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Alumna Fights Trauma with Glass

Matthew Hill, Managing Editor

Glassblowing can help heal trauma in Chicago's inner city youth, AU alumna Pearl Dick told a crowd of nearly 200 on March 27 in Holmes Auditorium.

"The focus that glassblowing requires can help shut out the drama of everyday life," she said.

Dick gave this year's Women and Gender Studies Riley Lecture, "Glassblowing and Healing Trauma: a Queer Woman of Color's Feminist Approach." The 1998 AU graduate, who now lives in Chicago, runs her own public glass studio. She began by telling the audience about her background as a queer Chinese-American woman and how that influenced her art. She says that her identity has shaped how she views the larger art community. She co-founded Project



Pearl Dick in the AU hot shop after giving a glassblowing demo. Photo Credit: Matthew Hill

FIRE in 2015 to help traumatized youth in the city. FIRE stands for Fearless Initiative for Recovery and Empowerment. She has expanded the program since then, and now has 21 young men enrolled. The program helps participants recover from traumas they

experienced early in their lives. Each of the students is a gunshot victim. Project FIRE is designed to help them build skills, develop a more positive future outlook and heal.

She does all of this through teaching them to blow glass.

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The Headliner of the Week

Lily Smith, Staff Writer

In the upcoming weeks, the Headliner will submerge Alfred in good tunes and excellent performers. The concert, featuring lovelytheband and the Wrecks, will be playing loud and proud Saturday, April 13.

Lovelytheband is an American indie pop group from Los Angeles. The band is comprised of three musicians: vocalist Mitchy Collins, guitarist Jordan Greenwald and drummer Sam Price. Their hit single, broken, is being played all over the radio. Broken has charted on numerous Billboard music charts. Together they create an eclectic, pop-inspired sound with nice beats and smooth lyrics.

The Wrecks are an alternative rock band from Thousand Oaks, California. The rock group has a couple members, including Nick Anderson, Aaron Kelley, Billy Nally, Nick Schmidt and Westen Weiss. Their top song, Favorite Liar, shows off the band's solid beats, nice electric guitar riffs and hard-hitting drums.

The concert will either be in the parking lot of Carnegie Hall or inside the McLane Center. There will be food trucks before the event, and the show starts at 8 p.m.

Tickets are \$5 for AU and Alfred State students and \$10 for faculty, staff and community members. They are on sale now in the AU Bookstore, CSI and online through My Alfred and AU Connect.



Photo From: majesticdetroit.com

Black Power Speaker at AU

Matthew Hill, Managing Editor

The Civil Rights Movement of the 1960s was messier than we remember it, Aram Goudsouzian told a packed crowd on March 18 in Nevins Theater.

The Civil Rights Movement was not just Martin Luther King Jr. and Rosa Parks, he told a packed audience. It was a lot more chaotic than we are taught.

Goudsouzian is a University of Memphis professor of history specializing in African-American history. He gave this year's Russell Lecture about the Meredith March, a march from Memphis, Tennessee to Jackson, Mississippi in June 1965. While the march's goal was to increase black voter registration,

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How to pack for your summer hiking trip

Caleb Scott, Editor-in-Chief

Growing up, my family and I would sneak away from our lives each summer to spend a week or two backpacking in northern New Hampshire. Planning hikes to remote areas became second nature to my family. We are all familiar with the mountains and are comfortable surrounded by wilderness. As summer approaches, you might consider doing some hiking. If you are new to backpacking, getting started can be daunting. Bring too much and your pack will be too heavy. Bring too little and you will be hungry, wet and in bad spirits. To get ahead of the learning curve, let me share with you the basics of packing for a backpacking trip, as I learned them.

Step #1: Do your research

Find a destination and get a good quality map of your route. Joyce Scott, did most of the research for our trips. She worked at the Appalachian Mountain Club site in Pinkham Notch, New Hampshire as the trail info desk for four years and has hiked more than 70 percent of all the trails in the White Mountains. She even hiked all 48 of the 4,000-foot mountains in New Hampshire by the age of 16. She recommends checking National Geographic or the United States Geological Survey online to find a generic map. These are fairly reliable and easy to get. If you want to take it to the next level, find a guiding or wilderness company based out of the area of your trip. Many of these companies will have or can recommend more accurate and detailed maps. Also, ask the company if there is a guide book that details the route you plan to hike. These books can summarize the ruggedness of the terrain and tell you where to find water, shelter and hidden secrets of the area.

