SafeRide shuttle from Annapolis Hall or Brady Health to the city-owned Parish Hall parking lot on First Street behind St. Michael Catholic Church from 12:45 to 3:45 p.m. Even if you have a car, you'll want to stop at the parking lot behind the church, 44 E. Main St., first to register for giveaways and to obtain your passport. (Bring your FSU ID; you'll need this to register!) Show up early because the first 400 people to register receive swag: a FrostburgFirst drawstring bag.

Visit a combination of 12 restaurants, shops and points of interest to have your passport stamped to qualify for prizes. In the spirit of a true treasure hunt, the stamps will be placed in random locations in the business to encourage students to check out the stores.

The grand prize is an Insta360 Nano Camera to take 360-degree photos and videos! Second prize is a choice of a Netflix or Amazon Prime subscription and third prize is a selection of gift certificates to Frostburg businesses.

Once you register, get out and discover the customized specials that you can only get with your FSU ID.

Highlights include free pork BBQ sliders at A Place to Eat, \$5 off every purchase at Cartridges Galore, 40 to 60 percent off Vera Bradley merchandise at Crestmont, a sample basket raffle at Wholesome Harvest, a cooking demonstration by SHIFT Restaurant at St. Michael Church, a drawing for a 26-inch 3D cutwork star from Spectrum Design, a chance to win free movie tickets from the Palace Theatre, \$2 mini chicken/cheddar or veggie quesadillas at Dante's Bar and more!

A full list of participating businesses and specials are available at www.downtownfrostburg.com/frostburg101.

More Welcome Week Activities

Video Game Tournament, Monday, Aug. 29, 8:30 to 10:30 p.m.

Student Organization Fair, Wednesday, Aug. 31, 10 a.m. to 2 p.m., Lane Center

Outdoor Screening of "Central Intelligence," Saturday, Sept. 3 (weather permitting)

Late-Night Dance Party, Sunday, Sept. 4, 10 p.m. to 2 a.m.: "Greatest Hits" featuring hit music from the '70s through today

Campus Games, Monday, Sept. 5, all afternoon on the Upper Quad (weather permitting), Cordts PE Center (if raining)

Late @ Lane, Saturday, Sept. 10, 10 p.m. to 2 a.m.: "Outbreak," a zombie-themed evening with topical games and activities

SAFE Office and BURG Peer Education Network Events

Mocktails on the Lawn, Monday, Aug. 29, 10 a.m. to 2 p.m., Lower Quad: Come for a cold and delicious mocktail served in a souvenir stadium cup. Everyone who comes to the table will walk away with a free gift!

BURG Info Table, Tuesday, Aug. 30, 10 a.m. to 2 p.m., outside the Lane Center.

First Cornhole Tournament, Wednesday, Aug. 31, 10 a.m. to 3 p.m., Clock Tower lawn: Sign up teams by calling 301-687-4761 or sign up in the SAFE Office at 111 Sand Spring Hall.

Stress Culture, Tuesday, Sept. 6, 7 to 8 p.m., Lane 113: This interactive program will make you laugh and help relieve the stress of college life.

Cru Welcomes You!



Cru will welcome everyone back to school with a series of events to kick off this school year with a bang! On **Monday**, **Aug. 29**, grab some free school supplies at Cru's table in the Lane Center from 8 a.m. to 2 p.m. On **Wednesday**, **Aug. 31**, you can meet Cru at the Organization Fair from 11 a.m. to 2 p.m. by the Clock Tower. Later that afternoon, join them for ultimate frisbee in the Upper Quad from 3 to 5 p.m., followed by some games and a good time at the volleyball court outside Annapolis Hall at 6 p.m. Finally

on **Thursday, Sept. 1**, come to Cru's first meeting of the year in Lane 111 at 8 p.m., followed by a free concert featuring Dogs Without Horses on the Loft stage. For info, contact Renee Poffenberger at rpoffenberger0@frostburg.edu.

President Ronald Nowaczyk

Cordially Invites

The Frostburg State University Community To

FALL CONVOCATION

Thursday, Sept. 1, 2016

3:30 p.m.

Pealer Recital Hall

Performing Arts Center

CES at FSU Announces 60th Anniversary Season for 2016-17





Coming soon to CES at FSU are, from left, The Midtown Men, the New York Gilbert and Sullivan Players and Chris Tucker.

