

open to the public.

A dinner theatre special in partnership with Giuseppe’s Italian Restaurant is available, which includes a five-course meal with tax and tip included. Transportation is available.

For information, reservations and menu selection for the dinner-theatre, contact the Lane Center Box Office at x4411, Monday through Friday between 10 a.m. and 2 p.m.



Take Note

For Students Planning to Graduate In May

Any student planning to graduate in May must file for graduation at the Registrar’s office, if he or she has not already done so. Information regarding Commencement is sent only to those students who have completed all filing requirements. The initial mailing will be sent the first week in March.

Advance information may also be obtained at the Commencement Web site: Go to www.frostburg.edu, click on the “news and events” link, click on Commencement and navigate to the information desired.

Caps and gowns are free to all students, but they must be ordered in advance. Orders should be placed at the University Bookstore by March 16. All graduating students are also encouraged to attend the Grad Fair Thursday, March 8, from 11 a.m. to 5 p.m. in the Manicur Assembly Hall. More information on this event will be distributed later.

New Policy on Academic Progress in Financial Aid

Federal regulations require that institutions of higher education establish minimum standards of “Satisfactory Academic Progress” (SAP) for students who receive federal financial aid including Pell Grants, Supplemental Educational Opportunity Grants, College Work-Study, Federal Stafford Loans, PLUS Loans, Maryland State Scholarships as well as FSU Grants. As a result, the FSU Financial Aid Office is required to measure a recipient’s progress towards obtaining a degree in terms of both cumulative grade point average and credits earned. This evaluation is done annually and students who do not meet these requirements will not be eligible to participate in the programs identified above. However, students who do not meet the standards have the opportunity to appeal the suspension of their aid where mitigating circumstances exist. The appeal process is described in the university catalog and is provided to students when/if they are identified as not meeting SAP.

In addition to the minimum GPA requirements described in the policy (see university catalog), the Financial Aid Office will implement a changed policy regarding the completion rate of credits attempted (effective 5/26/01). The new policy states, “A student must

have successfully completed 67 percent of his/her cumulative attempted credits (including attempted hours for summer session and intersession enrollments) in order to maintain financial aid eligibility for the ensuing academic year.”

It is the responsibility of the applicant to read and understand the policy regarding academic progress. Students may visit the Financial Aid Office in Pullen Hall if they have any questions.

Have You Filed Your 2001-2002 FAFSA Yet?

If not, the FAFSA should be mailed no later than Monday, Feb. 5, to meet the March 1 priority deadline for federal, state and university grants.

FAFSA forms are available in the Financial Aid Office, 114 Pullen Hall, along with the FSU Scholarship Rapid-App brochures, Hope Scholarship information and other materials relating to financial aid and scholarships.

Safety Tips Review Sessions Scheduled

The Office of Human Resources, Safety Office, will be available at the following locations to answer questions, distribute office safety handouts, discuss the latest OSHA Standards and general fire evacuation procedures:

- Feb. 5, 9:45 a.m. Framptom Hall, Second Floor Lobby
 - Feb. 5, 1:15 p.m. Framptom Hall, Second Floor Lobby
 - Feb. 5, noon Guild Center, Main Lobby
 - Feb. 5, 3:15 p.m. Guild Center, Main Lobby
 - Feb. 6, 1 p.m. Dunkle Hall First Floor Lobby
 - Feb. 6, 2 p.m. Fine Arts Main Lobby
 - Feb. 6, 3 p.m. Lowndes Hall, Main Lobby
 - Feb. 7, 9:30 a.m. Library, Second Floor Lounge Area
 - Feb. 7, 1 p.m. Library, Second Floor Lounge Area
 - Feb. 7, 3:15 p.m. Cordts Center, Main Office Complex
- Other sessions will follow for those administrative and academic building office employees.
- The Safety Office looks forward to seeing you at one of the above sessions. Call for a change or a specific topic to be discussed.



Scholarships

National Federation of the Blind

The National Federation of the Blind has a large and prestigious scholarship program available solely to persons who are legally blind. The Federation’s program will award 30 scholarships to high-achieving, legally blind students next summer. The awards range from \$3,000 to \$10,000.

Applications may be obtained from the Financial Aid Office or in the scholarship section on the second floor of the Library. Deadline to apply is March 31.



Activities for Life

Aerobics

Aerobics classes will be offered from Feb. 5 to May 10 in Room 165 of the Cordts PE Center.

