

StateLines

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For and about FSU people

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CHILLVILLE to Encourage Healthy Habits

Two Weeks of Wellness Activities Invites FSU to Take Charge of Health

FSU's campus community is invited to take charge of their personal health and make informed decisions about wellness by participating in a variety of fun activities during CHILLVILLE, a two-week series of wellness activities, **Monday, Nov. 3**, through **Wednesday, Nov. 12**, at FSU.

"CHILLVILLE is going to be an energizing time on campus when all Bobcats can re-integrate wellness into their lives," said April Baer, project coordinator for university wellness at FSU. "During these two weeks, students will be able to get a free biomedical screening. This fasting screening will allow students to learn their current health condition in regards to BMI (body-mass index), blood pressure, blood glucose and more. Every student participant will receive a free CHILLVILLE T-shirt as well as be eligible for door prizes, hourly drawings and two weekly drawings for new iPod Shuffles."

CHILLVILLE is organized as part of "Creating Healthy, Informed Lasting Lifestyles (CHILL)," FSU's new wellness initiative established to promote health practices and education among college students and the local community. CHILL is funded by a \$228,225 contribution from AstraZeneca Pharmaceuticals LP.

CHILLVILLE includes a variety of events dealing with mental and physical health. The campus community is warmly invited to check out the following activities:

- From 8 to 10 p.m. **Monday, Nov. 3**, the student organization Active Minds will present "CHILL Out - It's Just Mental Health." Come meet with Active Minds to learn about mental wellness and get a chance to win door prizes.

- Check out all the campus and community organizations that support wellness and learn how to integrate wellness into your life during "CHILL 'Burg Style" Wellness Vendor Fair from 10 a.m. to 2 p.m. on **Tuesday, Nov. 4**, in the Lane University Center's Alice R.

Manicur Assembly Hall.

Get more informed about the state of your health by taking advantage of free body composition, blood pressure and lipid screenings aka "The CHILL Factors" from 8:30 a.m. to noon, during four days: **Wednesday, Nov. 5**, **Thursday, Nov. 6**, **Tuesday, Nov. 11**, and **Wednesday, Nov. 12**, all in the Lane Center, Room 201.

Free T-shirts for all participants and lots of great door prizes will be distributed through daily and weekly drawings.

- Shout and let it all out during Active Minds' "Shout Out, CHILL Out!" from 1 to 2 p.m. on **Thursday, Nov. 6**, at the FSU Clock Tower and the Lane University Center's ARMAH. Come gather to shout out all your stress at the FSU Clock Tower at 1 p.m. followed by a relaxation and meditation event



CHILLVILLE@FSU

Creating Healthy, Informed, Lasting Lifestyles

AstraZeneca 

 FROSTBURG STATE UNIVERSITY

in the ARMAH.

- Get your game on during FSU's Student Government Association's "Still CHILL and Ballin' Dodgeball Tournament" from 6:30 to 8:30 p.m., **Tuesday, Nov. 11**, in the Lower Gym of the Harold J. Cordts Physical Education Center, Room 164. Teams of six are encouraged to attend - sign up in advance in the SGA Office or e-mail SGA Sen. Josh Humelsine at jahumelsine0@frostburg.edu with your team name, team members and team members' e-mail addresses. Teams may also sign up on site to participate. Come for fun, exercise and bragging rights! First, second and third prizes will be awarded during this great event.

"CHILLVILLE will be an amazing time on campus to explore new avenues of wellness. We encourage all of our Bobcats to come out and have a CHILL time!" Baer said.

For more information about CHILL, contact Baer at x4311 or apbaer@frostburg.edu. For more information about AstraZeneca, please visit www.astrazeneca-us.com.

THIS WEEK

TUESDAY - ELECTION DAY:

UPC Open Forum, 7 p.m., Lane 201

L&CE Election Night on the Big Screen, starting 6:30 p.m., Lane Manicur Hall, Join the FSU community as history unfolds. Watch TV coverage and track electoral votes as they come in. Engage in fresh dialogue about what matters to you at the World Café, 7:15 to 8 p.m. and 8:15 to 9 p.m. Write your ideas on the memory wall. Free food and beverages. Info: x7615.

THURSDAY:

SGA Meeting, 7:30 p.m., Lane 201

FRIDAY:

UPC: Pool Tournament, 8 p.m., Lane Gameroom

FRIDAY-SATURDAY:

Michael Hollinger's "Incorruptible," 7:30 p.m. on Friday and Saturday, 2 p.m. Saturday matinee, PAC F. Perry Smith Studio Theatre. In this dark comedy about the Dark Ages, Michael Hollinger satirizes the fragility of faith in the face of survival. "Incorruptible" is a fun and gentle rib-poking look at how humans gleefully twist convictions to rationalize bad behavior. Admission \$6 for students and \$12 for non-students. Info: x7462.



