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What's Happening?

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TODAY	TOMORROW	FRIDAY
10:00 RESUMANIA - Engineering Career Fair Preparation	10:00 Walk-In Hours - Career Development Center	12:20 Women's and Gender Studies Roundtable
Walk-In Hours - Career Development Center	12:00 Engineering Career Fair	Environmental Studies Speaker Series: Susquehanna Watershed
7:00 AU Martial Arts Club Meeting	Zumba classes	6:00 Friday Night Hike
HDD Student Discussion Panel	12:10 Bergren Forum - 'Performance to Go'	Women's Volleyball vs. Ithaca
8:00 An Ives Evening/All in the Timing	5:30 Information Meeting for Istanbul: Crossroad of Civilization, Summer 2015	8:00 An Ives Evening/All in the Timing
	7:00 Miller Lecture 'NeuroEthics'	
	8:00 An Ives Evening/All in the Timing	

Think Summer - 2015 - in Istanbul!

Do you want to explore new horizons? Come see Europe's fabled gateway to Asia, a land the West could never conquer ...

Come join the faculty of Isik University for four weeks this summer, between June 28 and July 25, as we study Turkish history, culture, and politics in beautiful and fascinating Istanbul. The course counts for 6 credits at Alfred University.

There will be an Information Meeting for the summer course "Istanbul: Crossroads of Civilization" Summer 2015 Thursday, Oct. 2 at 5:30 p.m. in Olin Room 309.

As ancient Constantinople, Istanbul was once the capital of the Roman Empire and the most powerful city in Europe. Situated part in Europe and part I Asia, contemporary Turkey plays a vital role in world politics. With its strong economy and constitutional government, it is an important bridge to the Middle East for the democracies of the West.

For more information, please contact: Laura Greyson at Greyson@alfred.edu

Submitted by: Deborah Clark

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Have You Made Your Reservation Yet?

Performing Arts is pleased to invite YOU to our first theater production of the season! "An Ives Evening/All in the Timing" opens WEDNESDAY, Oct.1 in the CD Smith III Theatre. This collection of one-act plays is bound to delight you!

Productions are at 8 p.m. and the play runs Wednesday through Saturday.

Tickets are required: \$2 AU student w/id, \$5 non-AU student and senior citizens, \$10 for general admission. Email perfomrs@alfred.edu for tickets, or use the virtual Box Office!

For additional information email performs or call 871.2828.

Link: [Box Office](#)

Submitted by: Nancy Freelove

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Cosmos Lunch Showing: When Knowledge Conquered Fear

Narrator Neil deGrasse Tyson weaves a stunning tale of the scientific revolution focusing on the roles of Edmond Halley, Sir Isaac Newton, and Robert Hooke in this episode of Cosmos.

Pizza and soda will be provided on a first-come first-served basis.

Run time is 43 minutes.

Wednesday, Oct. 1 at 12:20 p.m. in Nevins Theater, Powell Campus Center

Submitted by: Amanda Taylor

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Health & Wellness Center Closed for Science Fair

The Health & Wellness Center floor surface will be closed from Wednesday, 10/1 at Noon -Thursday 10/2 at 3 P.M. The multipurpose room and track will remain open for recreational use.

Submitted by: Tony Aquilina

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HDD Student Discussion Panel

Do you have any questions about Hot Dog Day? Have you heard any rumors? Are you just curious about what happens during, before, and after said event?

Come to Nevins THIS WEDNESDAY, Oct. 1, at 7 p.m. to get questions answered and learn some new information.

Submitted by: Courtney Hopkins

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Engineering Career Fair

The Engineering Career Fair, sponsored by World Kitchen, PPG, Corning Inc., and O-I, is taking place Thursday, Oct. 2, 2014 from noon-3 p.m. in the Health & Wellness Center (McLane Annex).

Employers will recruit for full-time, internship, and co-op opportunities. To see a growing list of companies attending and the majors/hiring needs they are seeking, please visit the CDC website at www.alfred.edu/cdc/events.

Submitted by: Jill Crandall

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Environmental Studies Speaker Series: Recovery - Susquehanna Watershed

Please join us for this week's Environmental Studies Speaker Series!

Date & Time: Friday, Oct. 3, 12:20-1:10 p.m.

Title: "Recovery of the West Branch Susquehanna Watershed"

Speaker: Amy Wolfe, Director of the Eastern Abandoned Mine Program, Trout Unlimited

Location: Science Center 247 (Roon Hall)

This event is open to everyone.
Refreshments will be served.

Submitted by: Jaime Osborne

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Like Outdoors? Join Us for Friday Night Hikes!

Come join WILD About Alfred for a leisurely hike this Friday at 6 p.m.! A WILD about Alfred representative will lead a hike every Friday when school is in session starting at 6 p.m.

We meet on the first floor of Powell Campus Center (near the mailroom). The hike is a little less than three miles long and takes just over an hour depending on pace.

Even if you have never been on a hike or experienced a forest in your life we will be more than glad to help you experience the wonderful outdoors that the Alfred area has to offer!

To learn more about Wild About Alfred Check out: www.alfred.edu/students/w...

