

StateLines

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For and about FSU people
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Learn About Global Warming at 'Focus the Nation'

Daylong Teach-In Thursday in LUC

The public is invited to learn more about global warming and climate change when FSU hosts a daylong teach-in as part of "Focus the Nation: Global Warming Solutions for America." The event, which unites FSU with over 1,100 colleges and universities across the country in a collaborative effort to raise awareness about global warming, is free and open to the public and designed to be an informative day of educational activities for students, faculty, staff and members of the community. "Focus the Nation" will be held from **8:30 a.m. to 5 p.m. Thursday, Jan. 31**, in FSU's Lane University Center.

"When we learned about 'Focus the Nation,' we decided very quickly that it was an event we felt morally obligated to organize," said Jim Limbaugh, Associate Vice President for Institutional Effectiveness and the chair of FSU's

sustainability initiative, who describes global warming as "the greatest crisis to face humankind."

Nearly 50 FSU faculty and guest speakers will present sessions that focus on some aspect of global warming and cover a wide variety of topics for all ages and audiences. Selected presentations include everything from a discussion of the pros and cons of wind power to helpful tips for parents on how to educate children about the environment to a closer look at infectious diseases. In addition to FSU students, the University also welcomes the attendance of students from ecology and environmental clubs at area high schools.

"If our 'Focus the Nation' activity helps increase awareness, both individually and collectively, about the climate crisis, then its purpose will have been achieved," Limbaugh said.

For more information about FSU's



"Focus the Nation" activities, visit www.frostburg.edu/lglg or contact Limbaugh at x4489 or Monika Urbanski at x3130. To obtain a schedule of the various activities, visitors may stop by the information table in the Lane University Center Thursday. To learn more about the united effort of "Focus the Nation," visit www.focusthenation.org.

Web cast Kicks Off Festivities

"Focus the Nation" will stream a free, live, interactive Web cast called "The 2% Solution." Join Stanford University climate scientist Stephen Schneider, sustainability expert Hunter Lovins and green jobs pioneer Van Jones and youth climate leaders for a discussion of global warming solutions. Audiences can weigh

in with cell phone voting. FSU will show the Web cast at 8 p.m. **Wednesday, Jan. 30**, in the Compton Science Center, room 327. For more info, call x3130.

Turn Trash into Art

As part of the "Focus the Nation" festivities, the FSU community is invited to participate in the "Waste Not, Want Not" Trash Sculpture Competition from 9 a.m. to 2:30 p.m. **Thursday, Jan. 31**, in room 142 in the Lane University Center. This activity, sponsored by Kappa Pi, FSU's chapter of the International Art Honorary Fraternity, challenges any student organization, FSU office or group to create art out of trash gener-

ated every day on FSU's campus. All participants must be registered at the beginning of the event. Team size is unlimited, but no more than six team members can touch the artwork at one time. For more info, contact Trish Limbaugh at x4173 or plimbaugh@frostburg.edu.

Visual Art



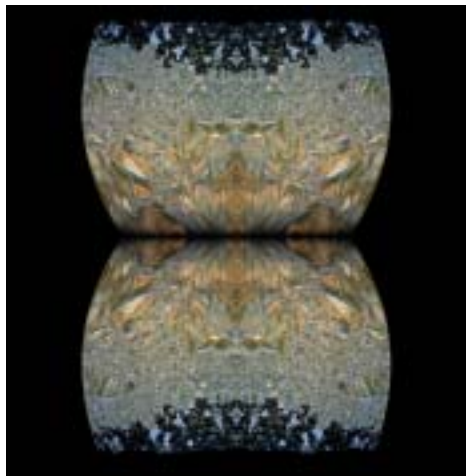
'Ink and Glaze' Highlights Two Artists

Two artists share their interpretations of the natural landscape and their interest in pushing the boundaries of ceramics and digital printmaking in "Ink and Glaze," an exhibition on view at FSU's Stephanie Ann Roper Gallery **Feb. 1 through Feb. 24**. "Ink and Glaze" features the talents of Lisa Sheirer, a former FSU visual arts faculty member and associate professor and program



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“Ice Story #2” by Lisa Sheirer

manager of computer graphics and photography at Frederick Community College, and Jacqueline Brown, professor in ceramics at FSU. The show, which is free and open to the public, begins with a reception 7 to 9 p.m. Friday, Feb. 1, including a gallery talk at 7:30 p.m.

