

September 27, 2020 (issue 2)

News Section

Remembering Jarvis Alexander



On Wednesday, September 23rd, a number of Alfred University students and faculty gathered around the King Alfred Statue in remembrance of their fellow Saxon, Jarvis Alexander ('23) who passed away in a shooting that occurred in Rochester, NY on September 19, 2020.

"[Jarvis] wouldn't want anyone to cry today," said a friend of the 19-year-old track and field athlete. They stated that Alexander was a happy person, always putting smiles on the faces of others and he would want to be celebrated in a joyful way.

Among the students were President Zupan, members of the Wellness Center, and Alexander's close friends who openly spoke about their friend and what he meant to them. Each person in attendance received a candle to light during the ceremony, music was played, and flowers were placed

among a support poster which was placed for anyone to sign who wished to write a note to Alexander's family. There was also a table set up which held some of Alexander's favorite snacks, these included Slim Jim's and fruit snacks.

A last request came from a friend of Alexander's who informed the crowd that October 6th is Alexander's birthday. Alfred University students and faculty were asked to wear the color orange in remembrance of their fellow classmate as it was his favorite color.



By Krystina Gauer

The Alfred Water Crisis

Do you ever drink water from the Alfred tap and simply say, yuck? If you are like most of the community and students, drinking the water from the village has been an unpleasant experience and has left a disturbing aftertaste.



The 2019 Alfred water report warns the citizens that the water could be damaging if you are undergoing chemotherapy treatment, have undergone organ transplants, and for those with HIV/AIDS or other immune system disorders. The report even goes on to mention that infants and elderly people could be at risk from infections. The Public Works Superintendent didn't return any calls for an interview.

This should raise some questions, especially since just in February of this year Alfred issued a boil water advisory, caused by a damaged water line. Alfred students were stuck without "clean" tap water. They were left to boil water every time water was going to be consumed even if they had a filtering system. The Governor granted roughly \$4 million to the Village of Alfred to fix water related issues. The Village of Alfred only has \$403,900 in their budget for the Water Department, stated in the 2020-2021 approved budget.

In 2018 Governor Andrew M. Cuomo released grants to Western New York of \$23.3 million. Through this, the Village of Alfred received two grants. One being for the drinking water, and the other for clean water efforts. In total, the Village of Alfred received over \$3 million in grants, according to governor.ny.gov.

"Every time I've drank from the tap in Alfred, I haven't felt so well. I've actually invested in a Berkey Water System, it cost me \$280, but at least I can enjoy a glass of water while at school," said Krystina Gauer, an Alfred University student who currently lives in the Village of Alfred.

"I think that for how much I pay to go to school here, the water should be better," said Zach. "I did purchase a Brita water filter for when I am at school and regularly buy bottled water from the store."

You may be wondering, where does the water come from? According to the Village of Alfred the water is taken from two different groundwater wells located on Shaw Road, in Alfred Station. Since it is groundwater, the process requires pumps to draw the water out of wells. However, there are risks that go along with having groundwater as a main water source. These risks can include major side effects to one's well being- these include fatigue, fever, nausea, headaches and even possible death, according to a document of Minnesota Department of Health. A major disadvantage to using well water is the possibility of contaminated water, this is due to it being deep in the ground. This source of water is also very cost-effective, which explains a lot because Allegany County is one of the most impoverished counties in New York state according to Index Mundi Statistics. Wells are being used for this exact reason that it is the cheapest way to provide water to a poor county.

By Frank DePalma

What Happens in Alfred Doesn't Stay in Alfred

Alfred University students have reported seeing the on-campus recycling containers being emptied into the same garbage trucks as regular waste, prompting a prominent AU rumor—that Alfred does not recycle.

“I’ve seen the garbage truck just dump the recycling and trash together,” said Mia Modafferri, a junior art and design student.



This method of recycling is not the only aspect of Alfred’s recycling system being criticized. There has been some serious criticism about AU’s recycling culture—or lack thereof.

Jacob Willcox, a senior art and design student said, “Not only is there an extreme lack of recycling receptacles, there is an even greater lack of promoting recycling. Recycling culture is completely absent in the Village of Alfred.”

Amber Tagliavento—a garbage truck driver for Casella, the Village of Alfred’s garbage disposal company of choice—commented on the rumor that Alfred does not recycle saying, “The garbage truck has two compartments. One compartment for trash, one for recycling,” called split-body trucks.

Photo: Amber Tagliavento, a garbage truck driver for Casella, putting recyclables into a garbage truck compartment.

Split-body trucks are trucks that are split down the middle, 60/40, where regular waste is collected in one side, and recyclables are stored in the other side.

Both Alfred University and the Village of Alfred do not make use of Allegany County’s recycling resources, according to Allegany County Recycling Coordinator, Tim Palmiter. In fact, because Alfred makes use of private garbage collecting companies, Palmiter does not know where Alfred’s recycling ends up. According to Casella, the general waste is taken to a landfill, and the recyclables are taken to a recycling center.

