

StateLines

www.frostburg.edu/news/statelines.htm

For and about FSU people
Volume 39, Number 19, February 9, 2009

A publication of the FSU Office of Advancement
Copy deadline: noon Wednesday, 228 Hitchens or emedcalf@frostburg.edu

Staking Our Claim

New FSU Scholarship Fosters Future Leaders

Funding a Birthday Present That Keeps on Giving



Mr. and Mrs. Quincy Crawford

It was Quincy Crawford's 65th birthday, and his wife, Genie, wasn't sure what to get him.

"It's really hard to come up with new ideas after all these years," she laughed, thinking of the 47 years she and Quincy have enjoyed together since meeting in high school.

But Quincy made it easy for her. To mark the occasion, he told her what he wanted most of all was to honor his alma mater with a birthday gift that would literally keep on giving: a fully endowed scholarship to FSU for promising students with high SAT scores and an interest in leadership studies.

And so the Quincy and Eugenia Crawford Scholarship Fund was born.

It's an act of philanthropy that reflects many elements of the Crawfords' memories and experiences with FSU, including their humble beginnings there as students, when working their way through school was the only way they could afford their college degrees.

"Both of us grew up rather poor, and we were actually discouraged from going to college because that didn't really happen in our families," Genie said. "Since we had to pay for it ourselves, Frostburg was the only place we could afford."

"It was a scholarship at FSU, the one where they waive your tuition if you agree to teach for three years in the public schools, that enabled me to go to college and changed everything for me," Quincy said. "We feel like by creating this scholarship, we are upholding a tradition of helping kids

like that. Kids who are deserving, who are on the ball, but who have an economic need."

Quincy and Genie also cite their lifelong friendships with fellow Bobcats as reasons they feel so connected to FSU and want to give back.

"Some of our best friends to this day are people we met and graduated with at Frostburg," Quincy said. "We attend an annual crab feast with my fraternity. We've gotten together for 40 years and follow each other's careers, children and grandchildren."

Many alums from the Crawfords' era went on to fill notable leadership positions in politics, education and business. It was important to Quincy that the Quincy and Eugenia Crawford Scholarship Fund benefit students with the potential to go on and do similar things with their lives.

"I wanted to be able to help attract quality students to Frostburg who could end up becoming leaders in their communities and reflect well on the University," he said.

To be considered for the Quincy and Eugenia Crawford Scholarship Fund, in addition to having an SAT score in the upper 25th percentile, the student must have a demonstrated economic need and be interested in pursuing a minor in leadership studies. The focus on leadership is a specification that is also in line with the Crawfords' other philanthropic interests at FSU, including their support of the Sloop Leadership Institute. Scholarship recipients get full tuition for one year, and if they do well, the scholarship is renewed, leading to a possibility of free college tuition for all four years. They will carry the distinction of being known as "Crawford Scholars."

It's a legacy in student enrichment that makes Quincy feel as if he's helping keep the momentum going under FSU President Jonathan Gibraltar's administration.

"The energy and direction Jon has infused in that University has been needed for some time," he said. "I like what he's doing and I like what's happening. I wanted to help in some way."

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 or call x4161.

THIS WEEK

THURSDAY:

UPC Lunch in the Loft Music Series
Student Edition: Stephen
Weatherholt, 2 p.m., Lane

Derezinski Lounge/Loft. (See article.)

FRIDAY AND SATURDAY:

"Vagina Monologues," 7 p.m., PAC
Drama Theatre. (See article.)

FRIDAY, SATURDAY AND SUNDAY:

UPC Feature Film: "Twilight,"
8:30 p.m., Lane Atkinson Room 201.



Theatre



Pictured from left, Tony Jarrett, Josh Scurry, Kendall Bradford, Herb Little, Japp Haynes, J. D. Groomes, Jay Stokes and Quino Moreno.

Student's Play Celebrates Black History Month

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

After seeing Ntozake Shange's play, "For Colored Girls Who Considered Suicide/When the Rainbow Is Enuf," Scott was inspired to write a play about the lives of young African American men. "The voice of the youth is often overlooked," Scott believes, and it needs to be heard. "Thoughts of a Colored Man on a Day When the Sun Set Too Early" steps into the minds of young men who explore the complex realities of love, abuse, rape and growing up without a father. "Thoughts of a Colored Man" is a monologue-based play that goes beyond race and gender by incorporating music, film and dance.

The cast includes Kendall Bradford, J. D. Groomes, Japp Haynes, Tony Jarrett, Herb Little, Quino Moreno, Josh Scurry and Jay Stokes. Art work by David Baker, Adrian Boyer, Trayshina Rogers and Francesca Pehr will be displayed in the PAC lobby.

