

# StateLines

[www.frostburg.edu/news/statelines.htm](http://www.frostburg.edu/news/statelines.htm)

For and about FSU people

Volume 39, Number 18, February 2, 2009

A publication of the FSU Office of Advancement

Copy deadline: noon Wednesday, 228 Hitchens or [emedcalf@frostburg.edu](mailto:emedcalf@frostburg.edu)

## ACHA-NCHA II Survey to Help FSU Fine-tune Wellness Efforts

### Assessment Will Be Sent to Full-time Undergraduates

Attention FSU students: Did you know that trying to win prizes is good for your health? And can even improve your fashion sense?

Take advantage of the chance to win great prizes, such as a \$100 FSU Bookstore certificate, an iPod Shuffle and must-have, coveted FSU fashions like "Let's CHILL" T-shirts and CHILLVILLE hoodies, when FSU's "Creating Healthy, Informed Lasting Lifestyles" (CHILL) invites all full-time undergraduates to participate in the American College Health Association's National College Health Assessment Survey II.

The ACHA-NCHA Survey II was organized as part of CHILL, FSU's wellness initiative established to promote health practices and education among college students and the local community. CHILL is funded by a \$228,225 contribution from AstraZeneca Pharmaceuticals LP.

The ACHA-NCHA Survey II, one of many activities offered through CHILL this spring, provides questions about important issues such as physical and mental wellness. Students will be e-mailed instructions on **Monday, Feb. 2**, for the survey, which must be completed by **Sunday, Feb. 22**. FSU's CHILL committee will use data from ACHA-NCHA Survey II to assess how to better serve students' wellness needs through campus resources.

For more information about CHILL, contact April Baer, project coordinator for University wellness, at x4311 or by e-mailing [apbaer@frostburg.edu](mailto:apbaer@frostburg.edu). To learn more about FSU, visit [www.frostburg.edu](http://www.frostburg.edu). For more information about AstraZeneca, visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com).

## THIS WEEK

### THURSDAY:

**UPC Lunch in the Loft: Reggie Morris Band, 2 p.m.**, Lane Derezenski Lounge/Loft. (See article.)

### FRIDAY, SATURDAY AND SUNDAY:

**UPC Feature Film: "Zack & Miri Make a Porno," 8:30 p.m.**, Lane Manicur Hall.

### SUNDAY:

**Voice Recital – Mezzo-Soprano Lacy Swauger, 3 p.m.**, PAC Pealer Recital Hall. The recital will include selections by Schumann, Bernstein, Gluck, Barber, Rossini, and Sheik and Sater. Swauger will be accompanied on piano by Betty Jane Phillips. Guest performers include Karen Soderberg-Sarnaker, Joshua Ruppenkamp and Danny Durr. Info: x4109.

**CES Jazz Club: Esperanza Spalding Quartet, 5 p.m. – Supper Club, 6:30 p.m. – performance**, Windsor Hall at Town Centre, Cumberland. (See article.)

## Staking Our Claim

### 1st United Scholarship Established at FSU



Officers from First United Bank and Trust and FSU met recently to finalize the details of the First United Bank and Trust Scholarship Fund, which commits \$25,000 and will benefit full-time FSU students with academic ability who demonstrate financial need. From left are Bernard J. Davisson II, FSU Vice President for University Advancement and Executive Director of the FSU Foundation Inc.; First United Market President Philip L. Rodeheaver; FSU President Jonathan Gibraltar; and Mary Bond, Customer Service Officer for First United.

The FSU Foundation has embarked on a \$15 million comprehensive campaign, Staking Our Claim: The Campaign for Frostburg, to raise badly needed funding for higher education in Western Maryland. Donations to the

Foundation support student scholarships and programs, academic programs, faculty development and other critical University needs. For more information about supporting FSU, visit [www.frostburg.edu/admin/foundation](http://www.frostburg.edu/admin/foundation) or call x4161.



## Theatre

### Student-Written Play Takes Stage

In celebration of Black History Month, FSU will present an original work by theatre major Keenan Scott II on **Friday, Feb. 20**, and **Saturday, Feb. 21**, at 7:30 p.m. in the F. Perry Smith Studio Theatre in the Performing Arts Center.