There is, however, some speculation that remains about where the recyclables actually go. As a matter of fact, Mayor of Alfred Village, Becky Prophet said, “I do not do curbside recycling, because we don’t know where it goes. However, in odd self-contradiction, we take our recycling to the transfer station near Alfred-Almond Central School [RT 21 on Satterlee Road]. But, alas, we strongly suspect it [the recyclables] ends up in a landfill somewhere.”

All-in-all, while Alfred may be taking small steps to recycle, it is hard to tell where the recyclables that are picked up go, and if they are ever really recycled. The solution to this dilemma is a relatively simple one: reduce your plastic use.

By Talulla Torthé; Photo by Talulla Torthé

Party Scene or Quarantine: Students are Taking Sides



Many Alfred University partygoers are taking precautions to slow the spread of the coronavirus. Although there's still apparent partying, most students are avoiding the scene altogether or changing the way they meet to make it COVID-19 conscious. Students guess that the party scene is operating at less than half of its usual capacity.

"I just don't want the school to get shut down from partying," says an AU student that wished to remain anonymous when interviewed. He was a

regular partygoer in past years and now helps plan parties that take into account precautions to avoid the spread of the coronavirus. He and his roommates don't want to see AU move online, and they especially don't want the social backlash they would face if one of their parties turned Alfred into a hotspot. "That'll just be something on your back. Like, pinned to your back like a target." He worries that being the reason for a school closure would ruin his image and the image of any groups he's a part of.

These gatherings, which are a ghost of last year's parties, include rigid no-cup-sharing policies, social distancing, encouraged outdoor activity and limited invitation. They gravitate towards games that can be played while social distancing, like the ever-popular beer pong.

Most students have reduced their partying even further. "I'm not going to parties because I understand how real Covid is, and I think it'd be foolish to go to a gathering with ten people or more," says another AU student who also wished to remain anonymous. She's enjoyed Alfred's party scene in the past, but now tries her best to avoid it. She recently joined a group of seven for dinner, but the lack of COVID-19 precautions made her uncomfortable.

She also described a nearby house where she's observed partying the past few weekends. Although she has friends at that house, she and her roommates reported them to Public Safety. After five calls, she says no one showed up to look into the partying. "It takes a lot of will to snitch on people that you know. But you know it's the right thing because there's a pandemic and that's not okay."

Ninety percent of the student population has tested negative for COVID-19, but on Sept. 25, a single student visited the Wellness Center, later testing positive. It is still unknown how this student contracted the virus or who they've been in contact with.

President Zupan remains optimistic that AU will prevail through the semester and hopes that students will be attentive to his "Protect the Lux" campaign to avoid spread of the coronavirus.

"While I'm cautiously optimistic that we will continue to remain open and offer in-person classes through the rest of this term we cannot take anything for granted."

By Dale Mott Slater

May Her Memory Be a Revolution



Supreme Court Justice Ruth Bader Ginsburg died at the age of 87 on September 18th, 2020. She was a staunch advocate for LGBTQ+ rights, civil rights, and women's rights. Dedicating her life to the practice of law and the defense of democracy, Ruth Bader Ginsburg was a force to be reckoned with according to allies and opponents alike.

Since 1993, America has benefitted from the arguments and ideas that Justice Ginsburg set forth on the bench, setting legal precedents for women, members of the LGBTQ+ community, and people of color. Over the years, RBG became almost synonymous with the Old Testament words she lived by: "Justice, justice, thou shalt pursue." She advocated for women's rights issues such as *Roe v. Wade*, and was head of ACLU's Women's Rights Project, never once backing down even if she was heavily opposed.

"Ruth Bader Ginsburg was able to communicate respectfully and appropriately with everyone, so much so that she could bring about consensus among those on the opposing political side, as well. Of all times in history, it seems to me that it's more important now than ever before for us to learn from RBG in that regard," regarded Dr. Amy Button, professor of psychology and communications at Alfred University, "There is so much hatred spewed among people regarding political beliefs today and if we could all learn to listen, learn from one another and advocate for our stances without attacking others' personalities or beings, I think this country may be in a better place."

Justice Ginsburg's passing has created a level of "leaderfulness" amongst the people to keep pushing for the concepts that she would have brought to the bench. Through her legacy, marginalized Americans have had opportunities given to them that allow them to rise to higher societal levels than previous generations and are not willing to have their rights negotiated now that RBG has passed.

