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**CREDITS**

The 2006 Frostburg State University Cross Country Guide is a production of the FSU Sports Information Office. It was written and designed by Noah Becker using QuarkXpress 4.1. Editorial assistance by Brandon Rethemeyer and Randy Lowe. Photography by Noah Becker & Gwynn Lyell. Cover design by Chris Riddle. Printing by Studio 20, Frederick, MD.

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Sports Information Office  
Cordts Physical Education Center  
101 Braddock Road  
Frostburg, Md. 21532-1099

**GENERAL INFORMATION**

Location ..... Frostburg, Md. 21532-1099  
 Founded ..... 1898  
 Enrollment ..... 5,200  
 Nickname ..... Bobcats  
 Colors ..... Red, Black & White  
 President ..... Dr. Jonathan Gilbratler  
 Web Site ..... www.frostburg.edu

**ATHLETIC ADMINISTRATION**

Athletic Director ..... Ralph Brewer  
 Associate Athletic Director ..... Chris McKnight  
 Compliance Coordinator ..... Rubin Stevenson  
 NCAA Faculty Athletics Representative ..... Lance Revenaugh

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**CROSS COUNTRY INFORMATION**

Head Coach ..... Randy Lowe (Shippensburg '92)  
 AMCC Coach of the Year awards ..... Five (2001-2005)  
 AMCC Championships (Men) ..... Eight (1997, 1998, 1999, 2001, 2002, 2003, 2004 & 2005)  
 AMCC Championships (Women) ..... Six (1997, 1998, 1999, 2000, 2002 & 2003)  
 All-Americans (Men) ..... Six  
 All-Americans (Women) ..... Five  
 Cross Country Office Phone ..... (301) 687-4313  
 Cross Country E-mail Address ..... rlowe@frostburg.edu

**MISSION STATEMENT**

The Frostburg State University Athletic Department endeavors to contribute to the total education of each individual student by providing a disciplined teaching/learning experience outside the classroom. The athletic program strives to provide an environment of healthy competition to assist in the development of well-rounded responsible citizens. The athletic experience seeks to foster the personal qualities of high ethical values, a competitive spirit, winning as part of a team, excelling individually, cooperation, self-discipline and self-esteem. Student-athletes may develop their athletic interest and potential through a variety of intercollegiate sports. They, along with other students, may continue to develop athletic interests through a variety of intramural or club sport activities, all of which are supported through the University budget.



**Randy Lowe  
Head Coach**

Randy Lowe enters his sixth season as head coach of the Frostburg State men's and women's cross country teams in 2005. Lowe, who served as the assistant coach for both programs from 1998-2000, has continued his trend of producing strong squads.

Last season, the FSU men won their fifth-straight Allegheny Mountain Collegiate Conference crown and eighth title in the league's nine-year existence. The women captured third place behind champion Penn State Altoona and runner-up Penn State Behrend. Ten runners, seven for the men and three for the women, were awarded All-AMCC honors while Lowe earned his fifth-straight men's Coach of the Year award and Marshal Lawrence was named the Newcomer of the Year. At the NCAA Division III Mid-East Regional Championships, the men placed 11th out of 40 teams while the women were 19th out of 42.

During the season, Lowe guided the FSU men to victories at the Lebanon Valley College Invitational and the DeSales University Invitational. For the women, Bonnie Axman won four invitational titles in the first four meets of the season, including setting the meet and course record at Dickinson. Axman became the fourth All-American in FSU cross country history after finishing 21st at the NCAA Championships.

In his first five years at the helm, 2001-2005, Lowe guided the FSU men to AMCC Championships in each season while helping the women capture the title twice (2002 & 2003). Both squads have participated at the NCAA Division III Mid-East Regional Champions in each season with men having the best finish (ninth) in 2004.

Lowe is one of the top distance coaches in the East. Last season he guided Bonnie Axman to a 21st place finish at the NCAA Cross Country Championships, just the fourth woman in FSU history to earn All-American honors. He also guided former FSU standout Michael Taye to Division III national championships in the 5,000-meter indoor and 10,000-meter outdoor events as well as a runner-up finish in the 5,000-meter outdoor event in 2000.

Lowe has coached 46 All-AMCC cross country runners and while working with the track and field teams, his athletes have earned All-Mason-Dixon Conference honors 108 times. His athletes have also qualified for the Eastern College Conference Athletic Championships 18 times and the NCAA Championships on nine occasions.

Lowe, who has served as FSU's systems and electronic resources librarian since 1997, earned his bachelor's degree in history from Shippensburg (Pa.) University in 1992. Lowe was an eight-time NCAA All-American for the Red Raiders from 1990-1992, gaining national accolades six times in track & field and twice in cross country.

As a sophomore, Lowe finished third in the nation in the outdoor 5,000 meters, was named the PSAC Cross Country Athlete of the Year and earned All-East Region honors. In his junior season, he placed second in the outdoor 10,000 and was third in cross country, the indoor 5,000 and the outdoor 5,000. He was named to the All-East Region squad and earned the PSAC Track & Field Athlete of the Year award as well.

As a senior, Lowe captured the NCAA Division II Outdoor Track & Field National Championship in the 10,000-meter run, placed second in the outdoor 5,000 and finished fifth in cross country. He was named the PSAC Track & Field Athlete of the Year again and also earned Academic

All-America honors. Lowe also helped the Red Raider cross country team to a national runner-up finish in 1990 and a fourth-place showing in 1991, as well as PSAC track and field titles from 1990-1992.

Lowe earned his master's of library and information science from Drexel University in Philadelphia, Pa., in 1995. He has been a clinician at the Shippensburg University Cross Country camps since 1990 and is a board member of the local Queen City Striders.



*"Frostburg State University has a very rich tradition in cross country, with both teams and individual qualifiers competing in the NCAA Championships over the years. Our goal is to diligently strive to continue to carry on the strong tradition of the Bobcat cross country teams of the past. We will continue to strive to regain elite status among the teams in the NCAA Division III Mideast Region and in the nation.*

*- Head Coach Randy Lowe*

**FOR MORE INFORMATION  
ABOUT FROSTBURG STATE  
CROSS COUNTRY,  
CALL (301) 687-4313  
OR E-MAIL  
RLOWE@FROSTBURG.EDU**



**BOBCATS SETTING GOAL ON NCAA NATIONALS**

**MEN**

The Bobcats are coming off their fifth-straight Allegheny Mountain Collegiate Conference title and eighth in the league's nine-year existence. This season however, will be a test for FSU with the graduation of three runners and the addition of seven freshman.