"Thoughts of a Colored Man When the Sun Set Too Early" is supported by University Theatre, African American Studies, Black Student Alliance and the National Pan-Hellenic Council. Tickets are available by donation at the door (recommended minimum \$3). All proceeds will benefit student scholarships.

For more information, call the theatre box office at x7462.



Music

Lunch in the Loft Presents Stephen Weatherholt

Musician, songwriter, lyricist and FSU student Stephen "Steve"

Weatherholt will perform as part of FSU's Lunch in the Loft Series sponsored by the University Programming Council **Thursday, Feb. 12**, at 2 p.m. in the Lane Derezhinski Lounge/Loft.

Weatherholt, from Hancock, Md., is a health and physical education major. He began teaching himself to play guitar and practicing voice in 2006, started to write songs in 2007 and then formed the band Everyday Heroes with two of his friends from Hancock. "Every song that I have written has a personal meaning to me," explains Weatherholt. His lyrics are a reflection of his thoughts and personal experiences. His music is contemporary, soft rock that acts as an escape from life's everyday stresses.

The performance is free and open to the public. For information, contact the Lane information desk at x4411.



Visual Art

Artists' Ideas About Life on View



Artwork by Cathy Stepbis

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 Stepbis and Chayo de Chevez." The exhibition is on view **through Sunday, Feb. 22**, in the Stephanie Ann Roper Gallery.

Stepbis 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. 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, contact the FSU Department of Visual Arts at x4797.



Speakers

'From Free Speech to Facebook' Lecture to Be Presented at FSU



Attorney and legal rights advocate C. L. Lindsay will offer tools for safe and responsible Internet surfing when he presents his

lecture "Campus Computing: From Free Speech to Facebook," **Thursday, Feb. 19**, at 8 p.m. in the Alice R. Manicur Assembly Hall of the Lane University Center.

Lindsay's lecture will give students the opportunity to learn their legal rights as Internet users, the laws that govern the Internet, what liabilities they assume as a user and the knowledge to protect themselves legally and personally when they log on. This lecture is given to college students around the country.

In 1988, Lindsay left his law practice in New York City to found the Coalition for Student and Academics Rights (Co-Star). Co-Star has been built into a national student rights organization that helps thousands of college students with their legal problems, free of charge each year.

This lecture is free and open to the public. For more information, contact the Lane information desk at x4411.



Take Note

FSU Hires RN to Provide Care & Assist With CHILL Initiative



Julie Miller was recently appointed as a registered nurse at FSU as part of its wellness initiative, "Creating Healthy, Informed Lasting Lifestyles" (CHILL). CHILL was established to promote health practices and education among college students and the local community and is funded by a contribution from AstraZeneca Pharmaceuticals LP.

"This is an exciting time to be at Frostburg State University and I am thrilled to be a part of the CHILL wellness initiative," Miller said. "The CHILL program not only impacts student wellness during their time at FSU, but it also has the potential to

have a positive effect on their future health and wellness.”

As FSU's new RN, Miller will provide health care at the Brady Health Center, offer educational and wellness programs to students and work with the CHILL Wellness Committee to promote and provide existing programs and initiate future wellness-oriented activities. She also will conduct follow-up appointments and counseling for students with abnormal health screening results.

Miller has been a registered nurse for 24 years and comes to FSU from the Allegany County Health Department, where she was a school nurse for the past 10 years. Her main focus has been promoting wellness and healthy behaviors.

For more information about CHILL, contact April Baer, project coordinator for University wellness, at x4311 or by e-mailing wellness@frostburg.edu. To learn more about FSU, visit www.frostburg.edu. For more information about AstraZeneca, visit www.astrazeneca-us.com.

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. The survey 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. To learn more about FSU, visit www.frostburg.edu. For more

information about AstraZeneca, visit www.astrazeneca-us.com.

February Is Black History Month

Stop by the Ort Library to view the display celebrating black history that will be on view during February. The display highlights our first African American president, Barack Obama. Items include magazine articles and the “Cumberland Times-News” for Jan. 21, the day after the inauguration.

Also included in the exhibit are authors of classic and contemporary black literature, among them Toni Morrison, Alice Walker, Rita Dove, Al Young, Harriet Beecher Stowe, Paul Lawrence Dunbar, Frederick Douglass, Paul Robeson, Marcus Garvey and Sojourner Truth.

Jeff Maehre and MaryJo Price coordinated the materials and design for the display.

2009-10 Scholarship Award Process

The FSU Foundation, Inc., is beginning the process of awarding approximately \$425,000 in FSU Foundation scholarships and awards for the 2009-10 academic year. Department chairs and directors have been notified via e-mail of the guidelines for the upcoming academic year’s scholarship process with individual scholarships and recipient selection criteria.