Celebrating 60 years of bringing world-class performers to Western Maryland, CES at Frostburg State University for 2016-17 features a season of professional artists from around the world. The

lineup includes stars of Broadway, award-winning musicians, hilarious comedians and international artists from Ireland, France, Mexico, Australia, India, Tibet, Russia and Barbados.

The season begins with The Midtown Men, featuring four stars from the original cast of Broadway's "Jersey Boys." Tony Award winner Christian Hoff, Michael Longoria, Daniel Reichard and Tony Award nominee J. Robert Spencer reunite for a high-energy concert-style performance celebrating classic music from the 1960s. The performance includes incredible vocal performances, delightful choreography and undeniable onstage chemistry. The 7:30 p.m. performance on **Thursday, Sept. 22**, takes place in the Alice R. Manicur Assembly Hall in the Lane University Center. Note: This is not a performance of, or affiliated with, the show "Jersey Boys."

The New York Gilbert and Sullivan Players offer a LIVE! at StarScape cabaret performance, "I've Got a Little Twist," at 7:30 p.m. on **Friday, Oct. 14**, in Lane Manicur Hall. With laugh-out-loud comedy, the performance showcases the timelessness of Gilbert and Sullivan music with a twist of Broadway musical theatre favorites from Rodgers and Hammerstein, Bernstein, Sondheim and more.

Award-winning actor and comedian Chris Tucker appears in a Homecoming performance on **Friday, Oct. 21**, at 8 p.m. in the Main Arena of the Cordts PE Center. Tucker first rose to prominence on "Russell Simmons' HBO Def Comedy Jam." In addition to his international comedy tours, he has starred in films such as the "Rush Hour" series, "The Fifth Element" and "Silver Linings Playbook."

Additional CES productions are as follows:

- The Capitol Steps in "What to Expect When You're Electing," **Wednesday, Oct. 26**, 7:30 p.m., Pealer Recital Hall of the Performing Arts Center
- Department of Theatre and Dance performance of "James and the Giant Peach Jr.," **Wednesday, Nov. 2**, 4:30 p.m., PAC Pealer Recital Hall
- Gravity and Other Myths in "A Simple Space," **Thursday, Nov. 17**, 7:30 p.m., F. Perry Smith Studio Theatre of the Performing Arts Center
- Windham Hill in "A Winter Solstice Concert," Sunday, Dec. 4, 7:30 p.m., PAC Pealer Recital Hall
- LIVE! at StarScape club performance by Cyrille Aimée, Friday, Feb. 10, 2017, 6 p.m., Lane Manicur Hall
- Buddhist monks of the Drepung Loseling Monastery in "Sacred Music, Sacred Dance," **Thursday, March 9, 2017**, 7:30 p.m., PAC Pealer Recital Hall. Events held during the five-day residency **from March 5 through 9** include the creation of a mandala sand painting and multiple lectures and workshops on Tibetan philosophy, art, meditation and culture.
- LIVE! at StarScape club performance by the Brock McGuire Band, **Saturday**, **April 8**, **2017**, 7:30 p.m., Lane Manicur Hall
- A LIVE! at StarScape club performance by Dr. Lonnie Smith, Saturday, April 22, 2017, 7:30 p.m., Lane Manicur Hall
- The Maryland Symphony Orchestra, with guest artist Yuliya Gorenman, in "A Fifth of Beethoven," **Friday, May 12, 2017**, 7:30 p.m., PAC Pealer Recital Hall

Tickets, including packages and discounts, are available beginning **Thursday**, **Sept. 1**. Tickets may be ordered by calling 1-866-849-9237 or 301-687-3137 or by visiting http://ces.frostburg.edu. Tickets may also be purchased at the CES box office on the second floor of the Lane University Center, which is open Monday through Friday from 10 a.m. to 4 p.m.

CES at FSU/Student Activities Present Second Season of On the EDGE



Cover Drive

FSU Student Activities, in collaboration with CES at FSU, will once again offer the exciting new underground club series, On the EDGE, featuring cutting-edge performers who stretch the boundaries of their art forms. All shows begin at 8:15 p.m. and feature informal table seating, comfortable couch and armchair seating, and food and beverage options.