Frostburg State head coach Randy Lowe will lean on senior **Andy Watson** (Gaithersburg, Md./Damascus) and junior **Curt Ruble** (Mineral Wells, W.Va./Parkersburg South) to help carry the team this season as well as provide leadership to the younger runners.

Watson was an All-AMCC selection last fall after placing fifth at the AMCC Championships and 79th (27:55) at the NCAA Mid-East Regionals. He then went on to capture first place in the one-mile run (indoor) and the 5,000-meter run (outdoor) at the Mason-Dixon Conference Championships during the track and field season.

Ruble was the AMCC runner-up last year after being named the Runner of the Year as a freshman. Ruble posted a fourth-place finish (27:31) at the Lebanon Valley Invitational last fall and was 48th (27:19) at the NCAA Mid-East Regionals.

Senior **Andrew Parker** (Silver Spring, Md./Springbrook) will look to become an All-AMCC selection this season after placing 17th (29:54) at the conference championships last season. In the spring, he was named to the 2005-06 Allegheny Mountain Collegiate Conference Faculty Representative All-Academic Team.

Junior **Zachary Gaudette** (Queenstown, Md./Kent Island) was an All-AMCC selection last season and will look to improve on his 2005 finish where he took home tenth (29:17) at the league championships.

Sophomore **Brian Leiter** (New Windsor, Md./Francis Scott Key) should make a big impact for the Bobcats if he regains his health after missing the preseason with an injury. In 2005, he captured 11th (29:26) at the AMCC Championships.

Coach Lowe is also counting on some of the freshman to step up and contribute right away.

Freshman **Cory Smith** (Piedmont, W.Va./Keyser) has the potential to be an All-AMCC runner this year as he continues to show improvement throughout the preseason.

Freshmen **Dustin Eagle** (Mechanicsburg, Pa./Trinity) and **Vance Thompson** (Mt. Airy, Md./Urbana) should also help contribute to the Bobcats this fall.

Eagle and Thompson come to Frostburg from schools steeped in tradition.

Freshmen **Marc Abe** (Frostburg, Md./Beall) and **Michael Negley** (Frostburg, Md./Beall) are local products who were members of two state team championships while at Beall.

**WOMEN**

The Frostburg state women should battle for the AMCC title with help of several talented newcomers and the return of two all-conference selections.

Junior **Katie Lyell** (Newark, Del./Newark), a two-time All-AMCC selection, is coming off an injury that kept her from competing in track and field last spring. If she has recovered fully she should once again finish in the top ten at the league championships.

Sophomore **Jennifer Patton** (Barton, Md./Westmar) is the top returning runner for the Bobcats in 2006. She earned all-conference honors last season after pacing the team with a third-place finish (25:56) last fall. This season her goal is to become an All-Region runner by placing 35th or better at the NCAA Mid-East Regional Championships.



*The Frostburg State men's cross country team has captured five-straight AMCC titles.*

Sophomore **Megan Patton** (Barton, Md./Westmar) is aiming for a top-10 finish at this season's AMCC Championships after placing 16th (28:35) a year ago.

Sophomore **Samantha Dobish** (Frederick, Md./Frederick) is the only other returning runner for the Bobcat women. She is a hard worker and looks to improve on her 38th place (33:24) finish at the league championships last season.

Junior **Kara Wastler** (Sharpsburg, Md./Boonsboro (Hagerstown CC)) is a transfer from Hagerstown Community College. She was a three-time All-American runner in the distance medley relay (once) and the one-mile run (twice). She is a talented middle-distance runner who will compete for one of the top spots at the AMCC Championship meet.

Freshman **Gwen Massey** (Thorofare, N.J./West Deptford) is an accomplished runner and she is very goal oriented. Massey is the school record holder at West Deptford in the 800-meter run (2:19.00) and she was the Gloucester County (N.J.) Champion in that same event.

Freshman **Christina Aumund** (Chesapeake Beach, Md./Huntingtown) is a long distance specialist who should compete for one of the top spots on the FSU squad.

The 2006 cross country schedule will test both squads early on as the Bobcats travel to back-to-back NCAA Division II meets to open the season. The first weekend is a tri-meet with Shippensburg and Hagerstown CC and the second meet is the Bloomsburg Invitational that consists of schools mainly from the Pennsylvania State Athletic Conference.

FSU also travels to Dickinson for the Long-Short Invitational and to the Gettysburg Invitational. Both meets will show FSU where they rank among the teams in the region.

This year, Frostburg State travels to Lake Erie for the AMCC Championships before heading to Waynesburg College for the NCAA Div. III Mid-East Regional Championships.



Front Row (L to R): Gwen Massey, Samantha Dobish, Christina Aumund, Katie Lyell, Megan Patton, Jennifer Patton and Kara Wastler. Middle Row (L to R): Michael Negley, Brian Leiter, Dustin Eagle, Vance Thompson, Sean Loner, Zachary Gaudette, Andrew Parker and Andy Watson. Back Row (L to R): Marc Abe, Cory Smith, Chris Mead, Curt Ruble, Marshall Gravley-Novello, Rory Larson and head coach Randy Lowe.

**2006 CROSS COUNTRY ROSTERS**

**WOMEN**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/High School</u>
Christina Aumund	Fr.	Chesapeake Beach, Md./Huntingtown
Samantha Dobish	So.	Frederick, Md./Frederick
Katie Lyell	Jr.	Newark, Del./Newark
Gwen Massey	Fr.	Thorofare, N.J./West Deptford
Jennifer Patton	So.	Barton, Md./Westmar
Megan Patton	So.	Barton, Md./Westmar
Kara Wastler	Jr.	Sharpsburg, Md./Boonsboro (Hagerstown CC)

