

Statelines

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[Frostburg State University](#)

Copy deadline: noon Wednesday, 228 Hitchins or emedcalf@frostburg.edu

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FSU Professors to Present Valentine's Concerts

FSU professors Joan Dixon, Greg Latta and Suzi Mills will present two Valentine's Concerts featuring romantic piano music, Broadway love songs and folk ballads on Friday, Feb. 14, at 8 p.m. and Sunday, Feb. 16, at 3 p.m. in the FSU Performing Arts Center's Pealer Recital Hall.

Selections by Dr. Dixon will include "Liebestraum" by Franz Liszt, "Variation on a Theme of Paganini" by Rachmaninoff, selections from "Beauty and the Beast" by Alan Menken, "Andante" from "Rhapsody in Blue" by Gershwin and "Just the Way You Are" by Billy Joel. Selections by Dr. Latta will include "Reynardine" (traditional), "On the Street Where You Live" and "Shady Grove" (performed on the hammered and Appalachian dulcimers), "That's Amore" (performed on the concertina), and "Choo Choo to You." Selections by Dr. Mills will include "I Will Always Love You," and two original compositions, "The Other Side of the Bed" and "Hopeless." The three musicians will also perform as an ensemble together for several pieces, including "Some Enchanted Evening" by Rodgers & Hammerstein, "How Sweet It Is" by James Taylor, "Can You Feel the Love Tonight?" by Elton John and "Love Changes Everything" by A.L. Webber. Jeff Ward will assist on percussion.

There will be a wine and cheese reception before the concert and at intermission on Friday night. There will be afternoon coffee/tea and dessert before the concert on Sunday. All ticket sales, donations and cash bar proceeds will benefit the FSU Piano Festival and may be used to purchase pianos for the Performing Arts Center. A tax-deductible donation of \$30 or more is requested for two tickets and two glasses of wine (or non-alcoholic beverage) on Friday night, or two tickets and coffee/tea and dessert on Sunday afternoon. To reserve tickets, call the FSU box office at x7462 or make checks payable to FSU Foundation: Piano Festival and mail to Dr. Joan Dixon, Division of Performing Arts—Music, FSU, Frostburg, MD 21532. Tickets may be purchased at the door but advance reservations will help the caterer. For information, call Dixon at x4115.

CES to Present 'Golden Pond' with Jack Klugman

The FSU Cultural Events Series is pleased to announce the addition of a special theatrical performance of "On Golden Pond" to its 2002-03 season. Jack Klugman, one of television's favorite curmudgeons, will appear in "On Golden Pond" with Anita Gillette at FSU on Tuesday and Wednesday, March 18 and 19 at 7:30 p.m. in the Performing Arts Center's Drama Theatre.

This production is part of FSU's Cultural Events Series, with Dinner Show and Arts Getaway Packages available for both shows. This performance is presented in partnership with the Cumberland Holiday Inn, which will also provide discounted room rates to anyone purchasing tickets to the performance.

"On Golden Pond," a critically acclaimed Broadway production by Ernest Thompson, is well known as the popular movie starring Henry Fonda, Katharine Hepburn and Jane Fonda that was nominated for nine Academy Awards.

A touching, funny and perceptive story of a family, the play focuses on the bond between Norman and Ethel, a couple in their golden years. Klugman is perfectly suited to the role of Norman, an almost 80-year-old retired professor with a playful, feisty yet crusty attitude. His wife Ethel, younger by a decade, serves as a perfect foil, with her delight in the little things that have enriched their long marriage. Their divorced daughter Chelsae joins them at their summer vacation home, along with her dentist boyfriend and son. Chelsae suffers from the pain of a father and daughter who love each other but haven't expressed it to one another, while her son adds a fresh note with his youthful spirit.

Klugman, a versatile character actor who appeared on Broadway and in television from the 1950s through the 1990s, is best known for playing sportswriter Oscar Madison in the "The Odd Couple" with Tony Randall as his fussy roommate, Felix Unger. He then played a crime-fighting medical examiner on another series, "Quincy M.E." Anita Gillette's most memorable roles include Mona, Vincent Gardenia's mistress in "Moonstruck" (1987) and Mary-Louise Parker's outspoken mother in "Boys on the Side" (1995). Klugman and Gillette first worked together in 1959 as co-stars in the Broadway show "Gypsy." Later, as Dr. Emily Hanover on "Quincy, M.E.," she went on to "marry" Klugman's character.

Tickets are now on sale for \$29 each and seating is limited.

The Arts Getaway Package transforms your ticket into a delightful getaway for two, with a choice of accommodations at LaVale's Best Western Braddock Motor Inn or the Downtown Cumberland Holiday Inn. Included with one night's stay is breakfast and dinner for two, a special welcome gift at check-in, round-trip transportation between the hotel and FSU's Performing Arts Center and two

preferred seating tickets for the CES performance of your choice.