Direct from Barbados, the Carib-pop band Cover Drive appears in a free performance on **Friday**, **Sept. 2**, with a riveting outdoor performance in Delaney Plaza at the FSU Clock Tower. The group first achieved recognition while supporting Rihanna's 2011 "Loud" tour and Kelly Clarkson's 2012 "Stronger" tour. The group's fresh sound blends elements of pop, Caribbean and hip-hop. The U.K.

online magazine The Upcoming raved, "As soon as they arrived, Bajan quartet Cover Drive completely took over the main stage, exuding a magnificent energy."

Additional On the EDGE productions, which will be held on the following Thursdays in Lane Manicur Hall, are as follows:

- Troker, Oct. 6
- Molodi Live, Nov. 10
- Daniel Davis, March 2, 2017
- The Filharmonic, April 6, 2017

The performance of Cover Drive is free. Other On the EDGE tickets are \$15 and will be available **beginning Sept. 1**. Tickets may be ordered by calling 1-866-849-9237 or 301-687-3137 or by visiting http://ces.frostburg.edu.

Exhibits

'On and Off the Wall' Paintings and Ceramics Exhibit at Roper Gallery



A painting by James Germaux and a piece of pottery by Charles Stump

FSU's Department of Visual Arts will host an exhibit titled "On and Off the Wall," featuring paintings by James Germaux and ceramics by Charles Stump, **Saturday**, **Sept. 3**, **through Friday**, **Sept. 23**, at the Stephanie Ann Roper Gallery in FSU's Fine Arts Building. An opening reception will be held **Sept. 3** from 2 to 4 p.m. in the gallery. The reception and exhibit are free and open to the public.

A trained printmaker and sculptor, Germaux paints in an expressive, free, organic style with an emphasis on elegant lines and vibrant color. His work examines relationships with the environment and captivates the many moods of the human psyche. Since moving to Maryland, he has participated in juried shows at the Washington County Museum of Fine Arts and the Delaplaine Visual Arts Education Center. He has exhibited one-man shows at The Artists Gallery, Frederick Cellars and Frederick Community College where he was an adjunct professor and taught sculpture.

The decorative additions, layered textures and earthy glazes on Stump's pottery are a perfect complement to Germaux's paintings. An avid whitewater kayaker and downhill, back country and cross country skier, Stump also draws inspiration from the environment around him. His favorite themes include water motifs from kayaking Western Maryland's rivers, as well as lobster and fish motifs from summers at the beach. Working with high-fire stoneware and porcelain clays, Stump is known for his large forms created using combinations of wheel-thrown, slab and coil techniques. He enjoys making a wide variety of functional pieces and recently built a two-chambered climbing kiln that allows him to experiment with a broader range of wood-firing and salt-glazing techniques. He is retired after 31 years as an art teacher in Allegany County schools.

Gallery hours are noon to 4 p.m. Sunday through Friday. For info, contact the Department of Visual Arts at 301-687-4797.

Music

Faculty Artist Series Presents Pianist Dr. Jay DeWire



FSU's Department of Music will kick off the semester with a performance by pianist *Dr. Jay DeWire* in a Faculty Artist Series concert on **Saturday**, **Sept. 10**, at 7:30 p.m. in PAC Pealer Recital Hall. The recital, titled "Time and Again," is free and open to the public.

"Time and Again" features the music of Johannes Brahms and Sergei Rachmaninoff, two composers who dealt with time and history in ways that made their music unique. Brahms was the first composer to treat all of history as a palette from which he could choose whatever color he wished, while Rachmaninoff sailed unscathed through the stylistic turmoil of the early 20th century and managed to fuse a Romantic spirit with modern lyricism to create a wildly popular body of music.

Selections will include "Variations and Fugue on a Theme by Handel, Op. 24" by Brahms; "Prelude in G-sharp Minor, Op. 32, No. 12: Allegro" from "Violin Partita No. 3: BWV 1006" by J.S. Bach/Rachmaninoff; and "Prelude in B-flat Major, Op 23, No. 2: Maestoso," "Etude-Tableux in E-flat Minor, Op. 39, No. 5: Appassionato," "Prelude in A Minor, Op. 32, No. 8: Vivo," "Morxeaux de fantasie, Op. 3, No. 3: Melodie" and "Prelude in D-flat Major, Op. 32, No. 13: Grave" by Rachmaninoff.

