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## What's Happening?

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TODAY	TOMORROW	SUNDAY
9:00 <a href="#">ARC First Aid - Professional Rescuer CPR-AED</a>		

## Mail Server Upgrade During Christmas Break

During this Christmas break, starting Saturday, December 26th, ITS will be upgrading our mail server to Microsoft Windows Exchange Server 2010. This involves moving individual mailboxes from the current server to the new server. When your individual mailbox is being moved, you will not be able to access your email. This process may take several minutes. If you are unable to access your email, please try again in a short while.

During the transition, the <http://webmail.alfred.edu> site will involve an extra step where it will ask for your username a second time. This is necessary so we can determine if your mailbox is on the current server or has moved to the new server. Once the transition is complete, all access to WebMail be handled by the new server and this extra step will not be necessary.

If you experience any email related problems during the upgrade, please call the Help Desk number at 607-871-2222. A technician will be monitoring the voice mail during the break to assist you if there are any issues. In addition, we will be posting regular updates to <http://netstatus.alfred.e...>. We will use this site to address any problems that may occur and to notify you when the upgrade is complete.

Submitted by: Judy Linza

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## PCC Mailroom Hours over Holiday Break

The PCC Mailroom will be open Thursday, Dec. 31, 2009 from 9 a.m. to noon. This is the only day the PCC Mailroom will be open over the Holiday Break. Please use the side entrance of PCC through the loading dock area.

The Mailroom will re-open on Monday, Jan. 4, 2010 and return to normal hours of operation from 8:30

a.m. - 4:30 p.m.

Submitted by: Sue Peck

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### Five Faculty Scholarships Available for Teaching Institute

Process Education Teaching Institute: Jan. 14-15, SUNY Cortland.

This institute is designed for faculty interested in converting from a traditionally oriented classroom to one that is learner and learning-centered. Attendees actively participate in a learning community that mirrors a Process Education classroom. You'll leave this event with renewed enthusiasm for teaching and a strong motivation to mentor the growth of your students and yourself.

The Scholarship includes Registration and up to \$200 toward travel. Funding made available through SUNY Center for Professional Development and the Provost Office.

Eligibility: First come first served, 1 faculty member from each school/college. A waiting list will be kept in the event a school/college spot is not filled.

For More Details - See attached flyer

Requests made to Cheryl Monroe at monroec@alfred or phone 871.2137 by Monday, Dec. 21, 2009.

You will be notified if you have been selected to attend the workshop and we will register you for the event. Please provide the following information.

Name  
Dept/Discipline:  
Work Phone:  
E-mail:

Attachment: [Teaching Institute Flyer](#)

Submitted by: Cheryl Monroe

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### Bookstore Sale Today

Remember TODAY is faculty, staff, administration Appreciation Day at the bookstore. Get 20% OFF storewide. 25% OFF Godiva chocolate & 2010 wall calendars. 25%-30% OFF campus bestsellers, 40-50% OFF bargain books.

Submitted by: Marcy Bradley

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### NYS Student Aid Alliance protests cuts in student aid

On December 2, the New York State Legislature rejected a proposal to cut the Tuition Assistance Program (TAP) in an effort to close a mid-year Budget gap. In total, more than \$600 million from 134 different areas of the Budget were cut, yet TAP was preserved.

While safeguarding TAP, funding was reduced for student aid programs such as the Higher Education Opportunity Program (HEOP), Science and Technology Entry Programs (STEP/C-STEP), Liberty Partnerships Programs, and Direct Institutional ("Bundy") Aid.

More than 315,000 students benefit from student aid each year. We must continue to tell our legislators why it is important for New York students and families. Our advocacy Web site enables you to do that quickly and easily.

In mid-January, New York's lawmakers will grapple with a \$6.8 billion deficit for a new State Budget for fiscal year 2010-11. As a student aid advocate, we will need to call on you to take part in our campaign to protect college financial aid.

Students are our state's future and one of the best investments, particularly in a time of economic recession. We must work together to safeguard their higher education opportunities.

Thank you.

The New York Student Aid Alliance

c/o Commission on Independent Colleges and Universities

17 Elk Street, PO Box 7289

Albany, New York 12224

Phone: (518) 436-4781

[mail@cicu.org](mailto:mail@cicu.org)

<http://www.cicu.org> - Higher education information for policy makers.

<http://www.nycolleges.org> - Admission and financial aid information for students, families, and counselors.

Submitted by: Susan Goetschius

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### Saxon Inn Closing Dates Over the Holiday Break

The Saxon Inn will close on Friday, Dec. 18 and will reopen on Tuesday, Jan. 5. If you would like to make a reservation please e-mail [saxoninn@alfred.edu](mailto:saxoninn@alfred.edu) or call 871.2600 to leave a message. Messages and e-mails will be checked periodically over the break.

Happy Holidays!

Submitted by: Saxon Inn

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### Beginner Yoga Class

The Hornell YMCA will hold two beginner Yoga classes starting Jan. 4. The Classes will be held Monday and Wednesday evenings from 3:45-4:45 and 5:15-6:15 in the North Hornell Elementary School multipurpose room.

YogaFit certified instructor Sherry Harnas will begin with Foundations, a gentler, slower paced practice easing muscles into a greater range of motion. More time is spent in each pose refining proper alignment, awareness and breath. Class will progress into mixed level vinyasa which is appropriate for all experience levels.

Every class builds on the knowledge from the previous class. This way you will develop much more deeply into the positive experience of yoga that yoga offers your body and mind week by week. Each class will be different, building off of the poses learned from week to week.

This class assumes little or no prior knowledge of yoga and welcomes those who may feel as if they have to be flexible, athletically built or strong to participate.

Learn basic yoga postures, breathing techniques, relaxation and meditation to reduce stress, increase energy, lose weight and lift your mood while increasing flexibility, balance and strength.

Students who have begun a regular yoga practice comment on weight loss, relief from chronic pain, ease of depression symptoms, and increased self-esteem as a few of the benefits they've enjoyed during this beginner series.

Class size is limited so sign up early. Contact the Hornell YMCA for further details at 324-5520.

<http://yogaknoxville.com/...>

Submitted by: Deborah Clark

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### **Classic Family Movie: The Polar Express (2004)**

Saturday, Dec. 19 at 10:30 a.m.

Nancy Howe Auditorium at the David A. Howe Public Library, 155 N. Main St., Wellsville

The 2004 animated version of the beloved Christmas book by Chris Van Allsburg is for all ages. A magical train ride on Christmas Eve takes a boy to the North Pole to receive a special gift from Santa. This library-sponsored movie is free and open to everyone.

Submitted by: Deborah Clark

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