After seeing Ntozake Shange's award-winning play, "For Colored Girls Who Considered Suicide/When the Rainbow Is Enuf," Scott was moved to write a play from the viewpoint of young African American men. Scott believes that this voice needs to be heard because "the voice of the youth is often overlooked." "Thoughts of a Colored Man on a Day When the Sun Set Too Early" mimics Shange's title, as well as her writing style, referred to as a choreopoem. The play is monologue based and steps into the minds of young men who compellingly explore the complex realities of love, abuse,

rape and growing up without a father. "Thoughts of a Colored Man" incorporates various mediums of art, such as music, film and dance, to reach outside the lines of race and gender.

The cast consists of Japp Haynes, Josh Scurry, Sir Jay Stokes, Herb Little, Quino Moreno, J. D. Groomes, Tony Jarrett and Kendall Bradford. Artwork by David Baker, Adrian Boyer, Trayshina Rogers and Francesca Pehr will be highlighted in the PAC lobby during the run of the show.

"Thoughts of a Colored Man" is proudly supported by University Theatre, African American Studies, Black Student Alliance and the National Pan-Hellenic Council. Tickets can be purchased by donation at the door on the day of performances. All proceeds will benefit student scholarships at FSU.



## Music

### CES Presents Esperanza Spalding Quartet

Jazz enthusiasts are in for a treat when jazz vocalist, bassist and composer Esperanza Spalding performs with the Esperanza Spalding Quartet at Windsor Hall **Sunday, Feb. 8**, as part of FSU's Cultural Events Series Jazz



Club sponsored by Kauffman Music. Patrons have the option of a 5 p.m. Supper Club or 6:30 p.m. concert only.

Blessed with tremendous

talent, a multilingual voice that has been described as "part angel and part siren" and a natural beauty, Spalding might be the hope for the future of jazz and instrumental music. While singing and playing the bass interchangeably, she adds a kind of interpretive dance to the mix, making her performances memorable and fresh, while introducing jazz to younger audiences. Critic Ed Morales describes Spalding's music as "a sprawling collage of jazz fusion, Brazilian and even a touch of hip-hop."

Born and raised in Portland, Ore., by the time she was 5, Spalding had taught herself to play the violin and was playing with the Chamber Music Society of Oregon, made up of musicians of all ages. She stayed until she was 15 and left as concertmaster.

Home-schooled as a child, Spalding continued her education by enrolling in Portland State University's music program at age 16. Ultimately, this led to her enrollment in the Berklee School of Music, which opened many doors for her. Almost immediately on graduation at age 20, she became one of the youngest people to join the faculty at the Berklee School as an instructor. In 2005, she received the Boston Jazz Society scholarship for outstanding musicianship.

Spalding has recorded two albums: "Junjo" (2006) and "Esperanza" (2008). Her music may be heard on her Web site, [www.esperanzaspalding.com](http://www.esperanzaspalding.com).

The Esperanza Spalding Quartet performance begins at 6:30 p.m. Concert goers may prefer to purchase a Supper Club ticket, which entitles them to dinner plus a concert. The Supper Club option provides the ticket holder with a special table with preferred seating for the performance and a choice of a specially designed meal from Kozy Kettle featuring one of two entrees - eggplant parmesan or chicken and beef marsala. The Supper Club begins at 5 p.m.

Tickets for the Esperanza Spalding Quartet performance are only \$16/adult and \$11/under age 17. Tickets for the Supper Club option are \$41/adult and \$36/under age 17. Group-rate tickets are also available. Tickets may be ordered by calling 866-849-9237 or x3137, or by visiting [ces.frostburg.edu](http://ces.frostburg.edu).

## Reggie Morris Band to Perform in the Loft



The Reggie Morris Band will perform as part of FSU's Lunch in the Loft Music Series sponsored by the University Programming Council on **Thursday, Feb. 5**, at 2 p.m. in the Derezhinski Lounge/Loft in the Lane University Center.