Sheirer makes image collages featuring digital photographs and found objects from nature and her immediate environment that are scanned, manipulated, colored and “sculpted” in Adobe Photoshop. Her visual interpretation of the natural world incorporates abstraction, symmetry and repetition, in which everyday objects are elevated from their original contexts. “Music is a great inspiration, especially the old-timey music of Appalachia, where I live,” she writes in her artist statement. “I compare my layering of imagery to the layering of rhythms in music and the piecing of images to the making of quilts.” “Ink and Glaze” presents four new black-and-white series Sheirer has been developing since 2006: “Hickory Labyrinth,” “Potomac,” “Corollaries” and “Ice Stories.”

Brown focused on traditional clay training in England before relocating to the United States 24 years ago. She is interested in both ceramics and printmaking, and enjoys combining the two using a technique of printing line and color onto the clay surface. Her linear decoration and choice of color reflect her observations of landscape and the different environments in which humanity exists. She draws inspiration from both her Northern European influences and her experience and exposure to modern and ancient America. “The vessel in all forms is a significant reference point to my craft background, and I strive to make my pieces ‘stand proud’ and speak of their inherent aesthetic beauty,” she explains in her artist statement.

The Stephanie Ann Roper Gallery has free admission and is open to the public Sunday through Wednesday from 1 to 4 p.m. For more information about the exhibition, please contact FSU Department of Visual Arts at x4797.

Calling All Shutterbugs!

The Environmental Planning and Land Management Institute at FSU invites photographers to submit photographs to

its fifth annual Environmental Photography Contest. The Institute, a joint venture between FSU’s Department of Geography and the Maryland Bureau of Mines, Maryland Department of the Environment, will accept entries until the deadline at 4 p.m. **April 11.**

The competition is open to any amateur photographer over 11 years old who lives, works or attends school in either Allegany or Garrett counties. Images should depict environmental or natural habitat scenes of Allegany or Garrett county that reflect the environmental beauty that defines Western Maryland. Photographs should be 8 by 10 inches and matted; they can be in black and white or color.

Entry forms may be obtained from the FSU Department of Geography/Bureau of Mines Lab or from the Institute’s Web site at www.frostburg.edu/dept/geog/einstitute. Participants may submit no more than three photographs. The deadline for submitting entries is April 11. There are three place winners for the contest each year as well as an award for “the people’s choice” that gives the public the opportunity to vote either in person or on the Internet for their favorite photograph from the 20 finalists.

Contest winners were awarded more than \$1,600 in cash, prizes and gift certificates last year. The following businesses were sponsors for the 2007 contest: AES Warrior Run, Inc.; Bernie’s Photography; Beitzel Corp.; Biederlack of America Corp.; Chris Studios; Closet Maid; Mario’s Italian Eatery; Maryland Coal Association; Mettiki Coal LLC; McFarland’s Candies; M & T Bank; New Page Corp.; Olan Mills Portrait Studios; Kick Masters Karate; Dr. Diane D. Romaine and Associates; Photography by Jeannine; Spectrum BioScience; USGS Mountain Maryland Office; Susquehanna Bank and Rocky Gap Lodge & Golf Resort.

For additional information call Gale Yutzky at x4369 or MaryLynn Pegg at x4721 or visit the Institute’s Web site: www.frostburg.edu/dept/geog/einstitute. Entries can be delivered to either Gunter Hall 201 or Dunkle Hall 307 on the FSU campus.

Theatre



Second Stage Presents ‘Almost, Maine’

University Theatre’s student-directed series, Second Stage, will continue on **Feb. 22 and 23** with John Cariani’s “Almost, Maine.” Performances will take place at 7:30 p.m. in the F. Perry Smith Studio Theatre of the Performing Arts Center.