**MEN**

<u>Name</u>	<u>Yr.</u>	<u>Hometown/High School</u>
Marc Abe	Fr.	Frostburg, Md./Beall
Dustin Eagle	Fr.	Mechanicsburg, Pa./Trinity
Zachary Gaudette	Jr.	Queenstown, Md./Kent Island
Marshall Gravley-Novello	Fr.	Silver Spring, Md./Sandy Springs Friends
Rory Larson	Jr.	Myersville, Md./Middletown
Brian Leiter	So.	New Windsor, Md./Francis Scott Key
Sean Loner	Fr.	Williamsport, Pa./Williamsport
Chris Mead	Jr.	Woodbine, Md./Century
Michael Negley	Fr.	Frostburg, Md./Beall
Andrew Parker	Sr.	Silver Spring, Md./Springbrook
Curt Ruble	Jr.	Mineral Wells, W.Va./Parkersburg South
Cory Smith	Fr.	Piedmont, W.Va./Keyser
Vance Thompson	Fr.	Mt. Airy, Md./Urbana
Andy Watson	Sr.	Gaithersburg, Md./Damascus

Head Coach: Randy Lowe, Shippensburg '92 (Sixth Season)



**Christina Aumand**  
Freshman  
Chesapeake Beach, Md.  
Huntingtown

Prior to FSU: Earned nine varsity letters — two in cross country, three in indoor track and four in outdoor track ... Team Captain for outdoor and indoor track, as well as cross country her senior year ... Spirit of running award recipient in 2006 ... Received coaches award for outdoor track as a senior ... **Personal:** Born July 16, 1988 ... Daughter of William Aumand Lisa Nicholas ... Undecided on a major.



**Samantha Dobish**  
Sophomore  
Frederick, Md.  
Frederick

2005 XC: Was 26th at Shippensburg Invitational (22:29) ... 2005-06 T&F: Finished 17th (7:03.01) in the mile run at WVU Shell Games ... Prior to FSU: Earned 12 varsity letters at Frederick ... Certificate of Merit Award winner in 2005 ... **Personal:** Born April 12, 1987 ... Daughter of Tim and Barb Dobish ... Majoring in elementary/early childhood education.



**Katie Lyell**  
Junior  
Newark, Del.  
Newark

2005 XC: Earned All-AMCC honors ... Finished 10th at AMCC Championships (27:19) ... Captured 17th at Shippensburg Invitational (18:09) ... 2005-06 T&F: Recorded 12th in mile run (6:07.64) at WVU Shell Games ... 2004 XC: Ninth at AMCC Championships (28:02) and 10th at Shippensburg Invitational (17:33) ... 2004-05 T&F: 14th in the 1,500-meter run (5:19.19) at Washington & Jefferson Invitational ... Prior to FSU: Earned nine varsity letters at Newark ... Sportsmanship Award recipient in 2003 and 2004 ... Captain for cross country and track and field teams as a senior ... **Personal:** Born July 3, 1986 ... Daughter of Gwynn and Carol Lyell ... Undecided on a major.



**Gwen Massey**  
Freshman  
Thorofare, N.J.  
West Deptford

Prior to FSU: Earned 11 varsity letters — four each for indoor and outdoor track and three for cross country ... Received the Board of Education Sportsmanship Award in 2006 ... All Conference and All-County in both track and field and cross country in 2004 and 2005 ... Holds the school record in outdoor track for the 800-meter run ... National Honor Society as a senior and Foreign Language Honor Society as a junior ... **Personal:** Born November 5, 1988 ... Daughter of Jeffery and Roberta Massey ... Majoring in wildlife and fisheries.



**Jennifer Patton**  
Sophomore  
Barton, Md.  
Westmar

2005 XC: All-AMCC selection ... Recorded a season-high third-place finish at the AMCC Championships (25:56) ... Finished eighth at the Shippensburg Invitational (15:56) ... 2005-06 T&F: Third in 5,000-meter run (19:34.48) at Mason-Dixon Conference Indoor Championships ... Fourth at NYC Meet in 5,000-meter run ( 20:14.42) ... Prior to FSU: All-State cross country runner all four years of high school ... Won the Maryland 1A state title as a freshman and added three other top-seven finishes in her cross country career ... Three-time All-County, All-Area and Conference champion in 3200-meter run and two-time All-County and Conference in 1600-meter run ... As a junior was a Maryland 1A All-State selection in the 3200-meter run ... **Personal:** Born August 20, 1987 ... Daughter of Tom and Amy Patton ... Majoring in Pre-Dental with a minor Chemistry.



**Megan Patton**  
Sophomore  
Barton, Md.  
Westmar

2005 XC: Recorded a 16th-place finish (28:35) in the AMCC Championships ... 2005-06 T&F: Combined for a third-place finish in the distance medley relay (14:56.16) at Mason-Dixon Conference Indoor Championships ... Prior to FSU: Earned letters in cross country, basketball and track and field at Westmar ... All-County and All-WMIL selection as junior and senior in cross country ... National Honor Society as a sophomore and Maryland Distinguished Scholar as a junior ... **Personal:** Born August 20, 1987 ... Daughter of Tom and Amy Patton ... Majoring in mathematics.



**Kara Wastler**  
Junior  
Sharpsburg, Md.  
Boonsboro (Hagerstown CC)

Prior to FSU: Attended Hagerstown Community College 2004-2006 ... Earned All-American honors in both the distance medley relay (2005) and the one-mile run (2005 and 2006) ... First-team All-County and All-MVAL while at Boonsboro ... **Personal:** Born August 31, 1986 ... Daughter of Brian and Janet Wastler ... Majoring in health and physical education.



**Marc Abe**  
Freshman  
Frostburg, Md.  
Beall

Prior to FSU: Earned 11 varsity letters at Beall — four each for indoor and outdoor track and three for cross country ... Member of the State Champion Cross Country team (2003, 2004) ... A 2004 National Honor Society inductee ... **Personal:** Born September 26, 1988 ... Son of Larry and Lisa Abe ... Majoring in biology with a minor in chemistry.



**Dustin Eagle**  
Freshman  
Camp Hill, PA  
Trinity

Prior to FSU: Earned eight varsity letters at Trinity High — four in cross country and four in track ... **Personal:** Born May 21, 1988 ... Son of Brad and Nancy Heigel ... Majoring in wildlife and fisheries.



**Zachary Gaudette**  
Junior  
Queenstown, Md.  
Kent Island

2005 XC: All-AMCC selection ... Finished 10th at AMCC Championships (29:17) ... Placed 18th at Lebanon Valley College Invitational (28:31) ... 2005-06 T&F: Runner-up in 10,000-meter run (34:24.00) at Mason-Dixon Invitational ... 2004 XC: Finished 17th at AMCC Championships (31:21) ... Was 25th at Shippensburg Invitational (21:41) ... 2004-05 T&F: Fifth in 10,000-meter run (34:11.60) at Mason-Dixon Conference Outdoor Championships ... Prior to FSU: Earned nine varsity letters — four for cross country, three for outdoor track and two for indoor track ... Named MVP for Cross Country ... Placed ninth in the State Cross Country Championships ... Scholar Athlete ... **Personal:** Born May 9, 1986 ... Son of Robert Gaudette and Patti Jones-Gaudette ... Majoring in history.