The Dinner Show Packages, available at seven area restaurants, will turn your Golden Pond evening into a special occasion.

Participating restaurants include the Acropolis Restaurant & Lounge, Gandalf's Restaurant & Pub, Gehauf's Restaurant, Giuseppe's Italian Restaurant, Harrigan's Restaurant and the Tombstone Café. Complimentary transportation is available.

To purchase tickets, call or visit the CES Box Office, Monday through Friday, between 9 a.m. to 3 p.m. The Office is located at FSU in the Lane University Center, Room 235, and can be reached at x3137 or toll-free at 1-(866) TIXX CES. Online ticketing powered by CyberSeats is available at the FSU's Cultural Events Series Web site at <http://ces.frostburg.edu>.

All tickets not purchased in person will be charged a \$1 per ticket handling fee. Payment by credit card (VISA, MasterCard, Discover and Bobcat Card), check and money order is accepted.

TAKE NOTE

Staff Award Nominations Now Being Accepted

The FSU Staff Awards Review Committee is accepting nominations for the 2003 Board of Regents' University System of Maryland Staff Awards. Detailed information on the Staff Awards nomination process has been distributed to all employees in campus mail.

Please consider taking this opportunity to nominate yourself or a fellow employee for a Staff Award. You could be a winner just like Susan Eisel, Administrative Assistant in Health, Physical Education & Recreation here at FSU, was in 2002. Refer to the campus mailing for eligibility requirements and required documentation. Nomination packages are due no later than 4 p.m. on Friday, Feb. 14.

Beneficiary Forms Reminder from OHR

As announced during and after Open Enrollment for Health Benefits last fall, new beneficiary designation forms are required for the following new insurance providers for the State of Maryland as of Jan. 1, 2003.

Enrollments rolled over to these new providers, but beneficiary designations did not.

- Group term life insurance changed from Metropolitan Life to Standard Insurance.
- Voluntary accidental death & dismemberment (AD&D) insurance changed from The American Home Assurance Co. to Metropolitan Life.

The Office of Human Resources still has not received the required beneficiary designation form(s) from all employees enrolled in either or both of these plans. Employees missing either or both beneficiary forms received a reminder memo and another copy of the missing form(s) by campus mail earlier this month. If you got a reminder but have not yet returned the completed, signed form(s) to OHR, please do so immediately. Call Kelly Durst x7487 if you have questions about your coverage or completing the form(s).

Italian Music Professor Comes to FSU in Spring

Luigi Verdi, Italian composer, musicologist and conductor, will teach at FSU during the spring semester, as part of a teaching exchange arranged by FSU professor Jon Bauman, who taught at the Italian Music Conservatory in Adria last spring.

He will also present several lectures on opera, which will be open to the public, during the semester

He has written more than 75 compositions that have been performed in Canada, the United States, Hungary, the Czech Republic and Italy. Over the last 14 years, Professor Verdi has given 14 lectures and participated in numerous musicological exhibitions and symposiums throughout Europe.

Verdi has diplomas in choral music and conducting, band instrumentation, composition and orchestra conducting. He was awarded a Ph.D. from the University of Bologna. He teaches harmony, counterpoint, fugue, and composition at the Music Conservatory in Adria and is the artistic counselor at the Accademia Filarmonica in Bologna.

Complete information about Luigi Verdi can be found in English at his Web site: www.luigiverdi.it.

New University Police Profiling Policy

A full year in advance of the required date for all Maryland police agencies to have a profiling policy, the University Police have formally adopted a policy ensuring that all investigative and enforcement traffic stops will be based on articulable and constitutionally valid reasons. Consideration of a person's race, ethnicity, age or gender in any law enforcement action is specifically prohibited, unless one or more of these characteristics is part of a lookout for a specific suspect. University officers have been trained in the implementation of the new policy, which includes a data collection system to monitor its effectiveness.

"Our officers have always performed so as to make sure profiling wasn't an issue," said University Police Chief Brian Shanley, "but now the community we serve can have an extra degree of assurance that we will deliver our services in a completely professional manner."

Commencement Announcement

Any student planning to complete their studies during the current semester (May 2003) must first officially file for graduation.

Undergraduate students should contact the Registrar's Office (ext. 4349, 144 Pullen Hall), while graduate students should submit all necessary paperwork to Graduate Services (ext. 7053, 141 Pullen Hall). Special mailings and notices regarding Commencement are sent only to those students who have completed all filing requirements. The initial mailing will be sent the third week of March.

