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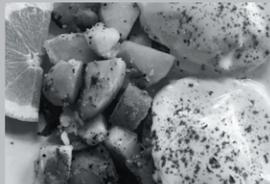


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State of The University Address

Matthew Hill, Staff Writer

While the nation waited on President Donald Trump's State of the Union address, AU's President Mark Zupan gave his State of the University address.

He delivered it at 2 p.m. on Feb. 4 in Holmes Auditorium. The speech was attended by many faculty and staff members from all departments, as well as many students.

Zupan introduced enrollment, advancement, student affairs and academics as the address's topics. They were presented by AU's Vice Presidents.

Brian Dalton, Enrollment Management Division Vice President, went first. He said AU had good spring enrollment this year. 16 new first years and 52 transfer students started this semester.

As for AU's international enrollment, 13 out of 16 first years and 30/52 transfer students are international students. Dalton says he expects this high international enrollment to continue due to the school's approximately 175 representatives in 35 countries around the world who recruit students for Alfred.

He ended with an update on the fall 2019 enrollment numbers: so far- applications



Photo from "State of the University 2019 | Alfred University" on Youtube

and acceptances to AU are up, but deposits from students are down from this time last year. He says he is not worried, however, because he believes AU's financial aid packages will continue to bring in students.

Jason Amore, University Advancement Division Vice President, spoke next. He said that Alfred received \$32.4 million in new cash and pledges this past year. Of this, \$10.8 million is for the school to be invest and grow, while \$6 million is for academics, including travel and advising. Another \$1 million is for student activities, like sports.

He also spoke about achievements of the Saxon Circle, a club for AU donors. Its 493 members raised \$9.1 million last year, he said. Of those 493

members, 47 are faculty or staff members, while another 41 are students.

As for this year's fundraising, Amore expressed optimism.

"We're having a very strong year," he said.

Kathy Woughter, Student Affairs Division Vice President, was next. She talked primarily about residence life on campus. She opened with a few recent and upcoming campus projects. She mentioned the completion of the Pamela Lavin Bernstein Advising Center, and thanked Bernstein for her donation. Woughter also described the upcoming link being built between Tefft and

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AU Food Pantry Serves Community

Rosemond Guerrier, Guest Writer

Through its food pantry program, AU provides nutritious and healthy food options to anyone in the Alfred community who is hungry or in need.

"All are welcome!" said Kathy Woughter, Student Affairs Division Vice President.

Thirty-eight percent of college campuses report an increase in students living with food insecurity, according to Student Affairs. The food pantry on campus was officially opened in

2017. It is located in the Judson Leadership Center, right next to Openhym Residence Hall. It is open to everyone every Saturday from noon to 3 p.m. while school is in session. Anyone who cannot make it on a Saturday afternoon can contact Abby Griffith,

the Director at the Judson Leadership Center, to make an appointment.

The food pantry includes not only food but personal care items: tampons, shampoo, toothpaste, dental floss, deodorant, etc.

Woughter says that many of her colleagues were organizing food pantries on their campuses and she thought it would be great to have one at AU as well. But it could not have been done without the help from a lot of students, she added.

Four years ago, with the help of two interns, Danielle Stephens and Qwelanie Cole, Woughter started her research on how to create a successful food pantry. She needed to figure out how much it would cost, if insurance would cover it, how much food they would need, the best place to set it up, etc.

"I'm really grateful, because Danielle and Qwelanie gave me a really good template to use going forward!" she said.

The food pantry first started off as "upon request" due to its small size. It was opened on a "pilot basis" by a first-year graduate student, Anthony Davis-Crowder, to see how everything would work out. If people were in need of an item, they just asked for it, and Davis-Crowder provided it. Now, there is a full room of items where people can come in and just grab whatever they need. Although the numbers are slowly growing, according to Woughter, there is an average of 25 people visiting each week.

Many students say more attention needs to be given to the food pantry. Students do not take advantage of this opportunity

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Backyard Burgers at the Community Table



Photo from
Alfred.edu

Allison Shulman, Guest Writer

Chef Jason Milburn taught participants how to make burgers with homemade spicy ketchup and sweet mustard aioli Feb. 5 at AU's Community Table.

Milburn discussed the importance of respect for the animals that meat comes from. His philosophy involves a reverence for the animals involved, saying that "The least we can do is help to take some of the angst that these animals

[went] through and dissipate it with our compassion and our understanding of that sacrifice."

Recipes are more like guidelines than rules. Cooking is all about balance and individuality. Food safety, however, is especially important when it comes to cooking burgers. You can have a medium rare steak but not a medium rare burger, because bacteria live on the surface of meat. When you grind it up to create a burger, the bacteria moves to the inside.

The purpose of the Community Table, like the name suggests, is to bring together students, faculty, staff and alumni of AU, as well as members of the local community. On Feb. 5, participants came from the Alfred Pharmacy and Hornell.

"There are many smaller communities on campus," said John Dietrich, AU's Director of Dining Services. "The idea is to bring all these smaller communities into one big community."

Chris Gause, AU's Center for Academic Success Assistant Director participated in the class. "It was fun being able to meet other members of the community and faculty members. It's fun hearing why students chose to come to Alfred and what their passions are."

