While Ensemble Galilei performs its rich repertoire of early Scottish and Irish folk tunes, Conan will recite classic and newer works about the stars and the heavens from such authors as Stanley Kunitz, Jim Harrison and William Shakespeare. The result is a concert that conveys all the spectacular and sometimes spiritual wonders of the universe. The CES Pre-Performance Dinner Club offers concert-goers an opportunity to enhance their cultural experience. “Universe of Dreams” is one of three CES performances to offer a dinner package before the performance. Guests arrive on campus early, enjoy the benefit of easy parking access in the PAC parking lot and dine on a delicious catered meal in a private restaurant setting in the Lane University Center. Dinner includes soup or salad, entrée with sides, dessert and coffee or iced tea. A cash bar is available throughout dinner.

Tickets for “Universe of Dreams” are $17 for adults and $12 for young people under 17. Group rate tickets are also available. Pre-performance dinners are $26 per person. A discounted season package (three dinners) is also available. Tickets may be ordered by calling x3137 or 1-866-849-9237, or by visiting ces.frostburg.edu.

Welcome Back Block Party!

The annual Welcome Back Block Party on Main Street in Frostburg will be on Wednesday, Sept. 9, from 6 to 9 p.m. The Block Party is a combined effort of the Frostburg Business and Professionals Association, the City of Frostburg and FSU. Events highlighted this year include games, the Western Maryland Chili Challenge and a pepper-eating contest. Shuttle services will run between Edgewood Commons, the Annapolis Lot, College Avenue Lot and Broadway.

Entertainment

Jean Ritchie & Sons Headline Festival

Event Celebrates Region’s Culture With Music, Film, Food and Family Fun

The public is invited to learn more about the region’s rich cultural heritage during FSU’s 2009 Appalachian Festival Sept. 18 and 19. Now in its fourth year, the much-anticipated event brings together a variety of performers and craftspeople to celebrate the natural landscape, history, food and musical and artistic offerings of Western Maryland and the surrounding areas. Folk music legend Jean Ritchie and Sons perform on stage at the Historic Palace Theatre in Frostburg during the popular Saturday evening concert.

The Festival kicks things off Friday, Sept. 18, with “Appalachia: People and Place,” an informative symposium highlighting a sampling of regional work in which FSU faculty and students are engaged from 1 p.m. to 4:30 p.m. at the Lane Center.

Following the symposium, Appalachian enthusiasts can drift down to the Mountain City Traditional Arts venue at 25 E. Main St. in downtown Frostburg for a clogging and flat-footing workshop from 5:30 to 7 p.m. featuring the RockCandy Cloggers, with music by Jason Twigg and Fritz Kessler. An Appalachian Film Festival featuring the Academy award-winning documentary “Harlan County, USA” caps off Friday’s festivities at 8 p.m. in Frostburg’s Palace Theatre.

Then on Saturday, Sept. 19, from 10 a.m. to 6 p.m., check out daylong presentations, workshops, arts and crafts demonstrations, live music, Appalachian dance environmental talks and children’s activities on the FSU campus. These festivities, held on FSU’s Upper Quad, are free and open to the public. Performers include Frostburg Arion Band, Jay Smar, Highland Grass, Abe Folmsbee, Rachel Eddy, Garrett Highlands Pipes and Drums and Allegheny Drifters. Hands-on demonstrations, workshops and other activities will also be available.

Festival goers “can learn traditional basket weaving, try their hand at playing the mountain dulcimer, practice traditional Appalachian dance steps or prepare for the fall fishing season by tying flies,” said FSU folklorist Kara Rogers Thomas, festival founder and key organizer. “In addition to our always popular children’s hands-on area, we have several programs appealing to both children and adults featuring storytellers and the theatrical performance, ‘Witches, Britches, Rings and Things,’ by Front & Centre Stage Productions.”