Step #2: Find out how long you are packing for

Once you have a map, you can plan your route. Knowing how many days you plan to hike is crucial to knowing how much you need to pack. Decide approximately how many miles a day you or your group can hike. Then,



Thru hiking gear for the Vermont Long Trail posted by u/ireland1988 - Photo from reddit.com

look for places to camp with about that much distance between them. If your route has shelters along it that are close enough together, take advantage of them. Camping at shelters makes setting up faster than tenting or hammock camping and provide basic accommodations such as easy access to water and privies. My family spent a lot of time tenting. If you are tenting, figure out where to stay by looking for places on your map where you can probably find water but have dry, flat, ground. Count up the number of days on your route and use this number to pack food and water.

Step #3: Keep food cheap and simple

Packing food is obviously crucial. Many people make the mistake of going to hiking stores and buying dehydrated meals. According to my mother, these meals are lightweight and provide excellent nutrition but are often unnecessarily expensive. It is better to go to the supermarket and purchase high carb food that can be made in a single cooking pot. If you want to get serious, do the math and find foods with high calories per ounce. Don't get fancy, focus on variety. Knorr rice dishes and mac and cheese are good options. My mother hiked most of the Appalachian trail carrying similar meals. Butter (for cooking) and peanut butter are two staples that will be some of the heaviest foods you will want to bring. Avoid food in cans or heavy jars. If you have to bring something

from a jar, take it out and put it in a ziplock bag. Getting caught up in the "dehydrated food" trap is a quick way to make an inexpensive vacation cost more.

Step #4: Have a water plan

Be sure to have a filtration system or water treatment method with you. My family uses bleach or iodine treatments as it is reliable and fast but there are plenty of other options. Always check to see what your treatment method or system can handle. A big mistake people make is getting a fancy filtration system that takes 20 minutes to fill a single-quart bottle of water. We use bleach because it is light and effective against bacteria and parasites. For bleach, the EPA recommends two drops of bleach per quart/liter. Shake it well, and then let it sit for half an hour before drinking. For this method, get a small two or three ounce dropper bottle and fill it with clear unscented bleach. Make sure it is either 6% or 8.25% bleach. For carrying water, a two-liter soda bottle can be an excellent and affordable way to carry water. They can be modified to mimic a CamelBak by drilling a quarter inch hole in their caps and feeding a length of quarter-inch clear plastic hose through it. Trust me, we have been doing this for years. My father claims that he invented it long before CamelBak existed.

Seth Steele, equipment manager of The Forest People here at AU said, "What I would recommend as a good minimum for water is what was recommended by the High

Sierra Volunteer Trail Crew when I was a member in California: they recommend a minimum 2L of water each day."

Step #5: Prepare for weather

Bad weather and poor preparation are among the leading causes of death for hikers. Packing proper weather gear is essential. Never embark on a backpacking trip without researching what kinds of weather to expect. For most temperate climate hikes, pack a fleece jacket, a rain jacket, polypropylene long underwear, heavy wool hiking socks (Darn Tough is a good brand), a winter hat and winter gloves.

"This list is not optional," my mother says.

It is probably best to purchase these items from reputable hiking stores, as quality weather gear is worth the money. LL Bean is a great place to start. They offer ridiculous warranties on all their products.

With any luck, you are now ahead of the packing learning curve and can get started on planning that summer hike you have been anticipating. This is by no means a complete guide, so to get more in depth information, research all of the points that I talked about on youtube and on more reliable hiking websites. Also, look for columns in future issues of the Fiat Lux that will explore other elements of hiking such as hiking ethics and in depth looks into the art of tent camping.

Glassblowing from page 1

Glassblowing builds trust, Dick says. “Blowing glass is hot, it’s dangerous, and we have to work together to keep each other safe,” she added.

This segues into participants trusting one other outside of glasswork. Each Project FIRE session combines three hours of glasswork and one hour of group therapy. After working with hot glass, the participants feel comfortable enough to open up about the traumas from their childhood. She says talking helps them heal.

Along the way, the program gives the participants a more positive outlook, she adds.

At first, most can only imagine dying or going to jail. “After just one session their answers expand,” Dick says.

The skills Dick’s students develop can help them outside of Project FIRE. Their work is shown in galleries and they attend conferences nationwide. They also sell the art they make in her studio. They keep most of the money, but some goes to Project FIRE. She says that giving money to the program helps them feel a stronger connection to it..