Food is a way that people are able to come together. It tells a story and helps you start to understand why a particular ingredient is used, why it is

important to the chef or why it is important to a culture. Cooking creates the moment in which you have that connection.

Brian Saltsman, AU's Director of Diversity and Inclusion, has been to several cooking classes. "We have a great partnership with AU Fresh. Agency, collaboration and community is the way we move forward."

AU Fresh has been able to work with a variety of different organizations, not only for ethnic and cultural groups, but for the college community at large.

The Community Table is located on the second floor of the Powell Campus Center. Upcoming classes include Pizza from Scratch with Kyle on Feb. 12 and Cookies with Erin on Feb. 26. A full list of classes can be found at <http://aviserves.com/alfred/community-table>. Sign up by the Monday before the class. Call (607)871-2247 or email snyderhg@alfred.edu. Class size is limited. The cost is one Saxon Swipe or \$8.

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as much as they could, simply because they do not know about it.

Haleigh Youll, a sophomore volunteer at the food pantry, says, "It's a good resource for the students that live off campus or don't have cars to go get groceries."

She says she hopes that AU will continue promoting the food pantry at locations such as Student Affairs, Powell and other places across the university via flyers, etc.

It seems that AU is making progress when it comes to lessening student hunger. At least students seem grateful for its existence. One such student, senior psychology major Denisse Duran, says, "I've been to the food pantry at least four times before because I don't have a meal plan." She says she would recommend the food pantry to other students because they have a lot of great things that students actually really need.

AU's food pantry is affiliated with Foodlink, a non-profit agency that delivers food to

food pantries. Its mission is to end hunger and leverage the power of food to build a healthier community. The food pantry, which relies heavily on the donations of students, parents, faculty, staff members and alumni but, can also order food directly from Foodlink at a discounted price.

Alumni have seemed especially supportive, said Woughter.

"Without [their help], I don't know how we could have done it," she stated.

Larry Sell, a graduate program art and design alumni, gave the first big donation (\$2,000) toward the food pantry, she said. Since then, AU has received a few dozen more donations amounting to thousands of dollars thus far. Student Affairs was able to buy items like a fridge with such money and aid. They are now able to start carrying refrigerated items.

To donate please contact Kathy Woughter at 607-871-2132.

New Upcoming Radio Show

Jaron Cheatham, Staff Writer

Tune in Thursdays to Alfred University's new upcoming radio show, hosted by Keshell Scipio.

Scipio is a freshman here at AU. She is an honors student majoring in biology, in hopes of becoming a veterinarian one day. This radio show will be called "S--- Happens!" and will be airing on Thursdays, time to be determined.

I had the chance to interview Scipio to ask her the reasons behind making a new radio show and her response was "to have a social conversation." This radio show will be an open place to talk about anything on your mind. Subjects relating to life, love, relationships, and school will be one of her substantial approaches because she wants everyone to be involved as much as they can. Scipio wants to let students, teachers, and staff, regardless of race, gender, or sexuality, to be able to speak on issues they

feel strongly about, from getting a pet for your dorm room to getting your heart broken.

Radio shows are not something new for AU. It is well known that the radio shows are actually ran by the students! "S--- Happens!" will be airing in the Powell Campus Center with the help of WALF. WALF is a student run organization with DJs from AU and its community, whose freeform setup lends itself to diverse and eclectic student and community produced programming throughout the work day and evening.

Be sure to tune in on "S--- Happens!" every Thursday. To listen, download "Radio FX" onto your mobile device. The application is free and available on the App Store and on Google Play.

WANT TO WRITE FOR THE FIAT?

EMAIL: AUFIATLUX@GMAIL.COM

Spice Your Sundays Up With A Homemade Brunch

Lily Smith, Staff Writer

Sundays are more than the day before Monday. Some might call it a stressful work day, while others consider it a nice, relaxing end to the weekend. Regardless, why not treat yourself to a delicious home-cooked meal in the comfort of your dorm? Eggs Benedict anyone?

Eggs Benedict is a traditional brunch meal. It contains simple ingredients like English muffins, ham, poached eggs and a lemon and egg yolk sauce called Hollandaise. All the ingredients are cheap and will not break your bank.

You'll need: olive oil, eggs, ham, English muffins, one whole lemon, vinegar, butter and half and half. The ham can be substituted for grilled tomatoes and spinach. Prepping the ingredients and cooking the food should take a total of one hour. This recipe will be able to serve four people and everyone will be full and happy by the end of this cooking journey.

Step 1: Making the Hollandaise sauce. Since this is the one item that will take the longest to cook, let's get this out of the way. Traditionally, this sauce is made with two cooking pots to double boil the sauce. But don't worry, we won't be following that part of the recipe. You'll need one pound of butter, 13 egg yolks and one lemon.

Start by warming up a cooking pan. Then add both the butter and egg yolks. You can cut the butter into little chunks and save the egg whites for another recipe. Once the pan warms up, the butter starts to melt. Slowly start stirring. Consistently whisk the sauce so it doesn't become separated or thick. Do not have the pan on "high", around nine or 10 on the stove, that will cause the eggs to scramble and completely ruin the sauce. At this point, cut the lemon in half, add the juice into the sauce and stir. The consistency of the sauce should be smooth and as thick as milk. Keep on a low simmer, roughly one or two on the stove, to keep the sauce warm, but don't overcook it. Constantly whisk throughout the rest of the steps.