Morris hails from Baltimore and plays the blues with an infectious passion. Having spent a great deal of his childhood on his grandparents' farm outside Charlottesville, Va., he was reared on Gospel at the local Southern Baptist Church. The blues was also a big part of Morris' family life. Over the years, Morris has developed an upbeat, Chicago-blues sound that pays homage to those who spread the blues from generation to generation. Reggie's music often reflects the moods and sounds of yesterday, but his contemporary lyrics have caught the attention of major music publishers, record companies and concert promoters. The Reggie Morris Band has gained a national audience and has recently accepted tour dates in Germany, Italy and throughout Europe.

The performance is free and open to the public. For information, contact the Lane University Center Information Desk at x4411.



### Visual Art

## Artists' Ideas About Life on View



Artwork by Cathy Stephis

### Show Opens With a Public Reception Friday, Feb. 6

The public is invited to enjoy work by two artists who use abstraction, color, geometric shapes and lines to articulate their distinct impressions of the world around them in "Paintings and Prints by Cathy Stephis and Chayo de Chevez." The exhibition is on view **Friday, Feb. 6**, through **Sunday, Feb. 22**, in the Stephanie Ann Roper

Gallery, with a free, public reception from 7 to 9 p.m. Feb. 6.

Stephis depicts different life forms in a spiritual symphony of spiraling swirls of color. "Forms are in constant transition, shifting in and out of existence," she writes in her artist statement. "It is through observing redundant shapes among various life objects that I gain a sense of universal connectedness to these forms."

Chevez creates compositions that reflect a lifetime of living in many cultures over the past 30 years. Combining the grace and exactness of geometry with gestural contours, the imagery in her prints feels futuristic, yet ancient and tribal, not unlike the cultures she has experienced exploring places like Mexico, Australia, Jamaica and India. Her materials also reflect her respect for history infused with modern meaning.

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.



### Take Note

## Check Out 'Blog From the 'BURG'

Have you had a chance to check out "Blog from the 'BURG," FSU President Jonathan Gibraltar's blog for the FSU community? Since its debut this fall, the blog has been viewed over 3,000 times and read by readers from 23 countries and territories around the world.

Got ideas for topics or want to submit some feedback on Dr. Gibraltar's posts? You can read about different University issues and events and post comments online by visiting <http://blogfromtheburg.blogspot.com> or submit feedback and ideas privately by e-mailing [burgblog@frostburg.edu](mailto:burgblog@frostburg.edu).

## 'E=(LG)<sup>2</sup>' Now Available Online

The fall 2008 edition of "E=(LG)<sup>2</sup>" (Learning Green, Living Green) is now available online at <http://organizations.frostburg.edu/lqmag>. A product of ENGL 402, Editing and Production, the magazine also has a limited print run. A call for student submissions for the spring 2009 edition soon will be issued.

## Beginning Chinese Class to Be Offered

Did the 2008 Olympic Games spark your interest in China? Have you ever wished you could speak Mandarin with friends or business contacts from China? Do you have Chinese students

in your classes you'd like to connect with in their own language?

Expand your horizons and learn helpful conversational phrases in Mandarin by enrolling in "Beginning Conversational Chinese," a class that will be offered through FSU's Activities for Life Program Thursdays, **Feb. 5 through April 16**, from 7 to 9 p.m. (No class March 19.) Class will be held in Cordts PE Center Room 105. This 10-week course will cover useful, basic phrases that will help you have courteous conversations in Chinese. The class will also offer brief highlights of Chinese culture and history.

Cost for the 10-session, weekly class will be \$70 plus the cost of the textbook. At \$7 per class, you can't go wrong!

For more information on the class, contact FSU Chinese instructor Yanling Fan at [yfan@frostburg.edu](mailto:yfan@frostburg.edu).

For information and/or a registration form, contact Amy Nazelrod, AFL coordinator, at [anazelrod@frostburg.edu](mailto:anazelrod@frostburg.edu). The payment and registration deadline is **Monday, Feb. 2**. The form and payment should be sent to Nazelrod, PE Center Room 177. A minimum of 15 participants is needed for this class.