Or Check us out on Facebook and Instagram!

Link: [Wild About Alfred Webpage](#)

Submitted by: WILD about Alfred Committee

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What Are You Doing on Friday? Want To Go See a Movie?

This Friday, Oct. 3, take the AU bus to Wellsville to catch a movie. They are showing "Left Behind" at 9 P.M. and another movie that will be on the website below later in the week. Check it out!

The bus will leave from the first floor entrance of the Powell Campus Center at 8 P.M. and return around 11 P.M.

If you are interested in going, just show up by 8 P.M. on Friday and look for the AU bus. If you have any questions, please contact bankern@alfred.edu. Have fun!

Link: [Wellsville Grand Theater](#)

Submitted by: Nancy Banker

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Register Now for the 2014 Fall Day of Service!

AU students, faculty, and staff are invited to volunteer in Alfred and around Allegany County during the Celebrate Service, Celebrate Allegany event (Make A Difference Day). Celebrate Service, Celebrate Allegany 2014 is scheduled for Oct. 25, from 8:30 a.m. - early afternoon.

Transportation, t-shirts, lunch, and equipment will be provided to all participants who register by Friday, Oct. 17.

Contact Corey Fecteau, Service Learning Coordinator, at fecteau@alfred.edu or 607-871-2164 with questions.

Link: [2014 CSCA Registration Form](#)

Submitted by: Corey Fecteau

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2015-16 Tuition Exchange Application Deadline is Oct. 15, 2014.

Faculty and Staff - the Tuition Exchange Export Application deadline is Oct. 15, 2014. If your child is planning to begin college (or transfer to another college) next year, 2015-16, you may wish to explore the schools participating in the Tuition Exchange (TE) Program. RENEWAL TE Export applications are also subject to the deadline of 10/15/14.

Please read the attached TE Information Memo for application procedures and details on the program. Two application forms are required; specifically, the AU TE Export Application and the AU Human Resource (HR) TR/TE form (links and attachments, herewith).

Link: [AU HR TR/TE Application](#)

Attachment: [TE Information Memo for Campus Community](#)

Attachment: [AU 2015-16 TE Export Application](#)

Submitted by: Catherine Schnurle

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AU Cyclists Assemble!

Open invitation for all cyclists to email me if interested in being added to an email list. We can use it to email each other events, group rides, etc. Thanks.

Submitted by: Ian Cramer

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SafeZone Training

Staff members at Alfred University have been trained to deliver the Gay Alliance's SafeZone program.

This training was created to develop, enhance, and maintain environments in workplaces, schools, and other social settings that are culturally competent and supportive to LGBTQ (lesbian, gay, bisexual, transgender and queer) individuals, as well as straight, cisgender people who care about diversity, equality and inclusion.

Training is available on the following dates:

Friday, Nov. 7, 2014 from 2:30 - 4:30 p.m. | Kenyon-Allen Room, Powell Campus Center

Monday, Jan. 19, 2015 from 9 a.m. - Noon | Kenyon-Allen Room, Powell Campus Center

Thursday, March 19, 2015 from 2:30 - 4:30 p.m. | Kenyon-Allen Room, Powell Campus Center

Register by clicking the attached link.

For more information:

The Gay Alliance - <http://www.gayalliance.or...>

AU SafeZone - <http://our.alfred.edu/saf...>

Link: [SafeZone Training Registration](#)

Submitted by: Craig Arno

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CDC Appointments/Walk-in Hours

Appointments at the Career Development Center can be scheduled Monday through Friday from 8:30 a.m. to 4 p.m. Walk-in Hours are Wednesdays and Thursdays, 10 a.m. to 4 p.m.

Submitted by: Deborah Clark

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Free Practice Tests - LSAT, MCAT, GRE, GMAT, DAT, OAT & PCAT

Kaplan Test Prep is offering free practice graduate school entrance exams.

Register for free practice exam and you will receive the following:

- * Entry for a chance to win Kaplan's \$10,000 sweepstakes
- * A detailed score report
- * We'll figure out what kind of test taker you are and let you know what your strengths and weaknesses are
- * Complete explanations to every question
- * Don't you hate it when you don't understand a mistake? We'll show you what mistakes you made and how to correct them
- * Strategies for improvement
- * A practice test is not any good if you don't learn anything from it. We'll show you strategies to get you started on improving!

Our practice tests are offered in our Anywhere (Live, Online) virtual classroom environment, which allows you to take the test from anywhere you have a computer and internet connection. It is a proctored exam with a live instructor so please be prepared to be on time. They will be available to answer your questions and help along the way.

Further directions will be shared with you after you register. Questions can be directed to your Kaplan Market Manager for Alfred University at Stephanie.Miller@Kaplan.com

Link: [Register Here](#)

Submitted by: Mark McFadden

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Green Tip of the Week

Be sure to utilize the recycling bins provided in each residence room and others around campus. ZeroSort labels have been placed on each bin to remind you what can and cannot be recycled.