Micah Shockney plays Brother Martin.

SUNDAY:

Annual President's Concert, 3 p.m., PAC Pealer Recital Hall. The Chamber Choir's performance, under the direction of Dr. Karen Soderberg-Sarnaker, will perform "Verbun Supernum Prodiens" by Mocnik, "If I Had" by Stenhammer and "Domaredansen" arranged by Hallberg. Betty Jane Phillips will accompany the Chamber Choir. Additionally, faculty artist Mark Gallagher will perform. Outstanding FSU student musicians will also be featured. Free and open to the public. Info: x4109.

CES: Kathy Mattea "Moving Mountains," 7:30 p.m., The Stage at Mountain Ridge High School. (Concert is sold out.)

Presentations



'Our People, Our Place, Our Coal' to Examine Region's Culture of Coal

Kathy Mattea to Join Event

As part of Grammy Award-winner Kathy Mattea's visit to Western Maryland, she and local experts will participate in "Our People, Our Place, Our Coal," a historical perspective presentation on **Monday, Nov. 10**. This program will be presented by FSU Cultural Events Series and is free and open to the public. The presentation will run from 10-11:30 a.m. in the FSU



Grammy Award-winning artist Kathy Mattea, whose most recent CD is titled "Coal," will be one of the speakers for "Our People, Our Place, Our Coal" on Monday, Nov. 10.

Performing Arts Center's Pealer Recital Hall.

The presentation is a companion piece to Mattea's sold-out concert in which she will perform songs from her recently released "Coal" album. Mattea, also known for such hits as "Eighteen Wheels and a Dozen Roses" and "Love at the Five and Dime," will perform on **Sunday, Nov. 9**, at 7:30 p.m. on The Stage at Mountain Ridge High School.

For the presentation, Mattea will be joined by local historians Albert Feldstein, Dr. Vagel Keller, Jr., and John Carey, who will discuss the region's rich Appalachian multifaceted mining heritage and its cultural, economic and industrial influence. People who have family who have worked in the coal-mining industry over the years will find this discussion directly related to the experiences of their ancestors and relatives.

Mattea will begin the program with "Our People" where she will discuss her choice of a song highlighting the history of coal mining for her "Coal" CD. She will perform that song to set the stage for the rest of the presentation. The singer's coal-mining heritage is strong: her parents grew up in coal camps, her grandfathers were miners and her mother worked for the local United Mine Workers of America. She has been collecting mining and mountain songs since she was 19 years old, but the Sago mine disaster of 2006 inspired her to start singing them.

Feldstein will follow with "Our Place." He will reprise his slide show presentation from "Forum on Coal in Western Maryland," which provides an overview and historical highlights of Western Maryland's coal heritage, historic sites and personal biographies.

"Our Coal" will be presented by Keller, a visiting assistant professor of history at Carnegie Mellon University in Pittsburgh, Pa., and Carey, director of the Bureau of Mines, Maryland Department of the Environment.

Keller's presentation of "Coal Sufficient to Supply the Whole Union for Centuries" will examine the rise and decline of the underground coal-mining industry in Western Maryland from the arrival of the B&O Railroad at Cumberland in 1842 through the closing of the last of the old deep mines in the 1970s.

Carey will discuss the environmental protection and regulatory changes that have occurred in Maryland over the past 50 years pertaining to the coal industry. From an initial emphasis of miner's safety to an empha-

sis on environmental and citizen protection from the potential effects of coal mining, the Maryland Bureau of Mines, with the Federal Office of Surface Mining Reclamation and Enforcements, maintains regulatory oversight over all aspects of coal mining and land reclamation activity.

A pictorial exhibit on the local region's coal-mining history will be part of the presentation. Included will be rare photographs of miners, mine sites and former mining towns. There will also be original hand-drawn maps showing Consolidated Coal Company's property in the Frostburg area, George's Creek Coal Company, worked-out areas centering on Main Street in Frostburg, Eckhart Mines and the Vale Summit area. A special display of local mine workers from 1926 will also be on view with a list identifying the miners in the photo.

For more information on the performance, the presentation or the Cultural Events Series at FSU, call x3137 or visit <http://ces.frostburg.edu>.

"Our People, Our Place, Our Coal" is being presented in partnership with the FSU Lewis J. Ort Library and the Maryland Bureau of Mines.