## Jack Kent Cooke Foundation Accepting Nominations

The Jack Kent Cooke Foundation Graduate Scholarship Program, which is one of the country's most competitive private scholarship programs, has opened its applications to include graduating seniors and recent alumni from any of the 2,000 accredited colleges or universities in the United States. The scholarship is open to current FSU seniors as well as alumni who have graduated since spring 2004.

The scholarship awards graduate students with as much as \$50,000 per year for up to six years. The foundation will award the scholarships in early summer 2008 for the 2008-2009 academic year and will renew each award in subsequent years based on performance. Last year, the foundation awarded 34 of these scholarships.

To receive the scholarship, the candidate must have a cumulative GPA of 3.5 or better, plan to begin a first graduate degree in fall 2009, have unmet financial need and be nominated by his or her undergraduate institution.

The faculty representative for FSU is John McMullen. He can be reached at [jmcmullen@frostburg.edu](mailto:jmcmullen@frostburg.edu) or x3162. The local deadline for submission to the FSU representative is **Friday, Feb. 20**.

Application materials and information can be found at [www.jkcf.org](http://www.jkcf.org).

## FSU Invites Entries for Environmental Photography Contest

The Environmental Planning and Land Management Institute at FSU invites photographers to submit photographs to its sixth 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. **Friday, April 10**.

The competition is open to any amateur photographer over 11 who lives, works or attends school in Allegany or Garrett County. Images should depict environmental or natural habitat scenes of either county that reflect the environmental beauty that defines Western Maryland. Photographs should be 8 by 10 inches and matted and 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](http://www.frostburg.edu/dept/geog/einstitute). Participants may submit no more than three photographs.

For additional information, call Gale Yutzy at x4369 or MaryLynn Pegg at x4721 or visit the Institute's Web site at [www.frostburg.edu/dept/geog/einstitute](http://www.frostburg.edu/dept/geog/einstitute). Entries can be delivered to Gunter Hall, Room 201, or Dunkle Hall, Room 307, on the FSU campus.

## Plant Video Contest on YouTube

The American Society of Plant Biologists Education Foundation is sponsoring a video contest on YouTube to illustrate the remarkable aspects of plant life. The creators of the winning entries will share up to \$8,000 in prizes.

Anyone may enter the competition by creating a relevant video (<http://chlorofilms.org/judging.htm>), posting it on YouTube at [www.youtube.com](http://www.youtube.com) and completing the entry form at [http://www.chlorofilms.org/entry\\_forms2.asp](http://www.chlorofilms.org/entry_forms2.asp) by **Sunday, March 1**.

See <http://chlorofilms.org> for more information.

Interested FSU students can contact Dr. David Puthoff, an assistant professor in the Biology Department, at [dpputhoff@frostburg.edu](mailto:dpputhoff@frostburg.edu) for help with the science.

## News for Grad Students

### Interested in Graduate Programs at FSU?

Now is the time to apply for graduate programs for summer and fall

2009. For more information, call to schedule an advising session with the director of Graduate Services, Vickie Mazer, at x4595 or e-mail [yvmazer@frostburg.edu](mailto:yvmazer@frostburg.edu).

### Master of Arts in Teaching - Elementary & Secondary, K-12 Program

The deadlines for application for the MAT programs are fast approaching. If interested in joining this year's cohort in the summer 2009 session, plan to participate in the upcoming information session scheduled for **Thursday, Feb. 12**, at 6 p.m. FSU students can participate on campus in Pullen 141, and Hagerstown students can participate via distance learning at USMH Room 524. The deadline for MAT-Elementary Summer 2009 cohort applications is **Friday, May 1**. The MAT-E Summer 2009 applicant admissions interviews will be scheduled an evening in April. The deadline for MAT-Secondary, K-12 Art Ed Summer 2009 cohort applications is **Wednesday, April 1**. For information, call the Graduate Services Office at x7053 or register by e-mailing [gradservices@frostburg.edu](mailto:gradservices@frostburg.edu).