- The schedule is as follows:
- Mondays at 6:30 p.m., Step;
 - Mondays at 7:30 p.m., Kickboxing;
 - Tuesdays at 6:30 p.m., Boot Camp;
 - Tuesdays at 7:30 p.m., Kickboxing or Hi-Lo;
 - Wednesdays at 6:30 p.m., Hi-Lo or Kickboxing;
 - Thursdays at 6:30 p.m., Step;
 - Thursdays at 7:30 p.m., Hi-Lo.
- Instructors are Eve Schott, Suzi Strelczyk and Marci Hunt. There will be no class the week of March 19 to 22.

Modified Yoga

A modified yoga (stretch, strengthen and relax) class will be offered on Wednesdays from Feb. 7 to May 9 from 7:30 8:30 p.m. in room 165 of the Cordts PE Center.

The class will focus on flexibility, strength and stress release of the body. It will incorporate a full range of motion and static stretching for enhanced flexibility. The use of the participant’s own body weight, resistant bands and light weights will build strength. The class will finish with a guided relaxation that centers in on each individual to de-stress and re-energize body, mind, and spirit.

Participants are encouraged to bring a mat to sit on. Instructor will be Catherine Rhodes.

There will be no class March 21 during spring break.

Advance registration is required.

Ballet

Ballet classes will be offered this semester for students at various skill levels under the direction of Susan Manger, who studied at the Washington School of Ballet on full scholarship.

Pre-Ballet & Creative Movement will be offered for children ages 7 and 8 on Wednesdays from 4 to 5 p.m. from Jan. 31 to May 16. This class will teach the mechanics of dance and articulation of the body. Through imagery and action, children will explore movement, solve problems and gain perception of space, time and energy. Both the control and risk involved in movement will be stressed.

Ballet I will be offered on Thursdays from 4:30 to 6 p.m. from Feb. 1 to May 17. This class is the first level of a formal ballet class, with emphasis on placement and purity of movement.

Intermediate Ballet will be offered from 4:30 to 6 p.m. on Tuesdays from Jan. 30 to May 15. This is a formal ballet class for teenage and adult students. It will include the elements from the Duncan technique to explore the use of the solar plexus as the source of all movement. A Pointe Work class will be offered to students in the Intermediate Ballet class from 5 to 6 p.m. on Wednesdays from Jan. 31 to May 16. Registration for Pointe Work is by permission of the instructor only.

All classes will be in the Cordts PE Center dance studio. Advance registration is required.

Water Aerobics

Water Aerobics will be offered Tuesdays and Thursdays from Jan. 30 to March 1 from 6 to 6:50 p.m. at the FSU Pool in the Cordts PE Center.

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

The class will be taught by Lynn Dunbar. Space is limited, and advance registration is required.

Youth Gymnastics

Youth Gymnastics for girls ages 5 to 12 will be offered on Tuesdays and Thursdays from Jan. 30 to March 8.

The beginner class will be from 4 to 5 p.m., and the advanced class will be from 4 to 5:30 p.m. in Room 170 of the Cordts PE Center.

Cindy Reese and Krista Zaloga will instruct the classes. Children are taught basic compulsory routines established by the USA Gymnastics Association. Apparatus and events will include floor exercise, vaulting, uneven bars, and balance beam. Space is limited, so advance registration is required.

For information and registration for any of these classes, call Center Coordinator Amy Nazelrod at x7934.

Volunteers



Read to Succeed!

Want to earn volunteer hours? Want to work with children? "Read to Succeed," an AmeriCorps literacy program based out of FSU, is looking for volunteers. Designed to provide students K-8 with free tutoring, "Read to Succeed" currently offers tutoring sessions at 2 sites and times: the FSU Ort Library on Tuesdays and Thursdays from 5 to 7 p.m. and St. Michael's Elementary School on Wednesdays from 2:30 to 3:30 p.m. Volunteers will be trained. Please contact Rhonda Schwinabart at x4191.

FSU Students Offer Free Tax Prep Assistance

Free help preparing 2000 tax returns is available through the IRS-sponsored VITA (Volunteer Income Tax Assistance) Program at FSU (FSU).

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

The VITA program offers this assistance to taxpayers who file 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. Student volunteers will work Saturdays from 11 a.m. to 3 p.m. in FSU's Framptom Hall. A drop-off service will also be available.

Taxpayers should bring the 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 to their appointments.