Music

President's Concert Features FSU Talent

FSU's Department of Music will offer its annual President's Concert featuring outstanding student and faculty artists and the FSU Chamber Choir, **Sunday, Nov. 9**, at 3 p.m. in the Performing Arts Center's Pealer Recital Hall.

The Chamber Choir's performance, under the direction of Dr. Karen

Soderberg-Sarnaker, will perform "Verbum Supernum Prodiens" by Mocnik, "If I Had" by Stenhammer and "Domaredansen" arranged by Hallberg. Betty Jane Phillips will accompany the Chamber Choir.

Additionally, faculty artist Mark Gallagher will perform. Assistant professor of clarinet and music theory at FSU, Gallagher is an active orchestral and chamber musician. He has performed with the Contemporary Music Forum of Washington, the U.S. Navy Band, Baltimore Chamber Orchestra and New York City Ballet. In addition to performing, Gallagher is an active teacher and clinician, lecturing on occupational health issues for musicians and the Alexander Technique.

Outstanding FSU student musicians, who have been selected to perform following a rigorous audition, will also be featured.

The event is free and open to the public. For information, contact the FSU Department of Music at x4109.

Jazz Master Heath Brings His Quartet to FSU

Legendary jazz master and saxophonist Jimmy Heath will bring his style of jazz to Western Maryland on **Saturday, Nov. 22**, when the Jimmy Heath Quartet comes to FSU. Presented by the CES Jazz Club and sponsored by Kauffman Music, the renowned quartet will perform in the Alice R. Manicur Assembly Hall in FSU's Lane University Center at 8 p.m.

Prior to the concert, Heath will lead a discussion on his ensemble's style of music and share his experiences in the jazz industry at an Arts Outreach session at 4:30 p.m. that is free and open to the public.

Recognized as a brilliant instrumentalist and magnificent composer and arranger, Heath, 81, began as a Charlie Parker disciple in the 1940s and made a leap from stylistic jazz by changing from alto saxophone to tenor and soprano sax. He has performed with nearly all the jazz greats of the last 50 years, from Howard McGhee, Dizzy Gillespie and Miles Davis to Wynton Marsalis. The jazz icon Gillespie said of him, "All I can say is, if you know Jimmy Heath, you know Bop."

During his career, Heath has performed on more than 100 record albums, including seven with the Heath Brothers and 12 as a leader. He has written more than 125 compositions, many of which have become jazz standards and have been recorded by other artists, including Art Farmer, Cannonball Adderley, Clark Terry, Chet Baker, Miles Davis, James Moody, Milt Jackson, Ahmad Jamal, Ray Charles, Dizzy Gillespie, J. J. Johnson and Dexter Gordon.

After having just concluded 11 years' service as professor of music at the Aaron Copland School of Music at Queen College, Heath maintains an extensive performance schedule and continues to conduct workshops and clinics throughout the United States, Europe and Canada.

Tickets for the Jimmy Heath Quartet

performance are \$18 for adults and \$13 for youth under 17. Group discount tickets are also available.

The Jimmy Heath Quartet performance at FSU is graciously supported by Allegany Aggregates Inc. The Cultural Events Series is supported by a grant from the Maryland State Arts Council, an agency dedicated to cultivating a vibrant cultural community where the arts thrive. An agency of the Department of Business & Economic Development, the MSAC provides financial support and technical assistance to non-profit organizations, units of government, colleges and universities for arts activities. MSAC funding is also provided by the National Endowment for the Arts, a federal agency that believes a great nation deserves great art. This engagement of Jimmy Heath Quartet is a Mid-Atlantic Arts Foundation Tour funded by the Foundation in partnership with the National Endowment for the Arts Regional Touring Program, and is an Arts for Adjudicated Youth program supported by a grant from the Maryland State Arts Council and by the National Endowment for the Arts. The CES Jazz Club is sponsored in part by the Allegany Arts Council with funds from the Maryland State Arts Council.

Second Show Added for 'Celtic Christmas'

Due to ticket demand for Tomáseen Foley's "A Celtic Christmas," the Cultural Events Series at FSU has decided to add a second performance at 7:30 p.m. on **Monday, Dec. 1**. Tickets for the additional performance in FSU's Pealer Recital Hall, Performing Arts Center, are now available for sale.

"We originally scheduled 'A Celtic Christmas' for Tuesday, Dec. 2, and that date sold out almost as soon as tickets went on sale. We were very fortunate to be able to add a second performance to our schedule," said Mary Jane Plummer, director of CES.

"A Celtic Christmas" is a joyous and unforgettable celebration of the season. An acclaimed Irish storyteller, Foley recreates the joy and innocence of a night before Christmas in a farmhouse in the remote parish of Teampall an Ghleanntain in the west of Ireland, when the neighbors gather around the fire to grace the long wintry night with the laughter of their stories and the joy of their music and dances.