### Graduate Scholarships for 2009-2010

#### David Sanford Graduate 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 available online or at the Office of Graduate Services, 141 Pullen Hall, or by calling x7053. The deadline is **Sunday, March 1**.

#### F. Perry Smith Jr. Graduate Scholarship

The recipient must have completed high school or the equivalency in Allegany or Garrett County 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 online or at the Office of Graduate Services, 141 Pullen Hall, or by calling x7053. The deadline is **Sunday, March 1**.

#### Assistantships/International Fellowships

Applications for positions for the academic year beginning with the fall 2009 semester are currently available. 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 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. Applications are available at the Office of Graduate Services, 141 Pullen Hall, x7053, or on the Web at [www.frostburg.edu/grad/forms.htm](http://www.frostburg.edu/grad/forms.htm). The deadline for completed applications is **Sunday, March 15**.

## May 2009 Commencement

Students who plan to graduate in May 2009 need to complete the "Application for Graduation" as soon as possible. The forms are available online at [www.frostburg.edu/grad/forms.htm](http://www.frostburg.edu/grad/forms.htm) or at the Office of Graduate Services, 141 Pullen Hall, or by calling x7053. Tickets will be required for entrance into the May commencement ceremony. See [www.frostburg.edu/events/commencement/](http://www.frostburg.edu/events/commencement/) for more details.



## Points of Pride

### Teker Article Named One of 10 Best

Dr. Kasif Teker's article, "Confocal Microscopy of Bioconjugated Carbon Nanotubes for Biosensor Applications" has been selected one the 10 best published in "Sensors & Transducers" in 2008. Teker is an assistant professor in the Department of Physics and Engineering. Articles were judged on novelty, innovation, outstanding new research and current importance.

All selected articles are shown at [http://www.sensorsportal.com/html/digest/best\\_articles\\_2008.htm](http://www.sensorsportal.com/html/digest/best_articles_2008.htm).



## Get Involved

### Mac Users Group to Meet

The Mac Users Group will meet **Friday, Feb. 6**, at noon in 203-4 Lane University Center.

The group will discuss common concerns, and member Paul Bernhardt will demonstrate some of his favorite applications, including iLife.

The group is being expanded to include students and interested community members. Feel free to invite any Mac users or potential users to attend.



## Be a Part of the GROWS Project

Wondering what you can do to help the environment? Join other students in the FSU Arboretum from 1 to 5 p.m. on Saturdays, **March 28, April 4, 11, 18 and 25** and **May 2**. Join other faculty members by adding these dates to your syllabi as opportunities for students to gain extra credit on exams or quizzes. Be part of the Greening and Restoration for On-campus Watershed Stewardship (GROWS) Project, implementing riparian restoration and creating green spaces to improve water quality, enhance wildlife habitats and reduce the carbon footprint of the FSU campus.

The GROWS Program is the restoration arm of the Learning Green, Living Green Initiative on campus. With your help, this spring GROWS will

plant over 2,000 native trees and over 1,000 native plants near the campus entrance and in the Arboretum. The program aims to maximize tree cover and native plant biodiversity by replanting riparian areas of Sand Spring Run disrupted by invasive species. A split-rail fence will protect the wetland home of the rare Jefferson salamander ("Ambystoma jeffersonianum"). Volunteer, learn more about the environment and start really **living** green. For more information, come to a Student Sierra Coalition meeting, visit the Arboretum Web site at [www.frostburg.edu/dept/biol/arboretum](http://www.frostburg.edu/dept/biol/arboretum) or contact Sunshine Brosi at x4213.

## Upcoming VDAY Events

Help end violence against women! There will be VDAY sales Monday through Thursday, **Feb. 2 to Feb. 5** and **Feb. 9 to Feb. 12**, in the Lane Center from 10 a.m. to 4 p.m. Items include scarves, buttons, jelly bracelets, soap bars and VDAY vegan chapsticks for a donation to the Family Crisis Resource Center and Dove Center.

On **Friday, Feb. 13**, and **Saturday, Feb. 14**, there will be a fair at 6:30 p.m. followed by a performance of "The Vagina Monologues" in the Performing Arts Center.