Volunteer faculty members will oversee the student preparers, who include Jeff Broadwater, Brenda Browning, Marianna Herpel, Kim Kearchner, Alison Menken, Shelley Miller, Kelly Saulpaw, Carleena Sines and Heidi Yoder.

Jobs,Jobs,Jobs



Regional Math and Science Center

Do you have excellent communication and leadership skills? Would you like to lead an exciting residential program this summer? If so, you could be the Head Resident for the Regional Math and Science Center at FSU! Call x4295 for more information.

Are you skilled in math, science, and/or technical writing? Do you have great interpersonal skills? If so, you could be a Tutor Counselor (T/C) for the Regional Math and Science Center at FSU! Call x4295 for more information.

Summer Positions with Upward Bound

The Upward Bound Program seeks one Head Resident and eight Tutor/Counselors for a seven-week residential program designed to encourage and motivate qualified high school students to pursue post-secondary education. Available June 10 to July 27, 2001, (tentative dates) and includes one week of training. Deadline to apply is March 1.

Head Resident: Salary: \$2,750. Position will coordinate and evaluate summer residence hall programs; supervise approximately 50 students and tutor/counselors; schedule staff meetings and other training; supervise and help develop evening activities and field trips; act as liaison between residential and administrative staff. Bachelor's degree required.

Tutor/Counselors: Salary: \$1,950. Positions will serve as residence hall supervisors & tutors in various academic areas; chaperone field trips; conduct recreational activities; assist classroom instructors; conduct small group tutoring/study sessions; create, maintain and enforce a safe, positive and productive residence hall living environment. One year undergraduate experience required.

Positions include room and board. For more information, contact the Upward Bound office at x4994.

Upward Bound Tutoring Positions

The Upward Bound office is accepting applications from students who are able to tutor algebra, geometry, calculus, trigonometry, biology, or chemistry at the high

school level. Applications and information can be obtained from the Upward Bound office at 121 Sand Spring Hall or by calling x4994. Pay is \$5.50 per hour.



Speakers

Appalachian Lab

The Appalachian Laboratory spring 2001 seminar series will begin Thursday, Feb. 1, with a special seminar by Marjatta Itkonen, a graphic designer from Finland and owner of STUDIO VIIIVA in Helsinki. Itkonen will present a seminar on how to make scientific presentations more visually appealing. The seminar is designed for those wishing to improve their skills in visual presentations, e.g., posters. The seminar will be at 3:30 p.m. in AL Room 109. For further information, contact Alison Wiklund, wiklund@al.umces.edu.

International



Spend the Summer Overseas! Find Out How

Students who are interested in taking part in one of FSU's summer study abroad programs are invited to attend an information meeting on Tuesday, Feb. 6, at 5 p.m. in the Leake Room of the Cordts Physical Education Center. These programs are open to all students who will have completed two or more semesters by next summer. In the summer of 2001, FSU will sponsor five programs abroad: Social Philosophy in Germany with Dr. Joy Kroeger Mappes; Social Work Field Experience in Limerick, Ireland with Dr. Maureen Connelly; English and Spanish programs in the Andes of Ecuador; Art and Design or Humanities and Social Sciences in Ghana, West Africa; Watercolors and other courses in Oxford, England. Financial aid is available for qualifying students. Program coordinators will be available to answer specific questions about each program.

Get Ready to Go to Ireland in Spring 2002

The Center for International Education is starting to take applications for the Ireland Exchange Program in Limerick, Ireland which will take place spring semester of 2002. An information meeting will be Tuesday, Feb. 20, at 5 p.m. in Room 202 of the Lane Center. Students who are interested in applying for this program should plan to attend.

Money to go Overseas!

Students planning to apply for study abroad programs for the summer session 2001, fall semester 2001 or academic year 2001-2 may pick up scholarship applications from the CIE. Application deadline is March 15. Only students accepted to an FSU-sponsored study abroad program may apply.

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 course 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.

Applications for fall semester 2001 and academic year 2001-2 programs listed below are now being taken:

Semester Overseas for Same Price as FSU

The International Student Exchange Program 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 over 200 locations. Students may take financial aid with them and may apply for scholarships. Students may choose programs taught in either English or in other languages. For the price of an airline ticket, this is a great way to earn credit towards your FSU degree while enjoying life in a foreign culture.

Study in England's Most Exciting City!