For info, contact FSU's Department of Music at 301-687-4109.

The Early Mays to Bring Appalachian Harmony to MCTA



The Early Mays – Emily Pinkerton, Ellen Gozion and Rachel Eddy – will perform on **Sunday, Sept. 11**, at 4 p.m. at Mountain City Traditional Arts, 25 E. Main St. in Frostburg. This event is free and open to the public, with a suggested donation of \$15.

The three musicians, all accomplished solo artists in their own right, combine fiddle, banjo, guitar and vocal harmonies in a sound that captures old-time tradition and their own individual styles.

Pinkerton, a winner of the 2015 New Music USA grant, is known for her unique songwriting that combines world music with classical and folk elements. Gozion, an American Music Abroad finalist, is a notable ballad singer and visual artist who has taught at the Augusta Heritage Center near Elkins, W.Va. Eddy, a West Virginia native, recently moved back to the U.S. after touring in Europe for six years. She has performed with a variety of notable musicians, including Bruce Molsky, Uncle Earl and Tim O'Brien.

For info, email mountaincitytradarts@gmail.com or call 301-687-8040.

Presentations

Academic Enrichment Series

Keith Davidson, academic counselor, Center for Academic Advising and Retention, will present "Designing Your Academic Strategy Plan" on **Friday, Sept. 2**, from noon to 12:50 p.m. in Gira Center 127B.

Want more information and hands-on experience designing an Academic Strategy Plan in PAWS? Learn how to easily create a plan that will help you focus and achieve good academic standing. If you want an extra tool to help you calculate potential grades and improve your GPA, then this workshop is for you. If you are on academic warning or probation, an Academic Strategy Plan is required.

For info, contact the Center for Academic Advising and Retention at 301-687-3404.

Appalachian Laboratory Fall Seminar Series

Dr. Greg Silsbe, UMCES – Horn Point Laboratory, will present "New Frontiers in Phytoplankton Production Remote Sensing" on **Thursday, Sept. 15**, at 3:30 p.m. in AL Room 109. For info, go to www.umces.edu/al/seminar/schedule.

Theatre

One-Act Play Festival – One Night, Three Plays

This year, the FSU Center for Literary Arts will host its One-Act Play Festival on **Saturday**, **Sept. 24**, at 7 p.m. at the Palace Theatre in Frostburg. The winning play of CLA's One-Act Play Competition will be performed, and the second- and third-place plays will have staged readings. A talkback and reception will follow.

Tickets will be available at the Center for Literary Arts and at Main Street Books and on the evening of the performance. Ticket prices are \$10 for general admission and \$5 for students.

Points of Pride

MONEY Rates FSU Among 2016-17 'Best Value Colleges'

FSU was recently rated one of America's 2016-17 "Best Value Colleges" in MONEY Magazine's "new, uniquely practical analysis" of the best-performing colleges and universities in the country.

Of its 705 "best colleges for your money," MONEY says each school delivers "the most value – that is, a great education, at an affordable price, that prepares students for rewarding careers."

"This rating confirms what Frostburg students and alumni have known for decades: FSU is a remarkable value, and we equip our graduates with the knowledge and confidence they need to lead satisfying lives with successful careers," said President Ronald Nowaczyk. "I'm proud to see Frostburg State University listed among so many outstanding institutions."

Only about a third of America's roughly 2,000 four-year colleges and universities survived MONEY's initial cut, which eliminated all institutions with fewer than 500 students, below-median graduation rates or in current financial distress.

For the best-performing institutions, MONEY then combined the most accurate available pricing estimates and graduates' likely earnings with a unique analysis of the "value" added by a college compared to peer institutions. The analysis measured 24 separate factors within three categories: educational quality, affordability and outcomes. Each category received equal weighting in the analysis.

MONEY's ratings system was developed in partnership with Mark Schneider, president of College Measures and vice president of American Institutes for Research. Data for the analysis were sourced from the U.S. Department of Education, Peterson's, PayScale.com and MONEY/College Measures calculations.

FSU was tied at 622 with Mercyhurst University, a private institution in Erie, Pa.