Foley's "A Celtic Christmas" features Grammy-award winning guitarist William Coulter, renowned Irish fiddler and Irish dancer Kathleen Keane, acclaimed piper Brian Bigley and world champion Irish harpist and champion Irish step dancer Marta Cook.

Tickets for the additional performance are \$18 for adults and \$13 for those under 17; discounted group tickets are available. Tickets may be ordered by calling x3137 or online at <http://ces.frostburg.edu>.

"A Celtic Christmas" is graciously supported by The Peter and Iris Halmos Family Foundation.

Theatre



'Incorruptible,' Next UT Production, Opens Nov. 7

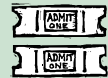
University Theatre's Main Stage season will present Michael Hollinger's "Incorruptible" on **Friday, Nov. 7**, and **Saturday, Nov. 8**, and **Thursday, Nov. 13**, through **Saturday, Nov. 15**, in the F. Perry Smith Studio Theatre of the Performing Arts Center. Show times are 7:30 p.m. with a matinee on Nov. 8 at 2 p.m.

"Incorruptible" takes place in Priseaux, France, circa 1250 AD. The abbot and his brother monks have fallen on hard times as Sainte Foy, the patron of the monastery, hasn't worked a miracle in 13 years! The future rests with the Pope, whose promised visit will surely entice pilgrimages and restore the abbey to its former glory. Everything goes according to plan until a rival church claims to possess the actual relics of Sainte Foy. Their bones are working miracles and their coffers are overflowing. All seems lost until the destitute monks take a lesson from a larcenous one-eyed minstrel, who teaches them an outrageous new way to pay old debts.

In this dark comedy about the Dark Ages, Michael Hollinger satirizes the fragility of faith in the face of survival. "Incorruptible" is a fun and gentle rib-poking look at how humans gleefully twist convictions to rationalize bad behavior.

For reservations and information, call the theatre box office at x7462, M-F, 9 a.m. – 4 p.m. Tickets are \$6 for students and \$12 for non-students.

Entertainment



UPC Presents Southern Comedian Paul Varghese

Comedian Paul Varghese will perform on **Thursday, Nov. 13**, at 9 p.m. in the FSU Lane University Center's Manicur Assembly Hall as part of the University Programming Council's Comedy Series.

Born and raised in the South, Varghese's humor starts at the randomness that is his everyday environment and detours to insecurity and sarcasm, only to end up at a nice middle ground of twisted reality. Varghese was a participant on "Last Comic Standing 2," Comedy Central's "Live at Gotham" and Telemundo 2's "Loco Comedy Jam."

The event is free and open to the public. For information, contact the Lane University Center Information Desk at X4411.

Film



Documentary 'Black Diamonds' at ACM

The ACM Peace Studies Club, in partnership with FSU's Folklore and

Folklife Programming, presents the documentary "Black Diamonds: Mountaintop Removal and the Fight for Coalfield Justice" **Wednesday, Nov. 5**, at 7 p.m. at Allegany College of Maryland's Theatre.

After the documentary, there will be a Q&A session with Catherine Pancake, the producer and director. As a filmmaker and artist, Ms. Pancake's work has been shown at the Baltimore Museum of Art, Ohio State University, Philadelphia International Film Festival, Contemporary Museum Baltimore, AFI Silver Theater and Millennium Theater in New York City and many more venues.

A native of West Virginia, her primary project since 2001 has been a documentary about the mountaintop removal of the coal companies in southern West Virginia and its resulting environmental and humanitarian costs. One review states, "Black Diamonds' charts the escalating drama in Appalachia over the alarming increase in large mountaintop coal mines ... caught between the grinding wheels of a national appetite for cheap energy and an enduring sense of Appalachian culture, pride and natural beauty." Come see what is happening in our own backyard!

Please help spread the word. Dr. Kara Rogers Thomas has reserved three vans to assist in transporting FSU students to the event. Those interested in taking advantage of that opportunity are invited to contact Dr. Rogers Thomas for details at krogerstomas@frostburg.edu or x3124. Also, those approved to drive a University van and willing to assist are also asked to contact Dr. Rogers Thomas.

The award-winning film is free of charge. Donations will be accepted in support of the Fight for Coalfield Justice.

Points of Pride



Staff Awards for Excellence

FSU honored three outstanding employees, **Harriet Douglas**, **Gale Yutzy** and **Patrick McLane** at its recent Fall Convocation. The annual Staff Awards for Excellence recognize outstanding service to the institution, and the recipients are nominated and chosen by their colleagues.