"[H]er death laid bare some weaknesses of our current judicial and political systems. I think people's anger, grief, fear, and resolve are strong right now, and I worry that the political fight will spill over into violence. But I hope that those strong feelings will spur folks to get involved in the work RBG championed her whole career, by exercising their right to vote, running for office, getting educated to be a good lawyer, judge, or political representative, and standing up for equity," Dr. Beth Johnson, a psychology professor at Alfred University. "Right now, we have immense apathy, cynicism, and disengagement in the political aspect of citizenship, but everybody always has the time and energy to complain when things aren't how they'd prefer. I hope that a post-RBG America gets motivated to do the hard work of protecting our democracy and begin creating a country where people are truly free."

With an election year right around the corner a lot of activists and advocates are wondering what it is they can do to preserve the legacy of "The Notorious RBG." If her progress were compromised following the appointment of her replacement or as the years go on, it could

conceivably set back America's civil liberties several years. In following the wishes of Justice Ginsburg, the best and only way that real change can be made or sustained is to vote and advocate. In the words of the woman herself, "Dissent."

"We need to continue RBG's work in whatever way that we can; whether that's through activism, protest, or through the steadfast ways that we try to quietly improve systems from within," said Dr. Michele Lowry, a professor of criminal justice and psychology at Alfred University. "Each of us has our own skill set that we can use to make our communities and society more fair and more equitable for everyone, especially for those who are underserved and underrepresented. There is still so much work that needs to be done, and each of us can do our part in our own way. That would be truly honoring RBG's memory and legacy."

By Sam Sage

The Fight for the Supreme Court

Justice Ruth Bader Ginsburg, a legal, cultural, and feminist icon died on September 18th of cancer. She had served on the Supreme Court for 27 years and was known for championing Women's Rights in the '70s. Sadly, her contributions will not be discussed as much as her replacement and what her death means for the future of the Supreme Court. A political battle is about to ensue with Senate Majority leader Mitch McConnell already confirming that the Senate will vote on Trump's nominee before the election. Democrats have made it clear that they do not want the seat filled until after the election, not unlike what the Republicans did in 2016 with Obama's Supreme Court pick, Merrick Garland.

Lili Loofbourow, a staff writer for Slate, calls this, "register the lies they tell you as the calculated insults to your intelligence and to your citizenship and to your country," because in many ways Republicans are hellbent on getting their political objectives through no matter how much it will cost the country.

The question is whether or not Trump and Senate Republicans can push through with a replacement for Ruth Bader Ginsburg when the election is less than two months away. "Given McConnell's singular obsession with the courts (and especially the Supreme Court), he can be expected to use every tool at his disposal to close this deal, even if the Republicans lose control of the Senate on November 3rd," said Jeffery Tobbin, a contributor for the New Yorker.



The leading candidate so far is Amy Coney Barrett, who was interviewed by Trump before Kavanaugh was nominated.

There are now serious talks of increasing the number of justices, expanding statehood to Puerto Rico and Washington D.C, 18-year term limits for Supreme Court justices, increasing the

number of lower-court federal judges, and getting rid of the filibuster. Democrats may consider some of these options as retribution against Republicans if Joe Biden wins the election and especially if they win back the senate. The future of the Supreme Court and by extension, American Democracy hangs in the balance.

By Alpha Bah

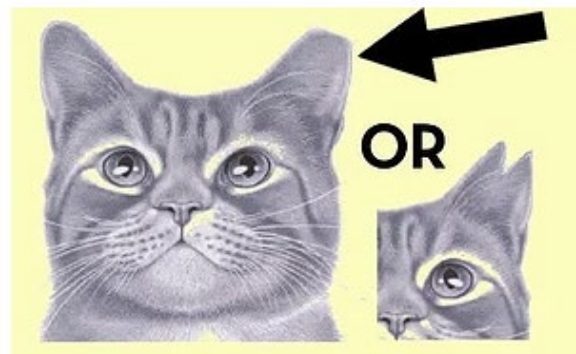
Stray[er's] Cats

Alfred University student Riley Strayer has noticed something amiss across Alfred: a large population of feral cats have been displaced from their habitats, and it is becoming a crisis.

Alfred TNR, standing for Trap-Neuter-Return, was a club created by Strayer to spread awareness of the TNR branch, and learning techniques on how to deal with the feral cats in the town. This club welcomes everybody, student and faculty, as well as members from the Village and Alfred State. The point of the club is to help find the cat colonies warm housing, food, and to keep their numbers down.

“I started a club dedicated to protecting the cats’ habitats and best interests using the TNR method,” explained Strayer. “TNR is the humane way to manage a feral colony. You can tell a cat has been TNR’d if they have a tipped ear.”

The picture attached to the article is one of a few ways that a community cat’s ears can be tipped. It comes from the site associated with the TNR concept, Facesprayneuter.org.



“If you see a cat in town without a tipped ear,” Strayer asked, “please report their description, including a picture if possible, and send it to me at my Alfred email or on the Facebook page ‘Alfred Cats’.”

Meetings for Alfred TNR are at the parking lot, known as the Catio to club members, behind Miller Theater on Saturdays at 2pm, but they are subject to change so those seeking more information should email Riley Strayer at rps6@alfred.edu for specifics. Those looking to apply via AU Connect can find the club under the name “Alfred TNR-AU Branch.”