Project FIRE also helps teach the students how to deal with loss, she added.

“Every artist has experienced loss in the form of a failed piece,” Dick said. “Broken vases can be a starting point to discuss death.”

She told the story of one student who

had a vase shatter, but turned it into a new piece. He built a wooden coffin, and put the broken shards in it. The other students joined in, adding their broken pieces to the coffin.

This opens the door to talking about other kinds of loss they have experienced, Dick says. In addition to being gunshot victims, some have lost family members or are in wheelchairs. One member that Dick talked about was in a coma for eight months when he was 13. The members of Project FIRE are able to discuss their traumas through the program.

Project FIRE helps participants take ownership of their lives and experiences.

“These programs help shift the narrative from victim to advocate,” Dick said.

They are able to use the skills they learn to teach one another both about glass and about overcoming trauma, she said. They work with one another both in and outside the studio. Through their work in Project FIRE, the students make new paths for themselves and avoid the violence they experienced before.

The students are big contributors to the program in other ways as well. The art they sell helps fund the program,



Project FIRE Chicago - Photo from projectfirechicago.org

and they helped build the studio from scratch. Dick says that taking an active role in the program helps them take ownership over it and makes them more committed.

The best thing Project FIRE does, Dick added, is build relationships.

“What’s most important is the idea of people’s connection bringing us closer together,” she concluded.

Dick is working hard to continue growing her program. Since 2015, Project FIRE has expanded from five to 21 young men. She is also working on starting a Project FIRE for women, and says she would like to continue growing both programs. For more information, visit <https://www.projectfirechicago.org/>.



Aram Goudsouzian - Photo from memphis.edu

Speaker from page 1

it was also the origin of the Black Power movement.

He told the story of this journey as a narrative, starting with a man named James Meredith on a one-man march. On the second day, Meredith was shot by a white sniper and hospitalized. After that, Civil Rights groups nationwide poured in to finish the march.

The many groups that came to Memphis made the march messy, reflective of the movement as a whole, Goudsouzian said.

The Civil Rights Movement’s messiness

was one of Goudsouzian’s major themes. While Martin Luther King Jr. was a major civil rights figurehead, Goudsouzian said he was definitely not the only leader. This is important to remember today because some people dismiss current movements, such as Black Lives Matter, because they are not as neatly organized as the Civil Rights Movement, he said.

Many civil rights groups on the march had some opposition to one another, despite having the same goal. King’s Southern Christian Leadership Conference came to the

march and wanted to stay nonviolent and open to whites that wanted to join. The Student Nonviolent Coordinating Committee’s leader, Stokely Carmichael, favored self defense rather than strict pacifism and thought the march should only be for blacks. The Deacons for Defense and Justice wanted to protect marchers through force.

Black Power meant different things for different people Goudsouzian said. For some, it was a way to voice their frustrations about their treatment. For others, it was a way to take pride in black culture, beauty and history. It was a way to establish a community and an identity as a black person in the U.S. It was also a rallying call for black Americans use their political power.

Black Power meant something to whites too. For conservative whites, it was vindication that they were right that the Civil Rights Movement was dangerous all along. For liberal whites, it was a reason to stop supporting the cause because it was too radical.

Goudsouzian’s final theme was that “Everybody should

have their march.” Meredith, of course, had his march. King had his march, working for nonviolence and unity. Carmichael had his as well, with his call for Black Power making him an “heir” to Malcolm X.

Yet the marches were not limited to the experiences of such icons, Goudsouzian said. All the marchers, and even the opposition like the police had their own marches as well. For example, one woman said that, for her, the march was a “spiritual awakening.” Even today she can hear the songs and cries from the marchers as if she was still there.

Goudsouzian concluded that the Meredith March, which ended at the Jackson, Mississippi town hall, was the last great march of the Civil Rights era. In all, over 4,000 black voters were registered during this three week march. The marchers held a rally and voter drive at the town hall, and Meredith was there to finish the march with the others.

To learn more, check out Goudouzian’s book, Down to the Crossroads, available online.

What is Going on America?

Lily Smith, Staff Writer

Marvin Gaye's infamous What's Going On album draws parallels between life during the Vietnam War and the later Iraq and Afghanistan wars. When the album was originally released in 1971, the calm lyrics and danceable beats raised a single question: what is going on with America, the country who starts wars with no end in sight?

