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What's Happening?

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TODAY	TOMORROW	SATURDAY
10:00 Walk-In Hours - Career Development Center		· Indoor Track - Away
11:30 Art & Activism: 'The Selma Bridge: 600 Strong'		· Art Force Five in Albany
Saxon Swap Open on Thursdays		
12:10 Bergren Forum		

Due to aintenance, Some Web Databases, Sites May Be Unavailable Sunday

On Sunday, March 8, 2015 from 10 a.m. -10 p.m. the Web databases and sites may experience some down time due to maintenance. This may involve www.alfred.edu (including the college websites for CLAS, Art, Professional Studies, Business, Engineering), my.alfred.edu and our.alfred.edu.

Submitted by: Judy Linza

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Reminder - 2014 Flexible Spending Account Balances Must Be Spent

As a reminder, Sunday, March 15, 2015 is the last date that a purchase or service may be considered for reimbursement under your medical or dependent care flexible spending account using 2014 monies.

All requests for reimbursement using 2014 funds must be received by Benefit Resource by Tuesday, March 31, 2015 or the remaining balance will be lost.

Please contact HR if you have questions or need assistance in using any remaining funds from 2015. All prior year requests must be filed in paper or electronic format and cannot be made using the Beneversal Card.

Submitted by: Mark Guinan

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Bergren Forum in Howell Hall

This week's Bergren Forum "Unsung-Women Composers" will be presented in Howell Hall rather than Nevins Theater. Join us to learn a little about the struggles of women in the field of music composition from the Middle Ages to the late 19th century and enjoy hearing their music performed by members of AU's Women's Chorus. What a great way to kick off Women's History Month!

Submitted by: Luanne Crosby

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Spring Break Hours of Operation for Athletics Facilities

The Health & Wellness Center & Fitness Center will both close at 7 P.M. on Friday, March 6.

Spring break Hours of operation will be effective from Saturday 3/7- Sunday, 3/15 and are listed below:

Health & Wellness Center: Open Saturday-Sunday Noon-4 P.M. Monday-Friday 11 A.M.-1 P.M. and 3-7 P.M.

Fitness Center:
Open Noon-4 P.M. Saturday - Sunday; 11 A.M.-7 P.M. Monday-Friday

Regular Hours will resume on Monday, March 16

Submitted by: Tony Aquilina

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Bergren Forum 'Unsung - Women Composers...'

The Bergren Forum sponsored by the Division of Human Studies, College of Liberal Arts and Sciences, and the Provost's Office will meet at 12:10 P.M. Thursday, March 5 in Susan Howell Hall.

Speaker: Luanne Crosby
Topic: "Unsung - Women Composers from Hildegard to Adele"

Students from a Music/Women's Studies class will present their research on women composers throughout history, while members of the Women's choir - "Women's Song/Women's Voices" - perform songs written by women for women.

NOTE: THIS FORUM WILL BE HELD IN SUSAN HOWELL HALL

Submitted by: Marilyn Saxton

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Color Run T-shirt Design Contest 2015

Color Run T-shirt Design Contest 2015 - In anticipation of the upcoming Hot Dog Day Color Run on April 24, 2015, AU Wellness Center, Health and Counseling services, are asking for design submissions from AU students for this year's Color Run T-shirt.

Any student from AU is encouraged to submit a design (anything from a logo to Lil AI in running shorts to a sketch). Submissions can be in the form of jpgs, pngs, pdf, pub files.

The winning submission will be featured on the front side of all Color Run T-shirts. The deadline for submissions is Friday, March 20. Please send any and all submissions to: wellnesscenter@alfred.university. Please call the Wellness Center for more information at 607.871.2300

Submitted by: Kimberly O'Rourke

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Carillon Players Needed

University Carillonneur Laurel Buckwalter extends an invitation for interested faculty, staff, and students to learn to play the carillon. In exchange for lessons, players will be asked to substitute when needed on the carillon.

People with a musical background and long-term commitment to the endeavor are preferable.

Contact Laurel at fbuckwal@alfred.edu.

Submitted by: Laurel Buckwalter

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Breakfast Roundtable II

Breakfast Roundtable Series II

Details: Join Student Affairs staff to discuss assessing the Residential Experience of our students and Women's Leadership Academy outcomes.