Step 2: Toast the English muffins. Let's cut open those English muffins and pop them into the toaster. Once done, add butter.

Step 3: Poach some eggs. This is super easy and will make you more versatile in cooking. You'll need two eggs per meal, one egg for both sides of the English muffin. You will need a pot of water with a tablespoon of vinegar or pickle juice, eggs and a slotted spoon. The vinegar is important since it helps evenly cook the whites of the eggs and the yolks in the water. Bring the water up to a boil then bring the temperature down to a simmer. Crack the



eggs on the edge of the pot and add them to the water. Don't be too close to the water since it can splash and burn you. Leave the eggs in the water for three to four minutes. The time can be adjusted depending on how you would like the yolk cooked. Use slotted spoon to retrieve the fully cooked eggs.

Step 4: Cook the protein. When I eat this meal I like to have ham steak, which is a thicker breakfast ham. Warm up a pan with some olive oil, then add your ham to the warm pan. Make sure the ham is grilled on both sides, use tongs or a fork the flip it. This step should take five to seven minutes. If you would rather have the vegetables instead, minimize the time to one to two minutes to cook both the spinach and the tomatoes.

Step 5: Assemble! Put your English muffins open-faced onto the plate. Add the meat, or vegetables, then the eggs. Make sure the eggs are balanced on the meat so that they don't slide off. If the Hollandaise

separated and looks grainy, add some half and half to thicken the sauce and stir. Use a spoon or a ladle, add the Hollandaise on top of the eggs. Use enough to smother both English muffin halves, but don't over dress, unless you're a big fan of the sauce and want extra. A fun option: add a nice garnish on top, sprinkle some dried parsley and paprika.

You can make Eggs Benedict in the comfort of your own dorm, suite or apartment. This recipe will warm you up on these bitter cold Alfred days, and you'll be full until dinner time. Eggs Benedict will definitely make you sleepy, so I suggest taking a nap after you're done eating.

There you go. You made your first brunch with your friends. This is a simple recipe to follow and is really fun to alter. Maybe next time you'll add some white pepper to the Hollandaise and cook some hash browns or have ham, spinach and tomato instead of just ham. The choice is all yours, this is just how I like to eat Eggs Benedict.

As you and your friends are cleaning up, you notice that everyone has an empty plate. Brunch was successful. Everyone is asking you about the recipe and you tell them that it was a family recipe. That's OK, you'll be able to make this brunch again. This is an easy recipe to recreate and make. Adding your own flare can really spice up the recipe. Maybe next time you make brunch, your friends will bring the mimosas.

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Moskowitz Halls, and further renovations to Tefft Hall.

Most of Woughter's speech focused on AU's residence hall master planning process. Then, she discussed the school's need to update on-campus living to match the quality of other universities.

"We've heard from students over the years, we've seen our competition, we need to renovate, we need to be competitive," she said.

To accomplish this, Woughter announced that the school will work with Credo, an architecture company specializing in college campuses.

She said that Credo has visited campus once already, and will be coming two more times by the end of March to interview students about their residence hall experiences.

Credo thinks they could renovate Openhym Hall in a few months, Woughter said. The Office of Residence Life initially thought AU would have to close the building for an entire academic year, which she said was a major concern. However, Credo claims that they could finish renovations in just three months over the summer.

She concluded that several student requests seem doable, such as better Wi-Fi, increased parking and individual room temperature controls.

Rick Stephens, AU's Provost

and Academic Affairs Vice President, concluded the address. He talked about AU's academic programs.

Stephens spoke about AU's recent new programs, such as APEX funding, a painting MFA, the renewable energy engineering program and additional online courses. He says 950 students registered for online courses in the past year. Stephens says online courses will be important in the future of higher education, and that this is a good sign for AU.

As for AU's developing academic programs, he says that he wants to promote performing arts programs at AU to use the Miller building, as well as data analytics programs, like computer science. Stephens says that these programs are

important to stay competitive with other universities.

Stephens also mentioned expanding some existing programs, such as the new leadership minor and AU-NYY, Alfred's New York City campus for master's degree programs.

He emphasized AU's expansion of its programs. "This is not an institution that has been at rest," he says.

Zupan followed this up with a short question and answer. He left the audience by stating his enthusiasm and confidence in AU's future.

The full speech is on YouTube at <http://www.youtube.com/watch?v=CFpY8Wc4r-4&t=2s>

How to Adjust to the Cold in Western New York

Talulla Torthe, Guest Writer

I am a creature of habit, and I have always thoroughly enjoyed having a routine wherever I am. Every morning I wake up, make myself a cup of coffee and open my window blinds to see what the day brings. In Alfred, it's hardly ever a surprise. The sky is almost always identical to the concrete floors of Harder Hall. When it isn't, the sun is pursued by gashes of painful wind. As someone raised in South Africa, a country where a sunny, blue sky follows the moon without exception, it is my duty to add "complain about the bitter cold" to my morning routine. Every second spent outside in the dreadful cold is followed by a moment of hatred towards myself, for choosing to spend my college years in Western New York, fully aware of the weather conditions.