Magical realism thrives in Cariani’s moving new comedy, hailed by the “New York Sun” as “Love in the Time of Frostbite.” On a cold, clear, moonless Friday night in deep winter, the Northern Lights hover over the remote, mythical town of Almost, Maine. All is not quite what it seems as the residents of Almost find themselves falling in and

out of love in unexpected, unusual and often amusing ways. Knees are bruised, hearts are broken, and love is—literally—lost, found and realized. Whimsical and charming, “Almost, Maine” inventively explores the mysteries of the human heart, touching its audience with laughter, heartbreak and hope.

For reservations and information, call the University Theatre box office at x7462 (M-F 9-4 p.m.), or stop by the box office in the Performing Arts Center lobby, (M-F 12-2 p.m.). For your convenience, the walk-up box office will also be open from 5 to 7 p.m. during the nights of the show. All tickets are \$5.



Take Note

Help for Transfer Students Available

The Advising Center will offer “Transfer Drop-In Advising” days in February. This is a chance for all transfer students to “drop-in” to the Advising Center for some assistance and guidance with their major or assessing their academic goals. Each Monday in February (**Feb. 4, 11, 18 and 25**) students can come by the Advising Center, 124 Sand Spring Hall, from 1:30 p.m. to 3:30 p.m. without having to make an appointment. Students will meet with Amy Shimko and can also call to make an appointment for other dates and times by calling x4403.

Planning to Graduate?

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

- The 132nd Commencement Ceremony is scheduled for Saturday, **May 17**, in the Harold J. Cordts Physical Education Center. The College of Business and College of Education will hold its service at 10 a.m., while the College of Liberal Arts and Sciences will present its graduates at the 2 p.m. ceremony.
- Please complete your graduation application at the Registrar’s Office now. This will enable you to receive information about your upcoming Commencement.
- The first Commencement mailing is scheduled for the first week in March and will be sent to both your local and your permanent addresses. Please update your address information in PAWS to assure that you will receive all the details.

• Caps and gowns are provided at no cost to all graduates and may be ordered at the University Bookstore. Your order must be placed by **March 24.**

• A Grad Fair will be held **March 24** in the Alice R. Manicur Assembly Hall in the Lane University Center from 9 a.m. to 3:30 p.m. Vendors will be present for ordering your class ring and diploma frames, and you will also have the opportunity to order your cap and gown and announcements. Additional University services will be available and there will be giveaways and refreshments.

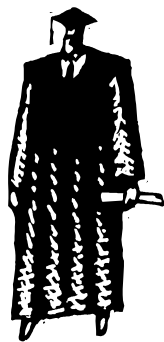
- Full details about Commencement

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

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

Deadline for May 2008 Graduation Exceptions

If you plan to graduate in May and your official degree progress report indicates you have not completed all requirements and you have a basis to request an exception, submit your written appeal letter and supporting letters and documentation to the Academic Standards Subcommittee, Office of the Provost, Hitchins 213 by 4 p.m. on **Feb. 14** for the February meeting, **March 13** for the March meeting or **April 17** for the April meeting (last chance for graduation exceptions and inclusion in the Commencement Booklet). If you have questions or concerns, please call the Provost's Office at x4212.



Students: Register for BITS Test

FSU students following the 2005-07 or later FSU Undergraduate Catalog can opt to take the BITS Test to meet their technology fluency graduation requirement. With this option, students must score 70 percent or higher on this 100-item, timed, online, group-proctored test. To review other options, students should refer to the "Undergraduate Degree Requirements" [Item #9] in the "Academic Life" section of their FSU Undergraduate Catalog.

To register for the BITS Test, go to the FSU Bookstore for Registration Week on Monday, **Feb. 11**, through Friday, **Feb. 15**, from 8:30 a.m. to 4 p.m. Students must present their FSU student ID and pay a non-refundable \$15 registration fee to register for one of the three BITS Test sessions. In addition to payment by cash, check, or Bobcat Express, the following credit cards are accepted: Visa, MasterCard and Discover.

BITS Test sessions will be offered at 7:30 p.m. on the evenings of Monday, **March 10**; Tuesday, **March 11**; and Wednesday, **March 12**. The sessions will be held in Pullen Hall 107-110 depending on how many students register for each session.