Important dates to remember are **Sunday, March 1** - deadline for students to apply for Foundation scholarships, **Wednesday, April 1** - student rankings in preference order due to Janet Lancaster and **Wednesday, April 15** - target date for informing student recipients of their award with a letter from the Foundation, copied to the department chair.

For questions about this process, contact Angie Hovatter at x4301.

Hey, Students - Money, Money, Money!

Students who will be attending FSU during the 2009-10 academic year are urged to visit <http://www.frostburg.edu/ungrad/faid/institutional.htm> or contact the Financial Aid Office, Pullen Hall, to apply for scholarships and grants. The deadline for applications is **Sunday, March 1**. All it takes is a few minutes of your time and the rewards could be beyond your wildest dreams!

Academic Scheduling and Religious Observances

It is FSU’s policy that the academic programs and services of the University will be available to all qualified students who have been admitted to its programs, regardless of their religious beliefs. Students will not be penalized because of observances of their religious holidays and will be given an opportunity to make up, within a reasonable time period, any academic assignment that is missed because of individual participation in religious observances. It is the student’s responsibility to notify his or her instructor of conflicts between religious observances and scheduled course activities.

Students should notify their instructors of conflicts and make arrangements for making up missed work **before** an absence due to religious observance.

All faculty and staff have been sent the link to a Web-based interfaith calendar for reference.

Deadline for May 2009 Graduation Exceptions

Are you planning a **May 2009** graduation? If 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. the following Thursdays: **Feb. 12** for the February meeting, **March 12** for the March meeting or **April 16** for the April meeting (**last chance** for graduation exceptions and inclusion in the Commencement Booklet). For questions or concerns, call the Provost’s Office at x4212.

Attention All Education Students!

The application deadline for students entering Phase I, Phase II or Phase III of the Teacher Education Program for the fall 2009 semester is **Friday, March 13**.

All applications should be returned to the Office of Unit Assessment, Framptom Hall, Room 203-3, on or before the deadline date.

Application forms may be picked up in Framptom Room 203-3. For questions, contact Barbara Bluebaugh at x7953 or babbluebaugh@frostburg.edu.

Jack Kent Cooke Foundation Accepting Nominations

The Jack Kent Cooke Foundation Graduate Scholarship Program, 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 as much as \$50,000 per year for up to six years. The foundation will award the scholarships in early summer 2008 for the 2008-09 academic year and will renew each award in subsequent years based on performance.

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 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.

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.**

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. 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. Entries can be delivered to Gunter Hall, Room 201, or Dunkle Hall, Room 307, on the FSU campus.

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 ymmazer@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.

Graduate Scholarships for 2009-10

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. 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 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/ for more details.



Points of Pride

Over 120 Attend Celebration for Chinese New Year



From left, Makea Luzader; FSU biology professor Dr. Hongqi Li, a key organizer of the event; and Valerie Zhou.

Over 120 students, faculty/staff and local community members attended the annual Chinese New Year celebration festivities Jan. 31. The event began with a private party with Chinese students and their conversation partners, Chinese faculty and family, precollege and FSU students taking Chinese courses, other local Chinese friends and those interested in Chinese culture.

Traditional Chinese food was served to the partygoers and a gift exchange capped off a night of fun. During the portion of the event open to the public, Dr. Tom Bowling, FSU Vice President of Student and Educational Services, presented a letter to the crowd from Maryland Senator Barbara Mikulski. The letter mentioned the good nature of people born in the Year of the Ox and pointed out the fact that newly elected President Barack Obama was born in the Year of the Ox. The students then gathered to participate in activities such as origami, Chinese writing and a Chinese riddle-guessing game.



Get Involved

RecycleMania Is Here!

Each day, FSU students use tons of paper, plastic bottles and cans. Many

just toss them to the side and forget about them. Would you like to help make FSU a cleaner and greener campus? Does your organization need extra community service hours? Would you like to win a prize for yourself and FSU? FSU and the Learning Green and Living Green Initiative are bringing back the nationally recognized program, RecycleMania.

What is RecycleMania?

RecycleMania is a friendly competition and benchmarking tool for college and university recycling programs to promote waste reduction activities in their campus communities. RecycleMania is a good way for students to get involved on campus and earn community service hours for helping make FSU greener.

How do I participate?

RecycleMania runs through **Saturday, March 28**. Over a 10-week period, schools report recycling and trash data that are ranked against other schools competing in RecycleMania. The competition is judged by the largest amount of recyclables per capita, the largest amount of total recyclables, the least amount of trash per capita and the highest recycling rate. Each week, the numbers are totaled and the official Web site (www.recyclemania.org) keeps a running tally of the scores. Participating schools are allowed to monitor the progress of their school with the other competing schools. **Therefore, the more FSU students get involved, the better the chance FSU has to win this nationally recognized program!** Continuing its successful efforts in going green would only showcase the talent that each student brings to this campus. Each and every student can affect recycling through RecycleMania. Besides, who doesn't want to be recognized for saving the planet?