FSU's ratings page can be viewed at http://new.time.com/money/best-colleges/profile/frostburg-state-university. The complete ratings page can be viewed at http://new.time.com/money/best-colleges/rankings/best-colleges.

Report Says FSU Helps Students Minimize Debt

FSU students take on thousands of dollars less in principal debt than the average Maryland undergraduate, according to a new report from LendEDU, an organization that provides student loan company comparison services. Compared to the U.S. average, FSU students do even better.

FSU was ranked 113 among all four-year public colleges and universities studied in terms of lowest average student debt per borrower in LendEDU's "Student Loan Debt Ranking." In addition, among all 1,360 public and private colleges and universities that LendEDU studied, FSU ranked 227 in total average student debt. For the Class of 2015, FSU's graduates had the second-lowest student debt of the 21 Maryland schools examined by the organization.

LendEDU calculated Frostburg's average principal debt per borrower to be \$23,859. Frostburg's graduates averaged about \$3,300 less student debt per borrower than the Maryland state average of \$27,148, and more than \$4,500 less than the national average of \$28,400.

LendEDU used Peterson's financial aid data for the Class of 2015, the latest available, to calculate the average student debt principal per graduating borrower at the more than 1,300 nonprofit public and private four-year colleges and universities across the United States that report those figures.

To view LendEDU's report, visit https://lendedu.com/blog/student-loan-debt-statistics-by-state-by-school.

FSU Wins Awards From Maryland Charity Campaign



FSU has won two awards from the Maryland Charity Campaign – the Highest Increase in Monetary Contributions, for the highest increase in monetary contributions amount medium departments, and the Schaefer Cares Award, for most improved participation rate among medium departments. During its fall campaign, FSU collected \$11,641 for the year, and its participation rate jumped to 16.3 percent. The University's Physical Plant, Grounds and Housekeeping departments had the highest participation rate among all units on campus – more than 33 percent. In the photo are, from left, members of the FSU Maryland Charity Campaign Committee: *Sara-Beth Bittinger*, director of Assessment and Institutional Research; *Kathy Leck*, program administrative specialist in the Physical Plant Department; *Kim Martz*,

executive administrative assistant in the Office of Student Affairs; **Dr. Tom Bowling**, vice president for Student Affairs; **Colleen Stump**, associate vice president for Communications and Media Relations; **Tara Strother**, executive administrative assistant in the Office of Human Resources; and **Dr. Shakil Rahman**, a professor in the Department of Management.

AmeriCorps A STAR! Winner of United Way Bravo Award

The AmeriCorps A STAR! program was one of the winners of a Bravo Award given by United Way of Frederick County at its annual Bravo night held in Frederick in April. The event celebrates the service of the community's volunteers and organizations as well as those who give, advocate and volunteer to help in Frederick County.

A STAR! (Appalachian Service Through Action and Resources) in Western Maryland is a Maryland AmeriCorps program. A STAR! provides direct, substantive service programs that improve the literacy of school children, enhance the health care and living conditions of children and elderly people, help at-risk youth by offering after-school programs, improve shelter and support services for low-income families and preserve the environment for the Western Maryland communities.

The A STAR! program is managed through a partnership with FSU, the University System of Maryland at Hagerstown, the Maryland Governor's Office of Service and Volunteerism and the Corporation for National and Community Service.

Sophomores Learn Sustainability Leadership at Sierra Club Camp



Brady Moon and Michala Garrison

A good leader starts with a vision. Getting a team to execute that vision is a learned skill.

FSU sophomores *Michala Garrison* and *Brady Moon*, both of Cumberland, found this out this summer after attending Sierra Club Summer Grassroots Training, or SPROG, as the organization calls it.

The weeklong training at Camp Darden in Courtland, Va., gave the two tools on how to better organize and execute campaigns. While the Sierra Club's camp focused on environmental activism for college students, the skills could be used on an array of issues, the pair found.

In addition to campaign planning, they were taught leadership development, how to identify and confront oppression and how to interact with and influence the media.

Garrison and Moon were selected to attend by the FSU President's Advisory Council on Sustainability, as part of Learning Green, Living Green: FSU's sustainability initiative to engage students, faculty, staff and community members to coordinate programs and projects that create sustainable solutions to environmental, social and economic needs.

