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What's Happening?[More Events...](#)

| TODAY | TOMORROW | WEDNESDAY |
|---|---|---|
| 9:00 Tai Chi Master is Back in Alfred! | 9:00 Tai Chi Master is Back in Alfred! | 9:00 Tai Chi Master is Back in Alfred! |
| 3:45 Zumba@ Fitness Class | 7:00 Wingate Memorial Carillon Recital | • Art Day Camp |
| • Art Day Camp | • Art Day Camp | • English Equestrian Camp - Residential |
| • English Equestrian Camp - Residential | • English Equestrian Camp - Residential | • Football Camp II |
| • Football Camp II | • Football Camp II | |

Summer Blood Drive Scheduled

Community Blood Bank and the Human Resources Department are holding a Blood Drive in the Knight Club on Thursday, July 18 from 11 a.m. - 3 p.m. and need donors.

Community Blood Bank serves our local area and all donations received are provided, free of charge, to local hospitals like Jones Memorial, Wellsville. Your help with this worthwhile project is greatly appreciated.

If you can donate and would like to schedule an appointment please contact Mark Guinan, Director of Human Resources at xt. 2909

Submitted by: Mark Guinan

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Shredding Service Day Scheduled

Office and Procurement Services has scheduled Cintas Document Services to come to campus on Thursday, July 18 from 8:30 a.m. - noon to provide bulk shredding services.

Cintas will supply a secure truck equipped with state-of-the-art shredding technology that will destroy all confidential or sensitive documents before leaving our site. The truck will be located in the parking lot behind Carnegie Hall and departments should bring their documents directly to that site.

This service is being offered at no cost to departments and we hope you will participate in this event.

If you have any questions please contact Office & Procurement Services at x2698.

Submitted by: Susan Peck

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Carillon Recital Tuesday, July 16

The second performer of the Wingate Summer Carillon Recital Series will be Sally Harwood. Harwood is assistant Carillonneur at Michigan State University.

Her program, "Shall We Dance?," includes classical pieces, dances from the Old World and the Americas, and the popular hits "Moonlight Serenade," "Dancing Queen," and "Twist and Shout."

The recital is free and runs from 7 to 8 p.m.

The series is generously funded by the Margaret Merrill and Ray Winthrop Wingate Memorial Carillon Foundation. Dr. Ray Wingate was AU Professor of Music for 56 years.

Submitted by: Laurel Buckwalter

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Faculty/Staff Meal Plans

Dining Services is once again offering meal plans for Faculty and Staff to use on campus!

Block Meals - All-you-care-to-eat meals in Ade Dining Hall. Meals are good for breakfast, lunch, or dinner during regular serving hours and are valid until May 5, 2014.

Block of 10 Meals - \$60

Block of 20 Meals - \$100

You can begin using your Faculty/Staff Meal Plan when Ade Dining Hall opens for summer camps on Monday, June 24 - the schedule for each week varies and will be posted at the front door. Those without a Faculty/Staff plan are welcome to purchase individual meals at the regular rate.

You can purchase a meal plan at Cyber Fresh Cafe from now until Friday, June 21 from 8:30 a.m. - 1:30 p.m. We accept cash, checks, and credit cards. After June 21, plans can be purchased at Ade Dining Hall through Friday, Aug. 2, 2013.

Submitted by: Michelle Miller

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Wild Parsnip/Hogweed

Please take care outdoors this summer to avoid Giant Hogweed and its cousin, Wild Parsnip. Skin contact can cause rather nasty burns. Giant Hogweed should be avoided at all costs. Wild Parsnip should be destroyed at root level.

The following is a link to the DEC identification page for Hogweed, and includes photos of Wild Parsnip as well. They look like oversized Queen Anne's Lace. Giant Hogweed grows to 14 feet in height, so it's usually easy to avoid, but Wild Parsnip grows to 5 feet and looks like a pretty wildflower.

Wild Parsnip causes burns on contact with the sap. Washing your skin doesn't fully rid you of the chemical, and UV exposure causes additional burning (phytophotodermatitis). Sunscreen is a must. The burns can include blisters. You may notice that any sun contact causes a burning sensation.

It appears to be everywhere and is flowering right now. It's on campus, along routes 21 and 244 at the roadside and in fields. Please take care outdoors as the plants may be damaged or crushed and leaking sap.

Contact Environmental Health and Safety for removal and treatment; 607-871-2190

Link: <http://www.dec.ny.gov/animals/72766.html>

Submitted by: Cherise Haase

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Healthy Living Tip for July

As the sun and fun of summer takes you outside, be sure to follow safe practices to avoid sun related injuries and illnesses.

Attachment: [Wellness_Newsletter_July_2013.pdf](#)

Submitted by: Mark Guinan

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Zumba Fitness Classes Move to Davis Gym for rest of summer

Join instructor Denise Eck for Zumba Fitness Classes at 3:45 p.m. in Davis Gym, Mondays and Thursdays from July 8-Aug. 8. Cost for AU and ASC faculty, staff and students is \$3 per class. No need to sign up in advance, just come join the fun.

Join the Alfred Zumba Fitness Facebook page to get class updates!

Link: [Alfred Zumba Fitness Facebook page](#)

Submitted by: Susan Goetschius

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New Hires, Position Changes June 2013

New Hires:

W. Richard Stephens, provost and vice president, Academic Affairs
Bruce B. Rosenthal, director, School of Business
Michael E. Oyer, groundskeeper/landscaper, Physical Plant
Dale R. Watson, groundskeeper/landscaper, Physical Plant

Position Change:

Katherine A. Price, Student Accounts representative, Student Service Center

Submitted by: Deborah Clark

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Tai Chi Master is Back in Alfred!

Tai Chi master Guigang Liu is back in Alfred and will give 3 sessions of Tai Chi classes from May to October! The schedule is as follows:

Spring Tai Chi class: 6 weeks from May 13 to June 21, 9-11 a.m. weekdays. Yijin Jing, Five-animal Exercises, 24-form Tai Chi, and Swimming dragon Tai Chi will be taught and practiced.

Summer Tai Chi class: 6 weeks from July 15 to Aug. 23, 9-11 a.m. on weekdays. "Swimming dragon Tai Chi Sword" will be added for this session.

Fall Tai Chi class: 6 weeks from Sept. 2 to Oct. 11, 9-11 a.m. weekdays.

There will be Tai Chi Performance in mid-September for Moon Festival Celebration.

Place: Village Bandstand. Main Street, Village of Alfred

These classes are sponsored by Confucius Institute at Alfred University and are free to the public!

Submitted by: Jing Zhu

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Free Binding Machine Etc.

The CDC is clearing out some unused items. We have a binding machine (w/splines) and black plastic magazine holders available to any office that could use them. Email Susan at meachams@alfred.edu if interested or have any questions.

Submitted by: Susan Meacham

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Family Program: Moreland the Magician as Klondike Dave

Tuesday, July 16 at 7 p.m.
Nancy Howe Auditorium
David A. Howe Public Library
155 N. Main St., Wellsville
585-593-3410

Moreland the Magician returns to our library with a new show and character to coordinate with the Summer Reading Program, Dig Into Reading.

"Klondike Dave" is a gold prospector from the Old West who's sure there is treasure buried at the Howe Library - and he's determined to dig it up! Help him find it during his program packed with magic, comedy, mystery, puppetry, and audience participation. Highlight of the evening is a musical melodrama starring volunteers from the audience!

Check out his other activities at www.davidmoreland.com. This library-sponsored program is free and open to the general public.

Submitted by: Deborah Clark

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