PLEASE NOTE: Students must present their FSU Student ID at the FSU Bookstore to register for their BITS Test session as well as present it in Pullen Hall the evening of their BITS Test session. A student can register/pay and take the BITS Test only once per semester. NO credits are associated and/or available with the BITS Test option. Any student with a disability needing accommodation should contact the

Office of Disability Support Services (x4483) as soon as possible after registering.

For more information, please contact the Office of the Provost, Hitchins 213 or at x4211.



Scholarships

Jack Kent Cooke Forms Due February 1

Anyone interested in applying for the Jack Kent Cooke Graduate Scholarship should contact John McMullen, x3162 ASAP. Deadline for application materials is **Feb. 1**. Minimum qualifications: the applicant should have senior standing or be a recent graduate of FSU (spring 2003 or after), have a cumulative GPA of 3.5 and plan to begin graduate school in fall 2008. This is a very competitive graduate scholarship. Due to the extensiveness of the application process, potential candidates should begin working on their application immediately. Information on the scholarship can be obtained at www.jackkentcookefoundation.org.

Graduate Scholarships for 2008-2009

David Sanford Graduate Student Scholarship

The recipient must be enrolled full time or part time as a graduate student, have previously been an undergraduate at FSU and have received a varsity sport participation letter. An FSU overall grade point average of 3.0 or better is required. Applications are currently available at the Office of Graduate Services, 141 Pullen Hall or by calling x7053. Deadline is **March 1**; one award of \$500 is given annually.

F. Perry Smith Jr. Graduate Scholarship

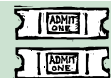
The recipient must have completed high school education or the equivalency in either Allegany or Garrett Counties in Maryland and be enrolled at FSU with an overall grade point average of 3.0 or better. The recipient must demonstrate financial need (complete and submit the FAFSA form). Applications are currently available at the Office of Graduate Services, 141 Pullen Hall or by calling x7053. Deadline is **March 1**; five awards between \$500 and \$1,500 are given annually.

Graduate Assistantships/Intl Fellowships for 2008-2009

Applications for Graduate Assistant/International Fellowship positions for the academic year 2008-2009 are currently being accepted. The positions offer paid tuition (up to 30 hours year) and a \$5,000 cash stipend per year, in exchange for 20 hours of service each week. These positions represent an academic honor, and thus require the applicant to have been accepted to a

graduate program in good academic standing, and remain in good academic standing for the duration of the award. The applications are available at the Office of Graduate Services, 141 Pullen Hall (x7053) or on the Web at www.frostburg.edu/grad/ga.htm. Applications for the Spring 2008 are currently being considered. The deadline for completed applications for the 2008-2009 academic year is **March 15**.

Entertainment



Laugh and Learn About Success

Comedian Michael Dean Ester guides audiences through the pressures placed on today's college bound generation when UPC presents Michael Dean Ester: "The Reason You're Here" at 9 p.m. Monday, **Jan. 28**, in the Alice R. Manicur Assembly Hall, Lane University Center. His goal is to help young adults arrive at the true meaning of success and demonstrate how a college education can help them define success in their individual lives. Using his own life as an example, Michael encourages students to discover their particular skills and interests as the basis for a fulfilling career; "The Reason You're Here." After all, those who are passionate about their work are the richest people indeed, because they don't really work at all. For more info, call x4411.

Explore Asian Tastes, Culture

Come out for a night of Asian-inspired activities and celebrate the Chinese New Year 8 to 11 p.m. Tuesday, **Jan. 29**, in the Alice R. Manicur Assembly Hall in the Lane University Center. Tai Yim's Chinese Lion Dance is scheduled from 8:30 to 9:30 p.m. You can also learn the skill of origami while you taste a sampling of Asian cuisine. Be sure to get some awesome body art and make your request for a balloon creation. You won't go home empty-handed when you visit the Take Out Sushi-Candy Bar or select a colorful Chinese lantern of your very own. For more details, call x4411.

