

StateLines

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For and about FSU people

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FSU Has an Official Facebook Page!



Are you on Facebook? If so, check out the [official FSU Facebook page](#) (Search "Frostburg State University" on Facebook), where you can stay on top of the latest and greatest news and developments at FSU and access various social media and Web resources. The page serves as a central FSU Facebook hub, and can direct you to other FSU Facebook pages, the [official FSU YouTube channel](#) and other University social media outlets. Join this FSU Facebook page so you can connect with fellow Bobcats and all things Frostburg worldwide and online!

If you already have an FSU Facebook page for your University department, division, program or recognized student organization, you can add the official FSU Facebook page to your "Favorite Pages." If you have a Facebook Group, feel free to share the link to the official FSU Facebook page with your group members so they're aware of this resource online.

Got questions about the official FSU Facebook page or want to tell the University about your own Facebook page or Group? E-mail efrostburgcomm@frostburg.edu.



Literature

FSU Sponsors Poetry Reading by Chad and Jennifer Sweeney



The FSU Center for Creative Writing will present a reading by poets Chad and Jennifer K. Sweeney on **Monday, Feb. 15**, at 7:30 p.m. at Main Street

Books at 2 E. Main St. in Frostburg. The reading is free and open to the public.

Chad Sweeney is the author of three books of poetry, "Parable of Hide and Seek," "Arranging the Blaze" and "An Architecture." He edited the anthology "Days I Moved Through Ordinary Sounds: The Teachers of WritersCorps in Poetry and Prose" and was co-editor of "Parthenon West Review." His poems have appeared widely, including in "Best American Poetry" and "Verse Daily." He holds a master's in fine arts from San Francisco State University and is a doctoral candidate in literature and poetry at Western Michigan University, where he teaches poetry and serves as assistant editor of New Issues Press.

Jennifer K. Sweeney's first book, "Salt Memory," won the 2006 Main

Street Rag Poetry Award; her second poetry collection, "How to Live on Bread and Music," received the 2009 James Laughlin Award from the Academy of American Poets, as well as the Perugia Press Prize. Nominated six times for a Pushcart Prize, her poems have appeared in numerous journals, including "Southern Review," "Hunger Mountain," "Crab Orchard," "Spoon River" and "Passages North," where she won the 2009 Elinor Benedict Poetry Prize. She was awarded a grant from the San Francisco Arts Commission and a residency from Hedgebrook. Sweeney holds a master's in fine arts from Vermont College and serves as assistant editor for "DMQ Review."

For info, contact Gerry LaFemina at x4024 or glafemina@frostburg.edu.



Visual Arts

FSU Alum's Works to Be on Display at FSU

"On Second Thought: Recent Works on Paper," an exhibition featuring work by FSU alumnus **Sam Shaffer**, will be on display in the Stephanie Ann Roper Gallery. The exhibition will open on **Friday, Feb. 5**, with an opening reception from 7 to 9 p.m. The show will be on display **through Wednesday, Feb. 24**.

The collection features Recent Works on Paper as the basis for Shaffer's upcoming show, which are a broad representation of the works he has made over the past year. In this

series, Shaffer has used scraps and images found on the floor or in some box. He has cut them out, pasted them together, moved them around, then moved them around some more. Combining drawing, spray paint and collage, he has made something free flowing and has looked for gestures – even awkward ones – that lead somehow from one image to the next. The images are emotional ones of circus scenes, artist friends, self-portraits and family portraits – sometimes ugly, sometimes beautiful – but always displaying motion, colors and textures and the touch of the hand on paper.

Shaffer graduated from FSU in 1978. He received a master's degree in fine arts (printmaking) from the Pratt

Institute. He is a winner of the Liqueatex Excellence in Art Award.

The Roper Gallery is open Sunday through Wednesday from 1 to 4 p.m. For info, contact Dustin Davis at ddavis@frostburg.edu or call the Department of Visual Arts at x4797.



🎵 Music

Ritchey to Perform Senior Trombone Recital

FSU senior James Ritchey will perform a trombone recital on **Sunday, Feb. 7**, at 3 p.m. in the Pealer Recital Hall of the Performing Arts Center. This event is free and open to the public.

Ritchey will perform compositions from composers such as Georg Phillip Telemann, Ferdinand David, Eric Ewazen and Samuel “Sammy” Lewis Nestico. He will be accompanied by pianist Nancy Witmer.