The two are also members of the FSU student organization, Sustainability Awareness Society, and plan on sharing their new leadership skills with SAS members in the fall semester.

For info about sustainability initiatives at FSU, visit www.facebook.com/frostburglglg.

Take Note

The University Honors Program Is Growing!

FSU is becoming more and more of an honors destination in the state. According to preliminary pre-census numbers, of the 881 freshmen who enrolled at FSU this fall, an estimated 194 of them matriculated as Honors Program students. According to **Dr. Greg Wood**, the director of the program, this means that 22 percent of the Class of 2020 are honors students. This is an increased enrollment of 34 students over last year.

This year's honors students hail from eight states: Delaware, Florida, Iowa, Maryland, New Jersey, Ohio, Pennsylvania and Virginia. Enrollees from six Maryland counties – Allegany, Anne Arundel, Baltimore, Charles, Frederick and Montgomery – number 10 or more. Last year, there were no Honors enrollees from Garrett County; this year there are six.

Reminder from Brady Health

The Brady Health Center reminds all new and transfer students of their responsibility to provide the following required health information:

• Immunization record with the following required vaccines: two doses MMR (measles/mumps/rubella) vaccine with the first dose given after the first birthday, Tdap or Td (tetanus/diphtheria/pertussis) within 10 years and meningococcal vaccine if living in residence halls

• Completed Tuberculosis Risk Assessment Form – either signed hard copy (parent signature required if student is under 18) or online through the Brady Health web portal using FSU username and password

For info, visit www.frostburg.edu/brady. If you have problems meeting the requirements, email bradyhealth@frostburg.edu or stop by the Brady Health Center.

Visual Arts to Offer Community Course in Basic Ceramics



FSU's Department of Visual Arts will offer a non-credit community course in basic ceramics this fall. The class will be held on **Tuesdays from Sept. 6 to Oct. 25** from 6 to 9 p.m. in room 107 of FSU's Fine Arts Building.

This eight-week course will provide an introduction to the basic ceramic processes, including hand-building and the pottery wheel.

The cost is \$180, plus the cost of clay. Tools are provided.

The course will be taught by local ceramic artists Bobby Croft and Alexis Thorner.

Note: Students under the age of 18 must be accompanied by an adult who is also registered for the class.

For info, contact FSU's Department of Visual Arts at 301-687-4797 or email Jacqueline Brown at ibrown@frostburg.edu.

Annual Diversity Retreat – 'Building Community: Unity in Diversity'

FSU students interested in diversity, equity, inclusion and coalition building have the opportunity to participate in the 18th Annual Diversity Retreat scheduled from 4 p.m. **Friday**, **Sept. 30**, through 1 p.m. **Sunday**, **Oct. 2**. Offered by the Black Student Alliance; the Student Government Association; the Center for Student Diversity, Equity and Inclusion (CSDEI); and the President's Advisory Council on Diversity, Equity and Inclusion, this year's theme is "Building Community: Unity in Diversity." The retreat will include diversity workshops and other related activities intended to promote student awareness and empowerment in diversity, equity and inclusion issues, and coalition building.

Participants are challenged and empowered to explore their experiences and feelings about their own groups as well as the groups to which others belong. Skill training and action planning are included as well so that the participants return to campus prepared to become part of the work of creating and maintaining a warm, welcoming environment at FSU. This is an excellent opportunity to spend quality time with students from various identity groups to develop relationships and understandings that reach beyond the surface.

FSU faculty and staff are encouraged to promote this program to their students and to consider making participation in this retreat an option for class assignments, as appropriate. For info, contact Robin Wynder, director of CSDEI, at 301-687-4050 or rwynder@frostburg.edu.

Applications are available in Hitchins 116. All completed applications must be submitted by Wednesday, Sept. 21.

Graduation Will Be Here Before You Know It!

It's not too early to be thinking about graduation, especially if you intend to graduate on **Tuesday**, **Dec. 20**, in the Cordts PE Center.

The College of Liberal Arts and Sciences and the Colleges of Business and Education will both present their graduates at 2 p.m. Tickets will be required for admission. The number of tickets will be determined at a later date, based on the number of graduating students.

If you haven't yet done so, contact the Registrar's Office to complete your graduation application. Also, check that your home mailing address is accurate in PAWS so you'll receive all the necessary upcoming info.