Students interested in studying at the University of Northumbria in Newcastle, England, during fall 2001 should contact the CIE for an application form. 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. Course offerings are available in a wide variety of subjects. The cost of the program is the same as one semester (in-state) at FSU, and all financial aid will transfer. Applications are being accepted for fall 2001.

Beaches, Barbecues and Kangaroos

FSU is now affiliated with AustraLearn, an organization that provides unique opportunities for students to study at a variety of universities in Australia. AustraLearn arranges cheap flights, a weeklong orientation program, advance registration and transcript evaluation. Students may choose from a variety of Australian and New Zealand universities, all offering a broad range of course offerings at campuses set in beautiful and exotic surroundings. Scholarships are available from both FSU and AustraLearn. Applications for fall 2001 are being accepted.

Celebrate Oktoberfest in Germany

FSU students who would like to take part in UMC's semester programs in Schwabisch Gmund in southern Germany are advised to apply to the CIE. The campus is part of the University of Maryland system, and all credits transfer back to FSU. Live in a beautiful village and study on a campus with international students from over 80 countries. All teaching is in English. Scholarships are available from both FSU and UMC. Apply for fall 2001 now.

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. 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. Apply now for summer and fall 2001.

More Money to Go Overseas!

Scholarship applications are available at the CIE office for a number of different programs, including the National Security Education Program (NSEP), the Fulbright program and the Rotary Club. Applications for Ambassa-

dorial Scholarships from Rotary International have just arrived for 2002-3. Come see how you may qualify for thousands in scholarship dollars.

Gain Valuable Work/Volunteer Experience

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 (1-2 months) to longer experiences (4-12 months), or even look into a more serious commitment (1-3 years). Destinations are available throughout the world.

FSU Events Calendar

Look for the FSU weekly events calendar on the Web at www.frostburg.edu/weekcal.htm



MONDAY, JANUARY 29	
<i>Classes Begin</i>	
CAB Welcome Back Breakfast	9:30 a.m. Lane Lobby
TUESDAY, JANUARY 30	
Ring Day	10:00 a.m. – 4:00 p.m. Lane Lobby
CAB Welcome Week Laser Tag	10:00 a.m. – 4:00 p.m. . Manicur Assembly Hall
WEDNESDAY, JANUARY 31	
CAB Poster Sale	10:00 a.m. – 5:00 p.m. Lane 140-141
Ring Day	10:00 a.m. – 4:00 p.m. Lane Lobby
CAB Welcome Week Fun Flicks	10:00 a.m. – 4:00 p.m. Lane 142
Faculty Senate Meeting	4:00 p.m. Atkinson Room
RHA Meeting	5:00 p.m. Dunkle 218
* InterFaith Council Welcome/Welcome Back Social	
6:00 p.m. Osborne Newman Center	
* Women's Basketball: University of Pittsburgh/Bradford	
6:00 p.m. Away	
* Men's Basketball: University of Pittsburgh/Bradford	
8:00 p.m. Away	
THURSDAY, FEBRUARY 1	
CAB Poster Sale	10:00 a.m. – 5:00 p.m. Lane 140-141
Ring Day	10:00 a.m. – 5:00 p.m. Lane Lobby
* CAB Welcome Week – “The Ronny Romm Show”/Hypnotist	
7:00 p.m. Lane 142	
FRIDAY, FEBRUARY 2	
CAB Poster Sale	10:00 a.m. – 5:00 p.m. Lane 140-141
* CAB Film Series: “Meet the Parents” ... 7:00 p.m. & midnight..... Atkinson Room	
CAB Party with Special DJ	10:00 p.m. – 2:00 a.m. . Manicur Assembly Hall
SATURDAY, FEBRUARY 3	
* CAB Film Series- “Meet the Parents”	
2:00 p.m. Atkinson Room	
* Women's Basketball: Penn State University/Altoona	
2:00 p.m. Home	
* Men's Basketball: Penn State University/Altoona .	
4:00 p.m. Home	
CAB Concert with Local Band	9:00 p.m. – 11:00 p.m. . Derezinski Lounge/Loft
SUNDAY, FEBRUARY 4	
* CCM Mass	
noon & 8:00 p.m. Cook Chapel	
* Planetarium: “Astronomy & Astrology” 1:30 & 7:00 p.m. Tawes Hall	
* CAB Film Series: “Meet the Parents”	
7:00 p.m. Atkinson Room	
* 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.

A Good Safety Record
Is No Accident