For info, contact the FSU Department of Music at x4109.

Shedd to Perform Junior Vocal Recital

FSU junior Caroline Shedd will perform her vocal recital on **Sunday, Feb. 7**, at 8 p.m. in PAC Pealer Recital Hall. This event is free and open to the public.

Shedd, singing in the mezzo-soprano range, will perform compositions from composers such as Edvard Grieg, Gabriel Fauré, Samuel Barber, Henry Purcell, Wolfgang Amadeus Mozart and Johann Strauss II. She will be accompanied by Betty Jane Phillips on piano.

For info, contact the FSU Department of Music at x4109.

Irish Tenors Return to FSU

The influences of the Irish have spread far beyond its green countryside and island shores. The Irish Tenors return to the Cultural Events Series at FSU with “DRUID: Featuring the Irish Tenors,” a show that vibrantly captures the essence of the modern Irish spirit. Featuring the Irish Tenors, Ciaran Nagle, Jeremy Morgan, Robert Archibald, Kenneth O’Reagan and Simon Morgan, the show will be held in PAC Pealer Recital Hall **Wednesday, Feb. 24**, at 7:30 p.m.

“DRUID” is a musical journey from Ireland’s pre-Christian times through oppression, famine, emigration and the “Celtic Tiger” economy to finally rest on the hopes of the nation’s future. It is a celebration of passion for life, an epic tale of mankind’s determination and ability to shine through the face of strife and misfortune.

The performers in “DRUID” each possess an exceptional talent. Brought together, they form a cohesive musical and vocal unit that is mesmerizing and uplifting. It is a unique concert experience that is as much Irish as it is global. Backed by an 11-piece orchestra, the musical presentation encompasses a broad range of tunes,

from traditional and ballads to pop and classical songs for the Irish and the Irish at heart.

Tickets for “DRUID” are \$22 for adults and \$15 for young people under 17. Group rate tickets are also available. A discounted season package (three dinners) is also available. Tickets may be ordered by calling x3137 or 1-866-849-9237, or by visiting ces.frostburg.edu.



Presentations

Ruble to Present Talk on Russia at FSU



Blair A. Ruble, director of the Kennan Institute for Advanced Russian Studies of the Woodrow Wilson Center in Washington, D.C., and program director for Comparative Urban Studies at

the Woodrow Wilson Center, will present his talk “Diversity in the Contemporary Russian City” **Wednesday, Feb. 10**, at 7:30 p.m. in Dunkle 218.

Ruble has edited a dozen volumes and is the author of five monographic studies. His most recent monographic study – “Creating Diversity Capital” – examined the changes in such cities as Montreal, Washington, D.C., and Kyiv (Kiev) brought about by the recent arrival of large trans-national communities.

Ruble’s talk is sponsored by the Martha T. and Ralph M. Race Western History Lecture Series funded through the FSU Foundation under the auspices of the Department of History.

For info, contact Dr. Paul Charney at x3120 or pcharney@frostburg.edu.

Appalachian Lab Fall Seminar Series

Dr. Patrick Magonigal, Smithsonian Environmental Research Center, will present “Wetlands in a World of Elevated CO2 and Nitrogen” **Thursday, Feb. 11**, at 3:30 p.m. in AL Room 109. Refreshments will be served in the AL lobby following the seminar.

For info, see www.al.umces.edu/seminar/schedule.



Theatre

Appalachian Drama Takes Main Stage

The Department of Theatre and Dance at FSU will present Howard Richardson and William Berney’s Appalachian folk tale, “Dark of the Moon.” Performances will take place in the PAC Drama Theatre **Friday,**

Feb. 26, and Saturday, Feb. 27, and Thursday, March 4, to Saturday, March 6, at 7:30 p.m., with a matinee performance on **Feb. 27** at 2 p.m.

Loosely based on the ancient folk song, “The Ballad of Barbara Allen,” “Dark of the Moon” is a powerful, mystical folk drama set in the mysterious and mesmerizing Smoky Mountains of Appalachia in the 1920s. A tale of tragic love is at the heart of a story that depicts a clash of incongruent worlds – the mountains where witches and other supernatural beings reside and the valley where the humans live.

For reservations and information, call the theatre box office at x7462, Monday through Friday, from 9 a.m. to 12:30 p.m. and 1:30 to 4 p.m. Tickets are \$6 for students and \$12 for the general public.