Frostburg’s Appalachian Festival culminates with an 8 p.m. Saturday night performance at the Palace Theatre featuring Jean Ritchie and Sons, with an opening concert by Zane & Hugh Campbell and Friends. Celebrate and sample Appalachian culture, music and more. Tickets for Jean Ritchie and Sons are $17 for adults and $12 for young people under 17. Group rate tickets are also available.
available. Tickets may be ordered by calling x3137 or 1-866-864-9237, or by visiting ces.frostburg.edu. For full Appalachian Festival program information visit www.frostburg.edu/events/afestival or call x3124. You can also find the Appalachian Festival on MySpace and on Facebook (Search “Frostburg State University Appalachian Festival.”)

Theatre

‘Two Gentlemen of Verona’ Coming

FSU’s Department of English will host the Cambridge American Stage Tour presentation of Shakespeare’s “Two Gentlemen of Verona” Wednesday, Sept. 16, at 7:30 p.m. in PAC Peeler Recital Hall.

One of Shakespeare’s early comedies, “Two Gentlemen of Verona” tells the story of Proteus, Valentine and their affections for Julia and Silvia. The play is a charming and carefree story about the universal experience of being young, confused and in love.

Founded in 2000, CAST is proud to celebrate its 10th Anniversary Tour like the others before it, is directed University in England. This production, with the finest talent from Cambridge and continues to present Shakespeare productions (six tickets!). For info, call x4143. For CAST information, visit www.castonline.org.

‘PlayRights – One Night’

Acquaintance rape, a prevalent problem on college campuses today, will be the subject of an interactive play for students that will be performed Thursday, Sept. 17, at 7:30 p.m. in the Performing Arts Center.

Upcoming Theatre & Dance Season

For the first time, theatre tickets will be offered in a season subscription package for students. Subscriptions are $30 and provide the student subscriber with one ticket per show for Main Stage and Second Stage season productions (six tickets!). For info about season subscriptions and individual ticket purchases, call the Theatre and Dance box office at x7662 (Monday through Friday from 9 a.m. to 12:30 p.m. and 1:30 to 4 p.m.). The following list includes productions, dates and times for the season.

“Musical Comedy Murders of 1940”

Friday Oct. 2 7:30 p.m.
Saturday Oct. 3 2 p.m.
Saturday Oct. 3 7:30 p.m.
Thursday Oct. 8 7:30 p.m.
Friday Oct. 9 7:30 p.m.

“Wonder of the World”

Thursday April 29 7:30 p.m.
Friday April 30 7:30 p.m.
Saturday May 1 7:30 p.m.

Spring Dance Concert

Thursday May 6 7:30 p.m.
Friday May 7 7:30 p.m.
Saturday May 8 7:30 p.m.

The schedule is as follows:

• Sept. 11: Fritz Kessler & Jason Twigg (Old-Time Appalachian)
• Sept. 18: Highland Grass (Bluegrass) Bear Hill Bluegrass (Bluegrass)
• Sept. 25: Greg Latta (Folk) Amy Fabbi & Amanda Barger (Old-Time Appalachian)

‘Live at the Depot’

WFWM 91.9 FM, Public Radio from FSU, in cooperation with the Western Maryland Scenic Railroad, will present “Live at the Depot,” a series of live old-time radio shows at the historic Old Depot in Frostburg. The shows will feature 15-minute performances by local roots music bands and musicians. Chuck Dicken, WFWM station director, will serve as emcee. The performances will be recorded by WFWM for broadcast on the station at a later date. The Mass Communication Department will also videotape each show for use on the WFWM Web site and for possible television play.

“Live at the Depot” will take place each Friday in September between 12:30 to 2 p.m., while the Scenic Railroad’s train is at the depot. The public can attend the recordings for free. The “Live at the Depot” shows are supported in part by the Allegany Arts Council and the Corporation for Public Broadcasting. For info, call x4143. To receive info on programming at WFWM, including notification of special programs, e-mail wfwm2@frostburg.edu. WFWM can be heard at 91.9 FM Frostburg and 96.3 FM, Oakland.