When I speak to my fellow international students on campus, I know that I am not alone. Adjusting to the cold that Western New York brings has been a strenuous task. After enduring four months of this awful weather, as well as consulting other international

students from countries where the temperature rarely ventures below 55 degrees Fahrenheit, I have become a self-proclaimed expert at giving advice on how to adapt to the cold weather that Alfred seems unable to escape.

Lesson 1: You need to get some D. My sister (Beryl Torthe '18) first endured Alfred's extreme weather. I distinctly remember that hypochondriac frantically calling me in South Africa, certain that she was on her deathbed. She claimed constant fatigue. Yet, after a blood test and a trip to the Wellness Center, she discovered that she was merely Vitamin D deficient. Learn from Beryl and avoid wallowing in your "imminent" death. Instead, pop some Vitamin D supplements from Wegman's and go to the Wellness Center to bask under the sunlamps.

Lesson 2: Tread carefully. It's no secret that the icy sidewalks that take us from dorm to dining hall to class are glorified ice rinks, and that the ramp outside Bartlett Hall is Alfred's version of the Bermuda Triangle. You're probably tired

of hearing your professors tell you to "walk like a penguin" when you only have a couple of minutes to get from class to Ade and back to class. So I'm going to let you in on the hideous—but practical—world of Yaktrax. Yaktrax are basically really ugly slip-on traction cleats to avoid falling when walking on ice, and you can find them on Amazon for \$19.95. If you're like me and your pride is too great to succumb to those atrocious Yaktrax cleats, you could choose to opt out and risk public humiliation. But next time you fall (and I unrealistically hope that you never do), I urge you to think of Saudi Arabian student Nafe Alshaya, who in his five months here has fallen too many times to admit. I wish you the strength he has to get back up and act like nothing happened.

Lesson 3: Layer like a strip-poker champion. Transitioning from the fatally cold outdoors to overheated classrooms, dressing appropriately can be a demanding task. Through trial-and-error, I have come to the realization that as soon as the weather hits below freezing, it is essential to rock out all possible

layers. I'm talking scarf, gloves, headgear and thermals—the key is to look 15 pounds heavier than normal. And when the deer in Alfred start to get all fuzzy and look like sheep, it's time to strap on the huge winter coat.

Lesson 4: Fuel the fire that keeps you warm. Winter in Western New York can seem endless, and the lack of warmth makes it easy to feel blue. It's vital to spend some time and energy on things that lift your mood. Once a week, my roommate and I go down to the McLane Center and spend some time splashing around the pool, pretending that it's summer.

Before moving to Alfred, I was certain that a new day would bring upon a warm, honey-dipped sun. Although adjusting to the bitter cold that Alfred is trapped in has proven to be painful, I am proud to boast to my family and friends that I have picked up on local weather-appropriate skills and tips that Bear Grylls wishes he had.

Ethnic Hair Is Not Just Hair

Taylor Banks, Guest Writer

All of my life, I have been deprived of the opportunity to have easy access to someone who can work with texturized ethnic hair, and any other students of color agree with my assessment. Jasmin Sullivan, a junior, feels the lack of access to hair care in Alfred is a struggle.

"I get upset, she said. "But at the same time, you have to expect it because [the] majority of the town is Caucasian. They are trying and making progress. But it's not like home, it would really mean a lot to see change because I would be spending less money [on finding products and someone to do my hair] and I [wouldn't] have to look too hard online."

Most the population at Alfred consists of Caucasian individuals. As of 2017, the United States Census Bureau estimated our population as 83.2 percent white and 8.7 percent black or African American. There are many

cultural differences, and not all are easy to understand and work through. However, we can learn from each other, and we need to take that step. Alfred should take into consideration that there are other cultures that need to be accommodated for.

Hair is hard to maintain. There are different textures, hair types, etc. It's even harder when you're a person of color. We can't just have anyone do our hair. Having access to hair care in Alfred is difficult. Most of us have to wait until we go back home to get our hair done.

I, however, don't have that option. I live in a small town in northern New York called Massena. Much like Alfred, most of the population is Caucasian. I don't even have access to someone who can cut my split ends in either place. Ethnic hair is hard to manage when you're not knowledgeable. We can't go to just anyone. Many people of color don't trust Caucasians in particular to do their hair because of this lack

of knowledge. We need special hair products and treatments.

Doing your hair often allows for you to feel confident. Shannon Ortega, a senior, says she is not comfortable missing an important part of her culture around.

"It makes us the clear outcast and to see change would mean someone noticed and did something about how we feel being here, [we're] already not feeling like ourselves," she said.

Hair is important in black culture. It's a way for black people to express themselves in a world that has always tried to suppress them. Kayla Colter, a junior, said, "I think it plays an important role [in bringing us together]," she said, "It allows us to be comfortable in embracing our culture more than ever. I honestly see it as a stepping stone for black people getting back to the culture."

Another student, Elizabeth

Carter, a junior, said ethnic hair is a tradition in black culture. "I think black hair is important to the culture because it is such a pro-dominant part of our body, she said. "It is something that makes us different. Our hair isn't just centered around style, but old traditions. Most of our hair techniques are passed down and around through word of mouth from our grandparents. I think it's something that brings us together because we have used our hair to symbolize things in our culture. Our salons didn't just become a place to do hair, [it became] another community space."

By bringing our culture with us, we open ourselves up to communicate with others and express ourselves.

