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### What's Happening?

[More Events...](#)

TODAY	TOMORROW	THURSDAY
12:00 Zumba classes	10:00 Walk-In Hours - Career Development Center	10:00 Walk-In Hours - Career Development Center
5:00 Men's Soccer @ home	6:00 Visting Artist Lecture: Jennifer Crescuillo	12:00 Zumba classes
6:30 El cafecito: Salsa of the Spanish Carribean	7:00 AU Martial Arts Club Meeting	12:10 Bergren Forum - 'Intoxications, Altered States ...'
7:00 Everybody Hates Group Projects'	· Women's Volleyball Away vs. Elmira	4:00 Ashley Lyon: Selfsame Opening Receptions
8:00 Women's Soccer vs. Keuka		5:30 Information Session for 'Spring in Japan'
		7:00 Alfred InterVarsity Event

### Flu Shot Clinic

Flu Shots will be given at Powell Campus Center  
 Tuesday, Oct. 7  
 Room 305 Across from Knight Club  
 11 a.m. to 2 p.m.

Submitted by: Rene Richardson

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### **El cafecito: Dance Lesson - Salsa of the Spanish Carribean**

Please join El cafecito, AU's Spanish Culture & Conversation Club for a fun Dance Lesson - Salsa of the Spanish Carribean!

Tuesday, Oct. 7  
6:30 - 7:30 p.m.  
AU Language House, 12 Park St.

Beginner to Advanced Spanish speakers, everyone is Welcome!

Submitted by: Michele Gaffney

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### **Visiting Artist: Lecture: Jennifer Crescuillo**

Location: Binns Merrill Hall, Room 106 (C)  
Date: Wednesday, Oct. 8  
Time: 6 P.M.  
Cost to Attend: Free/Open to the Public  
Sponsored by: Sculpture Dimensional Studies

Jennifer Crescuillo's practice explores the line between primitive, ancient, and modern. Questions surrounding advancements in technology and our willingness to discard the obsolete are central to her work.

Crescuillo was first introduced to glass at Bowling Green State University and continued her research at Southern Illinois University, where she received a MFA in 2010.

She recently opened High Polish Studio, a contract cold working company in Silver Point, TN with her husband Andrew Najarian.

Crescuillo has worked in glass studios across the United States including, Pilchuck Glass School, The Studio of The Corning Museum of Glass, Pittsburgh Glass Center, and the Appalachian Center for Craft.

Submitted by: Shelly Grant

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### **Culture of Assessment in Student Affairs Breakfast Roundtable**

Come hear an overview of our learning outcomes throughout the division including athletics, student involvement, career development, residence life, women's leadership and more.

Knights Den 8:30-9:30 a.m., Thursday, Oct. 9

Submitted by: Valerie Daciw

### **Attend Informational Session for 'Spring in Japan'**

"Spring in Japan: An Overview of Culture and Society in the Land of the Rising Sun" is a three-credit B Block spring class which will also include an 11-day trip to Japan.

Japan is on the cutting edge of so many things: anime, technology, robotics, fashion design, manga, computer games.... Going to Japan and seeing what they do in these fields and how they do it, is a once-in-a-lifetime opportunity - and Alfred is going to take you there! Students, faculty, and staff are welcome.

Think about delving into the history of Japanese culture: Japanese traditional and modern fashion, or the history behind the samurai, geisha, Japanese businesses, Japanese robots, etc. ....

Please join Alfred University students/faculty/staff from May 18 till May 28, 2015. We will visit the towns of Nara, and Kyoto - rich in the culture of traditional Japan, and Tokyo - a city of the future that exists today.... It is going to be a great trip and we hope that you will join us!

Informational Sessions:

Session 1: Thursday, Oct. 9 at 5:30 p.m. in Olin 307

If you cannot attend this session there will be another on: Monday, Oct. 13 at 5:30 p.m. in Olin 307.

Take a look at the brochure (attachment below) for more information.

Attachment: **'Spring in Japan'**

Submitted by: Deborah Clark

### **Dress Down for PINK on Oct. 10**

Friday, Oct. 10 is "PINK is the new PURPLE" day, supporting Breast Cancer Awareness Month. Please wear pink instead of the normal purple you'd grab for Saxon Friday.