‘Body Mapping’ on Display at Roper

“Body Mapping,” an exhibition of paintings and drawings that explore the human body from each artist’s standpoint, will be on display in the Stephanie Ann Roper Gallery. The exhibition will open on Friday, Sept. 11, at 7 p.m. and will run through Sunday, Oct. 4.

The collection features enigmatic painted, oil-glazed wood panels by Eileen Senner displaying glowing, fragmented torsos set in dark expanses of undefined space; hand-painted photographs by Kaethe Kaufmann that probe the body’s dynamics that bring muscular substructures to light; watercolors by Tina Blondell that appropriate poses and symbols inspired by biblical and mythic heroines; and pencil drawings by Giedra Montvila, who draws on her experience as a runway fashion model to take issue with the barrage of media-generated glamour propaganda.

Each artist’s focus differs, covering metaphysical issues, bodily mechanisms, personal growth patterns and society’s obsession with appearances.

The Roper Gallery is open Sunday through Wednesday from 1 to 4 p.m. For info, contact Dustin Davis at ddavis@frostburg.edu or call the Department of Visual Arts at x4797.

‘Staking Our Claim

FSU Builds Character the ‘Ripken Way’

FSU spent the past year teaching character lessons to local children thanks to a grant from the Cal Ripken Sr. Foundation through the FSU Foundation.

The Healthy Choices, Healthy Children sessions, four each semester, with two lessons per session, focused on teaching children to make good choices. Topics included sportsmanship, leadership, taking responsibility, communication and the value of hard work, said FSU softball
coach Wes Landrum, who coordinated the program.

A number of Landrum’s softball players, who are teacher candidates, as well as a handful of teacher candidates on the Bobcat baseball team, worked with the children, who ranged in age from 8 to 14. Children were recruited from the local community through the Cumberland Salvation Army, a partner in the program. The course was offered to the children free of charge.

The Ripken Foundation committed nearly $15,000 to the program, with a third of that coming in the form of equipment to be used by the children. The program, part of the Ripken Foundation's Badges for Baseball, was developed as a character education plan that uses the philosophies that Cal Ripken Sr. practiced on the playing field to teach youths how to live.

FSU and Salisbury University were the first educational institutions to offer Healthy Choices, Healthy Children, Landrum said. For info about supporting FSU, visit foundation.frostburg.edu or call x4161 or 1-866-241-3296, toll free.

Literature

FSU Announces Small and Regional Press Fair

The Center for Creative Writing at FSU, in partnership with the Allegany County Library System, announces that the third annual Western Maryland Small and Regional Press Fair will be held Saturday, Sept. 19, from 11 a.m. to 4:30 p.m. at the Washington Street Branch of the Allegany County Library. The event, which features editors, publishers, writers and educators, includes panels on writing and getting published; writing the region; writing, kids, reading and teaching; and blogging and new media publishing. Roundtable discussions with published authors will also help aspiring writers work through practical matters of getting their work on the page. The event ends with a 5 p.m. poetry slam for high school students and a 6:30 p.m. poetry slam for adults. Cash prizes will be given.

Two new panels created for this year’s event: “Teachers, Publishers and Students” and “Pick Up That Book – Getting Kids to Want to Read,” are designed with educators in mind and focus on helping to get new literature into the hands of students, or helping teachers and school districts publish a student literary magazine. The event is free and open to the public. For info, contact the Washington Street Library at 301-777-1200 or the Frostburg Center for Creative Writing at x4024, or visit the center Web site at www.frostburg.edu/ ccrecenter.

S.A.F.E./BURG

Upcoming Activities

Tuesday, Sept. 8: BURG Barb-B-Que Info Day. Stop by the Lower Quad to learn more about BURG and how you can be on the team! Grilling is from 10 a.m. to 3 p.m.