Junior Ilazhia Huntt, said "Every black person is different in the sense that our hair texture is unique, we don't just have one texture or curl pattern, we have multiple."

There are so many different textures and each has a unique way of being cared for. We can learn from each other.

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My Time with Andy

Lily Smith, Staff Writer

I returned recently from NYC on an AU Sculptural Dimension Studies trip, through SoAD, with four other students — Astrid Hunter, Olive Penna, Adam Taylor and Jacob Willcox. While there, we made a plan to visit two important exhibitions: Bruce Nauman's Disappearing Acts at MoMA PS1 in Long Island City and An Alternate History: The Other Glass at the Heller Gallery in the Chelsea district. Although I really enjoyed these shows, the highlight of my visit was my seven minute surprise visit to the Kasmin Gallery in Chelsea, where I came face to face with Andy Warhol's Polaroid portraits.

My surprise encounter with Andy was a spontaneous delight. With only minutes left on our parking meter, I halted to a stop when we were coming close the Kasmin gallery, a mere 15 feet from Heller Gallery. I stumbled upon his exhibition, and became overwhelmed with an intense urge to sprint into the gallery.

I entered an all-white room with light brown flooring — the room has a simple, modern style and was quiet. A docent sits in the corner at a white desk. Roughly 20 small Andy Warhol Polaroids hang on the walls in an assortment of black and light wood frames with thick

white matting. The photographs are perfectly displayed, disconnecting you from your surroundings, as you soak in the artwork.

The photographs, directly at my line of sight, forced me to lock eyes with famous celebrities who starred right back at me.

Andy had portraits of himself, along with those of Debbie Harry, Dolly Parton, Muhammad Ali, Keith Haring, Robert Mapplethorpe and others. I was truly surprised seeing these Polaroids in person. I slowly walked to each portrait, making the experience even more personal. Making eye contact with the portraits was an overwhelming experience. Although, I've seen portraits of celebrities before, I have never experienced seeing celebrity portraits in person, via hard copy. It was mind-blowing to see such younger versions of these people too.

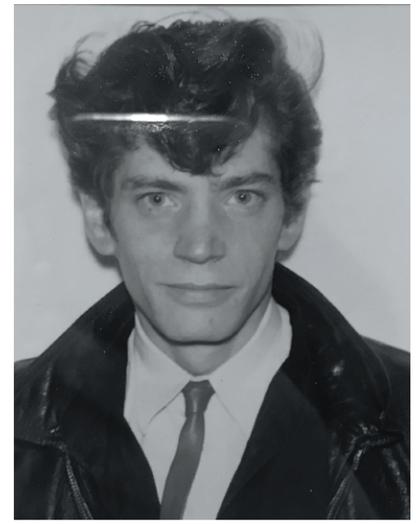
Andy Warhol is an impressive artist. He would create large, colorful artwork with a signature style. At some point in your life you've probably seen one of Andy's works. Running into one of his new exhibitions was an exhilarating experience, because it was just me and a Polaroid picture collection of his work. As a student in the School of Art and Design, being able to see original artwork from any artist is

pleasurable and unforgettable.

When people hear about the infamous Andy Warhol, they connect him with his famous portrait recreation of Marilyn Monroe, which is a portrait of her with lots of bright colors. They then probably associate Andy as the catalyst for the Pop Art movement in the 1960s, drawing a line between the idea of customer consumerism and fine art. His use of bright colors, simple designs, well-known aesthetics and friendly celebrity faces recreate traditional portraiture into modern styles. This is what Andy is most known for — the creation of a new genre of art.

Throughout Andy's artistic career, he was well versed in many mediums, including screen printing, painting, filmography and photography. For example, he created film video shorts of his own Andy Warhol Superstars, which was a clique of NYC socialites that were featured in his artwork. Andy also loved to have fun and take Polaroid pictures of himself and others.

The portrait of Robert Mapplethorpe was most memorable. His portrait was taken head on, a full view of Robert's face. His eyes encapsulated my gaze giving me a moment of bliss. I experienced an intimate moment with this artist. I couldn't believe that I was sharing a moment with portrait of a deceased American photographer, one who reinvented 20th century



portraiture. I suddenly felt unworthy of even viewing his work.

While I was exiting, I turned around for one final look. This gallery showcased Andy's creations in a way to make you feel intimate with each photo. The layout was spectacular — the viewer could share a peaceful solitude with the work. This was an experience I will always remember. Being able to see a variety of these Polaroids I didn't know existed thrilled me.

Taking it all in, I feel so lucky that I didn't take a different route or parked a little closer. Seeing Andy's work made me happy, it still makes me happy today. Happy to be an AU art student, happy to be an artist. I didn't think that I could feel so much joy from such a short period of time. The Polaroids gave me a flush of emotions and inspiration — I just want to create. The coincidence seemed like fate. I was supposed to spend some time with Andy.

Letter to the Editor

Victoria Cramp, Guest Writer

My name is Victoria Cramp, I am currently a junior marketing major at Alfred University, and I strongly believe people everywhere should work in customer service at least once in their life.

I grew up in Hornell and I began working at my parents' restaurant, Billy Schus, when I was 14. Over the course of six years, I have learned countless life lessons, encountered a variety of people and established a solid work ethic. Working in customer service has showed me both sides of the coin and helps me understand what others in the profession face every day.