Workshops

FSU to Offer Writing Workshop for Veterans

FSU’s Center for Creative Writing will offer an opportunity just for veterans, a chance to participate in a mixed-genre creative writing workshop. The workshop, open to student veterans and veterans in the local community, is free and requires no purchase of materials. The workshop will meet on Wednesdays from **Feb. 3 to May 5** from 5 to 7 p.m. at the center’s home in the Lyric Building on Main Street in Frostburg.

The workshop will be led by local veteran and writer Clint Garner. The focus of the workshop will be to equip participants with some basic writing skills, tools and resources. Participants will discuss basic components and conventions of all three major creative writing genres (non-fiction, fiction and poetry), read successful works from each genre by veterans from various eras as well as discuss what makes them work and write original works of each genre. Participants will also have the chance to receive feedback from classmates and the instructor.

“Our hope is to provide interested veterans with an avenue for meaningful and productive expression,” Garner says.

For info about the workshop or the FSU Center for Creative Writing, contact Garner at x4024 or cwgarner0@frostburg.edu.

Center for Creative Writing to Hold Playwriting Workshop

The FSU Center for Creative Writing will host a 10-week playwriting workshop with local award-winning playwright **Ty DeMartino**. Sessions will begin on **Feb. 11** and will be held on

Thursday nights, starting at 7 p.m. at the center at 22 E. Main St. in Frostburg.

The workshop is open to novice and established playwrights who want to learn more about the craft and the art of writing for the stage. Participants will go over such topics as how to tell strong stories in a theatrical setting, create memorable characters and write natural-sounding dialogue. Over the 10 weeks, participants will develop their own play ideas and receive feedback and guidance from DeMartino and their fellow workshop participants.

The cost for the 10-week workshop is \$100 per person, with partial proceeds benefiting the FSU Center for Creative Writing. For info or to register, contact the center at x4024 or visit www.frostburg.edu/cwcenter.



Take Note

Weight Watchers Is Back!

Join the 12-week Weight Watchers at Work session at FSU beginning **Monday, Feb. 1**, from noon to 12:45 p.m. in the Cordts PE Center Leake Room. Payment in full will be collected Feb. 1. The cost is \$144, payable by cash, major credit card or check. A split payment option is available – three checks for \$48, all dated Feb. 1 and deposited on Feb. 1, March 1 and April 1. Checks should be made payable to Weight Watchers.

For info, contact Lee Ann Nightingale at x4398 or lnightingale@frostburg.edu.

Bookstore Info

FSU Bookstore rush hours will be **Monday, Feb 1**, 8 a.m. to 4:15 p.m.

Spring 2010 textbooks are available for purchase at the FSU Bookstore Web site, <http://bookstore.frostburg.edu>, or at the FSU Bookstore in Tawes. Pick up orders placed for spring 2010 textbooks in Tawes 301. (A photo ID is required.)

CHILL Events

For info, visit www.frostburg.edu/chill, or contact April Baer at x3035 or wellness@frostburg.edu.

Be Heart Smart This February

According to the Centers for Disease Control, heart disease is the leading cause of death in the United States. Lack of physical activity can lead to heart disease at any age. CHILL wants FSU to increase its heart health this month by staying active despite these frigid temperatures.

From Feb. 1 to March 1, CHILL will host a “Be Heart Smart” program to encourage Bobcats to keep track of their daily fitness activities by using the American Heart Association’s Start! program. This free online program will allow participants to join the FSU

network and document the frequency and intensity of aerobic exercise.

Every participant is a winner! Each participant who accurately documents weekly required exercise, i.e., 2.5 hours a week of moderate-level aerobic exercise, will be eligible to receive a free CHILL T-shirt. This program is open to students, faculty and staff.

The Biggest Loser Returns to FSU

CHILL is bringing its “The Biggest Loser on Campus” program back to campus for the second year in a row.

“The Biggest Loser on Campus” is designed to promote student wellness by encouraging increased participation in aerobic activities and health programs on campus. During this two-month program, teams of four will be awarded points for completing tasks that aim to improve participants’ overall well-being, including meeting with personal trainers, submitting nutritional analyses and engaging in campus programs.

This program rewards campus engagement and self-awareness, not weight loss. However, past participants noted that their shrinking waistlines were a benefit of their new diet, exercise and stress management techniques. In spring 2009, the top three teams lost a combined total of 114 pounds, and each accumulated multiple participation points by being involved in campus blood drives and walking in the annual Relay for Life event.