The meetings are short, yet educational, and make a difference in Alfred’s ecosystem as the cat colonies find a balance again. Strayer’s passion for the cause, and the club, bolsters members into taking courses of action in caring for the feral colonies that they didn’t know were available to them.

Alfred TNR, at its core, is a support system. The members of the club support each other in trying to manage the cats, and through that support, the colonies themselves. Through the experience, club and community members become acquainted and develop trusting relationships with the cats in the area.

Although the club is fledgling at the time of this article, those involved are ready to make a difference and are asking people to join their cause.

By Sam Sage

Inconsistencies in Alfred Reopening Plans Shed Light on Larger SUNY Issues

The two colleges in the town of Alfred have taken varying approaches to reopen during a global pandemic. Alfred University began classes on August 24th, with the first two weeks online, while Alfred State College started the semester with regular in-person classes. Some students from ASC expressed their concerns about not having the option to take classes remotely.

Alfred State College

Administration stated that, “the college evaluated each curriculum with the goal of providing in-person instruction. There are exceptions for medical conditions that prevent in-person attendance.”

However, SUNY reopening guidelines requires that each campus must take into account vulnerable populations, which includes individuals who may not feel comfortable returning to campus. Plans must outline ways for them to safely and comfortably participate in educational activities.



Within the first two weeks of classes, Alfred State had its first positive test for COVID-19 from a student living on campus.

On August 18, the ASC Faculty Senate Executive Committee held a Resolution of No Confidence in the Alfred State Administration. The Faculty Senate Executive Committee stated the following: The Alfred State College Reopening Plan was approved by SUNY despite problems, not least of which included the lack of testing ability...the approval by SUNY was understood by Alfred State College administration as an endorsement of the plan of discontinuing the Telecommuting Agreement as well as an endorsement of opening without full testing capability, contact tracing, and other methods that control the spread of COVID-19.

The administration's response stated that, “the state and SUNY approved our reopening plan without a single question or request for adjustments.”

Every college in the state of New York was required to propose a reopening plan which required approval before bringing students back to campus.

While Alfred University got its reopening plan approved by the New York Department of Health, Alfred State had to get its reopening plan approved by the SUNY system. According to the AU president, Mark Zupan, “It was basically an honor system because the state did not have sufficient resources to do a detailed review of the plans, but by having [each school] be very public about their plan, if you did not take due care it would come back to haunt you.”

This meant that even though a school's plan was approved by the SUNY system, it might not have been safe when students actually returned to campus. This could be the reason that other SUNY campuses, such as Oswego and Oneonta had large case numbers breakout once classes started.

The Alfred community put together a task force with the intention of keeping the community of Alfred safe. This task force was assembled in April, by Michael Kozlowski, the Alfred University Director of Communications, and Alfred State's Greg Sammons, Vice President of Student Affairs. It included members from both colleges as well as representatives from the town, and the Allegany Department of Health.

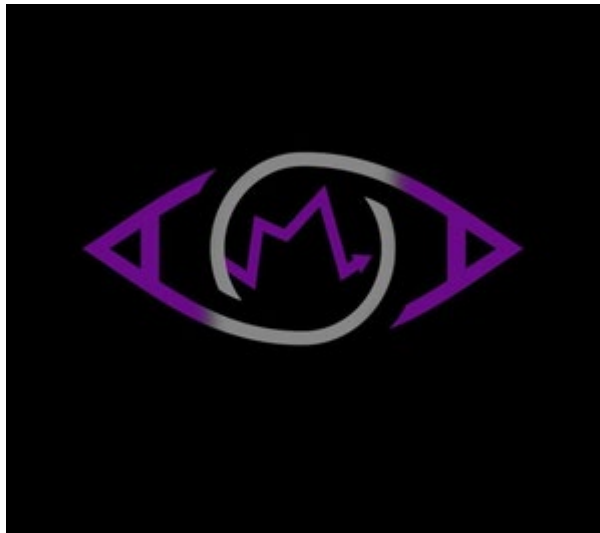
In an interview with Kozlowski he was asked, "Did you feel like each school was equally prepared for reopening?" Kozlowski answered, "yes... the nature of COVID-19 and the evolving regulatory perspective of COVID-19, especially in New York, was changing rapidly... I believe we were both equally prepared. We certainly put the time, effort, and work into it."

As of September 25, there's been just one positive case on Alfred University's campus. Both colleges have adjusted testing plans to increase the population on campus who have been tested. This comes after other colleges in New York State announced extensive testing plans. Alfred State has tested 1,657 students, while Alfred University has tested 1,418 students. ASC has a larger population than AU.

By Miriam Radwan

AMA – Club Spotlight

Alfred's Chapter of the American Marketing Association – or more colloquially known as AMA or Marketing Club – is keeping busy this semester with a couple of different projects in the works and events planned.