Take Back the Night March, Rally and Open Mic Night will be **Tuesday, Feb. 17**, on the Upper Quad at 7 p.m.

## United Campus Ministry

**Volunteer Service Day – Hunger Service Project** - UCM's spring semester program begins **Saturday, Feb 7**, at 3 p.m. with a potato-bagging project for the Food Pantry. The group will meet at Sand Spring Hall to carpool to the Western Maryland Food Bank in Cumberland at 10 a.m. This project is part of the Society of St. Andrews gleaning program, and all potatoes bagged will be given to the local food bank. Free pizza and wings will be available afterward to celebrate the spirit of self-giving. This and all service projects are open to students, staff and faculty. For more information, contact Chaplain Cindy Zirlott at [c.zirlott@frostburg.edu](mailto:c.zirlott@frostburg.edu).

**First True North Meeting of the Spring Semester - Movies as Parables** - UCM's True North Program is a gathering of FSU students and other young adults (18-35) that meets each Sunday evening. This spring semester discussions will focus around selected movies. The first film is "The Kite Runner" on **Sunday, Feb 8**, at 7 p.m., Sand Spring Hall. "The Kite Runner," set in Afghanistan, is a parable-like tale of childhood friendship shattered by guilt and betrayal that finally leads to poetic redemption. Samples of Afghan foods will be part of the free

dinner for students; others can make a donation for the cost of dinner.

**Facebook Group** - Don't forget to join UCM's Facebook Group for online discussions at <http://www.facebook.com/home.php#/group.php?gid=31590138339>.

**Agape Latte Study Breaks** - Starting **Monday, Feb 9**, at 3 and 7 p.m. in the Lane Center near Java City. The group meets every Monday.

**Christian Meditation and Contemplative Prayers** - Starting **Wednesday, Feb. 11**, at 12:10 to 12:45 p.m. and/or 5:10 to 5:50 p.m. in Sand Spring Hall, Room 114. Open to faculty, staff and students.



## International

### Considering Study Abroad?

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



## Community

### AAUW to Review 'Anne Frank Remembered'

The American Association of University Women Frostburg Branch will hold its monthly meeting **Tuesday, Feb. 3**, at 7:30 p.m. in the Fellowship Hall of the United Methodist Church in Frostburg. The business meeting will be preceded by a book review presented by Sharon Robinson on "Anne Frank Remembered," authored by Miep Gies with Alison Leslie Gold, contributor, and published by Simon and Schuster in 1987.

This upcoming monthly meeting is open to the public. For more information, contact the Frostburg Branch AAUW president, Yvonne Beal, at 301-689-6849.



## Volunteers

### FSU Students Offer Free Tax Prep

Free help preparing 2008 tax returns is available through the IRS-sponsored 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 FSU's College of Business students who have been trained and approved by the IRS. Faculty members will oversee these student preparers.

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. Electronic filing will also be available for those who qualify.

Appointments must be made in advance by calling Dr. 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 14** and **March 21**). 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, W-2s from all employers, all Form 1099s, a copy of last year's returns, if available, and any other relevant information about income and expenses. Taxpayer and dependent Social Security numbers must be verified with a proof of ID. Taxpayers should also know the amount of any federal Economic Stimulus Payment received in 2008.

## Medical Society Hosts Blood Drive

It's that time of the year again - a season for love! What would be better than to donate blood with a loved one? FSU's Pre-Profession Medical Society will be hosting a blood drive **Thursday, Feb. 12**, at FSU's Lane Manicur Hall.

The American Red Cross will begin taking blood at 10 a.m., and appointments and/or walk-ins will be accepted through 4 p.m. Appointments can be made on the second floor of Compton as well as the main lobby of the Lane Center. Appointment dates are **Monday, Feb. 9**, through **Wednesday, Feb. 11**, from 10 a.m. to 2 p.m.

The society has a goal of obtaining 85 units of blood. There will also be the option to give single or double units. Some highly needed blood types are O, B- and AB. Don't forget to bring your punch card if you have one.