Students are encouraged to attend the interest meeting on **Tuesday, March 2**, at 7 p.m. in the Cordts Leake Room.

Check Out CHILL Reads

Do you enjoy reading as well as learning how to increase your overall health and wellness? CHILL Reads, the book club that meets twice a month, returns **Thursday, Feb. 11**. Participants will receive a copy of each book and will meet twice a month to discuss their thoughts about the author’s approach to wellness. The program is open to students, faculty and staff.



Get Involved

‘Vagina Monologues’ to Be Performed



FSU will present Eve Ensler’s “The Vagina Monologues” at 7:30 p.m. on **Friday, Feb. 12, and Saturday, Feb. 13**, at PAC Pealer Recital Hall. The Vagina Fair will be held from 6:30 to 7:30 p.m., which includes the V-Day Scarf Sale, as well as displays from groups such as the Family Crisis

Resource Center. The event is part of V-Day, a global campaign to end violence against women and girls.

“The Vagina Monologues” dives into a range of emotions buried in real women’s experiences. All proceeds will benefit the Family Crisis Resource Center in Cumberland and the Dove Center of Garrett County.

In 2009, over 4,200 V-Day benefit events produced by volunteer activists took place in the U.S. and around the world, educating millions of people about the reality of violence against women and girls. To date, the V-Day movement has raised over \$70 million and educated millions about the issue of violence against women and the efforts to end it; crafted international educational, media and PSA campaigns; launched the Karama program in the Middle East; reopened shelters; and funded over 11,000 community-based antiviolence programs and safe houses in the Democratic Republic of the Congo, Haiti, Kenya, South Dakota, Egypt and Iraq. V-Day was named one of Worth magazine’s “100 Best Charities” in 2001 and Marie Claire’s “Top 10 Charities” in 2006. The “V” in V-Day stands for Victory, Valentine and Vagina.

As part of its 2010 V-Day Campaign, FSU will have its annual Scarf Sale **Feb. 1 through 4 and Feb. 8 through 11** in the Tawes Lobby at FSU and during the performances of “The Vagina Monologues.” Proceeds will benefit both local centers.

The Clothesline Project, designed to “air out society’s dirty laundry,” will be held from **Feb. 8 to 11** with the Scarf Sale. Women and men are invited to create shirts that will be displayed during the performances of “The Vagina Monologues” as a visual representation of real stories of violence against women.

Tickets to FSU’s performance of “The Vagina Monologues” are \$6 for students and \$12 for non-students. Call x7462 for more ticket information. To learn more about V-Day events, contact Dawn Lucas, coordinator of V-Day at FSU, at dlucas0@frostburg.edu.

Greek News

Sorority Formal Recruitment Events

Tuesday, Feb. 2, 7 p.m., Potential New Member Orientation, 218 Dunkle.

Wednesday, Feb. 3 (Philanthropy Night), 6:30 p.m., Potential New Member Meeting, Old Main 105.

Thursday, Feb. 4 (Fun Night), 6:30 p.m., Meet With Recruitment Counselors, Old Main 105.

Friday, Feb. 5 (Invite Night), 10 a.m. to 2 p.m., PNMs Pick Up Their Invites, 130 Tawes.

5:30 p.m., Potential New Member Meeting, Old Main 105.

Saturday, Feb. 6 (Preference), 9 to 11 a.m., PNMs Pick Up Their Invites, 130 Tawes.

1 p.m., Potential New Member Meeting, Old Main 105.
8 p.m., PNMs Must Sign Bid Card, 130 Tawes.
Sunday, Feb. 7, 10 a.m., PNMs Report for Bid Day, Dance Studio, Hallway, PE Center. All PNMs who have received a bid are required to attend.
10:30 a.m., Bid Day, Cordts Practice Gym.

To sign up for Sorority Recruitment, go to <http://FreeOnlineSurveys.com/rendersurvey.asp?sid=48ydlxrs7xj8v75694893>, or talk to one of the College Panhellenic women in Tawes 140, Monday through Friday, 10 a.m. to 4 p.m.