When: March 18

Where: Meeting Room off Knights Den

Time: 8:30-9:30 a.m.

Submitted by: Valerie Daciw

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1st Annual AU Integration Bee

The Mathematics Division is pleased to announce the 1st Annual Alfred University Integration Bee to take place Friday, March 20, 12:20-2:10 p.m. in Myers Hall 336.

To sign up, email Professor Taylor your major at tayloral@alfred.edu.

Grand prize is valued at \$50; the division will provide pizza and soda.

Submitted by: Deborah Clark

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Stress Management is Medicine: Manage Your Stress, Save Your Life

Save the Date - Tuesday, March 24; 2:30 p.m. in Nevins Theater for this informative Seminar.

Ongoing stress can make people more susceptible to illnesses. It is important to know how to recognize high stress levels and take action to handle it productively. Participants will get familiar with their personal stress symptoms and warning signs of distress which cause them to be prone to illness.

Throughout the seminar, participants will learn to understand the "fight or flight response" and how stress affects their bodies and their health. They will gain an awareness of how thoughts can cause or worsen stress and learn evidence-based methods for reducing stress.

Submitted by: Mark Guinan

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Seder Meal April 3/Make Reservations Now

Hillel at Alfred will host a Passover Seder at 6 p.m., Friday, April 3 in the Knight Club, Powell Campus Center. In order to have an accurate count for food orders, reservations are due by Wednesday, March 25.

Please contact Larry Greil at fgreil@alfred.edu or Barbara Greil at greilbj@alfredstate.edu. Please let us know if you are a vegetarian or if you have dietary needs.

Cost: members, free; non-members, \$25 adults, \$15 children, children under age 6 free. Checks may be mailed to Larry Greil, Division of Social Sciences, Alfred University, 1 Saxon Drive, Alfred, NY 14802. It is also acceptable to pay at the door. Please make checks payable to "Hillel at Alfred."

For more information, please contact:

Larry Greil (home: 607.587.8694; work: 607.871.2885; email: fgreil@alfred.edu)

Barbara Greil (home: 607.587.8694; work: 607.587.4313; email: greilbj@alfredstate.edu)

Submitted by: Deborah Clark

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February 2015 New Hires, Position Changes

New Hires:

Jennifer D. Bauer, operations associate, Admissions

Mariah L. Evans, secretary, Opportunity Programs

Lane T. Jacobs, groundskeeper/landscaper, Physical Plant

Sandra L. Rigas, secretary to directors of Development, University Relations

Position Changes:

Michael C. Stone, network services administrator, Information Technology Services

Cheryrl A. Tucker, custodian, Physical Plant

Submitted by: Deborah Clark

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BOGO 50% Off Cap Sale @ AU Bookstore

Buy 1, Get 1 50% OFF all (baseball) Caps Wednesday - Friday, March 4-6 at the AU Bookstore. Perfect to protect yourself from the spring sun!

Submitted by: Marcy Bradley

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Str8 Eight Tournament Night

The Terra Cotta Coffeehouse is once again hosting its monthly Str8 Eight tournament on the 8th of each month beginning at 8 p.m.

The evening is a great way to meet Alfredians of all stripes from college students to octogenarians (a favored age group of Str8 Eight for numerical reasons).

Additionally, the winner of the tournament will receive a gift card to the coffeehouse, so come out for an evening of free fun.

Visit <http://str8-eight.com> for more information on how to play.

Submitted by: Deborah Clark

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James Stewart Film Series #2: 'Vertigo' (1958)

Monday, March 9 at 6:45 p.m.
Nancy Howe Auditorium
David A. Howe Public Library

155 N. Main St., Wellsville
585-593-3410

Considered by some critics one of the best films ever made, *Stewart*, as a retired police detective, is hired to keep an eye on a friend's wife (Kim Novak), but eventually falls in love with her.

This haunting Hitchcock thriller with a riveting musical score also stars Barbara Bel Geddes, Ellen Corby, and Tom Helmore.

This library-sponsored film is free and open to the general public.

Submitted by: Deborah Clark

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