Submitted by: Jordyn Williams

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Annual RidgeWalk & Run Registration Under Way

The 22nd annual RidgeWalk & Run, promoting good health for all ages, levels of fitness, and physical ability, is set for Sunday, Oct. 19, 2014. Check-in begins at 9 a.m. at Wellsville High School, 126 W.

State St.

You can choose from a multitude of spectacular trail walks and competitive runs. This is a one-of-a-kind outdoor experience that weaves participants along the highest ridge in Western New York.

RidgeWalk & Run offers walking distances of 2, 6, 9, and 15 miles and competitive trail runs of 5K, 10K, and 15 miles.

REGISTRATION IS LIMITED TO 1,100 ENTRIES; PRE-REGISTRATION ONLY.

Early Bird by 10/8/14: Adults \$24, Adults 55+ \$20, kids (6-15) \$10; After 10/8/14: \$29 (adults), \$25 (55+), \$12 (kids)

For online registration, please visit:

<http://www.active.com/wel...>

Or a paper form with full payment must be received by Jones Memorial no later than Wednesday, Oct. 8, 2014 to avoid additional cost.

All participants are bused from Registration at the Wellsville High School to event-specific starting points. Buses depart from the Finish Line Area periodically to return participants to the high school. Only participants may ride the buses to starting points.

RidgeWalk & Run participants conclude their events at the Jones Memorial Hospital/URMC "Finish Line Arena" set on a scenic horse farm 4 miles south of town. Entry fee includes: t-shirt, food and trail support; as well as busing to trail-heads from registration and back to registration parking from the "Finish Line Arena."

All participants are urged to bring dry clothing, socks and shoes. You most likely will get wet on any of the events. A drop bag labeled with your number will be given to you at the registration desk and transported to the Finish Line Arena where a changing area is provided.

Medals/awards will be given in the 5K, 10K, and the 15 Mile Trail Runs to the first male and female finisher in each age category and the first overall male and female winners. All participants are eligible for door prizes.

Submitted by: Deborah Clark

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A Matter of Balance Program

Have you turned down a chance to go out with family or friends because you were concerned about falling? Do you have a fear of falling? If so, A Matter of Balance: Managing Concerns About Falls is a program for you.

Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. Many older adults also experience increased isolation and depression when they limit their interactions with family and friends. A Matter of Balance can help people improve their quality of life and remain independent.

A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.

The Allegany/Western Steuben Rural Health Network, Inc. in conjunction with the Allegany County Fall Prevention Collaborative is offering the course A Matter of Balance: Managing Concerns About Falls Thursdays and Mondays, throughout the months of October and November 2014, starting Thursday, Oct. 16 and ending Monday, Nov. 10. The class is scheduled 2-4 p.m. at the Union University Church, Alfred. Each class will build upon the previous week making it extremely important to attend all sessions.

The registration fee is \$10. Scholarships are available upon request. A workbook is provided and

refreshments are served.

Pre-registration is required by contacting Melissa Biddle, Community Health Program Manager at the Allegany/Western Steuben Rural Health Network, Inc. at 585.593.5223 ext. 15, by Friday, Oct. 10, 2014. Space is limited so don't hesitate to register today.

The class agenda is as follows:

Thursday, Oct. 16 Introduction to the Program

Monday, Oct. 20 Exploring Thoughts and Concerns About Falling

Thursday, Oct. 23 Exercise and Fall Prevention

Monday, Oct. 27 Assertiveness and Fall Prevention

Thursday, Oct. 30 Managing Concerns About Falling

Monday, Nov. 3 Recognizing Fall-ty Habits

Thursday, Nov. 6 Recognizing Fall Hazards in the Home and Community

Monday, Nov. 10 Practicing No Fall-ty Habits Fall Prevention

Attachment: [A Matter of Balance](#)

Attachment: [A Matter of Balance Brochure](#)

Submitted by: Deborah Clark

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Caregiver Workshops

Are you caring for an older person? Are you looking for skills to help you cope?

The Allegany County Office for the Aging is offering a free Caregivers Workshop one evening a week (Thursdays) starting Sept. 4 and continuing to Oct. 9. These sessions will give caregivers the tools they need to make their jobs easier and are open to caregivers of all ages.

Topics covered include Estate Planning with Joe Miller, attorney-at-law, Sept. 4; Funeral Planning with John Embser, funeral director, Sept. 11; Understanding Alzheimer's & Dementia with Meghan Fadelof of the Alzheimer's Association of Western New York, Sept. 18; Health Care Proxy vs. MOLST with Tobi Nickerson of the Allegany County Office for the Aging and Betty Guinnip of Jones Memorial Hospital, Sept. 25; Scams & Frauds - Don't be Duped!, Oct. 2; and Navigating the Financial Waters - Financial Resources & Responsibilities for Seniors, Oct. 9 with Jose Soto of AmeriCorps.

All courses are 5:30 to 7:30 p.m. at the Allegany County Office for the Aging, 6085 State Route 19N, Belmont. You can attend any of the sessions that interest you.

A light dinner will be provided, so registration is required. Please contact the Office for the Aging at 585.268.9390 for more information or to register.

Submitted by: Deborah Clark

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