Caps and gowns are provided at no charge to all students cleared to participate in Commencement; however, students are responsible

for placing orders in advance. Orders should be submitted to the University Bookstore by March 14. Graduating students are also encouraged to attend the Grad Fair on Tuesday, March 11, from 11:30 a.m. to 5 p.m. in the Manicur Assembly Hall. More information on this event will be distributed later.

Information is always available on the University's website. Go to www.frostburg.edu, click on "current students," then on "academics." A drop-down screen will list Commencement. Click on this for full details on Commencement and related activities: (You may also type in www.frostburg.edu/events/commenc.htm.) For information, contact Beth Deatelhauser in Special Academic Services, ext. 3130, 127 Performing Arts Center, or via email (bdeatelhauser@frostburg.edu).

Gandalf's to Host WFWM Fund-Raiser

Gandalf's Restaurant and Pub on Main Street in Frostburg will hold a fund-raising benefit for WFWM Radio on Friday, Feb. 28, starting at 8 p.m. WFWM is a listener-supported public radio station licensed to FSU and an affiliate station of National Public Radio. Featuring a wide variety of news, musical and cultural programming, WFWM provides a source of listening alternatives for the Western Maryland area.

The benefit will feature three of the Western Maryland area's best bands. Opening the evening's festivities will be Pickin'@Bluegrass, a bluegrass band featuring Tim Custer. Custer is a multi-time winner of the Maryland State Banjo championship and the current Mid-Atlantic banjo champion. Joining Custer in the band is his brother Kevin on upright bass, John Larimer on dobro and guitar, and Dean Shumaker on mandolin and guitar. Shanty Irish will follow the bluegrass with a set of traditional Irish pub tunes. Shanty Irish is a frequently featured performer at the Garrett County Highland Festival and the "house band" of the Cumberland Celtic Fest. The band consists of Mike Burkey on vocals, whistle and bodhran, Steve Owens on guitar and vocals, Woody Getz on guitar, Tommy Dunn on harmonica and tenor vocals, and Jim Moen on fiddle and mandolin. Their soundman, Vic Ward, has volunteered to run sound for the event. The evening will close with a set of blues courtesy of the Channel Cats Blues Band. The Channel Cats have shared the stage with many blues artists, including "Philadelphia" Jerry Ricks, Sherman Robertson, Debbie Davies and Deanna Bogart. In addition to founding members Tommy "T.J." Jenkins on vocals, Pat Sullivan on bass and Terry McManus on guitar, the Channel Cats include Will Voghtman on harmonica and sax, Mark Patrick on keyboards and Bill Ryan on drums.

There will be a \$5 cover charge, with the proceeds from the door going to WFWM. There will also be numerous compact disc giveaways and drawings. You must be 21 or older to attend. For more information, contact Gandalf's at (301) 689-2010 or www.gandalfs.org or WFWM at x4143. For information on the featured bands, all of whom are volunteering their time, see the following Web sites: www.blue-grass.org for Pickin'@Bluegrass; www.shantyirish.org for Shanty Irish; www.channelcatsbluesband.20m.com for the Channel Cats.

Relay for Life Kick Off Rally to be Feb. 12

Relay for Life Kick Off Rally will be Wednesday, Feb. 12, from 7 to 8:30 p.m. in the Leake Room of the Cordts PE Center. Come for refreshments and to learn more about how you can get involved in the Campus-sponsored Relay for Life Event which will be held on April 11 and 12.

For more information, call or e-mail Kristin Warnick at x7598, kwarnick@frostburg.edu or Sean King at x7615, sking@frostburg.edu.

POINTS OF PRIDE

Members of the Department of Physics and Engineering, **Greg Latta**, **Stephen Luzader**, **Hang Deng-Luzader** and **Francis Tam**, attended the annual meeting of the Appalachian Section of the American Association of Physics Teachers at Franciscan University in Steubenville, Ohio, in November. Latta presented the paper "Observing Secondary Emissions of Electrons in Vacuum," Stephen Luzader presented the paper, "Determining the Motion of Comet Hoenig with CCD Images," and Tam presented the paper, "Einstein in Western Maryland – a Best-Kept Secret." Hang Deng-Luzader was elected representative to two-year colleges and Tam was elected section representative and Nomination Committee chair.

This year's annual **Big Band New Year's Eve radio show from WFWM** with local host Ken Heath had an even larger listening audience than in years past. Special arrangements were made with WFWM to simulcast the six-hour show on radio station WCCE, the public radio station at Campbell University in North Carolina. WCCE station manager Travis Autry said the show was a big hit with his listeners and plans to hook up with WFWM again next year. Ken Heath's popular Big Band show can be heard on WFWM at 6 p.m. on Friday throughout the year.

