

# Alfred Today

Tuesday, November 07, 2006

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## In This Issue:

- [Open Enrollment Nov. 7 - 30, 2006](#)
- [Non-Statutory Health Insurance Changes](#)
- [Watch the 2006 Election results](#)
- [Bergren Forum](#)
- [Good Sense Gourmet -- Reserve now!](#)
- [Global Awareness Roundtable: UK](#)
- [Blood Drive Tuesday Nov. 14](#)
- ['Twelfth Night' opens Nov. 15](#)
- [Women's Excellence in Leadership Award \(WELA\).](#)
- [Spare change really adds up](#)
- [Operation Christmas Child](#)
- [AURS needs you!](#)
- [AURS Weekend Wellness Kit winners!](#)

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## More Resources:

- [Calendar of Events for Tuesday, November 07, 2006](#)
- [Weekend Update: See what's happening at AU!](#)
- [Alfred E-news](#)
- [Alfred University Employment Opportunities](#)
- [Spiritual Life at Alfred](#)
- [Classifieds \(Announcements, Lost & Found, Buy & Sell, Ride Board\)](#)

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## Open Enrollment Nov. 7 - 30, 2006

The Open Enrollment period allows employees to make changes to or enroll in benefits effective Jan. 1, 2007. Unless the employee experiences a "change of family status," this is the only time of year to change these benefits.

The following benefits you may enroll in, drop coverage, or make changes to current level of coverage:

Health Insurance  
Life Insurance  
Accident Insurance  
Dental Insurance  
Vision Plan

Flexible Spending Accounts -- Must enroll for the 2007 year to participate in Medical or Dependent Care Flex Spending.

If you have any questions or would like to make changes to your coverage, please contact the Human Resources Office.

[Back to top](#)

## Non-Statutory Health Insurance Changes

The rate increase for 2007 for Alfred University (excluding the Ceramics College which is still pending

from the State) will be 3.1% for the POS 203, and 7.8% for Traditional.

Changes to be implemented as of Jan. 1, 2007

\* Reduce Employer Contribution for Traditional Blue 901 Plan to 75% of Lowest Cost Plan. Traditional Blue 901 Premiums effective January 1, 2007, will be \$101.89 for Single coverage and \$178.58 for Family coverage per pay period.

\* Offer both Traditional 901 and POS 203 to the Retiree Group.

\* Decrease the Employer Contribution for Two-Employee Coverage from 85% to 80% effective January 2007, with other reductions following in subsequent years.

There will be a representative on campus to discuss the insurance plans so that employees may compare coverage, making the best choice for how they use their health insurance. Meetings will be held in the Kenyon/Allen/Davis Room in Powell Campus Center according to the following schedule:

Wednesday, Nov. 8 -- 8:30 a.m., 10 a.m., 1 p.m., and 2:30 p.m.

Thursday, Nov. 16 -- 8:30 a.m., 1 p.m., and 2:30 p.m.

Tuesday, Nov. 28 -- 1:30 p.m. and 3 p.m.

Any changes to coverage will need to be made during the Open Enrollment period. Should you have any questions, please feel free to contact the Human Resources Office.

[Back to top](#)

## Watch the 2006 Election results

**Event Date:** 11/07/2006

**Event Time:** 7:30 p.m.

**Location:** Nevins Theater

All are invited to join the Political Science Club tonight in Nevins Theater as we watch coverage of the 2006 mid-term elections. We will turn the coverage on at 7:30 in the evening and follow events until midnight or so. Around 8 p.m., Dr. Stein will give an informal talk about what is at stake in this election and what issues have been important around the country. The Political Science Club will provide snacks as well!

If you can join us at any point in the evening, please drop in.

[Back to top](#)

## Bergren Forum

**Event Date:** 11/09/2006

**Event Time:** 12:10 p.m.

**Location:** Nevins Theatre, Powell Campus Center

The Bergren Forum sponsored by the Division of Human Studies will be meeting at 12:10 p.m. this Thursday in the Nevins Theatre, Powell Campus Center.

Bring a brown bag lunch; coffee and tea will be available.

Speaker: Michael Perlis

Topic: "Sleepless in Rochester"

Michael Perlis, is Associate Professor of Psychiatry, Neurosciences and Psychology at the University of Rochester and Director of UR's Sleep and Neurophysiology Laboratory. He will be reviewing the latest research on sleep: what we know, what we don't know, where research is going, and why we should care.

[Back to top](#)

## Good Sense Gourmet -- Reserve now!

**Event Date:** 11/13/2006

**Event Time:** 6 p.m.

**Location:** Howell Hall

What is a nutritious diet and how do fad diets fit in?

Join us for a delicious and nutritious gourmet dinner. As you enjoy your meal, Assistant Professor of Biology Dr. Kathryn Kohel and Health and Wellness Educator Pam Schu will offer tips on healthy eating.

RESERVATIONS REQUIRED! E-mail [wlc@alfred.edu](mailto:wlc@alfred.edu), or call x2971 and provide your student ID #. The dinner is covered by your meal plan. No meal plan? No problem...contact us for more info.

Sponsored by the Women's Leadership Center, AU Dining Services, and the Health and Wellness Education Program.