Decorate with Newly Purchased Posters

Feeling a like your living space is looking a little dull? Pick up some prints, posters and other artwork to turn your room from drab to fab at the Beyond the Wall Poster Sale 10 a.m. to 5 p.m. Tuesday, **Jan. 29** and Wednesday, **Jan. 30**, in the Lane University Center. For more info, call x4411.

Flaunt Your Pool Shark Skills at Tourney

Rack 'em up! Back by popular demand, UPC begins the spring semester with the first of a series of three pool tournaments during the 9-Ball Pool

Tournament 8 to 11 p.m. Friday, **Feb. 1**, in the Game Room, Lane University Center. Put your pool shark skills to the test as you compete in an individual 9-Ball pool tournament. The top two winners will receive tickets for two to the AMC Movie Theater. Come early to get your name on the list. For more details, call x4411.

Film



Don't Miss

'American Gangster'

University Programming Council presents "American Gangster," with several screenings at 8:30 p.m. on Friday, Saturday and Sunday, **Feb. 1, 2 and 3** in the Atkinson Room 201 of the Lane University Center. Free popcorn at every movie!

Nobody used to notice Frank Lucas (Denzel Washington), the quiet driver for one of inner city's leading black crime bosses. But when his boss suddenly dies, Frank exploits the opening of the power structure to build his own empire and create his own version of the American Dream. Through ingenuity and a strict business ethic, he comes to rule the inner city drug trade, flooding the street with a purer product at a better price. Richie Roberts (Russell Crowe) is an outcast cop, close enough to the street to feel a shift of control in the drug underworld. Both men share the same ethical code, which sets them apart from their colleagues making them lone figures on opposite sides of the law. Destinies of these two men will become intertwined as they approach a confrontation where only one will come out on top. For more info, call x4411.



FSU TV3 Expanding Educational Programs

The Annenberg Channel is a free satellite channel for schools, colleges, libraries, public broadcasting stations, public access channels and other non-commercial community agencies. With help from the Center for Information Technology, the following programs currently airing include:

"Democracy in America," a 30-minute series that covers topics of civic knowledge, skills and dispositions recommended by the Civics Framework for the National Assessment of Educational Progress. This series airs weekly on Mondays at 4 and 7 p.m.

"Earth Revealed," a 30-minute series that covers topics of geology, including the physical process and the human activities that shape our planet. This series airs weekly on Mondays at 4:30 and 7:30 p.m.

"American Passages: A Literary Survey" is a 30-minute series that covers an expanded view of American literary movements, bringing in a diversity of

voices and tracing the continuity among them. This series airs weekly on Wednesdays at 5:30 and 8:30 p.m.

"Exploring the World of Music," a 30-minute series that covers topics of basic elements of music and an introduction to music with a global perspective. This series airs weekly on Fridays at 5 and 8 p.m.

Finally, TV3's newest program, "Social Studies in Action-A Teaching Practice Library, K-12" is a video library for K-12 teachers that shows a variety of effective social studies lessons and techniques for use with students at all levels. There are three one hour and 29-half hour shows. This series airs weekly on Fridays at 4 and 7 p.m.

For more information about these shows, visit www.learner.org/channel/channel.html; for more information about FSU TV-3 programming visit www.frostburg.edu/dept/mcom/channel3/index.htm or contact Cable Channel Manager, Melanie Lombardi at mlombardi@frostburg.edu or at x3011.

Want to Get Your Message on FSU TV3?

If you have an announcement about an activity that you would like to advertise on the TV3 message board, log on to www.frostburg.edu/dept/mcom/channel3/messreqform.htm click on the TV 3 Request Form and enter your information. Then click submit. It's as easy as that.

If you would like to submit your request with a hard copy and need the form, contact Lombardi at x3011, mlombardi@frostburg.edu or stop by Old Main room 201.

Interested in Television Production?

Interested in television production, but don't know how to get involved? FSU TV3 is looking for volunteers interested in working with multi-cameras to cover FSU sporting events, FSU's Student Government Association meetings and the Frostburg City Council meetings. No experience is necessary; we will train you. For more information about the events log on to www.frostburg.edu/dept/mcom/channel3/mcamerashoot.htm, or contact Lombardi at x3011.