FSU Faculty and staff donated 305 toys and \$70 to the **Toys for Happiness** 2002 Drive.

Eighteen FSU students enrolled in a leadership studies class recently participated in a volunteer service project as part of the **Unity in the Spirit of America** (U.S.A.) Initiative, created to commemorate the victims of the September 11 attacks. The project, entitled "Service Leadership," involved participation in the 2nd Annual County United Way Day of Caring & Sharing in Frostburg. The student volunteers cleaned up roadways and side streets by removing garbage, leaves and debris and painted parking meters on Main Street.

GET INVOLVED

Auditions for 'The Vagina Monologues'

Auditions for "The Vagina Monologues" by Eve Ensler are open to all FSU women and men: students, faculty, and staff. Auditions will be Thursday, Jan. 30, and Friday Jan. 31, from 5 to 7 p.m., in the PAC Drama Theatre. Callbacks (if needed) will be Saturday Feb. 1, from 3 to 5 p.m., in the Drama Theatre.

This year, we will add two new pieces to "The Vagina Monologues" by bringing together groups of women and men to create original monologues reflecting the theme: "What will MY community look like when violence against women and girls no longer exists?" this marks the first time men will participate in productions of the play.

WOMEN: For the auditions, prepare your favorite monologue from the college campaign script. These pieces do not need to be memorized. If you do not want to be considered for a role in the play, but would like to participate in the original group piece, please let us know!

MEN: Although we cannot consider you for actual roles in the play, we WANT you to become involved by helping to create the men's original monologue! Please pick up an information sheet at the PAC Theatre Office, located on the 3rd floor.

College Campaign scripts can be checked out at the Theatre Office, 3rd floor, PAC, for 24-hour periods. If you have questions please contact director Christy Leake (301-689-0012; periwinkles@prodigy.net), or V-DAY coordinator Nicole Mattis (x3212; nmattis@frostburg.edu).

Benefit performances will take place on Feb. 26 & 27. Proceeds from the shows will go to Dove Center of Garrett County and Family Crisis Resource Center (FCRC) of Cumberland. This year's V-DAY Spotlight is on American Indian and Canadian First Nations Women.

In keeping with the V-Day 2003 theme of "From V-Day to V-World: Envisioning a World Without Violence," we are able to create and perform two new monologues. The first must be written and performed by men, the second must be written and performed by women. And each must be developed in a separate workshop environment -the men workshoping the men's monologue, the women workshoping the women's monologue. We hope to assemble as many men and women as we can to write the respective pieces. Cast members of The Vagina Monologues can participate in the development of these new monologues, but we hope for many others to be involved in the writing/performing of these pieces.

The focus of both should be "What will my community look like when violence against women and girls no longer exists?" Each group should create a narrative, a universe, a journey, an emotional experience, or a vision of what the world will look like when the violence ends. The monologue might be a plea, a rant, an enlightened narrative, a hip-hop journey of ambiguity, an emotional story. It might include the way we are going to get there, what is in our way, why we are afraid of peace, how different it will feel, taste, seem. The more specific the images, the stories, the feelings - the better. The monologues shouldn't be too long and they will be the last two monologues in our production, with the men's piece second-to-last and the women's piece last. These monologues will not only enhance our production and make it very much our own but, because our extended community will participate in the processes of creating and performing them, they will be part of the beginning of the end of violence against women and girls in our community. Please attend the first meeting on Sunday, Feb. 2, from 3 to 4 p.m., Room 224 of the PAC.

United Campus Ministry

UCM will go ice skating at the Riverside YMCA in Cumberland at 7 p.m. on Wednesday, Jan. 29. Meet behind Ort Library at 6:30 p.m.

VOLUNTEERS

Students Offer Free Tax Preparation Assistance

Free help preparing 2002 tax returns is available through the IRS-sponsored VITA (Volunteer Income Tax Assistance) Program at FSU.

Help with basic federal and Maryland income tax returns will be offered from early February through early April by College of Business students who have been trained and approved by the IRS.

The VITA program offers this assistance to taxpayers filing Form 1040EZ, Form 1040A, or a basic Form 1040 federal tax return. Volunteers will alert taxpayers to special credits and deductions for which they may be eligible.

Appointments must be made in advance by calling Joyce Middleton, VITA site co-coordinator, at x4154. Students will work Saturdays from 11 a.m. to 3 p.m. in FSU's Frampton Hall (except for March 22 and 29). A drop-off service will also be available throughout the week.

Taxpayers arriving for an appointment should bring any tax packages mailed by the IRS and the state, Form W-2 from all employers, interest and dividend statements (Form 1099), a copy of last year's returns, if available, and any other relevant information about income and expenses. Taxpayer and dependent social security numbers and birth dates are also needed.