AMA is designing silkscreens for original facemasks, curating its own magazine and hosting speakers on a monthly basis. President Josh Engelhardt, a senior art and design student, hopes that the club will offer practical knowledge and skills to students.

"Our main goal is to help students gain experience and build their resume," Engelhardt said.

The new magazine, which is the biggest project currently underway, will be unlike any other publication on the Alfred University campus.

With feature articles on business trends and interviews with people of interest to the Alfred community, the magazine's content will appeal to multiple audiences. The content will also have a strong focus on artwork.

“AMA’s magazine aims for a fresh perspective through its visual and analytical content. Informational pieces are honed in on the words of design, business, and entertainment, and every issue overflows with artwork, including handmade prints with every copy. Anyone in AMA can contribute to its periodical,” said Engelhardt.

However, acquiring the magazine when its first issue is released in a couple of weeks may not be as straightforward as walking up to a newsstand and picking it up.

“While free, our issues will maintain exclusivity through drops not unlike CJ Hendry’s ‘Treasure Hunt’ along with printing in limited runs. Stay tuned in to our Instagram @alfreduama to get yours,” Engelhardt said. (CJ Hendry is an artist who randomly places free boxes of her printed T-shirts around major cities and leaves hints as to where they are on her Instagram story.)

AMA is looking to build its membership and welcomes students from any school or major.

“For business and art students alike, AMA provides an opportunity to learn from marketing experts, fill a commercial portfolio, and collaborate on resume-building projects,” Engelhardt said.

Additionally, AMA is available to help students in other clubs and organizations with any marketing-related endeavors, including advertising events and designing posters or logos.

“AMA seeks to elevate our university by helping the presentation and promotions of other groups on campus. We also want to help bring the visions of our members and clients to fruition in their best form,” said Engelhardt.

The best way to contact AMA with any inquiries is through Instagram @alfreduama or by email at JSE2@alfred.edu.

By Katie Alley

AMA’s logo by Josh Engelhardt

Health and Heart Attacks

Juicing leads to heart attacks?

Damaris Pinedo, owner of Rochester’s organic juice bar, *Just Juice 4 Life*, would love to tell you that never in a million years did she see herself becoming a cardiology patient in her thirties. But when she did, it was anything but surprising.

“I am the seventh person in my family to have a heart attack and the third to have one in their thirties,” Pinedo stated.

It is this family history that has fueled her dedication to a vegan diet and active lifestyle.

At age 27, Pinedo found herself mentally and physically exhausted from the stress of working a full-time job as a cytotechnologist at the University of Rochester. She was taking care of her cousin with ovarian cancer, while attending grad school and trying to maintain a balanced family life with her wife and step-daughter. Feelings of depression led her to research holistic methods for healing and wellness, where she discovered “juice fasting.” She began juicing daily, and transformed her diet completely to plant-based.

When talking about her transition, she says, “I found the power of fresh fruit and vegetables and it changed my life, and greater than that, it helped me change other people's lives for the better as well.”

She says she immediately experienced changes in her health from increased energy to diminished symptoms of endometriosis. She even noticed the healing of severe digestive issues that she had suffered for the majority of her life.



As a strong and outspoken advocate for food as medicine, and a pillar in the Rochester vegan community as well as a respected resource for many people seeking wellness advice, she received minimal negativity from the community following her heart attack.

“For the most part people aren’t ignorant to the fact that healthy people can get sick too, and that there are many things that are just beyond our control,” said Pinedo. But there have been things I’ve heard about my diet being the cause which is completely untrue and has no fact basis, so I don’t really pay attention to the negativity. I’ve always felt that people opposing me have given me fuel to continue to do what’s best for me and prove them wrong.”

There are many benefits to following a plant-based diet. For some, it’s the very medicine their genetic makeup needs to prevent hereditary illness. Pinedo, however, is not afraid to admit that while a healthy diet is vital (which she believes played a major role in her quick recovery following her heart attack) -- there are other important health aspects that should not be overlooked. Namely, mental health and stress.

Stress is a huge contributing factor to disease, and overworking oneself cannot be fixed simply by drinking nutrient-packed beverages, she says. But she still considers if she hadn’t made changes to her diet over a decade ago, and still consumed a typical American diet filled with processed and fat-laden foods, her outcome may have been vastly different.

“I’m just thankful to still be alive, and that I’ve recovered,” she says. “I’m grateful for the wake-up call to change things as well. I was holding onto some things that I should’ve been releasing control over and living a very high-stress life trying to do everything myself, and I’m now in a place where I’m really more at peace about life and what my mission is.”