**Marshall Gravley-Novello**  
Freshman  
Sandy Spring, Md.  
Sandy Spring Friends School

Prior to FSU: Captain of cross country and track (2005-2006) ... Cross country 3rd team All-PVAC (2004) ... **Personal:** Born August 30, 1988 ... Son of Anthony Novello and Lori Gravley-Novello ... Majoring in biology.



**Rory Larson**  
Junior  
Middletown, Md.  
Middletown

2005 XC: Finished 18th at AMCC Championships (29:59) ... 2005-06 T&F: Recorded 13th in the 5,000-meter run (17:15.79) at Mason-Dixon Conference Outdoor Championships ... 2004 XC: Finished 29th at AMCC Championships (33:37) ... 2004-05 T&F: Did not compete due to injury ... Prior to FSU: Earned varsity letters in cross country, indoor and outdoor track at Middletown ... **Personal:** Born September 19, 1985 ... Son of Eric and Joyce Larson ... Majoring in history.



**Brian Leiter**  
Sophomore  
New Windsor, Md.  
Francis Scott Key

2005 XC: Captured 11th at AMCC Championships (29:26) and 17th at Lebanon Valley Invitational (28:26) ... 2005-06 T&F: First-place showing in 1,500-meter run (4:05.33) at Mason-Dixon Conference Outdoor Championships ... NCAA provisional qualifier in the indoor and outdoor 800-meter ... Prior to FSU: Earned nine varsity letters - four in cross country and outdoor track and field and one in indoor track and field - at Francis Scott Key ... **Personal:** Born April 23, 1987 ... Son of Ed and Marcia Leiter ... Majoring in art and design.



**Sean Loner**  
Freshman  
Williamsport, PA  
Williamsport Area

Prior to FSU: Earned one letter in cross country ... Three-time Coaches Award recipient ... **Personal:** Born August 20, 1987 ... Son of Lester and Patty Loner ... Majoring in history.





**Chris Mead**  
Junior  
Woodbine, Md.  
Century

2005 XC: Finished 38th (22:14) at the Shippensburg Invitational ... 2005-06 T&F: Took fifth in the 3,000-meter steeplechase at the Mason-Dixon Invitational ... 2004 XC: Was 39th (23:12) at the Shippensburg Invitational ... Prior to FSU: Earned eight varsity letters - three in cross country, three in outdoor track and field and two in indoor track and field - at Century ... Personal: Born October 15, 1986 ... Son of Robert and Carol Mead ... Majoring in exercise and sport science.



**Michael Negley**  
Freshman  
Frostburg, Md.  
Beall

Prior to FSU: Earned eight varsity letters at Beall — three each for cross country and outdoor track and two for indoor track ... Cross country state champion (2003, 2004) and 4x800 meter relay state champion (2005, 2006) ... National Honor Society his junior and senior year ... Three-time Sportsmanship Award winner ... Personal: Born August 24, 1988 ... Son of Larry and Cheryl Negley ... Majoring in criminal justice with a minor in accounting.



**Andrew Parker**  
Senior  
Silver Spring, Md.  
Springbrook

2005 XC: Captured 17th at AMCC Championships (29:54) ... 2005-06 T&F: Named to the 2005-06 Allegheny Mountain Collegiate Conference Faculty Representative All-Academic Team ... Took home third in the 10,000-meter run (34:29.00) at Mason-Dixon Invitational ... 2004 XC: Captured 22nd at AMCC Championships (32:38) ... 2004-05 T&F: Placed sixth in the 5,000-meter run (16:22.92) at Mason-Dixon Conference Championships ... 2003 XC: Season-best 30th place at Shippensburg Invitational (22:36) ... 2003-04 T&F: 11th in the 5,000-meter run (16:44.90) at Mary Washington Relays ... Prior to FSU: Earned 10 varsity letters at Springbrook ... Honor roll student all four years of high school ... Student Athlete award winner as a senior ... Personal: Born March 19, 1985 ... Son of Richard and Nancy Parker ... Majoring in education with a minor in history.



**Curt Ruble**  
Junior  
Mineral Wells, W.Va.  
Parkersburg South

2005 XC: All-AMCC honoree ... Voted FSU's team MVP ... Finished runner-up at the AMCC Championships (27:32) ... FSU's highest finisher at the NCAA Mid-East Regionals, placing 48th in (27:19) ... 2005-06 T&F: Finished ninth in 1,500-meter run (4:07.52) at Paul Kaiser Track & Field Classic (Shippensburg) ... Fifth in 500-meter run (15:57.60) at Washington & Jefferson ... 2004 XC: Named AMCC Runner of the Year after winning the individual title at the AMCC Championships (28:42) ... 2004-05 T&F: Runner-up in the 5,000-meter run (15:46.13) at Mason-Dixon Conference Outdoor Championships ... Prior to FSU: All-state track and field participant in 2003 and 2004 ... All-state cross country runner as a senior at Parkersburg South ... Personal: Born March 26, 1986 ... Son of Dave and Vicki Ruble ... Majoring in engineering.



**Cory Smith**  
Freshman  
Cumberland, MD  
Keyser

Prior to FSU: Earned five varsity letters at Keyser High — three for cross country and two for track ... Personal: Born September 16, 1988 ... Son of Richard and Pam Smith ... Majoring in accounting.



**Vance Thompson**  
Freshman  
Mt. Airy, Md.  
Urbana

Prior to FSU: Earned 11 varsity letters — four each for cross country and outdoor track and three for indoor track ... As a senior, earned outdoor Distance Athlete of the Year honors, as well as being named the Indoor Athlete of the Year ... First-team All-County cross country selection as a junior ... All-MVAL Conference honoree in 2005 ... Personal: Born November 11, 1987 ... Son of Valis and Lynn Thompson ... Undecided on a major.