Faculty members will oversee the student preparers who include Bob Arbogast, Dee Dee Gamble, Kelly Saulpaw, Carleena Sines and April Witt.

Freezin' for a Reason!

Join us for our fourth year supporting Special Olympics Maryland at their Winter Games with the DUNK on Feb. 22, at 2 p.m. at Deep Creek Lake at the beach behind Uno Restaurant in Oakland

Friends, family, co-workers and neighbors are more than willing to sponsor you to take an icy dip in February. With your \$50 minimum in pledges, you will receive the official Dunk sweatshirt, complimentary Uno lunch and group color photo.

Sponsors forms are available at the University Advancement Office, Lane University Center Information Desk, Chris McKnight's Office in Cordts P.E. Center and the Public Safety Offices.

To pre-register and guarantee your sweatshirt on the day of, visit www.somd.org and click on the Dunk logo. Or call (800) 541-7544 (in MD only) or (410) 290-7611, x3010 (call-in line is open 24/7). Pre-registration deadline is Feb. 11. You may also register on-site beginning at noon on Feb. 22. (Note: if you do not pre-register, Special Olympics cannot guarantee your sweatshirt size).

Dunkers raising more money are eligible for the following premiums:

- \$500-999 \$50 package + fleece pullover (basic package)
- \$1000-2499 Basic package + sports cap and bag
- \$2500-4999 Basic package + sports cap and bag + Cal Ripken Jr. auto-graphed item
- \$5000+ Basic package + sports cap and bag, assorted sports memorabilia

Special prizes will be awarded for:

- Dunkers raising the most money (first, second and third)
- Law Enforcement officer who raises the most money
- Best Costume

What You Need to Do The Day Of The Dunk: Bring your family, your friends and come out for a great day with music, food, a wacky costume contest, lots of great giveaways and tons of fun!!

You must bring your completed registration with you and all money raised-turn this in at registration. Dunk attire is swimsuit ONLY! T-shirt is optional, but absolutely no wet suits. Shoes or surf mocs are required. The sand is very cold!

Don't Miss "The Night Before" Concert Feb. 21 from 6 p.m. to midnight featuring "MAMA JAMA." \$20 gets you tubing and grooving to the music, plus a meal! Food & drinks will be sold.

For more information Call 800-541-7544, x3021. (No registration required for this event). If you have any questions or require more information, please call the Center for Volunteerism and National Service at x4210.

Read to Succeed! Volunteers Sought

Want to earn volunteer hours? Want to work with children? "Read to Succeed," an AmeriCorps literacy program based out of FSU needs tutors for two after school programs. One will be Wednesdays from 2:30 to 3:30 p.m. at St. Michael's School. Tutors will work with children in grades K-5, tutoring one-on-one and working in small groups. A second opportunity will be at FSU Ort Library Tuesdays and Thursdays from 5 to 7 p.m. Tutors will work with K-8 student in math, science and literature. All volunteers will be trained. Call Lamel Moore at x7598.

JOBS, JOBS, JOBS

Summer Upward Bound Positions Available

Upward Bound is seeking one Head Resident and eight Tutor/Counselors for its summer residential program on FSU's campus. Upward Bound is a federally funded program that encourages qualified Allegany County high school students to seek education beyond secondary school. The summer residence program provides the main focus and aims to provide students with a sample of the college experience. Tentative dates are from June 8 to July 25 (includes five days of training). Head Resident (requires Bachelor's degree) salary is \$2,750. Tutor/Counselor salary is \$1,950. Room and board is provided. Deadline for applying is Feb. 26. For more information, contact the Upward Bound office at x4994 or visit the Web site at www.frostburg.edu/clife/ubp

ACTIVITIES FOR LIFE

Aerobics Classes

Aerobics classes will be offered Mondays through Thursdays throughout the spring semester. From Feb. 10 to March 31, classes will be held at 7 p.m. From April 1 to May 8, classes will be at 6 and 7 p.m. There will be no class the week of March 24-27.

All classes are held in Room 165 of the Cordts Physical Education Center.

The class schedule for the first half of the semester is as follows: Monday, Kickboxing/Hi-Lo Combo; Tuesday, Body Sculpting; Wednesday, Zesty Moves, Thursday, 20/20/20. All classes are at 7 p.m.

For the second half of the semester, the following 6 p.m. classes will be added: Monday, Bootcamp; Tuesday, 20/20/20; Wednesday, Kickboxing/Abs; Thursday, Step.

For a single fee, participants are able to take part in any or all of the above mentioned classes for the entire semester. Instructors are Jo Mason and Ana Guterrez.