By Krystina Gauer

Opinion Section

Blue Lives Do Not Matter

Given the recent uproar in the Black Lives Matter movement, some people who share a more conservative view have created a comeback to the movement that combats racially targeted police brutality. This comeback is “Blue Lives Matter” which is a message to protect police officers from so-called dangerous unarmed black citizens. This was also created in retaliation to Black Lives Matter protesters who advocate defunding the police.



Saying Blue Lives Matter is often justified by stating that police officers are too often killed in their line of work, which is a valid statement. But -- they have chosen that line of work. Innocent black people do not choose to be killed in the hands of racially targeted police brutality, which is why people say Black Lives Matter. Saying Blue Lives Matter in retaliation to Black Lives Matter is not only disrespectful to the movement whose aim is to end racial injustice, but disrespectful to those who have died in the hands of racist police officers in a racist system.

To summarize, Blue Lives Matter is inaccurate for several reasons. The main one being that it is not a blue life, it is a blue shirt. A blue shirt in which it can be taken off after a work average forty hours a week. Breonna Taylor could not peel off her skin to make it safer for her to sleep in her own home and not be murdered by Louisville police. Blue Lives Do Not Matter, Blue Lives are not real. Police officers are not being killed just for being police officers. George Floyd was killed because he was a black man.

No Justice, No Peace.

By Jeanni Floyd

Arts Section

Theatre During a Pandemic: Annie Jump and the Library of Heaven

It is no secret that the past seven months have made everyone's life a bit more complicated. Theatre departments everywhere were shut down and shows were postponed indefinitely. This is a serious detriment to the theatre community, given that most shows are a part of live theatre.

However, this pandemic was no match for AU's Drama department. From March to September the cast of *Annie Jump and the Library of Heaven* did not miss a beat and continued their rehearsals on zoom all the way until September when they blocked their entire play in just two rehearsals.



September 16-19 at the AU Observatory and only seated twenty-five audience members, due to social distancing guidelines. Actors were outside late at night in thirty-degree weather, but that did not stop them from putting on a great show about hope and faith.

The director of *Annie Jump*, Eliza Beckwith, graduated from AU in '78 to pursue directing in the city, and came back to Alfred last semester to cast and direct *Annie Jump*. She describes the casting process as quite easy and says, "I think we got the best cast possible." Once the play was cast, they got started with rehearsals right away. Unfortunately, students were sent home in March due to the Covid-19 outbreak but that did not stop this cast. They continued to have rehearsals on zoom in hopes of doing the show live in the near future.

Once they were back on campus this September, the cast waited until in-person classes resumed (with social distancing guidelines) to get together and stage the show at the Observatory. This was done across two rehearsals in just seven hours. What was supposed to be an exceedingly high-tech show that took place in the CD Smith Theatre turned out to be a very low-tech show which matched that of a black box theatre in the way that some of the props and scenery were left up to the imagination of the audience.

Beckwith wants people who saw *Annie Jump* to forget about the chaos of 2020, "I really just want everyone to forget about everything going on in life and enjoy live theatre again." She then went on to say "Theatre is not dead... Just figure out another way to do it... It's just about being positive."

By Jeanni Floyd

Entertainment Section

Loud Noise and Sad Boys: WALF – Sebastian Peterson

It's safe to say that students obsess over music. The ear-pods constantly block out the world, and some playlist from Spotify or some streaming station manages to make days better and change our moods. The search is half of the fun. But – what if the search was done for you? Yeah, you can get that online or wherever, but what if it was someone in Alfred; someone you could talk to. What if you turned on the radio, the REAL radio, and happened upon someone playing your kind

of jam? Alfred's a small place. Chances are good that you shout your favorite music across campus and someone answers back with a "Hey, me too."



WALF has several students curating this kind of experience. Sebastian Peterson is one of them. Sebastian is a junior and an English-major with a keen knack for writing about what goes on in the prisons we call our brains. His two-hour block on Sunday nights from 10 PM to 12 AM titled, "Loud Noise and Sad Boys" is a chance for students to see that in themselves, and probably get some of their own frustration out.

The key aspect of the show is the complete absence of Sebastian's voice, or any indication of his DJ-ness whatsoever. Sebastian likes to put it simply: "That's just how I want it to be." The show is split into two separate hours, one focusing on alternative-rock and some indie stuff that might appeal to a larger audience. The other hour is Sebastian's opportunity to share a little more specific taste of what he's into. It's based around metal – extreme metal as Sebastian describes it.

His spectrum covers sludge, doom, black, death, and every other little subcategory. He names artists like Dystopia, Batushka, and Guttred to name a few. Go ahead, search YouTube. This music may not be for you, but it can be a very liberating experience to let go of your inhibitions and just embrace its rough edges.

If you're looking for something new, especially a perspective, do yourself a favor and tune in to Sebastian's show. Find a pillow to scream into. Write the way it makes you feel. Even if you don't like the music, you're engaging in a conversation with someone without ever speaking. That can be a powerful tool in a world where our social cues are taken from an app on our phones.