Wednesday, Sept. 9, 7 p.m., Lane 201: SSS Program. Smashed, sex and sleep are the three topics of discussion. This educational program deals with serious issues that college students must confront. Learn how to make healthy choices in an atmosphere that is nonjudgmental, humorous and interactive.

Thursday, Sept. 10: 1 to 2:30 p.m., Elaine Penn.; 3:30 to 4:30 p.m., Student Leadership; 7:30 to 8:30 p.m., Orientation Classes.

Friday, Sept. 11, 9 p.m. to 2 a.m., Lane Manicur Hall: BURG Bash XIV. Welcome to Mockaritaville.

Take Note

Get Your Flu Shot!

Seasonal flu vaccine clinics will be held Tuesday, Sept. 8, from 2 to 5 p.m. (students, faculty and staff) and Monday, Sept. 14, from 8 to 10 a.m. (students, faculty and staff) in the Brady Health Center. (Note: This is the annual seasonal flu vaccine, not the H1N1 vaccine.) The cost is $20 for the flu shot or $25 for FluMist. Accepted method of payment is cash, check or Bobcat Express Card.

4th Entrepreneurship Conference to Be Held

The Trident Initiative at FSU, the Western Maryland SCORE Chapter 0682 and the Small Business Development Center – Western Region announce the Fourth Annual Entrepreneurship Conference will be held Thursday, Sept. 24, and Friday, Sept. 25, at Lane Center.

Titled “Turning Your Green Ideas Into Gold … Entrepreneurial Pathways to Shaping a Sustainable Economic Future,” this year’s conference will emphasize green entrepreneurship opportunities and practices within the region. Practicing entrepreneurs, leaders in sustainable practices and economic development, and business experts from various industry sectors will share their insights and experiences on the adoption of green technologies. The conference will also hold a vital information session on locating funding from diverse sources to support the startup and ongoing operations of green and/or greening businesses.

The 2009 Model Entrepreneur of the Year and 2009 Young Entrepreneur of the Year awards will be made at an Awards Luncheon ceremony on Friday, Sept. 25, in the Lane Center.

Who Takes Bobcat Express?

The following vendors accept Bobcat Express:

On campus – Appalachian Station, Bobcat Office, Bookstore, Brady Health, Business Office, Cattrax Convenience Store, Chesapeake Dining Hall, Concessions, Game Room, Java City, Lane Center Copier, Library Copier, Library Desk, Pepsi Vending Machines, Pharos Printing, Subzero and Ticket Sales

Off campus – B & B Country Market, Fathboys Pizza and Subs, Gianni’s Pizza, Kelly’s, Malino’s Pizza, Martins Market, McDonald’s, Pharmcore Pharmacy, Pizza Hut, Sheetz and Subway

Risk Management Plan Revisions

Revisions have been made to the Risk Management Plan. Since some of the changes involve billing and ticketing practices, risk management training sessions have been set up for any group having an event where a risk management plan or event production plan is needed.

A risk management plan is needed for an event ending beyond 10 p.m., a student-focused/student-sponsored event with anticipated attendance of over 450 persons, a student event involving the potential for high-risk or safety factors and/or a student-focused/student-sponsored event that has had a risk management/safety issue within the past two years.

An event production plan is needed for a student-focused/student-sponsored event with an anticipated attendance of 250 persons, an event taking place outside of the Bobcat Express? property, and/or a student event involving the possibility of unusually high risk or safety factors.

A student event is an event or activity paid for by student organizational funds and/or an event or activity approved by the Department of Student Activities.

A student-related activity is any activity sponsored by any organization recognized by the University.

Training is offered for advisors as well as members of student organizations. Advisors are asked to pass on this information to their organizations. The training will be offered Tuesday, Sept. 8, and Tuesday, Nov. 3, from 3 to 4:30 p.m.
Members of any organization having student events (as defined above) must attend one of these meeting dates (if they have not already).