**Andy Watson**  
Senior  
Gaithersburg, Md.  
Damascus

2005 XC: All-AMCC selection ... Fifth at AMCC Championships (28:17) ... Finished 21st at DeSales Invitational (28:33) ... 2005-06 T&F: One-mile champion at Mason-Dixon Conference Indoor Championships ... Captured 5,000-meter title (16:00) at Mason-Dixon Conference Outdoor Championships ... 2004 XC: Voted FSU's Team MVP ... Earned All-AMCC honors after placing seventh (29:55) at the conference championships ... 2004-05 T&F: Ninth-place finish in the 1,500-meter run (4:04.94) at ECAC Championships ... Took home third in the 1,500-meter run (4:04.43) at the Mason-Dixon Conference Championships ... 2003 XC: Placed 13th at the AMCC Championships (29:48) ... 2003-04 T&F: Third in the 800-meter run (2:00.32) at Bucknell University Winter Classic ... Prior to FSU: Earned three varsity letters at South River ... Named first-team all-county by the *Baltimore Sun*, the *Washington Post* and the *Capital* as a senior ... Personal: Born June 8, 1985 ... Son of Charley and Caroline Watson ... Majoring in bio-technology with a minor in chemistry.



**Men's Team Results**

Date	Event	Place/Teams	Points	Point-Scoring
Sept. 3	at Shippensburg University Invitational (6K)	3rd/4	64	7, 9, 15, 16, 17
Sept. 10	at Lebanon Valley College Invitational (8K)	1st/17	44	1, 3, 12, 13, 15
Sept. 24	at George Washington College Invitational	7th/12	179	15, 19, 44, 48, 53
Oct. 1	at Dickinson College Long-Short Invitational (8.1K / 4K)*	DNP	--	--
Oct. 15	at DeSales University Invitational (8K)	1st/22	67	7, 8, 12, 20, 21
Oct. 29	at AMCC Championships (8K)	1st/10	20	2, 3, 4, 5, 6
Nov. 12	at NCAA Div. III Mid-east Regional Championships (hosted by Dickinson College - Carlisle, Pa.)	11th/40	359	42, 48, 75, 79, 115

**Individual Results (Overall finish in parentheses)**

Name	SHIP	LV	GW	DC	DE	AMCC	NCAA REG
Sid Bittlinger	21:17 (29)	29:29 (38)	28:18 (80)	28:39 (70/8.1K)	28:36.72 (22)	28:24 (6)	27:53 (75)
Zachary Gaudette	22:10 (36)	28:31 (18)	28:39 (91)	29:09 (91/8.1K)	29:43.12 (70)	29:17 (10)	29:35 (161)
Rory Larson	22:56 (41)	DNC	30:00 (117)	30:33 (149/8.1K)	31:37.81 (143)	29:59 (18)	DNC
Marshal Lawrence	20:58 (22)	28:13 (14)	27:32 (52)	27:39 (30/8.1K)	28:11.95 (12)	27:53 (3)	27:13 (42)
Brian Leiter	20:52 (21)	28:26 (17)	28:59 (97)	28:29 (65/8.1K)	30:21.13 (95)	29:26 (11)	DNC
Ron Lipscomb	20:50 (19)	28:20 (15)	27:35 (56)	27:58 (46/8.1K)	29:07.58 (41)	28:56 (9)	30:42 (199)
Ed May	20:00 (7)	27:01 (2)	26:37 (19)	DNC	27:48.16 (8)	27:58 (4)	28:37 (115)
Chris Mead	22:14 (38)	DNC	DNC	DNC	DNC	DNC	DNC
Andrew Parker	21:26 (34)	28:42 (23)	DNC	29:14 (100/8.1K)	30:01.80 (84)	29:54 (17)	DNC
Brandon Polcawich	DNC	DNC	29:11 (103)	28:40 (71/8.1K)	30:45.08 (108)	29:43 (15)	DNC
Curt Ruble	20:13 (10)	27:31 (4)	26:30 (15)	26:58 (9/8.1K)	27:47.34 (7)	27:32 (2)	27:19 (48)
Andy Watson	21:23 (31)	30:40 (61)	27:53 (64)	28:16 (52/8.1K)	28:33.86 (21)	28:17 (5)	27:55 (79)
Total Runners	44	164	141	224 (8.1K)*	233	51	

\* FSU did not have any runners compete in the 4K

**Women's Team Results**

Date	Event	Place/Teams	Points	Point-Scoring
Sept. 3	at Shippensburg University Invitational (4K)	2nd/3	44	1, 6, 11, 12, 15
Sept. 10	at Lebanon Valley College Invitational (6K)	5th/14	190	1, 20, 38, 60, 71
Sept. 24	at George Washington College Invitational	9th/12	239	1, 37, 61, 63, 77
Oct. 1	at Dickinson College Long-Short Invitational (6K / 4K)	18th/47	512	1, 66, 116 (6K); 77, 119, 133 (4K)
Oct. 15	at DeSales University Invitational (6K)	DNS (4 of 5 runners)	--	--
Oct. 29	at AMCC Championships (6K)	3rd/10	68	3, 6, 10, 16, 35
Nov. 12	at NCAA Div. III Mid-east Regional Championships (hosted by Dickinson College - Carlisle, Pa.)	19th/42	570	3, 95, 128, 138, 206
Nov. 19	at NCAA Div. III National Championships (Bonnie Axman - Individual)	21st Place		

**Individual Results (Overall finish in parentheses)**

Name	SHIP	LV	GW	DC	DE	AMCC	NCAA REG
Bonnie Axman	14:40 (1)	18:52 (1)	21:39 (1)	21:42 (1/6K)	DNC	DNC	22:15 (3)
Jennifer Patton	16:56 (8)	21:42 (22)	24:59 (42)	25:42 (74/6K)	27:07.73 (34)	25:56 (3)	25:11 (95)
Carolyn Kilkus	17:34 (14)	22:31 (41)	26:30 (83)	17:33 (86/4K)	28:26.55 (74)	26:39 (6)	25:57 (128)
Katie Lyell	18:09 (17)	24:22 (76)	26:16 (80)	27:18 (152/6K)	28:57.97 (89)	27:19 (10)	26:11 (138)
Megan Patton	19:55 (22)	25:51 (98)	28:56 (106)	19:09 (149/4K)	DNC	28:35 (16)	28:10 (206)
Samantha Dobish	22:29 (26)	31:12 (134)	DNC	DNC	DNC	33:24 (38)	32:11 (268)
Diana Baker	22:44 (27)	27:37 (120)	39:19 (117)	20:22 (174/4K)	34:44.11 (214)	32:48 (35)	30:48 (255)
Total Runners	27	143	117	247 (6K)/210 (4K)	245	59	279