The Vietnam War lasted almost 20 years, from November 1955 until April 1975, resulting in some 3.4 million casualties: Vietnamese civilians, North and South Vietnamese troops and U.S. troops. The draft gave Gaye a personal connection with the war. His brother was drafted and, in response, he wrote the album What's Going On about the perspective of a Vietnam veteran returning home and looking at the dismal reality surrounding him.

"Brother, brother, brother / There's far too many of you dying / You know we've got to find a way / To bring some lovin' here today."

Gaye's use of anti-war lyrics were important in such a political time and helped those who needed it most. His calming voice made listeners feel like they were not alone. But today, the feeling of security is lost because the US is still at war – just with different countries.

In 2001, President George W. Bush invaded Afghanistan hoping to dismantle al-Qaeda and the Taliban, who were in power. Shortly after the invasion, the US declared war on Afghanistan, calling it: "Operation Enduring Freedom – Afghanistan" (now called Operation Freedom's Sentinel). This is currently the longest war in US history.

Bush invaded Iraq in 2003 to overthrow the government, run by Saddam Hussein who, they thought, had a supply of Weapons of Mass Destruction. After 9/11, the invasion turned into a war against international terrorism and its sponsors, starting Operation Iraqi Freedom. This war officially ended in December 2011, making the war more than eight years long.

"We don't need to escalate / You see, war is not the answer / For only love can conquer hate / You know