Wing Chun Gung Fu Class

A Modified Wing Chun Gung Fu class will be offered on Mondays, Feb. 10 to March 17, from 5 to 6:30 p.m. in Cordts Physical Education Center Room 170.

This class is a blend of traditional Wing Chun Gung Fu and the principle and concepts of Bruce Lee's Jeet Kuno Do. In this course students will develop a strong base steeped in Wing Chung Gung Fu form application drills. As the student progresses, other techniques from Jun Fan kickboxing, Filipino stick fighting and ground defense will be introduced, giving the Modified Wing Chun Gung Fu practitioner a well-rounded form of "Street Self Defense."

Rod Hillegass, who is a full instructor Jeet Kune Do Kali~Silat, offensive fighting tactics under Guru John Lopez, will instruct the class. Hillegass will be giving a free demonstration on Wednesday, Feb. 5 at 6 p.m. in PE Room 170.

For information on the class, contact Hillegass at sifurod@netscape.net.

Yoga Fitness Class

A Yoga Fitness class will be offered on Tuesdays from Feb. 11 to May 13, from 5:15 to 6 p.m. in the Cordts Physical Education Center Room 106. There will be no class March 25.

Yoga can help the mind and body feel stronger and less stressed. It's a form of meditation that uses physical exercises and breathing techniques to develop awareness, stability and better health. Anyone can participate in yoga. Each person works according to an individual body's limits. Class size is limited; advance registration is required. Jo Mason will instruct. Participants must supply their own mats.

Pre-School Tumbling Classes

Two Pre-School Tumbling classes will be offered on Wednesdays from Feb. 12 to May 7 from 5 to 5:30 p.m. and 5:30 to 6 p.m. Natalie Shannon will teach the class in Cordts PE Center Room 170.

Each class is limited to 10 students and is designed for children 3 and 4 years old who have little or no formal tumbling training. (The AFL center prefers that the children are potty-trained.)

The class will include activities such as cartwheels, rolls and other simple movements. The class is designed to teach flexibility, strength, muscle control and coordination.

There will be no class March 26. Advance registration is required.

Youth and Advanced Swimming Lessons

Youth and Advanced Swimming Lessons for children ages 5 to 12 will be offered on Mondays, Wednesdays and Fridays, Feb. 10 to Feb. 26 The classes will be from 6 to 6:50 p.m. in the FSU Pool in the Cordts PE Center.

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

Advance registration is required.

Beginner Tumbling Class

A Beginner Tumbling class will be offered on Tuesdays and Thursdays, from Feb. 11 to March 20, from 4:30 to 5:30 p.m. The class will be held in the Cordts Physical Education Center Room 170. The class is for children between the ages of 5 and 12 who have little or no formal tumbling training.

The class will include basic floor tumbling exercises and some work on the low balance beam. Natalie Shannon will be instructor.

Space is limited, so advance registration is required.

Water Aerobics

Water Aerobics will be offered on Tuesdays and Thursdays, Feb. 11 to March 13 from 6 to 6:50 p.m., at the FSU pool in the Cordts Physical Education Center.

This class is geared towards 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.

Space is limited, so advance registration is required.

For information and registration on any Activities for Life program, contact Amy Nazelrod, Coordinator at x7934.

INTERNATIONAL

New Electronic Newsletter for the CIE

Students, faculty and staff who want to find out about the latest study abroad or international news can now go directly to the CIE's electronic newsletter. Every month the letter will be updated with news about study abroad programs and deadlines, scholarships, photos, contributions from returning study abroad and international students, information about the latest INS and Dept. of State regulations, travel advice and upcoming international events on campus. To find the newsletter, either go to the CIE homepage at <http://www.frostburg.edu/admin/cie/cie.htm>, or link directly to it by going to <http://www.frostburg.edu/admin/cie/newsletter.htm>.

Apply Now for Summer Study Abroad

The CIE is taking applications for summer study abroad programs. Many programs are available, either through FSU (Oxford, Ireland, Ecuador, Ghana, Germany) or through other organizations such as ISEP (Chile, Finland, France, Germany, Korea, Malta, Thailand, Scotland, Ireland) and AIFS (Austria, China, Czech Republic, Italy, Poland, Russia, South Africa, Spain). Scholarships are available.

Social Work Field Experience in Ireland

In conjunction with Salisbury University and Hood College, FSU will sponsor a fieldwork experience for Social Work majors this summer in Limerick, Ireland. Students will enroll for the FSU course SOWK 498 and will complete 100 hours of field work at a social services agency. Side trips to Dublin and other parts of the country take place on weekends. For more information, contact the CIE or Dr. Maureen Connelly at x4998.