2005 FROSTBURG STATE UNIVERSITY CROSS COUNTRY RESULTS

Women

Date	Opponent	Result
Sept. 3	at Shippensburg Univ. Tri-Meet	Second/Three Teams
Sept. 10	at Lebanon Valley Invitational	Fifth/14 Teams
Sept. 24	at George Washington Invitational	Ninth/12 Teams
Oct. 1	at Dickinson Long-Short Invitational	18th/24 Teams
Oct. 15	at DeSales Invitational	DNS
Oct. 29	at AMCC Championships !	Third/10 Teams
Nov. 12	NCAA Div. III Mid-East Regional #	19th/42 Teams

Men

Date	Opponent	Result
Sept. 3	at Shippensburg Univ. Tri-Meet	Third/Four Teams
Sept. 10	at Lebanon Valley Invitational	First/17 Teams
Sept. 24	at George Washington Invitational	7th/12 Teams
Oct. 1	at Dickinson Long-Short Invitational	DNS
Oct. 15	at DeSales Invitational	First/22 Teams
Oct. 29	at AMCC Championships !	First/10 Teams
Nov. 12	NCAA Div. III Mid-East Regional #	11th/40 teams

! Hosted by Pitt-Greensburg # Hosted by Dickinson College

Men  
Regional & National Championships

Year	Regional/District Meet	National Championship
1970	9th (NAIA District 18)	
1971	7th (NAIA District 18)	
1972	6th (NAIA District 18)	
1974	4th (NAIA District 18)	
1975	3rd (NAIA District 18)	22nd (NAIA)
1976	5th (NAIA District 18)	
1977	4th (NAIA District 18)	
1978	10th (NCAA Mideast)	
1979	3rd (NCAA Mideast)	20th (NCAA III)
1980	3rd (NCAA Mideast)	11th (NCAA III)
1981	4th (NCAA Mideast)	16th (NCAA III)
1982	4th (NCAA Mideast)	8th (NCAA III)
1983	2nd (NCAA Mideast)	8th (NCAA III)
1984	2nd (NCAA Mideast)	15th (NCAA III)
1985	3rd (NCAA Mideast)	16th (NCAA III)
1986	12th (NCAA Mideast)	
1987	10th (NCAA Mideast)	
1988	16th (NCAA Mideast)	
1989	8th (NCAA Mideast)	
1990	2nd (NCAA Mideast)	13th (NCAA III)
1991	2nd (NCAA Mideast)	17th (NCAA III)
1992	4th (NCAA Mideast)	
1993	18th (NCAA Mideast)	
1994	15th (NCAA Mideast)	
1995	12th (NCAA Mideast)	
1996	1st (NCAA Southeast)	20th (NCAA III)
1997	1st (NCAA Southeast)	20th (NCAA III)
1998	1st (NCAA Southeast)	20th (NCAA III)
1999	7th (NCAA Mideast)	
2001	20th (NCAA Mideast)	
2002	15th (NCAA Mideast)	
2003	18th (NCAA Mideast)	
2004	9th (NCAA Mideast)	
2005	11th (NCAA Mideast)	

Women  
Regional & National Championships

Year	Regional/District Meet	National Championship
1986	12th (NCAA Mideast)	
1987	15th (NCAA Mideast)	
1988	6th (NCAA Mideast)	
1989	7th (NCAA Mideast)	One Indiv. Qualifier
1990	3rd (NCAA Mideast)	Two Indiv. Qualifiers
1991	Did Not Place	One Indiv. Qualifier
1993	16th (NCAA Mideast)	
1994	18th (NCAA Mideast)	
1995	13th (NCAA Mideast)	
1996	5th (NCAA Southeast)	Two Indiv. Qualifiers
1997	2nd (NCAA Southeast)	One Indiv. Qualifier
1998	7th (NCAA Southeast)	
1999	11th (NCAA Mideast)	
2000	19th (NCAA Mideast)	
2001	29th (NCAA Mideast)	
2002	23rd (NCAA Mideast)	
2003	24th (NCAA Mideast)	
2004	Did Not Place	
2005	19th (NCAA Mideast)	One Indiv. Qualifier

NCAA Division III All-Americans

MEN		
1982	Richard Hoffman (13th)	
1983	Barry Holder (17th)	
1984	Dwight Scriber (22nd)	
1985	Dwight Scriber (8th)	
1991	Matthew Larmore (17th)	
1998	Michael Taye (16th)	
WOMEN		
1990	Sharon Webb	
1996	Chanda Merrill (3rd) & Karen Carpenter (4th)	
1997	Karen Carpenter (4th)	
2005	Bonnie Axman (21st)	

2005 ALL-AMCC MEN'S CROSS COUNTRY TEAM

First Team

Brad Ruffo	.Jr.	.Penn State Behrend
Curt Ruble	.So.	.Frostburg State
Marshal Lawrence	.Fr.	.Frostburg State
Ed May	.Sr.	.Frostburg State
Andy Watson	.Jr.	.Frostburg State
Sid Bittering	.Sr.	.Frostburg State
Jason Bem	.Fr.	.Penn State Behrend
Zach Kocian	.Jr.	.Pitt-Greensburg
Ron Lipscomb	.Sr.	.Frostburg State
Zachary Gaudette	.Jr.	.Frostburg State

Newcomer of the Year

Marshal Lawrence .Frostburg State

Player of the Year

Brad Ruffo .Penn State Behrend

Coach of the Year

Randy Lowe .Frostburg State

2005 ALL-AMCC WOMEN'S CROSS COUNTRY TEAM

First Team

Meagan Crossett	.Fr.	.Penn State Altoona
Jenny Bailey	.Fr.	.Penn State Behrend
Jennifer Patton	.Fr.	.Frostburg State
Kim Seidel	.So.	.Penn State Altoona
Leann Cascino	.So.	.Penn State Altoona
Carolyn Kilkus	.Sr.	.Frostburg State
Emma Winslow	.Fr.	.Penn State Altoona
Liesl Soergel	.So.	.Penn State Behrend
Jennifer Wirginis	.So.	.Pitt-Greensburg
Katie Lyell	.So.	.Frostburg State