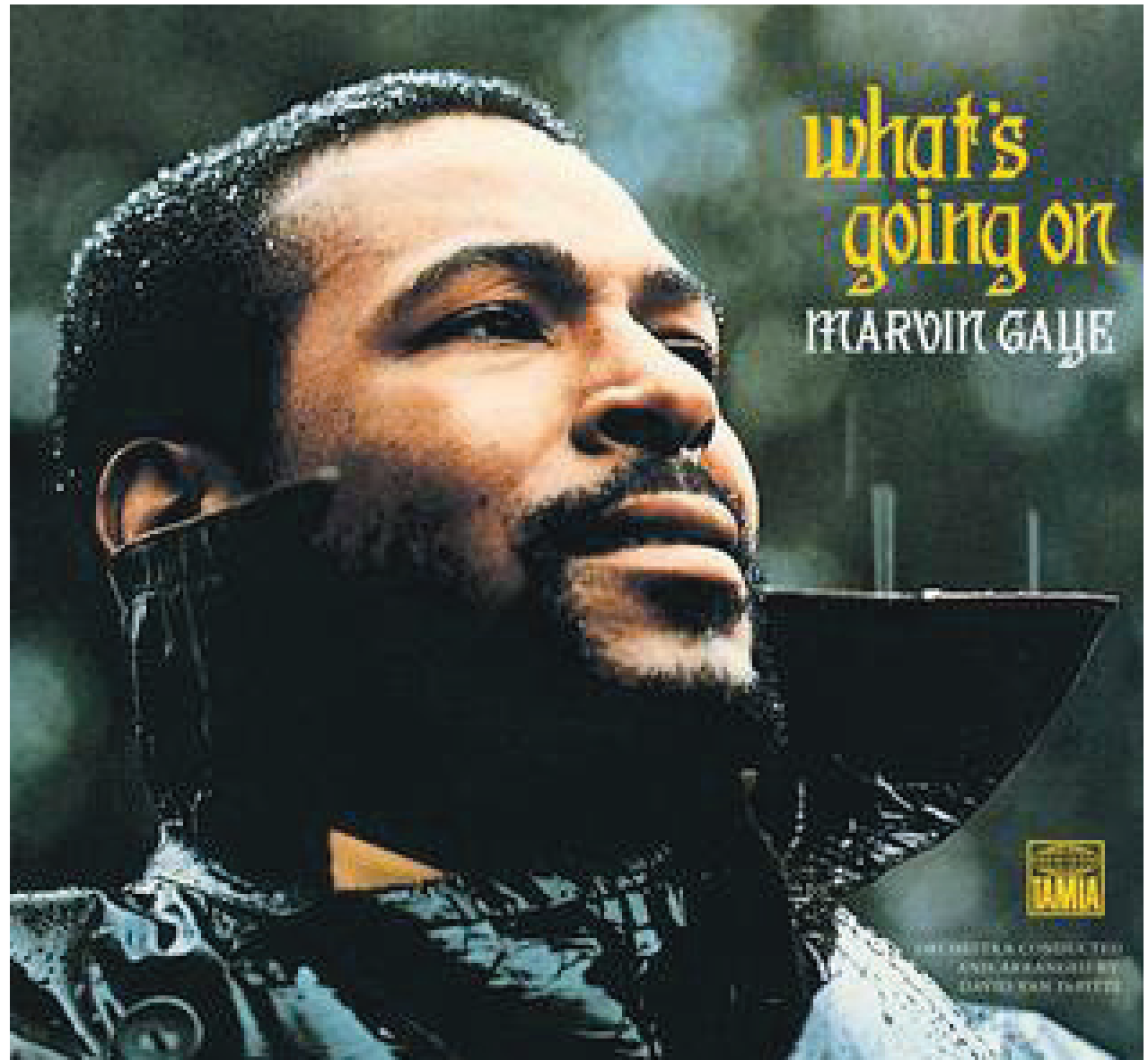


Photo from Marvin Gaye's "What's Going on" Album

we've got to find a way / To bring some lovin' here today."

After watching a tv show on Netflix that talked about Gaye's music, specifically the song What's Going On, and understanding that the song was in protest to the Vietnam war, it made understanding that war a little bit easier. I have been listening to this song on repeat since then, and recently I realized that this song remains relevant today. What Gaye was saying seemed so relevant to the current state of the U.S. and how we are still at war with Afghanistan. I became obsessed with wanting to figure out why we are there. I began questioning our country's choice in allowing the war to continue. Mainly I asked, what is going on America?

The resistance to wars that don't seem necessary, cause far too many casualties and have terrible aftermaths, is quite common. From all of these wars and invasions, many veterans may develop PTSD, depression, anxiety and traumatic injuries that affect more than just themselves.

Niall McCarthy, a data journalist covering technology, society and media topics for Forbes, recently discussed the stats about the Iraq and Afghanistan wars. He focused on the effects that war has on soldiers, their families and the rapid deployments.

He states in his article, "since 2001, 2.77 million service members have served on 5.4 million deployments across the world with soldiers from the Army accounting for the bulk of them. Deployed personnel were under 30 years old on average, over half were married and about half had children."

The wars themselves, and the aftermath, makes opposing them easy. It also allows people to question why we are still at war and what we're trying to accomplish. But nonetheless, Gaye's What's Going On allows listeners to question.

The idea that many young people are choosing to allow themselves into a war that seems to never end and have no overall positive impacts to the U.S. This has me question the appeal to join the military. Of course, the act of patriotism and representing the U.S. entices people to join, but is that it?

When thinking about the wars the U.S. has helped start, it's nice to know that there are artists that have questioned those decisions. What's Going On is not only a classic, but is also an album that transcends throughout time and while attempting to answer the question, what's going on?

WANT TO WRITE FOR THE FIAT?
EMAIL: AUFIATLUX@GMAIL.COM

Clothing Has No Gender

Jaron Cheatham, Staff Writer

I am part of the vibrant LGBTQIA+ community here at AU, which includes people of all races and ethnicities, ages, faiths, religions and socioeconomic statuses from all parts of the world. Being gay in today's society, I have to deal with a lot of prejudice and discrimination nearly everywhere.

One thing that frustrates me is being told I dress too feminine. Assigning gender to clothing is ridiculous because people have a gender and what they wear does not tell you what their gender is. For instance, when I wear a pair of jeans, I am wearing men's jeans. Not because the jeans indicate that I am a man, but because they are my jeans, and I am a man. If I decide that I do not want the jeans anymore, and I give them to a woman, the jeans become women's jeans. Clothing has no gender. Despite how masculine or feminine a piece of clothing may appear,

no matter the color, the size or how the sale associates refer to them, what someone decides to put on their body does not change their gender and does not make them any less of the gender they identify with.

Giovanni Pesce, another LGBTQIA+ member at AU said, "Everyone should express themselves as they desire and disregard societal norms."

Clothing companies should remove all gender labels on their clothing. It is a step in the right direction of supporting one another and their abilities to express themselves as they choose.

Cyan Lee, an art and design major at AU said, "I don't think there should be genders

attached to clothing because it's just fabric."

Why should fabric be gendered? Clothing should be practical and a comfortable way to express oneself. Clothing companies should not change the styles of their clothing, but they should enhance them. Children and teenagers in our society already face enough pressure to conform, whether that be to a particular body size, hobby choice or gender expression. There is no need to add to that pressure by dictating what styles of clothing they can wear. Everyone should be able to feel comfortable and confident in the clothes they wear.