During the six years I have worked for my parents, I have washed dishes, waited tables,

cleaned bathrooms, swept and mopped floors, washed walls -- whatever they needed. In no way am I ungrateful for this opportunity, this isn't me complaining about what I've had to do. On the contrary, this job has taught me so much and I am grateful for that.

I believe that the life lessons I have learned from this position will stay with me forever and will sculpt me into a well-functioning adult. I've found that you cannot do everything right all the time. And you're going to mess up, that's just what people do. It's how you handle those mistakes and learn from them that defines who you are as a person.

I've also learned that not everyone is going to be nice to you or like you. I know that

seems like a basic and simple lesson, but it's hard to think that you could be doing absolutely everything right, and they still might not like you. Still, you must put on a smile and give it your best.

Finally, I learned that a simple smile can go a long way. That sounds corny, I know, but it really does. The more I seem to smile at work, the happier I feel, and the more customers smile as well. Smiling just totally changes the mood. For instance, we could have every table fill up at the same time with all the waitresses running about, but the moment a customer cracks a joke, the whole mood changes.

I have met people from all walks of life with diverse viewpoints from every corner of the earth. Working in customer service brings you a new view of life and shows you how others live. I've heard

so many life stories, created so many friendships with the most unexpected people and have learned things that only life experience can teach. If you stay in customer service long enough, your regulars become your family.

I don't believe jobs should just be handed out. You should work for what you get. I believe the person who works the hardest, with the most skill and precision, should be awarded that position. That is why I will always work my hardest to enhance my skills. I owe these beliefs to the customer service industry. While some view the customer serve industry as a low-level job, I view it as a way to meet new and interesting people while developing skills to help me for the rest of my life.

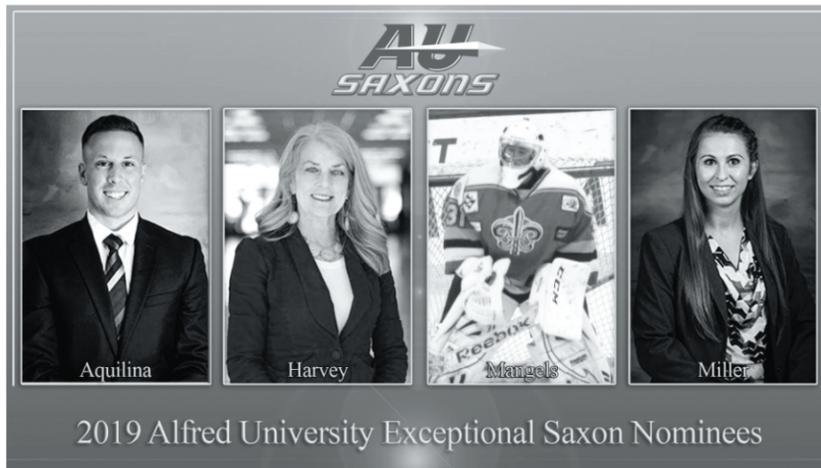
Alfred University Athletics Recognizes Exceptional Saxons

From gosaxons.com
February 7th

Alfred University Athletics announced Tony Aquilina, Colleen Harvey, Samantha Miller and Peter Mangels have been nominated for the Exceptional Saxon Award, recognizing their hard work and dedication to the department.

The Exceptional Saxon Award is an effort to honor those who have provided exceptional support and service to the Alfred University Athletic Department. This could be a staff member, coach, professor, or anyone either inside or outside of the athletic department who works for Alfred University. At the end of each year the Exceptional Saxon of the Year Award is presented at the Athletics' Senior Banquet.

Aquilina serves as the Associate Director of Athletics at Alfred University, focusing on internal operations. During the summer of 2018, Aquilina oversaw the construction project management of the Gibbs Fitness Center, Varsity Weight Room, Saxon Victory Room, Hansinger Physical Rehabilitation Center and the Codispoti Video Scoreboard. Aquilina is in his second year after returning to Alfred University following a year at Misericordia. He previously served in the role of Assistant Athletic Director from 2012-16. Aquilina was submitted for the



From gosaxon.com

award by Craig Yanni, the Head Coach of women's soccer.

"Tony is always going above and beyond to help in any way he can," Yanni said. "He is always showing genuine care for our teams and their success. No matter the issue, he always has time to help in any way he can – even if it's Sunday."

Harvey is the Athletic Department's Secretary that oversees day-to-day operations within the department including scheduling, budgetary oversight, account reconciliation and so much more. Harvey has been a member of the Alfred University Athletic department for decades, serving everyone with a smile. Harvey was nominated for this award by Dakota Pruiss, the Head Coach of women's volleyball.

"Colleen is the glue of our department," Pruiss began. "I am not only impressed with her positive impact on the department, but her follow

through on every task. She's one of our best supporters as coaches and she is always willing to give advice on solving any problem."

Miller is in her first year with AU, serving in the role of Assistant Athletic Trainer. Miller has quickly stepped up in the role covering various sports' injury prevention and rehabilitation. Men's soccer Assistant Coach, Tyler Landries, nominated Miller for the award.

"In Sam's first year with our team she was a huge asset to health and well-being of our guys," Landries said. "Many times she would meet us after the bus from a late away game just to help out any injuries. Through all of our late practices, high number of injuries and illnesses, she never once complained and was glad to help."