Schedule for Jan. 28 – Feb. 1

Monday:

3 & 6 p.m. NASA SCI Files, "The Case of the Wacky Water Cycle"

4 & 7 p.m. Democracy in America: "Civil Liberties: Safeguarding the Individual"

4:30 & 7:30 p.m. Earth Revealed: "Mass Wasting"

5 & 8 p.m. Author: Daniel Mark Epstein

Tuesday:

3 & 6 p.m. 4th Annual Mind Culture Original Music Concert

5 & 8 p.m. Zen Lecture: Responding to a Ravaged Planet

Wednesday:

3 & 6 p.m. NASA "Destination Tomorrow"

3:30 & 6:30 p.m. AAST: Dr. Joy Kroeger-Mappes

4:30 & 7:30 p.m. American Cinema: "The Film School Generation" *

5:30 & 8:30 p.m. American Passages, A Literary Survey: "Exploring Borderlands"

Thursday:

3 & 6 p.m. Pentagon Insider: Lt. Col. Karen Kwiatkowski

4 & 7 p.m. Ghost Documentary

4:30 & 7:30 p.m. Cafe Frostburg: Blues Works

Friday:

3 & 6 p.m.. NASA Connect, "Rocket to the Stars"

3:30 & 6:30 p.m. "NASA Destination Tomorrow"

4 & 7 p.m. Social Studies in Action: "Making Bread Together"

5 & 8 p.m. Exploring the World of Music: "Music & Technology"

5:45 & 8:45 p.m. New Faces of Frostburg

**This show has been rated PG or TV14*

Get Involved



Readings of the War Dead Resume

In honor of the fallen in Iraq, the Tuesday Readings of the War Dead will resume this Tuesday, **Jan. 29**, regardless of the weather. This is a reminder that every Tuesday of the weeks throughout this semester four people will read the names in solemn fashion by the clock tower from 12:15 p.m. to 12:30 p.m. You are welcome to quietly stand or sit in the nearby benches as you hear the names of each person.

If you are interested in reading during the spring semester 2008, please contact Larry Neumark at x7490.

Don't Miss Welcome Back Pizza Party

New and returning students are invited to a Welcome/Welcome Back Social & Pizza Party at 5:30 p.m. on Tuesday, **Jan. 29**, in Sand Spring Hall, the Career Services area. This informal gathering will be an opportunity to meet new people as well as become reacquainted with old ones. So relax and enjoy the free food and the company. Sponsored by United Campus Ministry, this event is open to all persons regardless of religious/spiritual or non-religious background. If you have questions, please contact Larry Neumark at x7490 or Erin Lauer at (443) 742-0872.

SGA Welcome for Transfer Students

The Student Government Association is hosting Transfer Student Welcome Day from noon to 2 p.m. Wednesday, **Jan. 30**, in the Game Room of the Lane University Center. Light refreshments will be served. For more info, call x4304.

Attention FSU Women!

The National Panhellenic Conference is announcing its Spring Recruitment. If you have a 2.25 GPA, are enrolled as a full-time student and have at least 12 credits then you are eligible to join. Learn more during the Open House at 7 p.m. on **Jan. 30** in the Alice R. Manicur Assembly Hall in the Lane University Center and meet all six of our recognized sororities. You can sign up for Recruitment on **Jan. 30 or Jan. 31** in the LUC at Panhellenic's table in the lobby from 11 a.m. to 3 p.m. Meet in the Game Room of the Lane University Center. If you have any questions or concerns please e-mail Lacy Dickel at ldickel@frostburg.edu or call x7398.

Community



City of Frostburg Pursuing A&E District

FrostburgFirst, a program established to foster economic development and cultural growth in the City of Frostburg, invites all Frostburg artists (actors, writers, musicians, visual artists, etc.) to get involved in finalizing an application for a state-designated arts and entertainment district. The deadline to apply for the designation is April 2008, and the Arts & Entertainment Committee needs the input and participation of Frostburg artists for this process to be successful in its representation of the city's cultural community.

To learn more about this ongoing project, artists may submit their contact information to frostburgfirst@gmail.com or by calling 301-689-6900.

