F R O S T B U R G S T A T E U N I V E R S I T Y

StateLines

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Welcome Back to FSU!

Check Out Some of the Upcoming Events

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.

Visual Arts

Works on Paper by FSU Alum Shaffer 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 Liquatex 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

Shedd to Perform Junior Vocal Recital

FSU junior Caroline Shedd will perform her vocal recital on **Sunday, Feb. 7**, at 8 p.m. in the Pealer Recital Hall of the Performing Arts Center. 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.

Shedd is a vocal performance major, with a minor in French, and hopes to teach voice, piano and flute. She is a member of the Student Athletic Advisory Committee and the FSU Chamber Choir. Shedd is a 2006 graduate of Middletown High School. She is the daughter of Donna and Tommy Shedd.

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

Ritchey to Perform Senior Trombone Recital

FSU senior James Ritchey will perform a trombone recital on **Sunday, Feb. 7**, at 3 p.m. in PAC Pealer Recital Hall. 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.

A music education major at FSU, Ritchey hopes to become a music teacher at the secondary level. He is a member of the Low Brass Society and CMENC. Ritchey, who expects to graduate in May 2010, is a 2005 graduate of Pocomoke High School. He is the son of Melody Turner and Gordon Ritchey.

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

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.

Theatre

Center for Creative Writing Sponsors Competition

The FSU Center for Creative Writing announces its first annual One-Act Playwriting Competition to showcase new works.

Writers are encouraged to submit their one-act plays (with a running time of 40-minutes or less) to the center by **Thursday, April 1**. Entries will be judged on plot, character development, dialogue and overall quality.

The first prize winner will receive $750 and production of his or her play at the Frostburg One-Act Playwriting Festival to be held on the FSU campus in September. Second and third prize winners will receive $250 and $100, respectively, and staged readings of their works.

For submission guidelines, visit the Center for Creative Writing's Web site at www.frostburg.edu/cwcenter.

Workshops

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.

A resident of Frostburg, DeMartino's plays have appeared on stages from Hollywood to off-Broadway in New York City and the Kennedy Center in Washington, D.C. In 2007, he was named Best Playwright of the Year by the "Baltimore City Paper" for his political piece "The Blessed Mothers of War," and in 2008, his family drama "Finding Fossils" was honored as Best Production of the Baltimore Playwrights Festival. Over the past decade, he has been recognized by the Maryland States Arts Council with three Individual Artist Awards. Currently, DeMartino is working on two dramas for the stage – "Cluttered," a play about hoarding disorders, and "The Darling Siblings," a story about children dealing with the murder of a family member. Both plays are being workshopped for possible productions in 2010. In addition, he serves as the head writer for Reel Movie Kids, an initiative to train and showcase young actor-comedians.

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.

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.

Take Note

H1N1 Vaccinations Available

Brady Health Center has received an additional supply of the H1N1 influenza injectable vaccine. The nasal mist form of the H1N1 vaccine is still available. Both vaccinations are available at no charge to FSU students, faculty and staff.

Also, through a grant with the Allegany County Health Department, Brady Health has received a small supply of several other vaccinations, including Gardasil (HPV vaccine), Hepatitis A vaccine, Hepatitis B vaccine, Pneumococcal Pneumonia vaccine and Tdap (tetanus, diphtheria, acellular pertussis). These immunizations will be available to FSU students for the administration fee of $10 per dose. For info or to schedule an appointment, call Brady Health at x4310.

Bookstore Info

FSU Bookstore rush hours will be **Monday, Jan. 25, through Thursday, Jan. 28**, from 8 a.m. to 6 p.m.; **Friday,**

Jan. 29, from 8 a.m. to 4:30 p.m.; and **Monday, Feb 1**, from 8 a.m. to 4:15 p.m. The bookstore will be closed **Saturday, Jan 30**, and **Sunday, Jan. 31**.

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

The book buyback will be **Wednesday, Jan. 27**, and **Thursday, Jan. 28**, from 9 a.m. to 4 p.m. in the bookstore in Tawes.

Upcoming 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.

Save the Date for FOCUS FROSTBURG!

FOCUS FROSTBURG, sponsored and organized by FSU's Learning Green, Living Green Sustainability Initiative, is FSU's annual Day of Learning on sustainability and climate awareness that is open to FSU students, faculty, staff and the community. On **Wednesday, April 21**, dozens of 50-minute presentations will be scheduled throughout the day on campus, along with visual displays and outdoor activities.

Faculty members are asked to encourage students to attend by incorporating this event into class activities and potentially including this in course syllabi. As in previous years, faculty may want to have students, as appropriate, attend a FOCUS FROSTBURG session in lieu of class attendance or to make any of the FOCUS FROSTBURG seminars and activities an extracredit assignment.