Mangels is the photographer for AU Athletics, covering every sport dating back to fall of

2015. Since that time, Mangels has improved the visibility of AU Athletics in countless ways. From staged photos to action shots, Mangels is flexible and capable of getting the job done. He was nominated for the award by Assistant Director of Athletic Communications, Chris Boswell.

"Peter's efforts not only make our job easier, but they also have a bigger impact for student-athletes, their families and our fans. He has truly helped raise the bar at Alfred University which has come at a crucial time to meet our needs."

"I am elated to recognize these very deserving staff members for their "above and beyond" efforts on behalf of our department," Director of Athletics, Paul Vecchio said. "It is wonderful to be recognized by your peers and I am grateful to both the nominators and honorees for this much-deserved acknowledgement of the work they do on behalf of our student-athletes."

All nominees were recognized at the AU Athletic department meeting in February where the nominees were rewarded for their ability to go above and beyond. They will be considered for the end of the year Exceptional Saxon Award given out at the Senior Banquet. Last year's Exceptional Saxon was Jeff Danaher – the Director of Major Gifts at Alfred University.

Saxons Fall to Gators on Senior Day

From gosaxons.com
February 9th

ALFRED, NY – The Alfred University women's basketball team hosted The Sage Colleges for senior day Saturday evening in the Terry S. Galanis Family Arena. The Saxons (6-15, 2-10 Empire 8) fell to the Gators by a score of 56-71.

Jaime Wilcox (Forestville, NY/ Pine Valley) led the Saxons with 18 points and close behind her teammate Lyndsey McCoy (Middleburgh, NY/ Middleburgh Central) had 15. Bri Hicks (Burlington, VT/ Ithaca) and Wilcox both led the team with 7 rebounds each. Lone senior Katlyn Boland (New York, NY/ A. Phillip Randolph) led the assists category with 4. The Gators were led by Emily Parslow with

25 points in 37 minutes.

The first quarter was a back-and-forth affair with the Saxons holding onto the lead at the close, 23-19. The Saxons opened the scoring with back-to-back three-pointers to snag the early lead before Sage closed the game midway through the stanza, 11-11. However, the Saxons surged again, grabbing the lead once again. Emily Parslow led The Sage Colleges with 25 points.

AU ran into the second quarter in full stride with a layup by Wilcox. Junior Samantha Pierre-Louis (Wheatley Heights, NY/ Half Hollow Hills West) hit a jumper to put the Saxons up by nine with 6:22 still left on the clock. However, the Gators came back within three at the end of the half. AU took a 33-30 lead

into the locker room.

The Saxons maintained their lead until midway through the third quarter when the Gators stormed back from a five-point deficit to knot the game up at 42, all. Wilcox and Pierre-Louis grabbed the lead again before Parslow tied the game up at the close of the quarter.

In the fourth quarter the Gators took the lead only a minute in and never looked back, taking a 15-point lead for the win, 71-56.

"We came out, started fast, hit shots, played with a rhythm on the offensive end, rebounding on the defensive end and then, as the second quarter started, we



Photo Credit: Brandon Harrison

kind of got away from that and we didn't execute the way that we wanted to," Assistant Coach Carson George said. "Then it was similar in the third quarter as we got out and shot and we executed but then we just didn't make the plays down the stretch."

The Saxons remain at home on Tuesday when they host the Elmira Soaring Eagles in the Terry S. Galanis Family Arena at 5:30PM.

Saxons Celebrate Senior Day With Seventh Straight Victory

From gosaxons.com
February 9th

ALFRED, NY – The Alfred University men's basketball team rolled through the Gators of The Sage Colleges on Saturday afternoon. The Saxons (17-4, 10-2 Empire 8) dominated the entire game on their way to the 101-66 win.

Prior to the game, Dom LeMorta (Scotia, NY/Scotia-Glenville), Scotty Stopera (Scotia, NY/Scotia-Glenville), Pat McLamore (Greensboro, NC/Aquinas Institute) and Sage Brown (Cortland, NY/Cortland) were honored for senior day with their families and the AU coaching staff.

Once the game began, the four of them did not disappoint.

The Gators were first on the scoreboard with a short jumper in the paint but it did not take long for AU to kick it in gear and go on a 14-2 run thanks to a couple of early threes from LeMorta.

A few buckets from Sage cut the lead to eight before Brown nailed a triple followed by LeMorta hitting his third long ball of the game to extend the Saxon lead to 14 points.

By the 10:54 mark of the

first half Alfred held a 31-13 lead after yet another LeMorta three.

A few minutes later, McLamore Jr. got in on the action with a three-pointer making it 42-22 with 6:59 to play in the first half.

At the end of the first half, Alfred led sage 54-22.

The Saxons did not let up in the second half and continued their hot shooting throughout the rest of the contest. Stopera hit multiple threes in the second half and dished out some perfect passes to set up LeMorta and his teammates.

LeMorta continued his efficient play in the second half with three more buckets and two assists. Sam Dagon (Hornell, NY/Hornell) began to heat up in the second half when he was set up perfectly by Stopera for a corner three to put the Saxons up by 32.

A Dagon free throw at the 4:51 mark put gave AU its largest lead of the game of 35 points and made the score 97-59.

