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TODAY

TOMORROW

SUNDAY

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Due to Maintenance, 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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Powell Water Off Monday Morning

The water in Powell Campus Center will be off Monday, March 9 from 8 a.m. to noon for maintenance.

Sorry for any inconvenience.

Physical Plant

Submitted by: Deborah Clark

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Norwood Water Shut Off Monday Morning

On Monday, 3/9, from 9 a.m. to noon, the water will be shut off in Norwood for repairs. Sorry for any inconvenience.

Thank you,
Physical Plant

Submitted by: Kelly Moore

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Mail Room Hours - Powell Campus Center

The Mail Room in Powell Campus Center will be closed from Noon-1 p.m. from 3/9/15 through 3/13/15.

Submitted by: Cheryl Foster

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Graduate Students - Financial Aid Filing

If you will be a graduate student at AU for the 2015-16 academic year and use Federal Direct Loans, you will need to file the Free Application for Federal Student Aid (FAFSA) as soon as possible. You can complete the FAFSA at www.fafsa.gov.

Link: [Free Application for Federal Student Aid \(FAFSA\)](#)

Submitted by: Elena Wallace

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Daylight Savings Time - Spring Ahead!

SPRING AHEAD THIS WEEKEND! Daylight Savings Time begins at 2 a.m. on Sunday, March 8, 2015. Set your clocks one hour ahead.

Submitted by: Cherise Haase

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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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The Pool Will be Closed During Break

The pool will be closing Friday (3/6) after the lunchtime lap swim at 1:15. We will resume regular hours on 3/16.

Submitted by: Brian Striker

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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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Service Trip to Rochester

Join the Newman Club for a service trip to Rochester. We will be volunteering at organizations which provide services to under-served individuals. Please email stjude@alfred.edu by Wednesday, March 18 for more information, and to sign up!

Submitted by: St. Jude Newman Club

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30-Hour Famine

Beginning Thursday, March 26 at 8 p.m.

Organized by the Alfred Newman Club, participants in the Famine go without food for 30 hours to raise funds for a designated country and cause. Social events and a closing feast are also part of the experience.

Please email stjude@alfred.edu for more information, and to sign up!

Attachment: [30_Hour_Famine_Flyer.pdf](#)

Submitted by: St. Jude Newman Club

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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

Cheryl A. Tucker, custodian, Physical Plant

Submitted by: Deborah Clark

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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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Movie Matinee: 'Casablanca' (1942)

Tuesday, March 10 at 1:30 p.m.
Nancy Howe Auditorium
David A. Howe Public Library
155 N. Main St., Wellsville
585-593-3410

This WWII classic is also a three-time Oscar winner. Humphrey Bogart stars as a world-weary nightclub owner helping an old flame, Ingrid Bergman, and her husband, underground leader played by Paul Henreid. This is considered one of the best Hollywood movies of all time.

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

Submitted by: Deborah Clark

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