A "Call for Presentations" will go out in January. Hopefully, many of you will consider presenting a topic at this event. Student presentations are also highly encouraged and would make a great class activity. The LGLG Committee will keep the campus community posted as more information becomes available.

Put Yourself and Your Friends in the Yearbook!

Log onto http://images.jostens.com, enter the user ID 400007045 and the password bobcats.

It's easy and free!

The yearbook staff reserves the right to review all pictures and disregard any that are inappropriate. Not all pictures will be used because of space constraints.

For info, contact Ashley Daniels at amdaniels0@frostburg.edu.

Points of Pride

Shah Wins Global Researcher Award

Dr. Amit Shah, a professor in the Department of Management, received the Gold Medal Award as a Global Researcher at the 2009 Association of Indian Management Scholars Conference in December, based on the record of his years of global research activities.

Get Involved

Upcoming Greek Events

Greek Life Recruitment

Sorority Spring Optional Pre-Events

Monday, Jan. 25, 6 p.m., Tawes 152 and 153, Creation Station. Come create a flip photo or a trucker hat with the ladies of College Panhellenic.

Tuesday, Jan. 26, 6 p.m., Chesapeake Cafeteria. Come dine with the ladies of College Panhellenic. They will be the ones in the bright blue recruitment shirts.

Thursday, Jan. 28, 8 p.m. Meet the women from College Panhellenic. Several members of each sorority will be in your building knocking on doors to answer any questions you may have.

Saturday, Jan. 30, 9 p.m. to 1 a.m., Cordts PE Center. Bingo and Laser tag night. Hang out with the members of UPC, IFC and College Panhellenic for an evening of fun.

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 Hall.

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 Hall.

1 p.m. Potential New Member Meeting, Old Main 105.

8 p.m., PNMs Must Sign Bid Card, 130 Tawes Hall.

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, Cordt's PE Center Practice Gym.

To sign up for Sorority Recruitment, go to http://FreeOnlineSurveys.com/rendersurvey.asp?sid=48ydlxrs7xj8v756

94893, or talk to one of the College Panhellenic women in Tawes 140, Monday through Friday, 10 a.m. to 4 p.m.

Fraternity Recruitment Event

Saturday, Jan. 30, 9 p.m. to 1 a.m., Cordts PE Center. Bingo and Laser tag night. Hang out with the members of UPC, IFC and College Panhellenic for an evening of fun.

Meetings:

Greek Council: **Jan. 25**, 6 p.m., Dunkle 218.

College Panhellenic: **Jan. 26**, 6 p.m., Tawes 311.

IFC: Cancelled for **Jan. 27** but will meet right after Greek Council for this week.

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.

Up and Coming Events

Feb. 27, Alpha Sigma Alpha Installation.

March 27, Delta Zeta Region III Day.

'Vagina Monologues' to Be Performed

VDAY
UNTIL THE VIOLENCE STOPS

"The Vagina Monologues" will be performed **Friday, Feb. 12, and Saturday, Feb. 13**, at 7:30 p.m. Come between 6:30 and 7:30 p.m. to visit the Vagina Fair, including the V-DAY scarf sale, as well as see information from groups such as the Family Crisis Resource Center. For info, e-mail Director Lucy Opal Ragland at loragland0@frostburg.edu.

"The Vagina Monologues" is presented as part of the V-DAY College Campaign. V-DAY is an organization working to end violence against women and girls worldwide, and has been a major movement on campus since 2002, raising over $40,000 for two local beneficiaries: the Family Crisis Resource Center and the Dove Center. For info, visit www.vday.org or contact V-DAY FSU's coordinator, Dawn Lucas, at dlucas0@frostburg.edu.

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 Master of Arts in Teaching – 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. Applications are available online, at the Office of Graduate Services in 141 Pullen or by calling x7053.

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). Applications are available online, at the Office of Graduate Services in 141 Pullen or by calling x7053.

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. The applications 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 jternent@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.

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.

Activities for Life

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

Infant/Preschool & Youth Swim Classes

An infant/preschool swimming class for children ages 3 to 36 months and a

youth swimming class for children ages 4 to 12 years will be offered Mondays and Wednesdays, **Jan. 25 through Feb. 10**, in the Cordts PE Center. The infant/preschool class will be held from 5:30 to 6 p.m. and the youth class will be from 6 to 6:50 p.m.

The infant/preschool class requires parents to be in the water with their children. Parents and children participate in water exploration activities with the objective of having fun and becoming comfortable in, on and around the water.

Youth swimming instruction is separated into skill levels based on the child's swimming ability when enrolling in the class.

Tumbling Classes

Various tumbling classes will be offered for children ranging in age from 3 and up, all held in Cordts PE Center Room 170.