Anthony Ruffino (North Tonawanda, NY/Niagara Wheatfield) hit a late jumper to break 100 points for the Saxons. This was the second game this



Photo Credit: Brandon Harrison

week that Alfred has reached the 100 point mark after scoring 103 against St. John Fisher College on Tuesday.

At the end of the day, the seniors were able to celebrate the 101-66 victory over the Gators and the seventh straight win of the season for the Saxons.

The Saxons have now clinched a spot in the Empire 8 playoffs and have a chance to host if things fall their way over the next week and a half.

"It was a big week for us, going 3-0, kind of accomplishing our first goal of making the E8 playoffs and we put ourselves in a spot where we control our own destiny," Head Coach Russell Phillips said. "Hosting it here in front of these fans would be great! We have to take everything one day at a time as we have Elmira

coming in and knowing that they're hungry and knowing that it is a really big game."

LeMorta led the scoring for the Saxons with a season high 25 points, including six made threes. He also dished out a career high seven assists and forced two steals. Brown was the second Saxon to score over 20 on the day, finishing with 22 points, four rebounds and four assists. Cole Eells (Ithaca, NY/Ithaca) scored 13 on the day. Dagon finished with 11 points and three assists while Elliot Bowen (Salamanca, NY/Ellicottville) was the fifth Saxon to score in double figures with 10 points, two assists, two blocks and two steals. Stopera chipped in nine points and had a team eight assists.

Alfred will host Elmira College next Tuesday at 7:30PM.

Saxons Fall To Stevens 59-48

From gosaxons.com
February 8th

ALFRED, NY – The Alfred University women's basketball team hosted Stevens Institute of Technology on Friday evening. The Saxons (6-14, 2-9 Empire 8) fell to the Ducks by a score of 59-48.

The first quarter was a tough defensive battle between the two squads. With the game tied at six and 3:59 remaining on the clock, Bri Hicks (Burlington, VT/Ithaca) converted a layup to begin a 7-0 run that was capped off by a three from Jamie Wilcox (Forestville, NY/Pine Valley), making the score 13-6 with 2:37 remaining in the opening quarter.

Stevens then returned with a 5-0 run to close out the period and cut it to a one point game after the first quarter.

The Ducks turned up the heat on the offensive end in the second quarter while the Saxon

offense went a bit stagnant. AU was outscored 15-7 in the second quarter, making the score 27-20 in favor of Stevens at the halftime break.

A couple of buckets early in the third from Wilcox and Lyndsey McCoy (Middleburgh, NY/Middleburgh Central) cut the deficit to six but the Ducks answered with multiple buckets in the paint to push the lead to 12 after three quarters.

Early in the fourth, Stevens quickly pushed its lead up to as many as 17. Some strong moves in the paint from Bri Hicks along with a late jumper from Mandy Skeet (Corfu, NY/Pembroke) brought it back to an 11 point deficit by the time the clock hit all zeros.

"I thought we came out and executed the half court defensive plan in the first quarter but then we got inside of ourselves really and for no reason," Head Coach Mike Moskowitz said. "When you



Photo Credit: Peter Mangels

give up a 14-0 run to a team like Stevens, it's going to be tough to win those games."

Hicks led the scoring for Alfred with 13 points. She also grabbed 6 rebounds and forced three steals. McCoy reached double figures with 11 points and dished out four assists.

Wilcox finished with nine points while Katlyn Boland (New York, NY/A. Phillip Randolph) had a team high four steals.

The Saxons will look to turn things around tomorrow as they host Sage at 2PM.



**BLACK CULTURE
SHOWCASE**

FEATURING PERFORMANCES BY, THE MOYA AFRICAN DRUM & DANCE GROUP, AND MUSIC BY DJ SPIKE DEE

02.23.19 7PM \$2 Admission
7PM in Holmes Auditorium

DO IT FOR THE CULTURE!



An Evening of
DANCE

Featuring Choreography by Guest Artists
Martha Brim and Krystal Cooper
And AU Faculty and Students

Miller Theater
Thursday Feb. 21
Friday Feb. 22
Saturday Feb. 23

8pm
Free Admission

AU DANCE THEATER 2019

MUSIC BY: CAT CLYDE




Turner Gallery
2/15 9pm

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to emails and submitted as high resolution JPEGs. Please do not send anything as a
PDF.

**Friday
March 1st**



**COMEDIAN
JUSTIN RUPPLE**



9-10pm
Knight Club,
3rd Floor PCC

Hair from Page 1

"I feel like it does bring us together because there's so many different ways to do our hair, said Hunt. "We link up with people who may have similar hair patterns or even those who don't have similar hair patterns. We tend to help each other out like 'Hey, I know this is your hair texture, have you tried this hair product?'"

Hair is part of your culture and identity. It's a good way to learn about cultural differences. You can learn a lot about people through these discussions.

Carter thinks hair can be part of an identity for anyone, but not everyone understands its importance. "Every community/ culture has something around

hair or some statement that has involved hair at one point," she says. Hair is an identity statement, and not in just the African American/Black community, it is a statement in all communities."

Hair has a different meaning in all cultures, it's a symbol for your individuality and represents who you are.

"Our hair is our crown, so we embrace that." Colter said.

We need a community that gives us a piece of home. The conversation starts with us, so let's talk about it.