Follow <u>@FrostburgGrad</u> on Twitter or <u>https://www.facebook.com/FrostburgGraduation</u> on Facebook for updates and important info throughout the semester.

Full details about the ceremony can be found on the Commencement website at www.frostburg.edu/events/commencement. For info, contact Christie Bohn at 301-687-4423 or clbohn@frostburg.edu.

Activities for Life

 $Unless \ otherwise \ noted, for info \ and \ registration, \ contact \ Amy \ Nazelrod, \ AFL \ coordinator, \ at \ 301-687-7934 \ or \ \underline{anazelrod @frostburg.edu}.$

Cordts PE Center Pool and Climbing Gym Available for Rent

Pool and climbing gym rentals are available for small groups and children's birthday parties. Both spaces are rented hourly and are available for rent on Saturdays and Sundays throughout the academic year.

The FSU pool is an Olympic-size pool with a separate diving well. The total number of participants for a pool rental is generally 50 swimmers. Two lifeguards are included with each rental.

The FSU climbing gym features a bouldering cave, six top ropes and three lead climbs. Four certified climbing wall instructors are present per rental. Climbing gym rentals are limited to 10 participants.

For info, visit www.frostburg.edu/events/afl.

Masters Swimming Sessions

Three masters swimming sessions will be offered for ages 18 and older: Session 1 from Aug. 29 through Sept. 30, Session 2 from Oct. 3 through Nov. 4 and Session 3 from Nov. 7 through Dec. 9, all in the Cordts PE Center pool.

A fee per session entitles the student to as many as three workouts a week. The practice/workout schedule is Mondays, Wednesdays and Fridays from 5:30 to 6:45 a.m.

It is strongly encouraged that all FSU masters swimmers register as members of U.S. Masters Swimming at www.usms.org/reg so they will be eligible to compete in masters competitions throughout the year.

Justin Anderson, Rebecca Yost and Trey McGraw will be the instructors.

The registration deadline is the Monday of the second week of each session. Participants may try out the program for a week to decide if they want to participate.

Participants should come in swimming attire and bring a swim cap and goggles if needed. Most equipment will be provided but participants can bring their own.

For info and registration, contact Anderson at 240-920-9657 or jaanderson@frostburg.edu.

Water Aerobics – Two Sessions

Two sessions of water aerobics will be offered **Tuesdays and Thursdays** from 6:40 to 7:30 p.m. in the Cordts PE Center swimming pool. Session one will be held **from Aug. 30 through Oct. 13**, with session two following **from Oct. 18 through Dec. 8** (with no class **Nov. 22 and 24**). Participants may register for the Tuesday or Thursday class or both nights.

This class is geared toward those who want to increase cardiovascular fitness, flexibility and body strength. It is the perfect activity for those with painful joints or other movement limitations. Water aerobics creates good muscle balance, making the muscles limber and strong. The instructor for this class is Kristi DeVore.

"Move It and Lose It" Dance Classes

"Move It and Lose It" classes for ages 16 and older will be offered **on Wednesdays, Sept. 14 through Oct. 19**, from 5 to 5:45 p.m. in the Dance Studio (room 106) of the Cordts PE Center.

"Move It and Lose It" allows participants to exercise, lose weight and still have fun by dancing to popular music. Basic dance movements will be taught and the students will follow along with the teacher to popular upbeat music for a fun way to get in shape. Participants are urged to wear comfortable clothing that allows for easy movement. Bare feet, socks and non-street shoes are all acceptable. Nicole Frost will be the instructor.

The registration and payment deadline is Monday, Sept. 12.

Youth Swimming Lessons – Three Sessions

Three sessions of youth swimming lessons for children ages 4 to 13 will be offered **Mondays and Wednesdays** in the Cordts PE Center swimming pool. The first session will be held **from Sept. 19 through Oct. 5**, the second **from Oct. 10 through 26** and the third **from Oct. 31 through Nov. 16**, all from 6:40 to 7:30 p.m.

Youth swimming instruction is separated into skill levels based on the child's swimming ability when enrolling in the class.