Douglas was honored in the category of exempt employee. She is the director of Student Support Services and has been at FSU for 10 years. "Her commitment to helping students live up to their potential, personally and academically, is inspiring to all of us who know and work with her," is from a letter of support for her nomination.

Yutzy was recognized in the category of nonexempt employee. A 20-year FSU employee, she is an administrative assistant in the Department of Geography. "She is easy to work with because of her collegiality, flexibility, creativity and wonderful sense of humor. She is dependable, responsible, and committed," her nomination read.

McLane was acknowledged in the nonexempt facilities and maintenance category. He is a housekeeper for Westminster Hall and has worked at FSU

for 14 years. Among his letters of nomination was this quote: "He has provided a great service to the students of FSU. Beyond his responsibilities as housekeeper, he has worked to make this institution a better place."

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



Greeks Raise Money, Awareness for Breast Cancer Research

FSU's *recognized Greek organizations* joined in on National Denim Day on Oct. 3, an event designed to raise money and awareness for Breast Cancer Research. Members of FSU's 21 fraternities and sororities, who gathered for this photo, sold pink ribbons for \$1 each for the previous week, raising \$738. On Oct. 3, they encouraged the campus community to wear denim, pink or black as a show of solidarity against breast cancer. For more info, contact Jamie Winters at x7398.



Take Note

Watch History: Election Night on the Big Screen

The Election Night event will be held on **Tuesday, Nov. 4**, in the Lane University Center's Manicur Assembly Hall from 6:30-11 p.m. (or later). The event will include a "World Café"-style discussion, munchies and screenings from several networks throughout the evening. Come prepared to hang out for the night in "comfy clothes," or just pop in to check out what's happening.

This year's Raise Your Vote Campaign helped 565 people with registering to vote, absentee ballots and more. The total is more than double the totals of the past four years of the voter campaign, showing just how important this year's election will be. Raise Your Vote would like to thank everyone for another successful year and hopes to see everybody Election Night in the ARMAH.

Feel free to bring a blanket, bean bag chair, pj's or whatever makes you comfortable for the night! For more information, contact the Braddock House at x7615 or e-mail voice@frostburg.edu.

President's Task Force on Alcohol Meeting

The campus community is invited to attend the President's Task Force on

Alcohol meeting on **Tuesday, Nov. 11**, at 9 a.m. in the Leake Room. The task force was formed two years ago to explore and make recommendations to address substance abuse issues at FSU. Our goal is to review prior recommendations, discuss policies and procedures, explore current literature and develop a list of new recommendations.

This committee is open to all faculty, staff, students and members of the local

community. Alcohol affects student life, the academic environment and our community. Research indicates that alcohol is a factor in 1,700 student deaths each year.

If you are unable to attend but would like to be involved in future meetings, contact Jesse Ketterman at jketterman@frostburg.edu.

'Swipe and Win' Incentive Program

After months of planning and effort, each residence hall now has card-swipe access on two exterior doors, in addition to video security cameras at all exterior entrances. At this time, students may use their student ID card or their room key to gain access to their building via the card reader. However, in a few weeks, only their ID cards will allow them entrance.

In an effort to encourage residents to test their ID card in advance of this change, the Residence Life Office, in association with the Residence Hall Association (RHA), will conduct a "Swipe and Win" incentive program **through Tuesday, Nov. 11**. Each day, from among those students who swiped their ID in one of the card readers during the previous day, one student's name will be drawn randomly, and that student will win a \$20 prize redeemable at Wal-Mart. Please help the Residence Life staff by spreading the word about this program and about the importance of safety and security on campus.

FSU Cheerleaders to Hold Cheer-Dance Clinic

The annual FSU Cheer and Dance Clinic will be held on **Sunday, Nov. 9**, from 1:30-5 p.m. in the FSU gym. Registration will be from 1-1:30 p.m.

The FSU cheerleaders will be giving instruction on cheers, jumps, dances and more. All participants will receive a clinic T-shirt and music CD for participating in the clinic. The participants will

also be invited to perform with the FSU cheerleaders during halftime of the first home basketball game on **Monday, Nov. 17, 7 p.m.**

Students in the first through eighth grades are welcome to attend. The cost is \$28 per person for early registration or \$32 per person at the door. If you are interested in pre-registering or have any questions, please contact Coach Carter at x7002.

Please join us on a fun-filled afternoon of spirit.

Leadership Studies Minor Info Session

The Leadership Studies Minor program will sponsor an information session on **Thursday, Nov. 6**, at 6 p.m. at Lane University Center, Room 140. The session is open to students interested in participating in this program. The event is open to current minors for advising information as well. Current students will share their experiences. The meeting will be informal - pizza and beverages will be provided. For more information, call Dr. Elesha Ruminski at x4480.