Masculinity and femininity are not genders: they are behaviors and presentations. They are rooted in stereotypically gendered experiences that do not allow people to express themselves and their emotions fully. Breaking down gender

stereotypes will enable everyone to be their best selves. I will never accept hate and I cannot speak for everyone, but I know they will not either.

I am embracing who I am more and more. Despite the cruel people, I am also more aware of, just of how much support my family, friends and university have given me. I am gay, but this article is not entirely about that, it is about clothing. I mentioned my sexual orientation because the people in my community are at higher risk of experiencing what I do. But this is for everyone, not just members of the LGBTQIA+ community. If you ever feel unhappy and alone because of how people treat you, it is okay. It is not you, it is them, and that is out of your control. You are never alone. Whatever the situation, there is always going to be someone out there who is going through it with you.

A slight misunderstanding about Easter

Melina Sanchez, Guest Writer

It is that time of the year where we start catching glimpses of Easter eggs, chocolate bunnies, colorful baskets and tons of jelly beans in retail stores. Many families religiously come together to celebrate Easter by going to a Sunday service and then spending time with one another. While the majority of society faithfully celebrates this holiday, not everyone knows the real meaning behind Easter. What is Easter, and why does it matter?

As a child, my understanding of Easter was skewed by the marketing and misconceptions I was fed. In my naïve eyes, Easter was all about wearing pretty, pastel colored, dresses, filling plastic Easter eggs with chocolates, going to church with my mom and my younger sister, getting together with my family afterward and eating a traditional Dominican Easter dessert called "sweet cream of beans" (It's like hot chocolate but more dense, with sweet potatoes, raisins and cookies).

In of the Catholic Church at the time, ironically, I cannot remember any one giving me a clear explanation of who the man on the cross was. In our sanctuary there was a mesmerizing painting of Jesus Christ on the cross and his angels/apostles above the altar. I struggled connecting myself with the weary man nailed to the cross that had stripes across his body, a crown of thorns, blood coming from his hands and feet, head hang low and only a piece of white cloth around his torso. I remained puzzled, hurt seeing this man in this condition. Curiosity eventually won out: Why was this man nailed on a cross? Why didn't anyone help him and who did it? Until, I finally found someone to break down the story for me.

Nowadays, many people celebrate this holiday without knowing the real meaning of it. Easter Sunday is the day that Jesus Christ resurrected from the dead on the third day. According to the book of Matthew it says, his tomb was empty when his mother Mary went



over to look for him. An angel told Mary the good news that Jesus Christ has risen. Along the way, Mary, along with others, became witnesses of Christ's resurrection.

Present day, I celebrate Easter with a great joy and confidence knowing that Christ conquered death and resurrected on the third day. If it weren't for his resurrection, none of us would not be here. Christ borne our sins upon that cross so we could live in freedom.

Now, I am aware that not everyone celebrates Easter

the same way or has the same interpretation of what Easter is. But I encourage everyone who celebrates Easter to think about the real reason why they do so. Are you celebrating in a respectful or healthy manner? If not, I challenge you to spend time with other members of the church and see how they celebrate Easter, you'll be happy you did.

Spicer Wins 200-Meter Dash at Large SUNY Geneseo Invite

Men's Track and Field, March 30
From gosaxons.com

GENESEO, NY – The Alfred University men's track & field team competed at the SUNY Geneseo Invitational on Saturday and totaled five Top-10 finishes on the day.

"I am so excited about the performances today from the men's and women's track & field teams," Head Coach Dr. Angie Taylor said. "There were a lot of Top-10 places and the athletes are progressing nicely."

The Saxons were led by first-year Alex Spicer (Corning, NY/Corning-Painted Post) as he won the 200-meter dash with a time of 22.24, defeating 68 other competitors including Division II runners from Daemen College and a Division I runner from St. Bonaventure University. He also took seventh in the 400-meter dash with a time of 51.80. Spicer teamed with Jackson Trimboli (Arkport, NY/Arkport Central), Rashid Abuelmaali (Latham, NY/



Photo Credit: Peter Mangels

Shaker) and Papa Dioum (Harlem, NY) to take third in the 4x100-meter relay with a time of 44.77 on Saturday.