Student Life

Edgewood Commons Contracting for Spring 2017

Edgewood Commons is accepting applications for the spring semester. Contact Edgewood directly for contracting questions. All the info about Edgewood Commons is available at www.edgewoodFSU.com. Apartments come fully furnished and have private bedrooms and semi-private bathrooms. Utilities (gas, electricity, water, Internet and cable) are included in the contract fee. To set up a tour or find out more, call 301-689-1370.

Study Abroad

Where in the World Would You Like to Study Abroad?



Tori Modlin – London (Spring 2015)

The Center for International Education offers a variety of ways for FSU students to experience the world. In some cases, students can pay FSU tuition, room and board and study for a semester or a year in Ireland, England, Spain, France, China, Italy, Australia, Peru, South Africa or in many other countries. FSU also offers summer study abroad programs. Financial aid and student loans and scholarships are available. For info, visit the Fuller House (across the street from the Braddock House), call 301-687-4714 or email Victoria Gearhart at www.frostburg.edu/admin/cie/stdyabrd.htm and the Facebook Page at www.frostburg.edu/admin/cie/stdyabrd.htm and the Facebook Page at www.frostburg.edu/admin/cie/stdyabrd.htm

Community

Free 'Back to School' STD/HIV Testing

The Allegany County Health Department, at 12501 Willowbrook Road in Cumberland, will offer free STD and HIV testing on **Thursday, Sept. 1**, from 9 a.m. to 2 p.m. No appointment is necessary. For info, call 301-759-5125.

First Mountain Maryland Renewable Energy Bike Ride Coming Soon



Join the premier event of the year! The First Annual Mountain Maryland Renewable Energy Bike Ride will take place on **Saturday, Sept. 24**, and will include two options – a round-trip, family-friendly bicycle ride from the Frostburg trailhead of the Great Allegany Passage and a challenging 35-mile ride beginning at the trailhead and then hitting the road in Deal to see the area's energy-producing capabilities. Riders will get some superb views, great exercise and fantastic rolling hills followed by a fast downhill entrance into Frostburg. At the end, riders will be treated to a party with food by SHIFT restaurant, drinks and music by The Chinese Bandits, all set against the beautiful backdrop of the Frostburg Depot.

Special student discounted registration is available.

Ride proceeds benefit Allegany County Habitat for Humanity and FSU Foundation scholarships for students with an interest in energy and renewable energy studies.

Register at https://www.bikereg.com/mountain-maryland-renewable-energy-ride.

Music at Penn Alps Scholarship Program Openings

Music at Penn Alps

The Music at Penn Alps Private Lessons Scholarship program will be accepting applications for the spring semester until **Dec. 15**. Supported by a grant from the Community Trust Foundation's Naylor Family Trust Fund, the program provides

scholarship aid for students who would otherwise not be able to study music privately. Awards are limited to \$500 per year and are available to students in grades K-12 who live in the Allegany and Garrett County areas. For info, visit www.musicatpennalps.org or contact Jean Miller at 301-722-4184 or Sean Beachy at 301-707-8015.

FSU Events Calendar

For info on FSU events, go to http://events.frostburg.edu/calendar.

Questions? Call 301-687-4411. All information is subject to change.

Note: FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call 301-687-4102 or use a Voice Relay Operator at 1-800-735-2258.

Back to Campus Safety Tips



Get acquainted with your new roommates and exchange numbers with them.

Also let them know who your emergency contacts are.

Share your new class schedule with your family and friends so they can locate you in case of an emergency.

Familiarize yourself with the campus.

Learn where emergency blue light phones are located and save all emergency contact numbers.

FROSTBURG STATE UNIVERSITY MISSION STATEMENT

Frostburg State University is a student-centered teaching and learning institution featuring experiential opportunities. The University offers students a distinctive and distinguished baccalaureate education along with a select set of applied master's and doctoral programs. Frostburg serves regional and statewide economic and workforce development; promotes cultural enrichment, civic responsibility and sustainability; and prepares future leaders to meet the challenges of a complex and changing global society.

INSTITUTIONAL PRIORITIES

- 1. Enhance experiential and applied learning opportunities for students both inside and outside the classroom.
- 2. Improve facilities so that students live and learn in a modern and technologically sophisticated environment.
- 3. Increase student quality and improve student persistence to graduation.

Learn more at www.frostburg.edu/admin/opa/splanning.