Fraternity Recruitment Events

Watch for flyers for their events:
Sigma Alpha Epsilon
Sigma Tau Gamma
Tau Kappa Epsilon
Phi Mu Delta
Pi Lambda Phi
Delta Chi

Meetings

Greek Council: **Feb. 8,** 6 p.m., Dunkle 218.
College Panhellenic: **Feb. 9,** 6 p.m., Tawes 311.
IFC: **Feb. 10,** 6 p.m., Tawes 208.
Greek Council: **Feb. 22,** 6 p.m., Dunkle 218.
College Panhellenic: **Feb. 23,** 6 p.m., Tawes 311.
IFC: **Feb. 24,** 6 p.m., Tawes 208.
Greek Council: **March 8,** 6 p.m., Dunkle 218.
College Panhellenic: **March 9,** 5 p.m., Tawes 311.
IFC: **March 10,** 6 p.m., Tawes 208.

Upcoming Events

Feb. 27, Alpha Sigma Alpha Installation.
March 16, So You Think You Can Step.
March 27, Delta Zeta Region III Day.

Upcoming UCM Events

Group meetings are in 161 Tawes. For info, contact the Rev. Dr. Cindy Zirlott at x7490 or c.zirlott@frostburg.edu.

Agape Latte. Agape Latte study breaks are informal conversations with the chaplain Mondays from 1 to 3 p.m. (or any time the UCM office is open). We are located near Java City. Any and all questions are welcome. Come and we'll buy you a latte!

Christian Meditation Lunch Bunch. This meditation group opportunity meets each Wednesday from 12:10 to 12:50 p.m. **starting Feb. 10** and is for faculty and staff.

Spiritual Study Breaks. Wednesday study breaks are from 9 to 9:45 p.m. **starting Feb. 3** and are a praise and prayer opportunity for the FSU community. We are seeking people who can form a praise band. If you would like to be part of a college Christian band, come by or send an e-mail.

FCA Huddle Bible Study. Christian athletes are invited to attend and bring a friend on Thursdays from 8 to 9 p.m.

True North Meetings. Sunday meetings are from 7 to 9 p.m. This semester True North will explore the Book of Revelation.

Haiti in Crisis – How Can You Help? If you, your family, class or group would like to make Health Kits for Haiti, contact Chaplain Cindy for instructions on preparing the kits. Kits are due in 161 Tawes by **Feb. 28.**

Grad Students
Grad Student News

Interested in Graduate Programs at FSU?

Visit the Graduate Program Open House **March 10** from 5 to 7 p.m. at USMH or **March 24** from 5 to 7 p.m. in Pullen 141.

Now is the time to apply for graduate programs for summer and fall 2010. Advising appointments are also available with the director of Graduate Services, Vickie Mazer, by office or phone appointment. Call x4595 or e-mail vmmazer@frostburg.edu.

Last Call for Those Interested in the FSU MAT – Elementary & Secondary, K-12 Program

The deadlines for application for the MAT programs are fast approaching. If you are interested in joining this year's cohort in the summer 2010 session, you should participate in the upcoming information session scheduled for **Thursday, Feb. 18,** at 5 p.m. in 141 Pullen. The deadline for MAT-Elementary summer 2010 cohort applications is **May 1.** The MAT-E summer 2010 applicant admissions interviews will be scheduled an evening in April. The deadline for MAT-Secondary, K-12 Art Ed summer 2009 cohort applications is **April 1.** For info, call the Graduate Services Office at x7053 or register by e-mailing gradservices@frostburg.edu.

Graduate Scholarship for 2010-11 Applications – Deadline March 1

• 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.

• F. Perry Smith Jr. Graduate Scholarship

The recipient must have completed his or her high school education or the equivalent in 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).

• Howard and Audrey Naylor Graduate Scholarship

The recipient must be a certified teacher or eligible for certification and be admitted in good standing or eligible for admission to the M.Ed. Special Education program. The student must attend full time.

Graduate Assistantships/International Fellowships for 2010-11 – Deadline March 15

Applications for positions for the academic year beginning with the fall 2010 semester are 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 for graduate scholarships and assistantships/fellowships are available at the Office of Graduate Services in 141 Pullen (x7053) or on the Web at www.frostburg.edu/grad/forms.htm.

May 2010 Commencement

Students who plan to graduate in May 2010 need to complete the "Application for Graduation" as soon as possible. The forms are available online at www.frostburg.edu/grad/forms.htm, at the Office of Graduate Services in 141 Pullen or by calling x7053. Tickets will be required for entrance into the May commencement ceremony. Go to www.frostburg.edu/events/commencement for more details.