[Back to top](#)

## Global Awareness Roundtable: UK

**Event Date:** 11/13/2006

**Event Time:** 7 p.m.

**Location:** Knight Club

Join us for a brilliant evening of discussion about the UK. Professors Emrys Westacott, Alexis Clare and Michael Mc Donough will be sharing unique aspects of British culture with the Alfred community.

[Back to top](#)

## Blood Drive Tuesday Nov. 14

**Event Date:** 11/14/2006

**Event Time:** 10 a.m. to 3:45 p.m.

**Location:** Knight Club

On Tuesday, Nov. 14, 2006 (one week from this Tuesday) the American Red Cross, with the sponsorship of Alpha Phi Omega and the Biology Club, will hold the second Blood Drive of the academic year in the Knight Club of the Powell Campus Center from 10 a.m. to 4 p.m. The donation process will take between 60 and 75 minutes.

If you wish to donate, send an e-mail to [fbentz@alfred.edu](mailto:fbentz@alfred.edu), giving three times at which you could donate. Appointment times will be sent to you by return e-mail.

If you have questions about eligibility, call 1.800.GIVE.LIFE or go to the link below. You may also call Wes Bentz at 871.2201.

**Link for more information:** <http://www.donatebloodnow.org/donateblood/eligible.asp>

[Back to top](#)

## 'Twelfth Night' opens Nov. 15

Make your reservations now for "Twelfth Night," presented by the Division of Performing Arts. It opens next Wednesday, Nov. 15 and runs through Saturday, Nov. 18.

Reservations may be made via the Web calendar Box Office, or by e-mailing [performs@alfred.edu](mailto:performs@alfred.edu). Student tickets are \$1; general admissions is \$5.

**Link for more information:** [http://www.alfred.edu/performing\\_arts](http://www.alfred.edu/performing_arts)

[Back to top](#)

## Women's Excellence in Leadership Award (WELA).

Applications due Wednesday, Nov. 15!

This award recognizes the achievement of one graduating female student who has demonstrated exceptional leadership while attending Alfred and who has made a meaningful impact on the Alfred campus or in the Alfred community. The WELA award-winner will receive financial assistance with a post-college expense, up to a value of \$750. December 2006 and May 2007 graduates are eligible.

Download an application at the link below. Questions? Contact the Women's Leadership Center at x2971 or [wlc@alfred.edu](mailto:wlc@alfred.edu).

Attachment: [WELA Application.pdf](#)

[Back to top](#)

## Spare change really adds up

Do you remember those red donation containers in Powell and Scholes? They were there to collect spare change for the fire hall. In a matter of a month, Alpha Phi Omega (APO) was able to raise \$122 thanks to your help! Thank you for contributing to your community!

[Back to top](#)

## Operation Christmas Child

You know how happy you were as a kid when someone handed you a present? Well, there are children all over the world who have never known that happiness, because no one has ever given them a gift. This Christmas, you have the chance to change that.

Operation Christmas Child is a project (run by Samaritan's Purse, a nonprofit org.) where people throughout the United States fill shoeboxes with small gifts and send them to needy children around the world. Please, be one of those people, and make a child's day.

If you decide to make a shoebox, here are some guidelines: toys and candy are fine, but these kids also need items like toothbrushes and toothpaste, soap, shoes, and clothes. There should be nothing that will remind them of war, many of these kids have seen enough of that already. It is nice if the boxes are wrapped, but they do not have to be. If you do wrap it, please make sure that the lid can be taken off without damaging the wrap job. Please put a slip of paper inside the box indicating whether your box is for a boy or a girl and a general age range (gifts are sent to kids from 3-14 yrs old).

There is a shipping cost of \$7, which the organization asks you to put in the box as well. If you cannot afford to pay for both the box and the shipping fee, you could split the cost with some friends, or you could donate some money to help send someone else's box over.

There will be a collection box in front of the information desk, on the second floor of Powell now through Friday, Nov. 17.

[Back to top](#)

## AURS needs you!

AURS is now recruiting! Come be a part of the AURS crew! No Experience necessary! There is training on everything from how to treat a sprained ankle to how to treat for shock & hypothermia.

Benefits of joining AURS are a rewarding experience, meeting cool new people. learning skills you can use in everyday life, the possibility of earning your EMT - B certification through our organization, becoming CPR Certified, enjoying our Parliamentarian's creative baking and it's something good to put on a resume.

Meetings are Thursdays @ 9 p.m. in the Kenyon - Allen room located on the 2nd floor of Powell across from the Board Room.

If you are interested, come to a meeting and introduce yourself! If you are interested and can not make the meetings, e-mail us at [auris@alfred.edu](mailto:auris@alfred.edu).

Also, check out our Web site for more information about our organization!

Hope to see you soon!

Link for more information: <http://people.alfred.edu/~auris/>

[Back to top](#)

## AURS Weekend Wellness Kit winners!

Congratulations to Christopher Broderick, John Kalish and Michelle Miller on winning the weekend wellness kits! Thank you to everyone who stopped by the table the last couple weeks and bought a raffle ticket, we appreciate all your support.

[Back to top](#)