The Preschool classes are for children ages 3 to 4 and are limited to 12 participants who have little or no formal tumbling training. (Children should preferably be potty-trained.) They will be conducted Tuesdays, **Jan. 26 to April 6**, 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. This is a parent/child class, and an adult must participate with each child.

The Beginner classes are for children ages 5 to 12 and are limited to 15 participants with a minimum of 7. They will be conducted Tuesdays, **Jan. 26 to Feb. 23**, 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 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 12 participants with a minimum of 6 and will be held on Tuesdays, **Jan. 26 to Feb. 23**, from 6 to 7 p.m.

Water Aerobics

Water Aerobics classes will be offered on Tuesdays and Thursdays, **Jan. 26 to Feb. 25**, 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. The instructor for this class is Sierra Wassell.

Kundalini Yoga

Classes will be offered Mondays, **Feb. 1 to March 8**, from 5 to 6 p.m.in Cordts PE Center 106.

Yoga is an ancient science that provides its practitioners with experiences of health, flexibility, balance, strength and stamina that are applicable to all aspects of life. Yoga has something to offer all its participants regardless of age or abilities.

A minimum of 10 students is required. Students must provide their own mats. The registration and payment deadline is **Tuesday, Jan. 26**.

Aerobics Classes

Aerobics classes will be offered Mondays through Thursdays, **Feb. 8 through May 6**. There will be no classes March 15 to 18.

The classes will be held in Cordts PE Center Room 168. Step Combo on Mondays and Wednesdays from 7 to 8:30 p.m. will be 30 minutes of intense aerobic activity. Class will also include toning, weights and abs. The instructor is Eve Schott. Cardio Combo on Tuesdays from 7 to 8 p.m. will be done in intervals with cardio and weight training followed by an ab workout. The instructor is Kristi Devore. Boot Camp will be on Thursdays from 7 to 8 p.m. Boot Camp participants will enjoy the benefits of a challenging total body workout with a combination of weights, cardio and core muscle exercise. Participants will burn calories, build lean muscle and improve balance and posture. The instructor is David Cheeks.

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

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.

$ 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.

Stay Alert and on Your Feet!

Watch Out for Slippery Areas!

Wear Shoes With Rough Soles & Heels

FSU Events Calendar

MONDAY, JAN. 25 – Welcome Back!
Classes Begin
Late Registration/Drop/Add through Jan. 29
Greek Council ..... 5:45 p.m. ..... Dunkle 218

TUESDAY, JAN. 26
UPC Poster Sale ..... 10 a.m. ..... Tawes 153

WEDNESDAY, JAN. 27
FSU Bookstore Book Buyback ..... 9 a.m.-4 p.m. ..... FSU Bookstore
UPC Poster Sale ..... 10 a.m. ..... Tawes 153
Women's Basketball: Penn State Altoona ..... 3 p.m. ..... Home
Men's/Women's Track & Field:
Ursinus College Pentathlon ..... 3 p.m. ..... Away
Greek Life Phired Up Recruitment Workshops ..... 6-10 p.m. ..... Dunkle 218
Men's Basketball: Penn State Altoona ..... 8 p.m. ..... Home

THURSDAY, JAN. 28
FSU Bookstore Book Buyback ..... 9 a.m.-4 p.m. ..... FSU Bookstore
Black Out Day (turn computers & lights off) ..... noon-1 p.m. ..... Campuswide
RHA Assembly ..... 5 p.m. ..... Compton 226
BURG General Body Meeting ..... 5 p.m. ..... Cordts Leake Room

FRIDAY, JAN. 29
Last Day to Add Classes
Leadership & Civic Engagement Blood Drive .... 8 a.m.-5 p.m. ..... Cordts Leake Room
Men's/Women's Track & Field:
Bison Open, Lewisburg, Pa. ..... 4 p.m. ..... Away
UPC Feature Film: "Zombieland" ..... 8:30 p.m. ..... Dunkle 218

SATURDAY, JAN. 30
Men's/Women's Track & Field:
Bison Open, Lewisburg, Pa. ..... 10 a.m. ..... Away
Women's Basketball: Penn State Behrend, Erie ..... 1 p.m. ..... Away
Men's/Women's Swimming/Diving: Pitt-Bradford .... 1 p.m. ..... Home
Men's Basketball: Penn State Behrend, Erie ..... 3 p.m. ..... Away
UPC Feature Film: "Zombieland" ..... 8:30 p.m. ..... Dunkle 218
UPC First Weekend Frostburg Explosion ..... 9 p.m.-1 a.m. ..... Cordts PE Center

SUNDAY, JAN. 31
CCM Mass ..... noon & 8 p.m. ..... Cook Chapel
Planetarium: "Our Glorious Atmosphere" ..... 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.