Because the inclement weather caused the December commencement to be postponed from Dec 19 until Dec. 21, those students who planned to graduate in December **have been given the opportunity to participate in the May 2010 commencement ceremony.**

The May ceremony will be held on Saturday, May 22. The ceremony for the College of Business and the College of Education will be at 10 a.m., and for the College of Liberal Arts and Sciences at 2 p.m.

The May ceremony requires tickets. If you plan to participate in the May Commencement Ceremony, notify the Office of the Registrar by **March 1.** Send a letter to the Registrar's Office, Frostburg State University, 101 Braddock Rd, Frostburg, MD 21532-2303 or e-mail jterment@frostburg.edu. Include your PAWS ID, current address and telephone number.

If you plan to participate and have not ordered a cap and gown, you must do so through the University Bookstore at x4341.



Community

AAUW Begins Second Half of Business Year

The American Association of University Women will kick off the second half of its 2009-10 business year at its next meeting on **Tuesday, Feb. 2**, at 7 p.m. in the Fellowship Hall of the Frostburg United Methodist Church on Main Street in Frostburg. The event is open to the public.

The highlight of the evening will be a presentation by **Sharon Robinson**, who will share photos of her 12-day cruise through Russia during the summer of 2009. Robinson, a professor in the Accounting Department at FSU, went on the Imperial Russian Waterways trip that included a tour of Moscow's Kremlin Museum; a cruise up the Volga River, visiting, among other Russian cities and towns, St. Petersburg; Russian cuisine; and an exhibition by Cossack dancers.

AAUW is a national association dedicated to advancing equality for women and girls through advocacy, education and research. Monthly business meetings are held at the Frostburg Methodist Church on the first Tuesday of each month. For info, contact Yvonne Beal at 301-689-6849.

MCTA Offerings

Regularly Scheduled Offerings

Tuesdays: Spinning With Fiber, an informal gathering of those interested in learning the fundamentals of spinning or perfecting their technique, meets Tuesday evenings at MCTA at 7 p.m. Artists Theo Ewers and Missy Martz will be on hand to provide recommendations on technique and materials. Participants are expected to provide their own supplies.

Thursdays: The Crochet and Knitting Gathering will meet Thursdays from 6:30 to 8 p.m. Come by for a quick explanation and help with an ongoing project. Knitters are also welcome. Carolyn Groves will lead these work sessions.

Final Friday: MCTA will host a monthly Drum Circle on the last Friday of the month at 7 p.m. Bring a rhythm instrument (it can be homemade) and a stool or rug; some chairs are provided.

Special Events

Mountain Music With a Country Flair by Loretta Hummel and Robert Broadwater will be **Friday, Feb. 5**, at 7 p.m. Admission is free, but donations are appreciated.

Workshops

To register for workshops, e-mail mountaincitytradarts@gmail.com or phone 301-687-8040.

MCTA will host a Focus and Finish Rug Hooking Workshop **Feb. 20** from 11 a.m. to 4 p.m. Instructor Susan

Feller will have visuals. The workshop fee is \$15; materials fee – TBD.

There will be a Needle Tatting Workshop **Feb. 27** from 10 a.m. to 4 p.m. The beginning needle tatting is an introduction class led by Carolyn Groves. Participants will receive a kit, including an instructional guide, set of four needles and a ball of size 10 thread. Students should be able to produce an edging suitable for a hand towel. Threads and books will be available for purchase. The kit fee is \$25; the workshop fee is \$15. The class is limited to eight.

The Appalachian Center for Ethnobotanical Studies, with MCTA, is launching a Mountain Herbalist Series, with the presentation of Mountain Roots **Feb. 22** at 6:30 p.m. Come and discover the lore, tradition and science behind the uses of Appalachia's most popular native medicinal roots. This series of free public workshops also provides the opportunity to meet Mimi Hernandez, the new coordinator of the Appalachian Center for Ethnobotanical Studies.



Message Board

FSU-TV3 cablecasts an automated educational and community message channel when not showing video programming. The channel provides info about FSU events, non-profit organizations and community events. If you have an activity announcement to advertise, log on to www.frostburg.edu/dept/mcom/channel3/admin-pic/cf_upload.cfm, enter the information and click submit. A graphic or pre-made message can be loaded as well. Submit requests at least one week in advance.