By Andrew Wiechert

The Real Horror of Midsommar



Midsommar is a 2019 folk horror film by director Ari Aster. It is not as scary as you would think. There are some gruesome scenes throughout the film, but for the most part it's more or less a drama. That is because the true horror of Midsommar is a bit understated and it took me some time to realize it. This is a film about how ordinary people end up in cults and the weird ties between cults and Nazis.

The film follows main character Dani who is isolated from everyone, including her negligent boyfriend Christian, when her sister and parents suddenly die in a murder-suicide. Dani's grief is overwhelming and she has a hard time processing that with little support from Christian. So the

couple, along with Christian's friends, go on a trip to Sweden in a friend's hometown (a commune) to celebrate the midsummer festival. Turns out, these people (the Harga) are a cult. Dani and Christian's relationship deteriorates and, one by one, everyone that came was brutally murdered. Dani finds healing, a new family that cares about her and releases her from her dysfunctional relationship with Christian. In a lot of ways, Dani's smile at the end is a triumph, a rather happy ending to a terrible ordeal.

At least the happy ending bit is what I've read about in so many reviews. This interpretation makes sense in a way because the film does such a good job of putting the viewer in Dani's mind state (steady inoculation by a cult) that just for a few minutes, you forget the real danger Dani is in. She's cut off from the outside world, everyone she came with is dead, and yet we smile with her. Despite the murders, the Harga seem pretty nice and live fulfilling lives. So not only is Dani being brainwashed, we the viewers are as well.

By far the most glaring omission in many reviews of this film is this, "The Harga are a white supremacist wet dream. A reclusive, ethnically homogeneous group in which roles are heavily gender segregated and breeding is closely regulated by the elders," said video essayist Ray and Skittles. Genetic purity is highly esteemed in their culture and the runic language they use is oddly similar to the one that fascinated the Nazis. There's even a shot where Josh is holding a book called "The Secret Nazi Language of The Uthark."

If you are like me and you only like a certain kind of horror then Midsommar would be a perfect recommendation.

By Alpha Bah

Fall Horror Movie Recommendations

Fall is now upon us, which means Halloween is right around the corner. The holiday is a favorite of many whether you go trick and treating or you stay inside to keep warm and watch horror movies. Now that COVID has made it a requirement to social distance, here are some scary, and some not so scary movies perfect for this season.



Scream (1996)

Scream is one of the classic horror slashers directed by Wes Craven about a masked killer stalking their victims at a suburban High School. It's a fun movie to watch if you aren't into the more graphic movies.

Available on Tubi



Rosemary's Baby (1968)

Another classic, this thriller movie follows a married couple who move to a new apartment in NYC. As they start expecting their child Rosemary starts to suspect something is wrong.

Available on HULU



Super Dark Times (2017)

Super Dark Times is a thriller about a group of high school boys who, when an accident happens, struggle to stay sane and maintain friendship.

Available on Netflix



The Autopsy of Jane Doe (2016)

The Autopsy of Jane Doe is a paranormal movie about a father and son working at a family morgue, when a mysterious corpse comes into their care. Every minute is unexpected and can really creep you out.

Available on Netflix



Crawl (2019)

If one of your biggest fears involves a life or death situation with a predatory animal, which is understandable, Crawl is perfect for you. A Florida swimmer goes to check on her dad during a storm and becomes a target for an alligator.

Available on HULU

By Isa Hamilton

Sports Section

Tennis Spotlight



College sports is one of the many things affected by COVID-19, where teams are unable to compete in a fall season, have limited practices, or sometimes, no practices at all. Although the circumstances are crucial in times like these, Alfred University's Women's Tennis team is one of the many teams pushing themselves to work harder and stay optimistic in a time of hardship.

The tennis team socially distances themselves during practices, wearing masks and doing daily health screenings. Practices run Monday through Friday on the William T. Brown tennis courts, where the team runs numerous drills, gets match play, and does other full body workouts for a month.

As challenging as it is practicing under the influence of COVID-19, the athletes overcome any obstacles and continue to work hard on and off the court. With a postponed season, the girls have more time to train and prepare for the spring, where they would then share a season with the men's team. Although practices are less interactive and different from previous years, the girls are just as committed as ever.

"Considering the circumstances, our practices are going wonderfully. It's far from a typical season but I am grateful for the opportunity to practice with my teammates and work on improving my skills," said Sophomore Isabelle Benoit. "Without the pressure of matches, I am able to focus more on getting in better shape so I can physically push myself 100% every time I step out on the court."

The coaches prepare a detailed schedule of everyday practices that further targets what the athletes need to improve on or focus on to ready themselves for competition. Although the team's season is a few months away, they train as if it's just around the corner. Everyone is staying positive and motivated for what's ahead.

