

Alfred Today

Wednesday, November 08, 2006

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ITS staff training

Greetings campus community,

I just wanted to let you know that ITS will have staff training on Wednesday, Nov. 8. IT services will be available and the Helpdesk will be staffed by student technical assistants. All staff will be on campus and available for technical emergencies.

As always, please contact the helpdesk at: x2222 if you need technical help.

Sincerely,
Gary Roberts
Director, Information Technology Services

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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. on Thursday, Nov. 9, 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.

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Support our troops this upcoming holiday season!

The Forest People are making care packages to send to overseas troops who won't be able to make it home for the holidays. We need your help to collect small things such as hygiene items, snacks and shipping money. Five dollars will pack and ship a 2 lb. care package.

Help us to let these soldiers know there are people at home thinking of them.

For complete details go to people.alfred.edu/~forest

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

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Seasonal food drive

Alpha Phi Omega presents a seasonal food drive Wednesday, Nov. 8-Monday, Nov. 20. Donation boxes for non-perishable items can be found in residence halls. APO will also be collecting items door-to-door the week before Thanksgiving.

All donations will go to a food pantry in Alfred Station.

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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 through Friday, Nov 17.

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Good Sense Gourmet -- Reserve today!

Event Date: 11/13/2006

Event Time: 6 p.m.

Location: Howell Hall

Reservations due today!

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 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.

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Schu offers Peer Ed course

Have you ever sat and watched people make poor health choices out of pure ignorance? Does that drive you insane?

If you answered yes, here's a chance to save your own sanity. You can become a trained Health and Wellness Peer Educator or Student Athlete Mentor (SAM) by taking a two-hour course this spring semester. The CRN is 22243-LAS 200-02, offered by instructor Pamela Schu. Register on BANNER.

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Reminder -- Ceramics College Dependent Care Flex

Employees of the NYS College of Ceramics at Alfred University are eligible to participate in the Dependent Care Advantage Account which is part of the NYS Flex Spending Account program.

Any employee wishing to enroll for the 2007 calendar year must do so by Friday, Nov. 10, 2006.

The enrollment process may be done online at www.flexspend.state.ny.us, or by calling 1-800-358-7202.

If you have questions, please feel free to contact Kathy Costello or Mary Kelly in the Human Resources Office.

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2007 SRA and TDA Maximum Contribution Levels

2007 SRA and TDA Maximum Contribution Levels

All employees may contribute up to \$15,500

Employees who will turn age 50 or over during the calendar year may contribute an additional \$5,000. (If an employee is eligible for the additional contribution under the 15-year rule this over-50 contribution will also be added into the total \$15,000 catch-up maximum in one's lifetime.)

Employees who achieve 15 years of service or more during the calendar year MAY be able to contribute an additional \$3,000 (to a maximum of \$15,000 over a lifetime).

Contributing to a Supplemental Retirement Annuity (SRA) or additionally to a Tax Deferred Annuity (TDA) reduces your current federal taxable income dollar for dollar. This means a lower tax bill for you at the end of the year, as well as allowing your earnings to grow tax-deferred until you retire.

If you haven't been contributing and would like to start saving additional money for your retirement, please call, e-mail, or stop by the Human Resource Office, Greene Hall for additional information and an enrollment kit.

In making your decisions, please be further advised that both TIAA-CREF and ((Fidelity for non-statutory employees) are available as additional resources. You may reach them as listed below:

TIAA/CREF at (800) 842.2888 or connect to their Web site (<http://www.tiaa-cref.org/>).

Fidelity 403(b) Limit Calculators are available at www.fidelity.com/atwork, select Tools and Calculators or select Planning Calculators.

TDA Change Form for [Non-Statutory](#) and [Statutory](#) employees, please complete the appropriate form and return it to the Human Resource Office, Greene Hall.

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Reminder to submit Used Electronics Removal Survey

There has been a relatively low response to the Used Electronics Removal Survey. Please e-mail your survey to mitchel@alfred.edu ASAP. Contact by phone x 2540.

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Career and Professional Success class

Register for the Career and Professional Success class, team-taught by Mark McFadden and Kathy Woughter, to learn how to prepare for your internship or job search. We will cover the basics (resume writing and interviewing), and the fun stuff (dressing for success, etiquette dinner, and how to deal with a bad boss). But most importantly, you'll get credit for learning how to navigate the entry into the real world. This is a general seminar suitable for all class years and majors, offered through the College of Business.

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