For info, contact Jamie Winters at x7398 or jwinters@frostburg.edu.

**Nominations for Staff Awards**

One of FSU’s goals is to reward outstanding service to the institution. Again this year the FSU Foundation will fund three $500 Staff Awards for Excellence. FSU exempt/nonexempt staff are eligible to be nominated, whether contractual, full- or part-time.

Detailed award categories, nomination criteria and nomination forms have been distributed to all employees via campus e-mail. Complete nomination packets will be due no later than 4 p.m. on Monday, Sept. 14. The awards will be presented with Dr. Gibraltar’s Fall Convocation. For info, contact Kelly Durst at x7487 or kdurst@frostburg.edu, or Patrick McLane at p.m.clane@frostburg.edu.

**Weight Watchers at Work**

Join the 12-week Weight Watchers at Work session at FSU. An info/registration meeting will be held Thursday, Sept. 10, from noon to 12:45 p.m. in the PE Center Leake Room. Sessions will run each Monday beginning Sept. 14 from noon until 12:45 p.m. in the Leake Room. Cost is $144 payable by cash, credit card or check. A split payment option is available. For info, contact Lee Ann Nightingale at x4298 or lnightingale@frostburg.edu.

**Points of Pride**

**Offstein’s Books Published**

Dr. Evan Offstein, Department of Management, has been busy. His book, “Making Telework Work: Leading People and Leveraging Technology for High-Impact Results,” which he wrote with Jason Morwick, was published by Davies-Black Publishing two weeks ago. He and his co-author addressed old classmates, share experiences and ideas and stay informed of fun upcoming events for alums.

Bob E. Cat has emerged as an online celebrity on the Facebook scene. Search “Bob E. Cat” on Facebook and become a fan to celebrate FSU school spirit. Bob also stars in crazy videos! For something to do, become a fan of the “Frostburg State University Programming Council” or the “Cultural Events Series at Frostburg State University” Public Profiles and learn about performances, concerts, student activities, films and other entertainment happenings.

If you’re searching for FSU media and communications, check out FSU’s independent student newspaper, “The Bottom Line” and “FSU-TV3” on Facebook. FSU also has groups to help you learn more about majors, activities and student organizations. Here is a sampling:

- “Ethnobotany Program at Frostburg State University”
- “Women’s Studies Program at Frostburg State University”
- “Frostburg State University Appalachian Festival”
- “Earth Week 2009, Frostburg State University”
- “Department of Mass Communication (FSU)”
- “FSU Communication Studies Department!”

And finally, the “Frostburg State University” Group has become “Frostburg State University News.” As a member, you can receive important updates on key University news stories, emergency communication and public messages on issues like the H1N1 virus. Liz Medcalf, director of News & Media Services, will keep you informed through this group.

**Get Involved**

**Climate Action Plan Open House**

FSU’s Climate Action Plan Open House will be Wednesday, Sept. 9, from 10 a.m. to 4:30 p.m. in Lane 201. The presentation will run from 3:30 to 4:30 p.m. Topics include FSU’s definition of sustainability, LGL’s mission and vision, rationale for sustainability and climate neutrality, FSU’s carbon footprint (emissions inventory), hiring for permanent leadership in sustainability at FSU, foundation strategies, mitigation strategies, education and research, outreach strategies and financing sustainability. For info, contact lola@frostburg.edu or visit www.frostburg.edu/lola/cap.htm.

**Walsh/Brosi Win Award**

Natalie Walsh, graduate candidate in applied ecology conservation biology, was awarded the Traditional Ecological Knowledge Student Merit Award for her poster with advisor Sunshine Brosi. They received the award for “Stratification Protocols and Germination Rates of Open-Pollinated Families of Black Cohosh (Actaea racemosa L.) From Three Western Maryland State Forests: Population Dynamics of a Medicinal Herb Native to the Appalachian Mountains” at the 94th Annual Meeting of the Ecological Society of America on Aug. 5.