Study in Germany This Summer with FSU

Students who are interested in spending the first part of the summer taking a FSU course in Germany are encouraged to apply to the CIE. The course on offer is SOCI 450, "Classic Sociological Theory" and will be taught by Dr. Anthony Crosby (x4391, 022 Guild Ctr.). Dr. Crosby will also supervise independent studies for students who want to focus on German culture. Approximate cost for

program, including tuition, housing, some meals, airfare, Eurail pass and other fees is \$2,700 (in-state) or \$3,000 (out of state). Deadline will be late February, early March.

Intensive Language Programs Through ISEP

The International Student Exchange Program is offering three intensive language programs this summer for students who are interested in improving their Spanish (Chile), French (Chambéry, France), or German (Braunschweig, with excursions to Berlin and Hamburg). For information, link to <http://www.isep.org/nus/summer.html> or contact the CIE.

Art in England This Summer

Students who would like to spend three weeks in Oxford, England taking a FSU art course are encouraged to apply now for the Summer in Oxford program. This program is sponsored by FSU, Indiana University in Pennsylvania, and a consortium of other colleges and universities from the surrounding area. The program normally takes place during the last three weeks of August. For more information, contact Dr. Judy Dieruf in the Visual Arts Dept. at x4320.

Study Abroad Programs

The Center for International Education offers a variety of ways for FSU students to see the world. In many cases, students register at FSU during a semester abroad and can take all financial aid with them and transfer credit back to FSU. For information on any of the programs or scholarships that may be available, check with Dr. Amy Simes at the CIE in the Fuller House on Braddock Road, call her at x3091 or e-mail her at asimes@frostburg.edu, or visit the CIE's new and improved Web page at www.frostburg.edu/admin/cie/cie.htm.

Study in Non-traditional Locations

FSU is affiliated with the School for International Training. This enables FSU students to study through SIT in over 50 locations while remaining registered at FSU. All financial aid will transfer. SIT offers programs in Africa, Asia, South America, Europe and Australasia. This is a fantastic opportunity for students who would like to spend a semester, year or summer off the beaten track.

Semester Overseas for Same Price as FSU

The International Student Exchange Program (ISEP) allows FSU students to register at FSU, pay FSU tuition and housing, and then study overseas for a semester, year or summer at one of more than 140 locations. Students may take financial aid with them and may apply for scholarships from the CIE and from ISEP. Students may choose programs taught either in English or other languages. For the price of an airline ticket, this is a great way to earn credit toward your FSU degree while enjoying life in a foreign culture. Apply now for summer or fall 2003.

Gain Work/Volunteer Experience Overseas

Students interested in working abroad should come by the CIE for information about internships, volunteer organizations and paid work overseas. Many organizations help students obtain jobs and work permits, and some help to arrange housing as well. Students can choose from short experiences (one to two months) to longer experiences (four to 12 months), or even look into a more serious commitment (one to three years). Destinations are available throughout the world.

Do Your Student Teaching in Copenhagen

Education majors who would like to earn a semester of FSU credits while studying in Denmark should apply for the spring semester exchange program with the KDAS School of Teacher Training in Copenhagen. Students complete projects and spend several weeks in Danish schools practicing student teaching skills. All courses are in English. Financial aid transfers and scholarships are available.

Study in Limerick, Ireland

Students interested in taking part in the Ireland Exchange Program in Limerick are encouraged to pick up an application at the CIE. Participants study at Mary Immaculate College and take one FSU class and three MIC classes. All financial aid will transfer and scholarships are available. Apply now for spring 2004.

Study in Newcastle, England

Students interested in studying at the University of Northumbria in Newcastle, England, may apply now for the fall 2003 semester. Newcastle is one of the liveliest cities in the UK, just across the Channel from Amsterdam, and three hours north of London (one hour south of Edinburgh) by train. Courses are available in a wide variety of subjects. The cost of the program is about the same as one semester at FSU (in-state) and all financial aid will transfer.

Financial Aid for Studying Overseas

FSU students are able to transfer all federal financial aid overseas to help pay for study abroad programs, along with state and institutional aid for most FSU sponsored programs. The CIE also awards study abroad scholarships of \$500 and \$1,000 to qualifying students. Scholarship deadline for summer, fall and academic year programs is March 15. Many other state and national scholarships are also available to help cover overseas costs.

Choose from Over 20 Locations to Study

FSU affiliates with the American Institute for Foreign Study (AIFS), which offers study abroad programs in a variety of locations at universities around the world, including Richmond College in London. Programs are open to all majors. Study in Prague, South Africa or Japan. You may register at FSU and use your financial aid for all programs. AIFS offers scholarships to qualified students. Take advantage of free rail pass offers.