AU staff - on this day, you can dress down (jeans) in exchange for a \$10 donation to the Komen Foundation. Check or cash is payable at the Student Affairs Office. (Please note that all the VPs have approved this initiative.)

Submitted by: Kathy Woughter

### **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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### Want Your History Paper Published?

Phi Alpha Theta, the History honor society, wants YOUR history papers to be published in the third edition of the Kanakedeia Review.

The requirements are that the paper has to pertain to history and have received a B+ or higher.

Send any submissions to [phialphatheta@alfred.edu](mailto:phialphatheta@alfred.edu) by Wednesday, Oct. 15!

Submitted by: Amanda Emmerich

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### Be Safe in the Woods!

Hunting season for large game (deer and bear) will soon open in New York State. Most public lands allow hunting this time of year. Please use supreme caution when hiking or hunting in the woods by wearing blaze orange that covers your front, back, and head.

Hunting season runs from Wednesday, Oct. 1- Tuesday, Dec. 16 for the Southern Tier.

If you are a hunter, remember your number one safety rule when shooting, "Know your target and what is beyond!"

For more information on hunting season dates, you can visit the NYS Department of Environmental Conservation website below.

Hunting is not permitted on Alfred University property nor at Foster Lake.

Link: <http://www.dec.ny.gov/outdoor/65231.html>

Submitted by: Cherise Haase

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### Alpha Kappa Omicron Awards

Just a reminder to all faculty and staff and students already contacted about the AKO awards.... Student applications are due to [leadership@alfred.edu](mailto:leadership@alfred.edu) by Friday, Oct. 17!

So faculty and staff... if you have a nominee please send that into [leadership@alfred.edu](mailto:leadership@alfred.edu) ASAP.

Attachment: [AKO\\_award\\_document.docx](#)

Submitted by: Judson Leadership Center

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## Hey Alfred University, It's time to BrEAsT CANCER

Alfred University Passionately Pink for a Cure is kicking off this October selling BrEAsT CANCER tees, pins, and bracelets.

Tees are \$10, pins \$1, and bracelets \$2. They are on sale in the AU Bookstore and will be at Ade and Powell from 11 a.m.-1:30 p.m.

ALL proceeds go to Susan G. Komen Breast Cancer Research Fund. Everyone show your support, get your PINK on!

Submitted by: Marcy Bradley

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## Get Ready for a Clothing Sale at the AU Bookstore

This Wednesday AND Thursday, 10/8 & 10/9, get \$10 OFF all Hoods and Pants (excludes Under Armour) at the AU Bookstore. Get Ready to Save, see you Wednesday or Thursday!

Submitted by: Marcy Bradley

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## Alfred InterVarsity Event

On Thursday, Oct. 9 at 7 p.m. in the Alfred State College Small Event Space of the Student Leadership Center, Alfred InterVarsity Christian Fellowship will host Captain Steven Brown who will be speaking on "The Great Commandment, Pluralism and Religious Liberty."

Captain Steven Brown is a retired Navy chaplain and brother-in-law to Alfred State College's President Skip Sullivan.

Afterward, participants will break into small discussion groups to discuss what should exemplify our interactions with others and how to apply those ideas in our ever increasingly diverse country.

Submitted by: Deborah Clark

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## Concert: Houghton Chamber Players

Tuesday, Oct. 7 at 7 p.m.  
Nancy Howe Auditorium  
David A. Howe Public Library  
155 N. Main St., Wellsville  
585-593-3410

Houghton College is particularly known for the Greatbatch School of Music and its fine musical program. The Houghton Chamber Players are excited to present an evening of music showcasing the best chamber music available for winds and strings.

Join the students and faculty for this audience-friendly program of classical music directed by

Professor Justin Davis and student conductors Nathaniel Efthimiou and Jeffery Clark.

An evening reception for the group and audience will be sponsored by the Friends of the Library. This library-sponsored program is free and open to the general public.

Submitted by: Deborah Clark

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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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### 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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### **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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