Gavin Wilbert (Webster, NY/Webster Thomas) finished sixth overall and fourth between college competitors in the 10,000-meter run

with a time of 36:39.96 to be the next top finisher for Alfred University. Daniel Wiener (Cortlandt Manor, NY/Hendrick Hudson) earned an eighth place finish in the 400-meter hurdles with a time of 1:03.83.

In the field, Jordan Schools

(Wyalusing, PA/Wyalusing) and Zac Mapes (Queensbury, NY/Queensbury) both earned 10th place finishes. Schools hit a mark of 11.99m in the triple jump while Mapes went 1.74m in the high jump to close out the top finishes of the day.

Men's Lacrosse Uses Fourth Quarter to Pull Away From Utica for E8 Win

Men's Lacrosse, March 30
From gosaxons.com

ALFRED, NY – The Alfred University men's lacrosse team hosted Utica College on Saturday in its first home Empire 8 game of the season. After a tight first three quarters, the Saxons (6-2, 2-0 Empire 8) were able to pull away in the final quarter to pick up the 16-5 victory.

Cale Donegan (Corning, NY/Corning-Painted Post) was on fire once again as he totaled six points on the day to lead AU, including five goals and an assist.

Jack Chapman (Elmira, NY/Notre Dame) and Joe Fornataro (Rochester, NY/Greece Athena) each recorded hat-tricks on the day for Alfred. Fornataro also assisted on two goals.

Kyle Landrigan (Canandaigua, NY/Canandaigua) and Jake McNaney (Corning, NY/Corning-Painted Post) both scored one goal and assisted

on two others.

Anthony Ricottilli (Cortland, NY/Cortland) scored one goal and had one assist while Frank Gavigan (Yorktown, NY/Yorktown) and Peyton VanBibber (Canton, NY/H.C. Williams) each scored a goal.

Ian Chedzoy (Watkins Glen, NY/Watkins Glen), Shane Weber (Hull, MA/Hull) and Noah Soriano (Valley Cottage, NY/Nyack) all assisted on goals. Weber caused a team high five turnovers.

Garrette Briggs (Horseheads, NY/Horseheads) was 17-22 on face-offs and picked up a team high 16 ground balls.

Scott Kimiecik (Randolph, NJ/Randolph) was impressive in the net to pick up his second win of the season. Kimiecik played all 60 minutes and finished with 13 saves on the afternoon.

The Saxons were first on the board when McNaney



Photo Credit: Peter Mangels

fed Chapman for the early lead just a minute and 28 seconds into the game.

Utica returned fire just before the five minute mark to tie the game at one all before taking a 2-1 lead minutes later.

A late goal in the first from Fornataro ended the first period with the teams tied 2-2.

The second quarter was all Alfred as the Saxons scored the only three goals of the period to send AU into halftime leading 5-2.

Alfred scored early in the third quarter to take a four goal lead before Utica stormed back with two straight to make the score 6-4 at the end of the third quarter.

The momentum shifted the Saxons way in the fourth quarter, as AU outscored the Pioneers 10-1 in the final period to run away with its second Empire 8 victory of the season.

"We had guys step up today and lead this team which was great to see," Head Coach Jason Lockner said. "Kimiecik was great in goal and Donegan, Riccottilli, and Gavigan took over when we needed them to. I've never seen a team hit so many pipes when shooting as we did today. Happy for the guys to not get frustrated and stay focused to win the game. Shows a lot of character which is a mark of good team."

Softball Splits Empire 8 Doubleheader with Utica

Softball, March 30
From gosaxons.com

ALFRED, NY – The Alfred University softball team (8-10, Empire 8 3-1) split with Utica College on Saturday afternoon at Harrington Field. Junior Jessica Wilcox (Forestville, NY/Pine Valley) tied Nicole Hedrick’s ‘12 career strikeout mark, ranking fourth all-time in AU history with 239 strikeouts.

The Saxons jumped on the Pioneers early, taking game one of the day in a run-rule game, 8-0 before dropping the second game 8-3. First-year Alyssa Guitron (San Bernardino, CA/Cajon) led AU on the day with three doubles, two RBIs and one run scored. Wilcox pitched a total of 10 innings, striking out 11 batters and allowing only three earned runs. Following her performance, Wilcox sits atop the Empire 8 in strikeouts on the season (53) and is tied for most wins (5).