AAUW to Discuss 'Zoo Keeper's Wife'

The Frostburg Branch, American Association of University Women, will hold its regular monthly meeting on Tuesday, **Feb. 5**, at 7:30 p.m. in the Frostburg United Methodist Church Hall, Main Street, Frostburg. Ruth Ogden will be leading a discussion on the new book by Diane Ackerman, "The Zoo Keeper's Wife." The book's setting is the Warsaw Ghetto during World War II.

Refreshments will be served by hostesses Sarah Crall, Alice Manicur and Dorothea Rowe. The public is invited to attend. For further information, contact Ruth Ogden at 301-689-8559.

Bobcat Club Kids Night Out

Don't miss Jr. Bobcat Club Kids Night Out from 6 to 10 p.m. Friday, **Feb. 8**, in the Harold J. Cordts Physical Education Center. Five dollars for Jr. Bobcat members, \$10 for non Jr. Bobcat members. \$10 to join Jr. Bobcats Club (1/2 for each additional sibling). For more information contact Ashley Manion at x4273 or admanion@frostburg.edu.

International



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, contact the CIE in the Fuller House on Braddock Road, x4714, or visit www.frostburg.edu/admin/cie.

Northumbria University in Newcastle, UK

School of Arts and Social Sciences is offering two summer programs; one in the Humanities and the other in Media. The latter is aimed at students with an interest in film production – it consists of instruction in film techniques, leading to the making of a short practical project. The Humanities program is aimed at all students wishing to take humanities electives: it combines the study of literature, history and art history, with a focus on the distinctive history of the North of England in the nineteenth century. Both of these programs will last for three weeks – **from June 21 to July 13** – and will be taught by specialists from the School. Cost? Tuition with accommodation and meals – is \$3,900.



Activities for Life

For more info on listings below or to register, please contact Amy Nazelrod, AFL Coordinator at x7934 or by e-mail anazelrod@frostburg.edu.

Aerobics

Activities for Life at FSU will offer aerobics classes Mondays through Thursdays from **Feb. 4 to May 8**, with the exception of the week of **March 17-20**.

The following classes will be held in the Harold J. Cordts Physical Education Center Room 165: Monday, 7 to 8:30 p.m., Step Combo, Eve Schott, instructor; Tuesday, 7 to 8 p.m. Cardio Combo, instructor Kristi DeVore, Wednesday, 7 to 8:30 p.m., Step Combo, instructor Eve Schott, Thursday, 7 to 8 p.m., Kick n' Butt, instructor Kristi DeVore. There will also be a Body Sculpting class offered on Tuesdays and Thursdays, from 12:05 to 12:50 p.m. in PE Room 164. Tuesdays class will focus on Abs and Arms, while Thursdays class is Butts & Guts. Rhonda Johns will be the instructor for both Body Sculpting classes.

After paying a small one-time semester fee, participants will be able to take part in all of the above-mentioned classes.

Creative Dramatics

The FSU Activities for Life program

will offer a Creative Dramatics class for boys and girls ages 3 to 5 years on Wednesdays from **Feb. 6 to April 16**, with the exception of **March 19**, from 5 to 5:45 p.m. in Cordts Physical Education Center Room 106.

The class is designed with the young child in mind. It stresses natural movements of walking, running, leaping and creative movement. Movement focuses on coordination, large motor skills development, musical rhythm, spatial awareness and listening skills. The cost for the class is \$80.

Registration will be based on a first-come, first-served basis, and payment is due prior to the first day of class. A limited number of spaces are available. Registration deadline is Wednesday, **Jan. 30**.

Pre-School Tumbling

The Activities for Life Center at FSU will offer half-hour Pre-School Tumbling Classes on Mondays, **Feb. 11 to April 21**, excluding **March 17**, from 4:30 to 5 p.m.

Classes will be held in Cordts PE Center Room 170. The class is for children ages 3 and 4 years old and 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.

Advance registration is required.

Swimming for Little Ones

Activities for Life at FSU will offer Infant-Toddler and Pre-School swimming lessons at the Cordts Physical Education Center Swimming Pool on Mondays from 7 to 7:45 p.m. from **Feb. 11 to March 10**.