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**Awakening the DREAMER Initiative**

The Awakening the DREAMER: Changing the Dream Symposium will be Sunday, Oct. 11, from 1 to 4 p.m. in Lane Manicur Hall. The symposium is a workshop designed to inspire people to take action in pursuit of a fair, peaceful and sustainable future.

The event is free and open to everyone. Come learn how to become
part of the solution! For info, contact Patrick O’Brien at x4210, e-mail lglg@frostburg.edu or visit http://awakeningthedreamer.org.

Writing Green: ‘E=(LG)2’
Students are encouraged to submit materials for the spring ’09 issue of “E=(LG)2.” The magazine will consider 200- to 1,000-word articles with an environmental or sustainability emphasis that pertain to student research, class activities, nature appreciations, club or Greek activities, reportage and more, including photos and digital artwork. The magazine will be published in print and online. Submit materials to lgmag@frostburg.edu by Tuesday, Oct. 20.

The portal Web site, which links to current and archived issues, is online at http://organizations.frostburg.edu/lgmag.

UCM Welcome Events
On Tuesday, Sept. 8, in the Sand Spring Hall front yard (big tent), UCM will kick off its fall programs with a “FinnFest’08” movie marathon and picnic at 7:30 p.m. All are welcome to attend. Rain contingency plans are to move indoors to Library 237.

True North Meetings begin Sept. 13 in Sand Spring Hall 143 at 7:30 p.m. True North is the weekly Sunday evening program, which includes free food and biblical explorations on various topics. The topic for the next six weeks is True Life in a Virtual World, and the first discussion topic is Does Life Really Have a Purpose?

On Saturday, Sept. 19, there will be an off-campus study break day trip to Delgrosso’s Amusement Park in Tipton, Pa. Rides, go-carts and miniature golf are included in the $5 registration fee. Seating is limited and advance registration is required. Registration is available at the Picnic/Movie Night.

Study Abroad
The Center for International Education offers ways for FSU students to see the world. In some cases, students can pay FSU tuition, room and board and study for a semester in Ireland, England, Spain, France or many other countries. For info., visit the Fuller House (across the street from Braddock House) or call x4714.

Friday, Sept. 25, is the deadline to submit an application to study abroad during the spring and Intersession 2010 semesters.

Study Abroad Fair
The Center for International Education will hold its 11th Annual Study Abroad Fair on Tuesday, Sept. 22, from 10:30 a.m. to 2 p.m. at the Clock Tower in front of the Lane Center (Lane 201 if it rains). Representatives from various study abroad programs will attend. Returning study abroad students and faculty as well as international students will be on hand to answer questions.

Jobs, Jobs, Jobs
Student Job Opening
The Office of Admissions is looking for motivated, reliable and enthusiastic students to represent FSU as a Bobcat ambassador! Students are responsible for assisting at Saturday Open House programs (eight this academic year), giving campus tours, attending Open House meetings and team building/leadership workshops.

For info., contact Julie Rando at x4201 or jrand@frostburg.edu.

MCTA September Offerings
A partnership of the Allegany Arts Council, Folklore & Folklife Programming at FSU and FrostburgFirst: A Main Street Community, Mountain City Traditional Arts is dedicated to the education, sales, documentation and perpetuation of traditional art in the Appalachian region.

“Smells Like Teen Knitting”
It’s not too late to join this group, meeting Tuesday evenings beginning Sept. 8 from 7 to 8:30 p.m. through the fall. Beginning to advanced knitters ages 12-20 are welcome.

Tatting Demonstrations During Frostburg’s Block Party
On Wednesday, Sept. 9, starting at 5:30 p.m., stop by to learn about tatting and see demonstrations by Carolyn Groves.

