

In This IssueWebmail users [click here](#)**Official News**

- [Mail Server Upgrade During Christmas Break](#)

General Announcements

- [NYS Student Aid Alliance protests cuts in student aid](#)
- [Attention Alumni: Nominate Colleagues for Awards!](#)
- [Beginner Yoga Class](#)
- [Join the Office for the Aging Tax Team](#)
- [Classic School's Out Movie Matinee: 'DUMA' \(2005\)](#)

What's Happening?[More Events...](#)

TODAY

TOMORROW

WEDNESDAY

Mail Server Upgrade During Christmas Break

During this Christmas break, starting Saturday, December 26th, ITS will be upgrading our mail server to Microsoft Windows Exchange Server 2010. This involves moving individual mailboxes from the current server to the new server. When your individual mailbox is being moved, you will not be able to access your email. This process may take several minutes. If you are unable to access your email, please try again in a short while.

During the transition, the <http://webmail.alfred.edu> site will involve an extra step where it will ask for your username a second time. This is necessary so we can determine if your mailbox is on the current server or has moved to the new server. Once the transition is complete, all access to WebMail be handled by the new server and this extra step will not be necessary.

If you experience any email related problems during the upgrade, please call the Help Desk number at 607-871-2222. A technician will be monitoring the voice mail during the break to assist you if there are any issues. In addition, we will be posting regular updates to [http://netstatus.alfred.e....](http://netstatus.alfred.e...) We will use this site to address any problems that may occur and to notify you when the upgrade is complete.

Submitted by: Judy Linza

[back to top](#)[Send Email Reminder](#)**NYS Student Aid Alliance protests cuts in student aid**

On December 2, the New York State Legislature rejected a proposal to cut the Tuition Assistance Program (TAP) in an effort to close a mid-year Budget gap. In total, more than \$600 million from 134 different areas of the Budget were cut, yet TAP was preserved.

While safeguarding TAP, funding was reduced for student aid programs such as the Higher Education Opportunity Program (HEOP), Science and Technology Entry Programs (STEP/C-STEP), Liberty Partnerships Programs, and Direct Institutional ("Bundy") Aid.

More than 315,000 students benefit from student aid each year. We must continue to tell our legislators why it is important for New York students and families. Our advocacy Web site enables you to do that quickly and easily.

In mid-January, New York's lawmakers will grapple with a \$6.8 billion deficit for a new State Budget for fiscal year 2010-11. As a student aid advocate, we will need to call on you to take part in our campaign to protect college financial aid.

Students are our state's future and one of the best investments, particularly in a time of economic recession. We must work together to safeguard their higher education opportunities.

Thank you.

The New York Student Aid Alliance

c/o Commission on Independent Colleges and Universities

17 Elk Street, PO Box 7289

Albany, New York 12224

Phone: (518) 436-4781

mail@cicu.org

<http://www.cicu.org> - Higher education information for policy makers.

<http://www.nycolleges.org> - Admission and financial aid information for students, families, and counselors.

Submitted by: Susan Goetschius

[back to top](#)

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Attention Alumni: Nominate Colleagues for Awards!

The Alumni Association presents awards annually at Reunion to alumni and friends of the University who have contributed to Alfred, their workplace, and society in general. Please help us recognize those individuals for their efforts and achievements by nominating them for an Alumni Association Award.

Nomination forms are available for download at <http://www.alfred.edu/alu...>

<<http://www.alfred.edu/alu...>> . Nominations are due by Jan. 1, 2010.

Alumni Award for Distinguished Achievement - given to honor alumni whose achievements in their profession, career or avocational pursuits, or service to society bring honor and distinction to AU.

Alumni Award for Distinguished Service - given to alumni in recognition of loyalty and commitment in service to Alfred University.

Abigail Allen Award for Service to Women - given to honor an Alfred alumnus/a in recognition of distinctive career achievement, community service, or avocational pursuits that have improved the quality of women's lives.

Lillian T. Nevins Award for Lifetime Service to Alfred University - given to honor alumni who have rendered outstanding service to Alfred University.

Honorary Alumnus/a Recognition Award - given to a non-graduate in recognition of interest, allegiance and service to Alfred University and alumni, that the recipient may be evermore one of us.

Nominations may be forwarded to the Alumni Relations Office, Welcome Center, One Saxon Drive, Alfred, NY 14802. You may also Email alumni@alfred.edu nominations or fax your information to 607.871.2391. Please contact us with any questions at 607.871.2144. We thank you for your support and assistance!

Submitted by: Deborah Clark

[back to top](#)

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Beginner Yoga Class

The Hornell YMCA will hold two beginner Yoga classes starting Jan. 4. The Classes will be held Monday and Wednesday evenings from 3:45-4:45 and 5:15-6:15 in the North Hornell Elementary School multipurpose room.

YogaFit certified instructor Sherry Harnas will begin with Foundations, a gentler, slower paced practice easing muscles into a greater range of motion. More time is spent in each pose refining proper

alignment, awareness and breath. Class will progress into mixed level vinyasa which is appropriate for all experience levels.

Every class builds on the knowledge from the previous class. This way you will develop much more deeply into the positive experience of yoga that yoga offers your body and mind week by week. Each class will be different, building off of the poses learned from week to week.

This class assumes little or no prior knowledge of yoga and welcomes those who may feel as if they have to be flexible, athletically built or strong to participate.

Learn basic yoga postures, breathing techniques, relaxation and meditation to reduce stress, increase energy, lose weight and lift your mood while increasing flexibility, balance and strength.

Students who have begun a regular yoga practice comment on weight loss, relief from chronic pain, ease of depression symptoms, and increased self-esteem as a few of the benefits they've enjoyed during this beginner series.

Class size is limited so sign up early. Contact the Hornell YMCA for further details at 324-5520.

<http://yogaknoxville.com/...>

Submitted by: Deborah Clark

[back to top](#)

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Join the Office for the Aging Tax Team

The Office for the Aging is looking for volunteers to help people with their tax returns. This is a great opportunity for people who like working with numbers, have experience in filing their own tax returns, and have some free time during the months of January (for training), February, March, and April.

Nationally in 2009, more than 32,000 volunteers helped more than 2 million taxpayers with their returns. The Office for the Aging invites you to be part of that team. This year our tax volunteers helped 175 people prepare their tax returns and 94 more to E-file their returns.

The Tax Counseling for the Elderly Program (TCE) offers free income tax assistance for low to moderate income Allegany County residents. Volunteer Counselors are trained and certified to help people who are 60 and over with federal, state and local returns. The Office for the Aging partners with the American Association of Retired Persons (AARP) and the Internal Revenue Service (IRS) to provide the TCE program.

TCE Volunteers handle basic forms. If the client's return is more involved, the volunteer directs the person to go to a paid preparer. The training is in Wellsville Jan. 11, 13, 15, 19, 20 and 22, 2010.

If you are interested in joining the team of TCE volunteers, or if you would like more information, please call the Office for the Aging 268-9390 or toll-free 1-866-268-9390 and ask for Lynn.

Submitted by: Deborah Clark

[back to top](#)

[Send Email Reminder](#)

Classic School's Out Movie Matinee: 'DUMA' (2005)

Tuesday, Dec. 29 at 2 p.m.

Nancy Howe Auditorium at the David A. Howe Public Library, 155 N. Main St., Wellsville

This 2005 movie is a beautifully filmed story of a young boy in South Africa who raises an orphaned cheetah and releases him back to the wild when he is mature. The movie is rated PG.

This library-sponsored film is free and open to everyone.

Submitted by: Deborah Clark

[back to top](#)

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