Game One

The first game was all Saxons, who earned their first shutout of the 2019 season over the Pioneers. Wilcox threw 76 pitches in 5.0 innings with six strikeouts and only four hits allowed.

The AU offense came to life early in the bottom of the second inning when first-year Allison O’Toole (Simi Valley, CA/Simi Valley) walked with one out. Senior Becca Alexander (Middletown, DE/Middletown) moved O’Toole

over with a sacrifice bunt before first-year Ashley Lugo (Hesperia, CA/Oak Hills) earned an RBI with a single to right field, giving AU the lead, 1-0.

The Saxons lit up the scoreboard in the bottom of the third when sophomore Sydney Saucedo (Whittier, CA/La Serna) walked to open the inning and stole second. Guitron earned her first RBI of the day when she doubled to left center, scoring Saucedo. First-year Tati Mejia(North Hills, CA/John F. Kennedy) joined the party with an RBI of her own one at-bat later, scoring Guitron on a successful squeeze play. Junior Jillian Murray (Eden, NY/Eden) stepped in next, doubling over the center fielder’s head, scoring senior Lu Krawczyk (West Seneca, NY/West Seneca West). Alexander pushed in Mejia with a ground out to short before Lugo singled up the middle to score Murray, bringing AU’s tally up to 6-0 heading into the fourth inning.

AU closed the game in the bottom of the fifth, taking advantage of back-to-back walks with one out. Lugo stepped up with runners on first and second and singled down the right field line, scoring Ceja. Lugo then stole second on the next pitch, drawing the throw and allowing Alexander to score, giving AU the 8-0 victory.

The Saxons finished the game with eight hits,



Photo Credit: Peter Mangels

seven RBIs and four walks compared to the Pioneers’ four hits and only one walk.

Game Two

The Saxons continued their momentum into game two, scoring two runs in the first. Junior Elena Ceja (Redondo Beach, CA/Redondo Beach) knocked a two-run double over the left fielder’s head, scoring Murray and Krawczyk to give AU the lead. The Pioneers answered back in the top of the fourth with one run to bring the game to 2-1.

AU added another run in the fourth inning when Guitron smashed her third double of the day, scoring junior Jamie Wilcox (Forestville, NY/Pine Valley) who had previously singled down the right field line and stole second base. However, the Pioneers scored six runs in the top of the sixth and added an insurance run in the top of the seventh, taking the game 8-3.

Jess Wilcox pitched 5.0 innings, striking out five batters and allowing three earned runs. Sophomore Moreta Dyke (Milesburg, PA/Bald Eagle Area) and Murray came in as relief. Dyke allowed three earned runs while striking out one batter. Murray pitched 1.2 innings, allowing only one hit.

Overall, AU had 14 hits on the day including five doubles while stealing five total bases.

“I was very pleased with the way we played softball for all but one inning today,” Head Coach Luke Wesneski said. “We took one inning off and gave up seven runs and that can’t happen when you are playing a tough conference opponent. We got everyone’s best effort, but we have to work on staying mentally tough for 14 innings. We will get better, and I like where we are at right now. We’ll enjoy a much needed day off tomorrow before a very busy week.”

Saxons Fall on Road to Stevens



Photo Credit: Peter Mangels

Women’s Lacrosse, March 30
From gosaxons.com

HOBOKEN, NJ – The Alfred University women’s lacrosse team was on the road at Stevens Institute of Technology on Saturday. The Saxons (1-6, 0-2 Empire 8) fell to a tough Ducks team by a score of 20-1.

AU went down 17-0 by the end of the first half before buckling down in the second half and allowing just 3 goals in the final 30 minutes.

The Saxons broke through in the scoring column with around nine minutes to play in the second half when Taylor Miller (Medina, NY/Medina) scored her eighth goal of the season.

Paige Rowlee (Fulton, NY/G. Ray Bodley) played the entire

game in goal and ended with five saves.

“We had difficulty staying organized in the first half, but I am pleased with the adjustments we were able implement in the second half,” Head Coach Erin McGaffigan said. “We always see great lacrosse from Stevens, and we’re heading into a small break with some solid notes. Overall, this trip has been a great success, with a large focus on team time and I am very happy with the progress and growth we have achieved so far.”

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Comedy Night's with Glen Tickle

Knight Club, Powell Campus Center 3rd Floor

Friday, April 5 2019 at 9:00 PM and 10:00 PM



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Nevis Theater

Friday, April 5 2019 at 4:30 PM and 6:30 PM



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