Barbecue! Come and Get It!
Frostburg Methodist Church will host a pulled pork barbecue dinner on Saturday, Sept. 26, from 4 to 7 p.m. Eat in or takeout is available. Tickets, which are $15 for adults and $10 for children 12 and under, must be purchased by Sept. 20 from the FUMC Church Office, Main Street Books or Dave Fell (x4218). Profits from the dinner will support the FUMC Sanctuary Restoration Fund. For info., e-mail dfell@frostburg.edu.

Officials Needed
The local American Youth Soccer Organization is looking for referees. For info., contact Rita Hegeman at x4285 or jhegeman@verizon.net, or Paul Yearling at pyearling@frostburg.edu.

Message Board
FSU-TV3 cablecasts an automated educational and community message channel when not showing video programming. The message channel provides info about FSU events, non-profit organizations and community events. If you have an activity announcement to advertise on the FSU-TV3 message board, log on to www.frostburg.edu/dept/mcom/channel3/admin-pic/cf_upload.cfm, enter the information and click submit. A graphic or pre-made message can be loaded as well. Submit requests at least one week in advance. For info., contact Melanie Lombardi at x3011 or mlombardi@frostburg.edu.

Sept. 7-11 Schedule
For more: http://fsuv3.frostburg.edu/Cablecast/Public/Schedule.aspx?

Monday:
3 p.m. NASA Connect: Virtual Earth
3:30 p.m. NASA Connect: The “A” Train Express
4 p.m. NASA 360, Green Technologies and NASA
4:30 p.m. Learning Math: Patterns, Functions & Algebra: Patterns in Context
5 p.m. Bridging World History: Family and Household
5:30 p.m. The Habitable Planet: Atmospheric Pollution
6 p.m. Essential Science for Teachers: Physical Science: Density & Pressure
7 p.m. Frostburg Roadtrip: New York
8 p.m. Ghosts of Frostburg
8:32 p.m. NASA 360, Green Technologies and NASA
9 p.m. LEAD-TV Fall 2008 Episode 2
9:30 p.m. Think Talk Recruitlete: Featuring HP and Spotlight Featuring Larry Winget

Tuesday:
3 p.m. Down to Earth Episode 2: Earth Week
3:30 p.m. LEAD-TV Fall 2008 Episode 2
4:30 p.m. FSU Men’s Basketball vs. Shenandoah University 12/4/2006
6:30 p.m. FSU Football vs. Moravian College 11/12/2005
9 p.m. FSU Wind Ensemble Concert Fall 2008

Wednesday:
3 p.m. NASA: Destination Tomorrow Program 4
3:30 p.m. NASA: Destination Tomorrow Program 5
4 p.m. Democracy in America: Elections, the Maintenance of Democracy
4:30 p.m. Learning Math: Numbers & Operations: Meanings & Models for Operations
5 p.m. Earth Revealed: Minerals: The Materials of Earth
5:30 p.m. Social Studies in Action: California Missions
6 p.m. American Passages, a Literary Survey: Spirit of Nationalism

Community
StateLines/5
Activities for Life

For info and registration, contact Amy Nazelrod, AFL coordinator, at x7934 or anazelrod@frostburg.edu. Advance registration is required.

Aerobics
Classes will run Monday, Sept. 14, to Thursday, Dec. 10 (no classes Nov. 23 to 26). The following classes will be held in Cordts PE Center 168 – Monday: 7 to 8:30 p.m., Step Combo; Tuesday: 7 to 8 p.m., Cardio Combo; Wednesday: 7 to 8:30 p.m., Step Combo; and Thursday: 7 to 8 p.m., Body Sculpting. After paying a small one-time semester fee, participants can take part in all the above classes. Participants will need 3- or 5-pound weights.

Preschool Tumbling
Half-hour classes will be offered for children ages 3 and 4 Tuesdays, Sept. 15 to Nov. 17, from 4:30 to 5 p.m. in Cordts PE Center 170. This is a parent/child class, and an adult must participate with each child. The class is limited to 12 students who have little or no formal tumbling training. (Children should preferably be potty-trained.) The class will include activities such as cartwheels, rolls and other simple movements. It is designed to teach flexibility, strength, muscle control and coordination.