## Relay for Life Event to Kick Off

The year 2009 is an important one for the American Cancer Society's Relay for Life event - a year to celebrate 25 years of hope for a day when cancer will no longer exist. The money raised for this event goes toward funding research to find a cure, help with patient services and more.

The Student Center for Volunteerism and the American Cancer Society's Colleges Against Cancer at FSU are sponsoring the Relay for Life event on campus, and the 2009 kickoff will be held **Monday, Feb. 2**, at 8 p.m. in the Lane Appalachian Station. The agenda

includes an overview of the event, how to get involved and answers to any questions. Also at this time, any money teams have raised toward the Winter Break Challenge will be collected. For details about the challenge, visit the Relay for Life Event Web site at <http://www.relayforlife.org/fsu>.

Note that the snow date for the event is **Wednesday, Feb. 4**, at the same time and location.

For information on the 2009 Relay for Life, contact the Office of Leadership and Civic Engagement at x4210.



## Activities for Life

For information and registration, contact Amy Nazelrod, AFL coordinator, at x7934 or [anazelrod@frostburg.edu](mailto:anazelrod@frostburg.edu).

### Qigong Classes

Activities for Life and the Frostburg Parks and Recreation Department will offer Qigong classes Tuesday evenings, **Feb. 10 to March 10**, from 6:30 to 7:30 p.m. at the Frostburg Community Center at 27 S. Water St. Hania Merrill will be the instructor.

A 5,000-year-old Chinese art of self-healing, Qigong (pronounced chee-gung) is a series of gentle, natural exercises that regulates the flow of Qi, life energy in the mind and body. Learning and practicing even the basics can result in amazing benefits to health, longevity and total well-being. Qigong is simple to do, feels wonderful, increases energy and restores peace of mind. By inviting energy and balance, it creates tranquility through the use of mind, breath control, easy movements and comfortable posture.

### Water Aerobics

Water Aerobics classes will be offered Tuesdays and Thursdays, **Feb. 3 to March 5**, from 6 to 6:50 p.m. at the FSU pool in the Cordts PE Center. Participants may register for Tuesday or Thursday classes or both evenings for a discounted price.

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

### Youth and Advanced Swimming Lessons

Youth and advanced swimming classes will be offered for children ranging in age from 5 to 12 Monday and Wednesday evenings from **Feb. 2 to Feb. 18**. The classes will be conducted in the FSU pool in the Cordts PE Center from 6 to 6:50 p.m.

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

Advance registration is required.

### Tumbling Classes

Various tumbling classes for children ranging in age from 3 to teens and young adults will be offered Mondays starting **Feb. 9** and held in the Cordts PE Center in Room 170.

The Pre-School Tumbling classes are for children ages 3 to 4 and are limited to 12 students with little or no formal tumbling training. (Children should preferably be potty-trained.) They will be conducted **Feb. 9 to April 20** (no class March 16) from 4:30 to 5 p.m. The class will include activities such as cartwheels, rolls and other simple movements. It is designed to teach flexibility, strength, muscle control and coordination.

The Beginner Tumbling classes are for children ages 5 to 12 and are limited to 15 students with a minimum of seven. They will be conducted **Feb. 9 to March 9** from 5 to 6 p.m. The class will include basic floor tumbling exercises and some work on the low balance beam.

The Intermediate/Advanced Tumbling classes are for all ages, with prerequisites including a round-off and a kick over from a bridge (back walk-over). Classes are limited to 15 students with a minimum of six and will be conducted **Feb. 9 to March 9** from 6 to 7:30 p.m.

Advance registration is required.

### Youth Climbing Classes

Four-week climbing classes for children ranging in age from 6 to 9 will be offered Tuesday evenings, **Feb. 3 to Feb. 24**, from 5 to 7 p.m. in the Cordts PE Center, Room 170. The class is limited to six participants, with a minimum of three.

The course is designed to introduce children to the sport of climbing. It will include instruction in safety as well as proper stretching and climbing techniques. The courses will also include instruction in teamwork, communication skills and responsibility. The instructor will be Tylor Street, who holds a Maryland TopRope certification and is an AMGA gym instructor candidate.