Study Down Under

FSU is affiliated with AustraLearn, an organization that provides unique opportunities for students to study at universities in Australia and New Zealand. AustraLearn arranges cheap flights, an orientation program on the Great Barrier Reef, pre-registration and transcript evaluation. Students may choose from a broad range of courses at campuses in beautiful and exotic surroundings. Scholarships are available from both FSU and AustraLearn.

Learn More about Study Abroad

Students who would like to learn more about study abroad opportunities and how they fit into a degree program may come to the CIE. The staff will provide an overview of programs and requirements and have applications available. Scholarship and financial aid information will also be available. Students may use the CIE library and computer to search for programs. Many videos are also available.

Music from Around the World

Tune in to the university radio station, WFWM (91.9 FM), every Wednesday between 7 and 8 p.m. for “Planet Frostburg.” Listen to both traditional and contemporary world music and get the latest about study abroad.

SAFETY MESSAGE

In Case of Fire

Fire alarm procedures for staff:

- Be familiar with a primary and alternate evacuation route from each area in which you are assigned to work.
- When an alarm sounds, proceed in a safe and orderly fashion to the nearest clear exit. In cold or inclement weather, take outer clothing.
- Use the secondary exit if there are smoke or flames between you and the primary exit.
- If you are supervisor, be sure that your employees react promptly to the alarm.
- Use the stairs, not the elevator.
- Assist any disabled individuals. If you can't help the disabled person out of the building, assist him/her to an enclosed stair tower, safe from smoke, flame and gases. If you leave a disabled person in a stair tower, be sure to notify fire personnel.
- Instruct students or others to evacuate via the nearest clear exit.
- Do not congregate near exits.
- If, in your personal judgment, time and conditions permit, turn off all heat-generating appliances. Likewise, secure cash, valuables and sensitive data, and shut doors and windows.
- Do not re-enter the building until University Police give the “all-clear.”

Procedures for faculty:

- Be familiar with a primary and alternate evacuation route from each area that you teach in. Evacuation route information (including instruction not to use elevators) should be shared with students during the first meeting of each class and each time a fire alarm sounds.
 - When an alarm sounds, release the class IMMEDIATELY, telling students to proceed in a safe and orderly fashion to the nearest clear exit. You should evacuate also.
 - If, in your personal judgment, conditions permit, heat-generating appliances should be turned off in the exit process. Doors and windows should be shut.
 - Assist in preventing students from congregating near building exits.
 - The building should not be re-entered until University Police give the “all clear.”
 - Requirements to leave the building apply to faculty during non-teaching times as well.
- Questions? Contact James King at x4897, public safety.

FSU Events Calendar

Look for the FSU weekly events calendar on the Web at <http://www.frostburg.taedu/weekcal>

MONDAY, JANUARY 27

Advising & Registration New, Non-Registered Students Only
9:00 a.m. Lane University Center

TUESDAY, JANUARY 28

Classes Begin

* Panhellenic Council Movie Night.... 7:00 p.m..... Manicur Assembly Hall

WEDNESDAY, JANUARY 29

* CAB Poster Sale.. 10:00 a.m.-5:00 p.m.. Atkinson Room

* CAB Build-A-Bear Program... noon-4:00 p.m..... Loft

* Women's Basketball: LaRoche College..... 6:00 p.m..... Away

* Men's Basketball: LaRoche College..... 8:00 p.m..... Away

THURSDAY, JANUARY 30

- * Career Services State Farm Insurance Display..... 10:00 a.m.-4:00 p.m..... Lane 142
- * CAB Poster Sale.. 10:00 a.m.-5:00 p.m.. Atkinson Room
- * CAB Video Game Bingo 7:30 p.m..... Manicur Assembly Hall

FRIDAY, JANUARY 31

- * CAB Poster Sale.. 10:00 a.m.-5:00 p.m.. Atkinson Room
- * First Night Frostburg... 8:00 p.m.-2:00 a.m..... LUC

SATURDAY, FEBRUARY 1

- * Men's & Women's Indoor Track: Penn State Invitational, University Park, PA..... Away
- * Men's & Women's Swimming: Penn State-Altoona..... 1:00 p.m..... Away
- * Women's Basketball: Lake Erie College 2:00 p.m..... Home
- * Men's Basketball: Lake Erie College 4:00 p.m..... Home

SUNDAY, FEBRUARY 2

- * CCM Mass noon & 8:00 p.m. Cook Chapel
- * Planetarium: "*Neptune, Eskimo Skies and Nebulae.*"
4 & 7 p.m. Tawes Hall

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

FSU is committed to making all of its programs, services, and activities accessible to persons with disabilities. You may request accommodations through the ADA Compliance Office, 302 Hitchins, 301-687-4102, TDD 301-687-7955.

Take Care. You are Important to Us.