For info, contact Melanie Lombardi at x3011 or mlombardi@frostburg.edu.

Taping Request Form

FSU-TV3 has a Taping Request Form for groups or departments interested in having a speaker or musician taped to air on FSU-TV3. Log on to www.frostburg.edu/dept/mcom/channel3/tapingreqform.htm, fill in all required information and hit submit. Be sure to give FSU-TV3 at least four weeks' notice.

Feb. 1-5 Schedule

For more: <http://fsutv3.frostburg.edu/Cablecast/Public/Schedule.aspx?ChannelID=1>

Monday:

- 3 p.m. NASA Connect: Rocket to the Stars
- 3:30 p.m. NASA Connect: Virtual Earth
- 4 p.m. NASA 360, Welcome to NASA 360!
- 4:30 p.m. Learning Math: Patterns, Functions & Algebra: Functions & Algorithms

- 5 p.m. Bridging World History: The Spread of Religions
- 5:30 p.m. The Habitable Planet: Ecosystems
- 6 p.m. Essential Science for Teachers: Physical Science: Extending the Particle Model of Matter
- 7 p.m. FSU Percussion Ensemble Concert, Spring 2006
- 8 p.m. Going Green With Dr. G, Episode 1, Fall 2008
- 8:30 p.m. NASA 360, Welcome to NASA 360!
- 9 p.m. ThinkTalk Presents: Spotlight With Andrew Ross Sorkin and Director's Cut With John Hillcoat
- 9:30 p.m. ThinkTalk Presents: Director's Cut With Kefin Heffernan and the Blank Page With National Bookfest
- 10 p.m. FSU Women's Basketball vs. Penn State Behrend
- 11:30 p.m. FSU Men's Basketball vs. Penn State Behrend

Tuesday:

- 3 p.m. Down to Earth: Season III, Episode 3: Alcohol Abuse, Prevention & Psychological Effects
- 3:37 p.m. LEAD-TV Episode 6: Featuring "The Road to Obama: Celebrating African American Leadership" Panel Discussion
- 6 p.m. Zen Lecture: Responding to a Ravaged Planet
- 7 p.m. C & O Canal Documentary: The Great National Project
- 7:30 p.m. 2009 Live at the Depot: Featuring Highland Grass
- 7:46 p.m. 2009 Live at the Depot: Featuring Hannah Livingston
- 8:01 p.m. 2009 Live at the Depot: Featuring Black Diamond
- 8:16 p.m. 2009 Live at the Depot: Featuring Fritz Kessler & Jason Twigg
- 8:32 p.m. FSU Women's Volleyball vs. Medaille, Oct. 8, 2005
- 10 p.m. Down to Earth: Season III, Episode 3: Alcohol Abuse, Prevention & Psychological Effects
- 10:37 p.m. LEAD-TV Episode 6: Featuring "The Road to Obama: Celebrating African American Leadership" Panel Discussion

Wednesday:

- 3 p.m. NASA: Destination Tomorrow, Program 12
- 3:30 p.m. NASA: Destination Tomorrow, Program 13
- 4 p.m. Democracy in America: Civil Liberties, Safeguarding the Individual
- 4:30 p.m. Learning Math: Numbers & Operations: Rational Numbers & Proportional Reasoning
- 5 p.m. Earth Revealed: Mountain Building
- 5:30 p.m. Social Studies in Action: Intro to Video Library
- 6 p.m. Voices in the Wind: Destiny Pregnant With History
- 6:30 p.m. NASA 360, Kennedy Space Center
- 7 p.m. American Passages, a Literary Survey: Rhythms in Poetry
- 7:30 p.m. FSU Women's Lacrosse Game vs. Susquehanna