Advance registration and payment are required.



## Presentations

### Appalachian Lab Spring Seminar Series

Laura Murray from the University of Maryland Center for Environmental Science Horn Point Laboratory will present "Science and Education: Bridging the Gap" **Thursday, Feb. 5**, at 3:30 p.m. in AL Room 109. Refreshments will be served in the AL lobby following the seminar.

For information see [www.al.umces.edu/seminar/schedule](http://www.al.umces.edu/seminar/schedule).



### Safety Message



## Walk Carefully & Slow Down!

Keep the following safety tips in mind when walking around campus in the ice and snow.

- Assume all wet, dark areas on pavements are slippery and icy.
- Be careful getting into and out of your car. Use the vehicle for support.
- Walk in designated walkways as much as possible. Look ahead.
- Point your feet out slightly like a penguin, bend slightly and walk flat-footed with your center of gravity directly over the feet.
- Extend your arms out to your sides to maintain balance.
- Keep your hands out of your pockets. You can break your fall with your hands if you slip.
- Wear a heavy, bulky coat that will cushion your fall.
- Avoid landing on your knees, wrists or spine. Try to fall on a fleshy part of the body, like your side.
- Try to relax your muscles if you fall.
- Wipe your shoes/boots when you enter a building and walk slowly on tile floors if shoes are wet.



### FSU Events Calendar

#### MONDAY, FEBRUARY 2

- \*Ophelia Project: Scarf Sale..... 10:00 a.m.-4:00 p.m.....Lane Lobby
- \*Relay for Life Kickoff..... 8:00 p.m..... Lane Appalachian Station

#### TUESDAY, FEBRUARY 3

- \*RHA General Assembly..... 5:00 p.m..... Dunkle 218

#### WEDNESDAY, FEBRUARY 4

- \*Faculty Assembly..... 5:00 p.m..... Lane 201
- \*Women's Basketball: Franciscan..... 6:00 p.m.....Home
- \*BSA General Body Meeting..... 7:00 p.m..... Lane ARMAH
- \*Men's Basketball: Franciscan ..... 8:00 p.m.....Home

#### THURSDAY, FEBRUARY 5

- \*Sierra Student Coalition Black-Out Day ..... noon-1:00 p.m. ....All-Campus
- \*UPC Lunch in the Loft Music Series: Reggie Morris Band ..... 2:00 p.m. ...Lane Derezsinski Lounge/Loft
- \*SGA Meeting ..... 7:30 p.m..... Lane 201

#### FRIDAY, FEBRUARY 6

- \*UPC Feature Film: Zack & Miri Make a Porno.... 8:30 p.m..... Lane 201

#### SATURDAY, FEBRUARY 7

- \*Women's Basketball: Pitt-Bradford ..... 2:00 p.m..... Away
- \*Men's Basketball: Pitt-Bradford..... 4:00 p.m..... Away
- \*UPC Feature Film: Zack & Miri Make a Porno.... 8:30 p.m..... Lane 201
- \*Visual Couture: Take Over Ent ..... 9:00 p.m.-2:00 a.m..... Lane ARMAH

#### SUNDAY, FEBRUARY 8

- \*CCM Mass ..... noon & 8:00 p.m.....Cook Chapel
- \*Planetarium: Tropical Skies ..... 4:00 p.m. & 7:00 p.m. ....Tawes Hall
- \*CES Jazz Club: Esperanza Spalding Quartet ..... 5:00 p.m. - Supper Club ..... Windsor Hall at Town Centre Cumberland, MD
- \*CES Jazz Club: Esperanza Spalding Quartet ..... 6:30 p.m. - Performance ..... Windsor Hall
- \*UPC Feature Film: Zack & Miri Make a Porno.... 8:30 p.m..... Lane 201

\* Open to the public. Questions? Call 301-687-4411. All information subject to change. Note: FSU is committed to making all of its programs, services, and activities accessible to persons with disabilities. To request accommodations through the ADA Compliance Office, call 301-687-4102 or use a Voice Relay Operator at 1-800-735-2258.

### Drinking and Driving Don't Mix