Diehl Hall Renovations to Begin in December

Beginning **Monday, Dec. 22**, Diehl Hall will undergo extensive renovation of all bathrooms, student rooms and common areas. Similar to the scope of last year's renovations in Sowers Hall, this project will run through intersession and spring semester, with the hall scheduled to reopen in summer 2009.

Diehl Hall students will be displaced from their current rooms for the Spring semester, and they will be given the opportunity to select another space on campus. Every effort will be made to assign students to a hall of their choice, and with a roommate of their choice; this includes the effort to place students with their current roommate(s) in an empty room. To make this possible, residents of other halls who do not have roommates will be required to consolidate with other such residents. All room changes will be completed before students leave for the winter break in December.

Students with concerns are encouraged to speak with their hall staff or contact the Residence Life Office at x4121.

Second Annual HR Day to be Nov. 17, Lane 201

The second Annual HR Day is scheduled for **Monday, Nov. 17**, Lane University Center, Room 201, from 10 a.m. until 2 p.m. Members of the OHR staff will be on hand to answer questions about their roles at FSU.

Part of the day's activities will include a Fall Wellness Fair, with flu shots being offered to current state employees. Once again, the State Employees Credit Union (SECU) is generously sponsoring the flu shots at a discounted price of \$10 per

person. Because there is a limited supply, vaccines will be made available on a first-come, first-served basis. However, no appointment or registration is needed.

Mark this date on your calendar and watch for more information about the complete line-up of activities in the coming weeks. If you have any questions, please call Lee Ann Nightingale in OHR at x4398.

Student Learning & Assessment Series

- **Wrap Up - Putting the Pieces Together Into the Assessment Process, Wednesday, Nov. 5,** 3 p.m. in the Compton Conference Room. This is the last in a series of presentations on Student Learning and Assessment hosted by the Center for Teaching Excellence Advisory Group. This session will provide basic insight into and guidance on how to link classroom assessment with the overall program assessment efforts of departments/programs/units. - by John O'Rorke, POSC

- **"Reflection Reception," Friday, Nov. 7,** 3 to 5 p.m. in the upstairs room of Sand Spring Saloon for all teachers at FSU. Before the end of term, but after we have been hard at work for a few months, come ask and answer questions about what you have been doing, what could you do better, what's working, what can you change - before it's too late in the semester. Finger foods, appetizers and wine will be served.

Planning to Graduate in December?

If you are planning to graduate at the end of this semester, please note the following:

The 133rd Commencement Ceremony is scheduled for **Saturday, Dec. 20**, in the Harold J. Cordts Physical Education Center. The College of Liberal Arts and Sciences will hold its ceremony at 10 a.m., while the College of Business and College of Education will present their graduates at the 2 p.m. ceremony. Please complete your graduation application in PAWS now. This will enable you to receive information about your upcoming Commencement.

The first mailing was sent the first part of October to both your local and your permanent address. Please update your address information in PAWS to assure that you will receive all the details.

Full details are on the University's Web site. Go to "Current Students." Commencement information is under Academics on the left side.

If you have any other questions about Commencement, please contact Brittni Teter at x4423 or bkteter@frostburg.edu.

News for Grad Students

December 2008 Commencement

Graduate students who plan to graduate in December 2008 need to

complete the "Application for Graduation" by **Tuesday, Nov. 4**, to be listed in the December 2008 Commencement Program. The forms are available at the Office of Graduate Services, 141 Pullen Hall, or by calling x7053.

Graduate Program Open House

Frostburg Campus and USM Hagerstown - Students who may be interested in continuing their graduate studies through FSU should plan to attend an Open House and Advising Seminar on **Wednesday, Nov. 5**, from 5 to 7 p.m. in the Lane University Center Manicur Assembly Hall. See the Web site for details at www.frostburg.edu/grad.

MBA Applicants for Spring 2009

The MBA program requires that entering students complete the **GMAT** (Graduate Management Admissions Test) or the **GRE** (Graduate Record Examination). GRE testing registration information is available through the Educational Testing Services Web site at www.ets.org or by calling x7990. For information about the GMAT, visit www.gmac.com/gmac. GRE and Praxis are both administered at the FSU testing center.

Graduation Exceptions: Deadline for December

Are you planning a December 2008 graduation? If your official degree progress report indicates you have not completed all requirements and you have a basis to request an exception, submit your written appeal letter and supporting letters and documentation to the Academic Standards Subcommittee, Office of the Provost, Hitchins 213, by 4 p.m. on **Thursday, Nov. 13**, for the November meeting (**last chance** for graduation exceptions and inclusion in the Commencement Booklet). If you have questions or concerns, please call the Provost's Office at x4212.