The Infant-Toddler Swimming Class is for children ages 3 months to 36 months and the Pre-School Swimming Class is for children ages 3 and 4. Both classes require parents to be in the water and to participate along with their children.

Advance registration is required.

Youth, Advanced

Swimming Lessons

Activities for Life will offer Youth and Advanced Swimming Lessons for children ages 5 to 12 on Mondays and Wednesdays from 6 to 6:50 p.m. **Feb. 11 through Feb. 27** in the FSU Pool in the Cordts Physical Education 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/Intermediate Tumbling

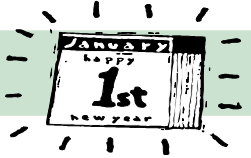
Activities for Life at FSU will offer beginner and intermediate tumbling classes for children ages 5 to 12. The classes will be held on Mondays, **Feb. 11 to March 10**. The beginner class will be held from 5 to 6 p.m. and the intermedi-

ate class will be held from 6 to 7 p.m. in Cordts Physical Education Center room 170.

The beginner class will be basic floor tumbling exercises and some work on the low balance beam. Space is limited to 15 participants with a minimum of seven. Prerequisites for the intermediate class are a round-off and a kick over from a bridge (back walk-over). Space is limited to 10 participants with a minimum of six.

Advance registration is required for both classes.

FSU Events Calendar



MONDAY, JAN. 28—Welcome Back!

Classes Begin

Late Registration/Drop/Add through Feb. 1

- * Student Ethernet Support 9 a.m.-4 p.m. Lane 202
- * UPC Comedy: Michael Dean Ester: The Reason You're Here 9 p.m. Lane ARMAH

TUESDAY, JAN. 29

- * Student Ethernet Support 9 a.m.-4 p.m. Lane 202
- * UPC: Beyond the Wall Poster Sale 10 a.m.-5 p.m. Lane 201
- * UCM Welcome/Welcome Back Pizza Party 5:30 p.m. Sand Spring Hall
- * UPC Welcome Back Frostburg: Asian Inspiration 8 p.m.-11 p.m. Lane ARMAH
- * UPC Event: Tai Yim's Chinese Lion Dance 8:30-9:30 p.m. Lane ARMAH

WEDNESDAY, JAN. 30

- * Student Ethernet Support 9 a.m.-4 p.m. Lane 202
- * CVNS: Voter Registration 10 a.m.-2 p.m. Lane Lobby
- * UPC: Beyond the Wall Poster Sale 10 a.m.-5 p.m. Lane 201
- * Meet the SGA noon Lane Game Room
- * BURG Meeting 4 p.m. Cordts PEC Leake Room
- * Panhellenic Council Open House 7 p.m. Lane ARMAH
- * BSA Financial Aid Workshop 7 p.m. Lane 201

THURSDAY, JAN. 31—Focus the Nation

- * Student Ethernet Support 9 a.m.-4 p.m. Lane 202
- * CVNS: Black Out Day noon-1 p.m.
- * SGA Meeting 7:30 p.m. Lane 201

FRIDAY, FEB. 1

Last Day to Add Classes

- * Student Ethernet Support 9 a.m.-4 p.m. Lane 202
- * CVNS: Blood Drive 11 a.m.-5 p.m. Cordts PEC Leake Room
- * UPC: 9-Ball Pool Tournament 8 p.m. Lane Game Room
- * UPC Feature Film: "American Gangster" 8:30 p.m. Lane 201

SATURDAY, FEB. 2

- * Women's Basketball: Medaille College 1 p.m. Away
- * Men's/Women's Swimming: University of Pittsburgh-Bradford 1 p.m. Home
- * Men's Basketball: Medaille College 3 p.m. Away
- * UPC Feature Film: "American Gangster" 8:30 p.m. Lane 201

SUNDAY, FEB. 3

- * CCM Mass noon & 8 p.m. Cook Chapel
- * Planetarium: "Calendars Around the World" 4 p.m. & 7 p.m. Tawes Hall
- * UPC Feature Film: "American Gangster" 8:30 p.m. Lane 201

* 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.

Alert Today—Alive Tomorrow!