Newcomer of the Year

Jenny Bailey .Penn State Behrend

Player of the Year

Meagan Crossett .Penn State Altoona

Coach of the Year

Douglas Hoover .Penn State Altoona

2005 ALLEGHENY MOUNTAIN COLLEGIATE CONFERENCE CHAMPIONSHIP STANDINGS MEN

School	Scores
Frostburg State	20
Penn State Behrend	52
Pitt-Greensburg	80
Penn St. Altoona	88
Mount Aloysius	161
Pitt-Bradford	164
La Roche	189
Hilbert	Did not score (incomplete team)
Lake Erie	Did not score (incomplete team)

2005 ALLEGHENY MOUNTAIN COLLEGIATE CONFERENCE CHAMPIONSHIP STANDINGS WOMEN

School	Scores
Penn State Altoona	35
Penn State Behrend	59
Frostburg State	68
Pitt-Greensburg	117
Mount Aloysius	119
Pitt-Bradford	162
Medaille	198
Lake Erie	210
La Roche	224
Hilbert	227

AMCC WOMEN'S CROSS COUNTRY PAST CHAMPIONS

2005	.Penn State Altoona
2004	.Penn State Behrend
2003	.Frostburg State
2002	.Frostburg State
2001	.Penn State Behrend
2000	.Frostburg State
1999	.Frostburg State
1998	.Frostburg State
1997	.Frostburg State

AMCC MEN'S CROSS COUNTRY PAST CHAMPIONS

2005	.Frostburg State
2004	.Frostburg State
2003	.Frostburg State
2002	.Frostburg State
2001	.Frostburg State
2000	.Penn State Behrend
1999	.Frostburg State
1998	.Frostburg State
1997	.Frostburg State



From an opening day enrollment of 57 students, Frostburg State University has grown to a present day enrollment of over 5,000 students. Its physical plant, once limited to a single building, Old Main, which housed classrooms and a library, has also grown to over 30 facilities including classroom buildings, residence halls, the Lewis J. Ort Library, the Harold J. Cordts Physical Education Center, the Lane Center, and the Performing Arts Center, situated on 255 beautiful acres.

Opened in 1902 as State Normal School No. 2, the University owes its existence to the tenacity of J. Benson Oder, editor of the Frostburg Mining Journal, and the citizens of Frostburg who, in spite of political barriers, raised funds and purchased the site on which the University is located.

Over the years, the name of the institution has reflected the changes in the scope of its educational mission. In 1935, the State Normal School No. 2 became the State Teachers College at Frostburg, a four-year college which offered a Bachelor of Science in Elementary Education. In 1963, the name became Frostburg State College, and finally in 1987, with the strong support of the local civic and business community, became Frostburg State University, an indication of its growing resources, diversity and excellence in educational opportunities for the region and the state.

In 1988, FSU became a constituent institution of the University System of Maryland, comprised of 11 of the state's 13 public institutions.



## DUNKLE QUAD

Expanding to meet the educational needs of the region, the FSU Center in Hagerstown was also established in 1988 to offer upper-level bachelor's degree coursework and graduate programs. The University also opened, in 1990, a permanent location for the Frederick MBA program.

Throughout its growth, the University has emphasized excellence in teaching. Over 80% of the full-time faculty hold Ph.D.s or terminal degrees from institutions that are among the most prestigious in the nation. Faculty scholarship has led to scholarly books, manuals and journals, as well as numerous articles and reviews. This excellence in faculty has resulted in superior results for students. FSU has been ranked first among its peers for the number of doctorates per 100 baccalaureate degrees awarded. In the same study, FSU was ranked second in the percentage of national, prestigious awards received by faculty. These have included Fulbrights and significant grants from the National Endowment for the Humanities, the National Endowment for the Arts and other national associations.

At the same time, the University has developed comparable excellence in academic programs, research, consulting, cultural and athletic events, and facilities. In recent years the campus has consistently received a superior rating, the highest state award given for facilities and maintenance. In addition, FSU was also recently ranked safest college campus in the state.

Today, the University's mission and services have expanded significantly. Over 400 full-time administrators and support staff, and more than 200 full-time faculty serve the educational needs of students who come not only from throughout the United States, but also the world. These students have a choice of 37 major programs of study leading to the Bachelor of Art, Bachelor of Science, Bachelor of Fine Arts and Bachelor of Technical and Professional Studies degrees as well as graduate degrees in applied ecology and conservation biology, business administration, counseling psychology, education, wildlife/fisheries biology, human performance, modern humanities, park and recreation resource management, teaching and applied computer science. In addition, 12 pre-professional programs are offered.

Frostburg State University continues its pursuit of excellence. It is a tradition which now spans over a century.

## FSU AT A GLANCE

- Average class size: 19
- 89% of classes have fewer than 30 students.
- 17:1 student/faculty ratio
- According to a recent survey, 97% of our graduates are employed. Over 83% are employed in the field of their choice.
- An undergraduate biology student discovered a new species of worm and presented his findings at the Russian Society of Nematologist Symposium in St. Petersburg.
- Among its peer institutions, FSU was ranked second for the number of national awards received by its faculty.
- The CBS hit comedy "Yes, Dear" has a character who has ties to FSU and often wears "Frostburg" T-shirts, thanks to Gregory Garcia, real-life FSU graduate and the show's executive producer.
- The fall 2000 entering freshmen class was the largest in FSU history and 10.2 percent larger than the previous year. The same class had an average SAT score that was 14 points higher than the previous year's average.
- FSU is a partner in the construction of a business and technology park on campus. This new park will provide opportunities for students to engage in research and internships with participating agencies.
- The pass rate of FSU graduates in Social Work licensure exams has been 100% for the past two years.
- Students from FSU's Society for the Advancement of Management chapter placed third nationally in case competition.
- FSU education graduates have typically had pass rates of 96%-98% on the National Teachers Exam.



THE BOBCAT COACH BUS



WEIGHT ROOMS



The **Harold J. Cordts Physical Education Center** is a state-of-the-art facility for health and physical education classes, intramural and intercollegiate competition and general use by the university community. This complex features an Olympic-size swimming pool with separate diving well; courts for racquetball, handball and squash; two gymnasiums, including a 3,600-seat arena; a climbing wall; weight rooms; and a dance studio.