Contemplative Prayer, Meditation Practices

If you are interested in learning to practice various Christian meditation or contemplative prayer methods in small groups, two opportunities are available - a lunch meditative prayer break or after-work transition. Mark your calendars for **Wednesday, Nov. 5**, 12:10 p.m. to 12:45 p.m. and/or 5:15 p.m. to 5:50 p.m. Other Wednesday dates are **Nov. 12 and 19** as well as **Dec. 3 and 10**. The location is Sand Spring Hall, Room 114. For more information, please contact Rev. Dr. Cindy Zirlott, Protestant chaplain, at x7490 or czirlott@frostburg.edu. This group experience is open to students, faculty and staff. Various Christian meditation methods will be introduced and used. Brief introductory instructions will be given, but the focus will always be on the practice or experience.

Christian meditation as a practice is rooted in the Hebrew scriptures and the early church in practice. The scriptures mention meditate or meditation over 20 times and imply its practice even more.

Medical studies have shown the practice is also good for overall wholeness, health and peace.

Get Involved



ENCORE Meeting for Non-traditional Students

ENCORE, the group for non-traditional students, will meet on **Monday, Nov. 17**, at 4:30 p.m. in the Compton Science Center, fourth floor. New members are welcome. For more information, contact Mary Moran at mmoran@frostburg.edu.

United Campus Ministry

Sunday Evenings - The True North Program begins **Wednesday, Nov. 5**, in Lane University Center, Room 201. True North is a Sunday evening gathering of FSU students and other young adults in the Frostburg area who come together for conversational encounters with scripture and other faith direction-seeking activities. True North will primarily use the model of "Acts 2 Church" of informal conversational gatherings around a meal, an encounter with scripture, sharing of life-faith stories, songs of praise and thanksgiving and celebration of Eucharist or other prayer experiences for the closing rituals. The group will gather and start at 6 p.m. each Sunday. If you want to know more, contact the Rev. Dr. Cindy Zirlott, Protestant chaplain.

Wednesday, Dec. 3, to Saturday, Dec. 6 - Interested in doing something about world hunger and economic independence for those living in hunger around the world? Students are being sought to help with a Heifer Ark of Animals project. Multiple time slots are open. For info, call x7490, e-mail c.zirlott@frostburg.edu or visit 114 Sand Spring Hall.

Catholic Campus Ministry

On **Tuesday, Nov. 4**, CCM will get ready for its upcoming Fall Retreat at Alverno. The meeting will be at 7:30 p.m. in the Osborne Newman Center.

On **Friday, Nov. 7**, CCM will meet at ONC for dinner at 5 p.m. and leave for the retreat. They will return on **Sunday, Nov. 9**, by 1 p.m.

International



Thinking About Study Abroad Summer or Fall?

Visit the Center for International Education in the Fuller House to check out the many different opportunities available. Some programs allow students to pay FSU tuition for universities located in Ireland, England, Japan and many other countries. The CIE office number is x4714. Don't delay! Deadline for summer and fall '09 applications is **Feb. 27**.



Activities for Life

For information and registration, contact Amy Nazelrod, AFL coordinator, at x7934 or anzelrod@frostburg.edu.

Water Aerobics

Water aerobics classes will be offered on Tuesdays and Thursdays, **Nov. 1 to Dec. 18**, from 6 p.m. to 6:50 p.m. at the FSU pool in the Cordts PE Center. (There will be no classes Nov. 25 to 27.) Participants may register for Tuesday or Thursday classes or both nights for a discounted price.

This class is geared toward those who want to increase cardiovascular fitness, flexibility and body strength. Water aerobics is the perfect activity for those with painful joints or other movement limitations.

Youth and Advanced Swimming Lessons

Youth and advanced swimming classes will be offered for children ranging in age from 5 to 12 on Monday and Wednesday evenings from **Nov. 17 to 24** and **Dec. 1 to 8**. The classes will be conducted in the FSU pool in the Cordts PE Center from 6 to 6:50 p.m.

Youth swimming lessons are separated into skill levels. Advanced swimming lessons are for those interested in learning advanced swimming skills or preparing for a swim team.

Advanced registration is required.

Youth Climbing Classes

Two four-week climbing classes will be offered for children ranging in age from 6 to 9 for the junior climbing class and 10 to 14 for the regular climbing class. The junior climbing class will be held on Monday evenings from **Nov. 3 to Nov. 24**, from 5 to 7 p.m. The regular climbing class will be held on Wednesday evenings from **Nov. 5 to Nov. 19**, from 5 to 7 p.m. Both classes will be conducted in the Cordts PE Center 170. Each class is limited to six participants, with a minimum of three for the classes to be held.