9:30 p.m. ThinkTalk Presents: Director's Cut With Kefin Heffernan and the Blank Page With National Bookfest	7 p.m. Frostburg Roadtrip: Maryland	4:30 p.m. Exploring the World of Music: Texture
10 p.m. Voices in the Wind: Love in a Land of Ecstasy	8 p.m. Third Annual African Student Association Fashion Showcase	5 p.m. American Cinema: The Film School Generation
10:30 p.m. FSU Football vs. Southern Virginia University, Oct. 13, 2007	10 p.m. Down to Earth: Season III, Episode 3: Alcohol Abuse, Prevention & Psychological Effects	6 p.m. Human Geography: People, Places & Change: Global Firms in the Industrializing East
Thursday:	10:37 p.m. LEAD-TV Episode 6: Featuring "The Road to Obama: Celebrating African American Leadership" Panel Discussion	6:30 p.m. NASA 360, Welcome to NASA 360!
3 p.m. Down to Earth: Season III, Episode 3: Alcohol Abuse, Prevention & Psychological Effects	Friday:	7 p.m. "Heart" Documentary: FSU Women's Soccer Team, 2004
3:37 p.m. LEAD-TV Episode 6: Featuring "The Road to Obama: Celebrating African American Leadership" Panel Discussion	3 p.m. SciFiles: The Case of the Zany Animal Antics	8:30 p.m. FSU Latin Ensembles Concert, Spring 2008
6 p.m. FSU Clarinet & Saxophone Recital, April 21, 2009	4 p.m. Connecting With the Arts: Teaching Practices Library 6-8: Folk Tales Transformed	9:30 p.m. Guest Lecturer: Bob Drogin, Curveball
		10:30 p.m. Frostburg Roadtrip: Los Angeles
		11:30 p.m. Frostburg Tonight

Activities for Life

For info and registration, contact Amy Nazelrod, AFL coordinator, at x7934 or anazelrod@frostburg.edu. Advance registration is required.

Youth Climbing Classes

A Youth Climbing class for children ranging in age from 6 to 9 will be offered Monday evenings, **Feb. 8 through March 8**, from 6:30 to 8 p.m. in the Cordts PE Center, Room 170. Each class is limited to six participants, with a minimum of three for the class to be held.

The course is designed to introduce youth to the sport of climbing, which offers limitless potential for physical, mental and emotional growth. They will learn proper stretching, safety and climbing techniques. The instructor will be Tylor Street, who holds a Maryland Top Rope certification.

International Study Abroad

The Center for International Education offers ways for FSU students to see the world. In some cases, students can pay FSU tuition, room and board and study for a semester in Ireland, England, Spain, France or many other countries. For info, visit the Fuller House (across the street from Braddock House) or call x4714.

Jobs, Jobs, Jobs Stimulate Your Economy!

The Census Bureau is looking for workers for its 2010 operations. Full- and part-time temporary jobs are available, with a starting pay of \$15.50 an hour. Paid training for the five positions starts soon. Call 1-866-861-2010 to reserve a spot at the application sessions, or go to www.2010censusjobs.gov for info.

FSU Events Calendar

MONDAY, FEB. 1	
Ophelia Project V-Day Scarf Sale	10 a.m.-4 p.m..... Tawes 3rd Fl. Lobby
TUESDAY, FEB. 2	
College Panhellenic New Member Orientation.....	7 p.m. Dunkle 218
UPC General Board Meeting	7 p.m. Tawes 152
WEDNESDAY, FEB. 3	
Ophelia Project V-Day Scarf Sale	10 a.m.-4 p.m..... Tawes 3rd Fl. Lobby
SGA USA Today Info Table	10:30 a.m.-1:30 p.m..... Tawes Polar Bear Lobby
Faculty Senate	4 p.m. Cordts Leake Room
Women's Basketball: La Roche, Pittsburgh	6 p.m. Away
Men's Basketball: La Roche, Pittsburgh.....	8 p.m. Away
BSA General Body Meeting	8 p.m. Cordts Leake Room
THURSDAY, FEB. 4	
Blackout Day (turn computers & lights off)	noon-1 p.m..... Campuswide
BURG General Body Meeting	5 p.m. Cordts Leake Room
BURG Perception IQ.....	7 p.m. Library 237
SGA Meeting.....	7:30 p.m..... Osborne Newman Center
FRIDAY, FEB. 5	
Men's/Women's Track & Field:	
Marietta College, Marietta, Ohio	4:30 p.m..... Away
SATURDAY, FEB. 6	
Women's Basketball: D'Youville.....	1 p.m. Home
Men's Basketball: D'Youville	3 p.m. Home
SUNDAY, FEB. 7	
Greek Life: Bid Day	10 a.m. Cordts Practice Gym
CCM Mass	noon & 8 p.m. Cook Chapel
Planetarium: "Quick Intro to Universe"	4 & 7 p.m. Tawes Hall

Questions? Call 301-687-4411. All information is 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.

Lifting's a Breeze
When You Bend at the Knees