The Cordts Center is fully equipped for archery, tennis, track and field, volleyball, gymnastics, soccer and other athletic activities. Offices, classrooms, a training room, lockers and showers are also located in the complex. Outdoor facilities include tennis courts, playing fields and Bobcat Stadium with its track and field facilities and all-weather track. In recent years, FSU's excellent facilities were chosen by the Wooten Basketball Camp, the April Heinrichs Soccer School and the Ripken Baseball Camp.



## THE UNIVERSITY

Public, four-year undergraduate & graduate, liberal arts and sciences and professional studies

## DEGREES

B.A., B.S., B.F.A., B.T.P.S.; M.A., M.B.A., M.Ed., M.S.

## ENROLLMENT

4,300 undergraduate; 900 graduate

## STUDENT/FACULTY RATIO

17:1; 85% of classes have fewer than 30 students

## FACULTY

Full-time: 248  
Part-time: 109  
80% have doctorates or terminal degrees in their fields

## ON-CAMPUS HOUSING

90% of new students live on campus  
2,000 residence hall spaces

## SPECIAL OPPORTUNITIES

Honors Program  
Learning Communities  
Internships  
Study Abroad  
K-12/Secondary Teaching Certification  
Collaborative and Dual Degree Programs in Engineering with Univ. of Maryland, College Park  
B.S. Physics/M.S. Applied Physics collaborative program with UMBC  
Bachelor's/Juris Doctor Program with University of Baltimore School of Law  
B.S. Accounting/M.B.A. combined program  
Chemistry/Doctor of Pharmacy Dual Degree Program  
Career Services  
Credit by Examination-CLEP & Advanced Placement

## 2005-2006 EXPENSES\*

In-State: \$12,748  
Out-of-State: \$20,998  
Contiguous Counties\*\*: \$17,748  
\* Estimated undergraduate expenses for 2005-06; includes room, board, tuition & fees for one year  
\*\* Out-of-state discount for full-time students from the following counties in PA: Bedford, Franklin, Fulton and Somerset; in VA: Loudoun; and in WV: Berkeley, Grant, Hampshire, Jefferson, Mineral and Morgan.

## MAJORS

Accounting  
Art & Design  
Athletic Training  
Biology  
Business Administration  
Chemistry  
Communication Studies  
Computer Science  
Criminal Justice  
Dance  
Early Childhood/Elementary Education  
Earth Science  
Economics  
Electrical Engineering  
Elementary Education  
English  
Environmental Analysis & Planning  
Exercise & Sport Science

Foreign Languages & Literature  
Geography  
Health & Physical Education  
Health Science Administration  
History  
Informational Technology Management  
International Studies  
Interpretive Biology & Natural History  
Law & Society  
Liberal Studies  
Mass Communication  
Mathematics  
Mechanical Engineering  
Music  
Philosophy  
Physics  
Political Science  
Psychology  
Recreation & Parks Management  
Social Science  
Social Work  
Sociology  
Theatre  
Urban & Regional Planning  
Wildlife & Fisheries

## PRE-PROFESSIONAL PROGRAMS

Dental Hygiene  
Dentistry  
Law  
Medical Technology  
Medicine  
Nursing  
Occupational Therapy  
Optometry  
Pharmacy  
Physical Therapy  
Veterinary Medicine

## SCHOLARSHIPS

To be considered for scholarships, an applicant should request the Financial Aid and Scholarships brochure, which outlines the criteria for each award. The brochure also contains the Scholarship Rapid-App form that must be completed to be considered for these awards. This form, along with an essay and supporting documentation, if required, must be submitted to the Financial Aid Office by March 1.

## FINANCIAL AID

To be considered for financial aid at FSU including need-based grants, loans and work study, applicants must complete the Free Application for Federal Student Aid (FAFSA) by no later than February 15 to meet the priority deadline of March 1. The FAFSA application is available through the Financial Aid Office at FSU, high school guidance offices or public libraries.

**FOR MORE INFORMATION,**

**VISIT [WWW.FROSTBURG.EDU](http://WWW.FROSTBURG.EDU)**

**OR CALL (301) 687-4201**

## FSU SPORTS FACTS

Nickname ..... Bobcats  
Colors ..... Red, White & Black  
Affiliation ..... NCAA Division III  
Conferences ..... Atlantic Central Football (ACFC),  
..... Allegheny Mountain Collegiate (AMCC),  
..... Eastern College Athletic (ECAC)  
..... & Mason-Dixon



## FSU INTERCOLLEGIATE SPORTS

**Men (9)**  
Baseball  
Basketball  
Cross Country  
Football  
Soccer  
Swimming  
Tennis  
Track & Field (Indoor & Outdoor)

**Women (11)**  
Basketball  
Cross Country  
Field Hockey  
Lacrosse  
Soccer  
Softball  
Swimming  
Tennis  
Track & Field (Indoor & Outdoor)  
Volleyball

**Co-Ed (1)**  
Golf

## ATHLETIC DEPARTMENT STAFF DIRECTORY

Athletic Director ..... Ralph Brewer ..... 687-4471  
Baseball/Associate Athletic Director ..... Chris McKnight ..... 687-4273  
Men's Basketball ..... Webb Hatch ..... 687-3093  
Women's Basketball ..... Jody Pepple ..... 687-4466  
Cross Country (M & W) ..... Randy Lowe ..... 687-4313  
Field Hockey/Women's Lacrosse ..... Annie Sidorenko ..... 687-4476  
Football ..... Rubin Stevenson ..... 687-4086  
Golf (Co-Ed) ..... Rick Flowers ..... 687-4468  
Men's Soccer ..... Keith Byrnes ..... 687-3072  
Women's Soccer ..... Brian Parker ..... 687-4356  
Softball ..... Wes Landrum ..... 687-3242  
Sports Information Director ..... Noah Becker ..... 687-4371  
Swimming (M & W) ..... Troy Strieby ..... 687-7021  
Tennis (M & W) ..... Stuart Swink ..... 687-4350  
Track & Field (M & W) ..... Felix Moreno ..... 687-7984  
Women's Volleyball ..... Peter Letourneau ..... 687-7014  
Athletic Trainer ..... Tony Zaloga ..... 687-4497  
Equipment Manager ..... Rick Gray ..... 687-4438  
Administrative Assistant ..... Sandy Cannon ..... 687-4462  
Administrative Assistant ..... Crystal Satterfield ..... 687-4455