"COVID-19 has really prevented me from playing tennis my senior year of high school, so I am thankful and blessed to have the opportunity to play and train at the collegiate-level. I hope for nothing but a successful and strong spring season with my teammates who have been welcoming and kind to me for my first experience as a freshman on the team," said Freshman Kimberly Rauber.

The head and assistant coach are also direct influencers for keeping both the women's and men's team unified and committed. They arrange socially distanced team bonding events, where everyone can experience some normalcy in a time of abnormality. Having separate team

practices is frustrating, yet necessary if the athletes want to continue playing for the spring because after all, the true goal is to have fun in a healthy, active and safe environment.

“My hope for the spring is that each player makes the most of what they can during this time as everything continues to change and evolve. The motivation right now is to keep everything as consistent as possible because with so many things changing and adapting to the new normal, it would be ideal to give players security that some things can remain the same. The athletic department has been a key part in this, allowing players to still participate in workouts and supplying us with the resources we need to be safe while still doing what we love,” said Assistant Coach Victoria Pellegrino.

As many sports have had difficulty adapting to COVID-19, the Women’s Tennis team has done a great job of keeping the momentum and motivation to push themselves in a way they never did before. Both the women’s and men’s teams are excited to share a season for once, where they can unite and overcome these troubling times together as one. They will continue to strive for greatness and look forward to another successful season in the spring.



“After losing the second half of our spring season and getting sent home to finish classes, we’re all just excited to be back on campus. Because of that, we’re just trying to make the most of every minute of what we have this fall. We are constantly talking about being leaders on campus and being smart with the COVID-19 guidelines that we’ve been given. It takes all of us to ensure that we can stay on campus this fall and our teams have really taken that to heart. We look forward to having our hard work pay off in the spring,” said Head Coach Jordan Crouch.

By Kailey Reyes

Photos by Piper Lilley

SAAC Takes on Suicide Prevention



Although September is Suicide Prevention month, the Student Athletic Advisory Committee (SAAC) hosts trainings and meetings, emphasizing the importance to highlight suicide prevention all year round. These meetings consist of numerous counselors, coordinators, directors and representatives of different sports teams.

On Tuesday, Sept. 15 the committee had their first virtual meeting, explaining various methods and strategies to help people who might be thinking about suicide. AU Health and Wellness Coordinator Amanda Khodorkovskaya and

Mental Health Counselor Janna Buckwalter presented multiple PowerPoints that contained facts, statistics and information about suicide, along with how to prevent it.

AU welcomes change, through the ability to fight systemic racism, ethnic inequality, and by supporting the LGBTQ+ community. By approaching change through our community on campus, we can further prevent any discrimination that may influence a person's mental health. These factors can directly impact a person's life and well-being; therefore, AU strives to bring light on the situation, making it known that change is needed.

"I welcome [everyone's] thoughts, passions, and voices when promoting mental health. I have been so energized by the youth in our country and the way they have approached change," said Athletic Director Paul Vecchio. "Mental health awareness starts with us."

Over the years, the number of suicides has increased nationwide. Specifically, college students have a greater chance of experiencing mental health issues, rather than people who are not enrolled in college. Suicide has a lot of different causes, such as stress, loss of a loved one, substance abuse, struggling with sexual identity orientation, trauma and any family history having to do with mental health. These things increase the likelihood of someone self-harming or committing suicide.

"It is important to target factors of suicide, especially in college students and athletes, because they experience the most when it comes to causes of self-harm and wanting to kill themselves. I chose to train the SAAC representatives so they can become QPR (Question, Persuade, Response) certified, since they are the leaders of their sports teams and have an important role on campus. It has shown to be a very effective program to prevent suicide attempts and completions," said Khodorkovskaya.

The overall purpose of the training was to get the committee more aware of the issue of suicide and to learn different ways of effectively helping those in need who may be suicidal. An important goal of the meeting was to allow the SAAC representatives to feel more comfortable and confident when spotting signs of suicidal individuals, as well as how to get them the help they need.

"SAAC is a group of leaders in our athletic department and campus, therefore, should have the knowledge about suicide and its prevention. Our committee has the chance to break the stigma surrounding mental health illnesses and learn to help teammates or friends who may be dealing with this issue," said SAAC President Holly Passetti. "It's important to ask questions, make comments, and learn new things about such a difficult topic."

If you or someone you know needs counseling services, please email Amanda Khodorkovskaya at khodorkovskaya@alfred.edu, or Janna Buckwalter at buckwalterj@alfred.edu. For any other concerns or needs, you can contact AU's Wellness Center at (607)-871-2400, or for any suicidal thoughts call the Suicide Hotline at (800)-273-8255.

By Kailey Reyes

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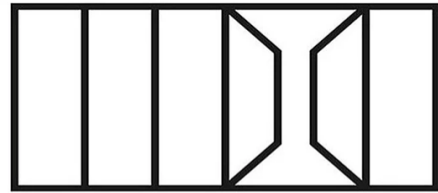
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