The courses are designed to introduce children to the sport of climbing. The courses will include instruction in safety as well as proper stretching and climbing techniques. The courses will also include instruction in teamwork, communication skills and responsibility. The instructor will be Tylor Street. Street holds a Maryland TopRope Certification and is an AMGA Gym Instructor Candidate.

Community



AAUW Meeting to Discuss Nursing Homes

As citizens vote for a new leader who must address the rising costs of our nation's healthcare, Jeffery T. Metz, administrator and president at the Egle Nursing and Rehab Center, and Andrea McCray, a social worker there, will present "The Changing Face of Nursing Homes" to the American Association of

University Women (AAUW) Frostburg Branch on **Tuesday, Nov. 4**, at 7:30 p.m. in the Fellowship Hall of the United Methodist Church on Main Street in Frostburg.

Medical insurance and Medicare reimbursement policies are demanding the medical provider community respond in offering service opportunities for treatment, recovery, rehabilitation and end-of-life issues out of hospital settings that may lessen the burden of such care on families and loved ones. Egle, under the leadership of Metz and McCray, has been responding to these demands and has revamped the center's

services to offer medical options and assistance in the local Lonaconing area and the Allegany County region.

The business meeting will include a discussion addressing the need to increase AAUW membership at the local level and promote awareness of national and statewide AAUW initiatives to support advancing women's equity in the workplace. The public is welcome. Refreshments will be provided by hostesses Jeanne Cordts, Ruth Ogden and Alice Shupe-Rhoten. For more information, contact AAUW Frostburg Branch President Yvonne Beal at 301-689-6849.

FSU Events Calendar



MONDAY, NOVEMBER 3

- Intersession Registration (With Payment) through December 12*
- Spring 2009 Registration (Without Payment) through November 21*
- *GOLD Council 8:00 p.m. Lane 201
- *Active Minds presents: CHILL Out It's Just Mental Health 8:00 p.m. Library 237

TUESDAY, NOVEMBER 4 – ELECTION DAY

- *SES: CHILL Burg Style Wellness Vendor Fair 10:00 a.m.-2:00 p.m. Lane ARMAH
- *RHA Meeting 5:00 p.m. Dunkle Hall 218
- *UPC Open Student Forum 8:00 p.m. Lane 201
- *Office of Leadership & Civic Engagement: Raise Your Vote 7:00 p.m. Lane ARMAH

WEDNESDAY, NOVEMBER 5

- *SES: The CHILL Factors Free Biomedical Screenings 8:30a.m.-noon Lane 201
- *BURG General Body Meeting 4:00 p.m. Cordts PEC Leake Room
- *Faculty Senate 4:00 p.m. Lane 201
- *Swimming: Washington & Jefferson 6:00 p.m. Away
- *BSA General Body Meeting 8:00 p.m. Lane 201

THURSDAY, NOVEMBER 6

- *SES: The CHILL Factors Free Biomedical Screenings 8:30a.m.-noon Lane 201
- *SES/Active Minds: Shout Out, Chill Out 1:00 p.m.-2:00 p.m. Clock Tower Quad/ Lane 140-141
- *Graduate Program Open House 5:00 p.m. Lane 142
- *SGA Meeting 7:30 p.m. Lane 201

FRIDAY, NOVEMBER 7

- *University Theatre: Incorruptible 7:30 p.m. PAC Studio Theatre
- *UPC Pool Tournament 8:00 p.m. Lane Game Room

SATURDAY, NOVEMBER 8

- *GRE 7:45 a.m.-5:00 p.m. Dunkle Hall
- *Enrollment Management Open House 8:30 a.m. Lane University Center
- *Football: Apprentice 1:00 p.m. Home
- *Women's Swimming: Chatham Invitational 2:00 p.m. Away
- *University Theatre: Incorruptible 2:00 p.m. & 7:30 p.m. PAC Studio Theatre

SUNDAY, NOVEMBER 9

- *CCM Mass noon & 8:00 p.m. Cook Chapel
- *Planetarium: How Stars Die 4:00 p.m. & 7:00 p.m. Tawes Hall
- *UCM: "Second Sunday" Protestant Worship Service 6:00 p.m. Cook Chapel
- *CES Main Stage Series: Kathy Mattea, "Moving Mountains" 7:30 p.m. Mountain Ridge High School

* Open to the public. Questions? Call 301-687-4411. All information 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.

Safety Is No Accident