Note that all students are welcome to participate, and all recognized student organizations receive recognition for participating.

RecycleMania is a great program designed for students to engage in recycling and saving the environment. For more information, contact Monica Urbanski at lglg@frostburg.edu.



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 or contact Sunshine Brosi at x4213.

Upcoming VDAY Events

Help end violence against women! There will be VDAY sales Monday through Thursday, **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" at 7 p.m. 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

True North Meeting – Movies as Parables – True North, a gathering of FSU students and other young adults (18-35), meets each Sunday evening. This week's movie, "City of Ember," **Feb. 15**, at 7 p.m. in Sand Spring Hall concerns human potential and finding meaning in life. Free dinner for students; others can make a donation for the cost of dinner.

Agape Latte Study Breaks - Starting **Feb 16**, at 3 and 7 p.m. in the Lane Center near Java City. The group meets every Monday.

Christian Meditation and Contemplative Prayers - Wednesday, Feb. 18, 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.



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 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 Framptom 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.



Activities for Life

For information and registration, contact Amy Nazelrod, AFL coordinator, at x7934 or 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. Learning and practicing even the basics can result in amazing benefits to health, longevity and total well-being.

Water Aerobics

Water Aerobics classes will be offered Tuesdays and Thursdays through **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 toward 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.

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.



International

Program to Award 50 Scholarships for Study Abroad

The Bridging Scholarship Program will award 50 scholarships to American students participating in study-abroad programs in Japan that begin fall 2009. Undergraduate students majoring in any field of study and attending any recognized exchange or independent program in Japan are eligible to apply for these scholarships.

For more information, contact the Center for International Education at x3091 or stop by to look at available programs.

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 2009 applications is **Friday, Feb. 27**.



FSU Events Calendar

MONDAY, FEBRUARY 9

- *Ophelia Project: Scarf Sale & Clothesline Project 10:00 a.m.-4:00 p.m.....Lane Lobby
- *Greek Council 5:45 p.m..... Lane 201

TUESDAY, FEBRUARY 10

- *UPC Creation Station: Build a Bear 10:00 a.m.-3:00 p.m.Lane Derezsinski Lounge
- *Ophelia Project 10:00 a.m.-4:00 p.m.....Lane Lobby
- *Faculty Assembly..... 4:00 p.m..... Lane 201
- *RHA General Assembly 5:00 p.m..... Dunkle 218
- *UPC Student Forum 7:00 p.m..... Lane 202
- *NAACP General Body Meeting..... 8:00 p.m..... Lane 201

WEDNESDAY, FEBRUARY 11

- *Ophelia Project 10:00 a.m.-4:00 p.m.....Lane Lobby
- *Women's Basketball: Penn State Altoona 6:00 p.m..... Away
- *BSA General Body Meeting 7:00 p.m..... Lane ARMAH
- *Men's Basketball: Penn State Altoona..... 8:00 p.m..... Away

THURSDAY, FEBRUARY 12

- *Ophelia Project 10:00 a.m.-4:00 p.m.....Lane Lobby
- *UPC Lunch in the Loft Music Series Student Edition:
Stephen Weatherholt 2:00 p.m...Lane Derezsinski Lounge/Loft
- *UPC Thursday Night Game Mania 7:00 p.m...Lane Derezsinski Lounge/Loft

FRIDAY, FEBRUARY 13

- *Ophelia Project 10:00 a.m.-4:00 p.m.....Lane Lobby
- *Vagina Fair 6:00 p.m..... PAC
- *Vagina Monologues 7:00 p.m..... PAC Drama Theatre
- *UPC Feature Film: Twilight..... 8:30 p.m..... Lane 201

SATURDAY, FEBRUARY 14—Valentine's Day

- *Women's Basketball: Hilbert..... 1:00 p.m.....Home
- *Men's Basketball: Hilbert 3:00 p.m.....Home
- *Vagina Fair 6:00 p.m..... PAC
- *Vagina Monologues 7:00 p.m..... PAC Drama Theatre
- *UPC Feature Film: Twilight..... 8:30 p.m..... Lane 201

SUNDAY, FEBRUARY 15

- *CCM Mass noon & 8:00 p.m.....Cook Chapel
- *Planetarium: Tropical Skies 4:00 p.m. & 7:00 p.m.Tawes Hall
- *UPC Feature Film: Twilight..... 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.



Always Wear Your Seat Belt!