Beginner Tumbling
Classes for children ages 5 to 12 will be Tuesdays, Sept. 15 to Oct. 13, from 5 to 6 p.m. in Cordts PE Center 170. The class will include basic floor tumbling exercises and some work on the low balance beam. (This is not an advanced tumbling class.) Space is limited to 15 participants, with a minimum of 7.

Intermediate Tumbling
Classes for children ages 5 to 12 will be Thursdays, Sept. 17 to Oct. 15, from 5 to 6 p.m. in Cordts PE Center 170. Prerequisites are a round-off and a kick-over from a bridge (back walk-over). Space is limited to 10 participants, with a minimum of 6.

FSU Events Calendar

MONDAY, SEPT. 7
Labor Day – No Classes – Offices Closed

TUESDAY, SEPT. 8
*Student Ethernet Support ............................... 10 a.m.-2 p.m. .................................. Tawes 107

THURSDAY, SEPT. 10
*Women’s Tennis: Westminster, Westminster, Pa. 4 p.m. ........................................ Away
*Frostburg Block Party Rain Date ........................ 6-10 p.m. ....................................... Main Street

FRIDAY, SEPT. 11
*Student Ethernet Support ............................... 10 a.m.-2 p.m. .................................. Tawes 107

SATURDAY, SEPT. 12
*PRAXIS ......................................................... 6:45 a.m.-5 p.m. .......................... Dunkle Hall
*Women’s Tennis: Penn State Behrend Invitational, Erie, Pa. 4 p.m. ................................ Away

SUNDAY, SEPT. 13
*CCM Mass .................................................. 9 a.m. ........................................ Away
*Women’s Volleyball: Gettysburg College Blast: w/ Mary Washington ................................ 5 p.m. ................................ Away
*Women’s Volleyball: Gettysburg College Blast: w/ Bridgewater ................................ 7 p.m. ................................ Away
*Women’s Soccer: Stevenson, Stevenson, Md. 7 p.m. ................................ Away

*Upcoming events are subject to change. Contact the Office of Activities and Recreation at 301-687-4012 for more information.

FSU Events Calendar

MONDAY, SEPT. 7
*JV Football: W&L vs. Westminster 7 p.m. ................................ Home
*Men’s Soccer: Westminster, Westminster, Pa. 7 p.m. ................................ Away

TUESDAY, SEPT. 8
*Student Ethernet Support ............................... 10 a.m.-2 p.m. .................................. Tawes 107

THURSDAY, SEPT. 10
*Women’s Tennis: Juniata ................................ 4 p.m. ................................ Home
*UCM Operation Welcome .............................. 7 p.m. ................................ Lane 202
*SQA Homecoming Court Info Meeting .............. 7 p.m. ................................ Lane 202

FRIDAY, SEPT. 11
*Student Ethernet Support ............................... 10 a.m.-2 p.m. .................................. Tawes 107

SATURDAY, SEPT. 12
*PRAXIS ......................................................... 6:45 a.m.-5 p.m. .......................... Dunkle Hall
*Women’s Tennis: Penn State Behrend Invitational, Eerie, Pa. 4 p.m. ................................ Away

SUNDAY, SEPT. 13
*CCM Mass .................................................. 9 a.m. ........................................ Away
*Women’s Volleyball: Gettysburg College Blast: w/ Mary Washington ................................ 5 p.m. ................................ Away
*Women’s Volleyball: Gettysburg College Blast: w/ Bridgewater ................................ 7 p.m. ................................ Away
*Women’s Soccer: Stevenson, Stevenson, Md. 7 p.m. ................................ Away

*Upcoming events are subject to change. Contact the Office of Activities and Recreation at 301-687-4012 for more information.

30 Days Has September – Safety First, Please Remember! ✅