



Fiat Photo Feature

Letchworth State Park



Photo Credit: Caroline Jette

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Is Liberal Arts Education Valuable?

FYE Students Gather to Discuss Education

Logan Gee
Staff Writer

At the first plenary session of the semester, first year students from the FYE classes gathered to discuss and give their opinions on what the value of a liberal arts education really is.

The event started off positive when first year student Raymond Ortega explained why the word “liberal” was used to describe the type of education AU students were receiving.

“Liberal means liberty and liberty goes with freedom,” Ortega said. “We have the freedom to explore in our education.”

These students came to Alfred for just that reason: to explore and gain an education their way. But just how much of the education is the student’s way? Many students complained that they don’t understand why they need to take classes that did not pertain to their major, like general education requirements, or “gen eds.” First year students felt that general education requirements make it harder to do what they want to in college and really limit the feeling of freedom in education.

Several students commented on sports being the main reason why they came to Alfred. With the work from classes they don’t

want to take, managing sports and school work has become a juggling act that some have had to step back from.

“I didn’t want to stop playing, but I needed to pass these classes,” a student remarked at the session.

A few first years responded to those with complaints about general education requirements. “The school cares about helping us learn and these classes expand that learning,” Meredith Prato said. Desiree Bojanowski followed with saying, “these classes allow us to be exposed to new things. We can find out that we like things we thought we hated.”

Studying a wide range of subjects will only give students more experience for future job opportunities after school. Dr. Juliana Gray, associate professor of english and director of the first year experience program, commented on this saying, “most of the students in our FYE session seemed enthusiastic about opening themselves to new kinds of information and experiences, which is an important choice that will have value for them throughout their lives.”

When students were asked what they thought about the ple-

nary session overall, Nellie Burch replied with, “it was alright. It was very interesting to hear all of the debating.” Haley Ruffner said the discussion was “engaging and thought provoking,” which was one of the main goals of the event.

Jennifer Posener, assistant dean of the college of liberal arts and sciences, also commented on the event saying, “while often spirited, and although some opposing views were expressed, students also had the opportunity to see that Alfred University is a place where dissenting views can be discussed and debated.”

And that’s what Alfred University is: a place where people can express themselves and pursue their personal interests. Sure, there are a few challenges in the way, but in the end, they will only make students strong and allow them growth. The session ended with a few unanswered questions. But one question of the value of a liberal arts education was answered through every comment and disagreement. The true value is what you make of it.

Suicide Awareness and Prevention

Desmond Davis
Staff Writer

A group of Alfred University students and faculty got together to discuss the topic of suicide and what the Alfred community can do to prevent it.

“It’s about prevention, intervention and postvention,” said Dr. Stanley Tam, director of counseling at the wellness center.

Tam had the group name different types of risk and trigger factors, as well as warning signs to pay attention when concerns arise.

“These three things make up postvention... if we as a community can do our part in looking out for the risks and trigger [factors], it’ll help people a lot.”

A majority of the talk was spent on covering the skills needed to successfully intervene in situations where suicide can be an outcome.

“It’s about having an ear to listen. If someone doesn’t seem to be doing okay, be willing to jump into action and interact,” said Tam.

An important portion of the intervention stage is having a solid understanding of the ‘3 Qs,’ something Tam described as “a clear way to discuss this topic with the person

you’re concerned about.” The 3 Qs consist of three clear questions that will help the student that is asking get a better understanding of how serious the person of concern is about the thought. “Have you ever thought of committing suicide? Have you attempted suicide before? Do you have a plan to harm yourself?” are the series of questions Tam presented to those in attendance.

Throughout the talk everyone shared their ideas and opinions on how to address the topic of suicide, and some even gave personal experiences of having friends who went through it or family who went through it. The people in the talk ranged from students and RAs, to even some staff and faculty from Alfred University’s Residence life. Another concept that was brought up was the ‘triage’ idea. “If you want to be a little more sure before you address someone you may not know too well... share your concern with a friend of that person,” Dr. Tam explained. “It also helps get more of a closer community involved to show support for anyone who may be struggling.”

Near the end of the talk the group discussed the concept of postvention that takes place in cases where suicide has been attempted. “Rebuilding community is so necessary in times like that... regardless if the person of concern was successful or not, making that community stronger than it was is so key to help heal and grow,” Tam told the group. Dr. Stanley also explained that in situations where ending one’s own life was attempted, community rebuilding can be needed for the people of that community also. “I say ... it’s important because it’s a very shocking and emotional experience for those who are involved and those who aren’t but happen to live within the area, like residence halls,” Tam said while discussing the topic.

A couple examples that were given by the group of strong communities that can help in times like these were: churches, local communities, Residence Life and of course the counseling center here at AU.

From beginning to end, there was a great level of transparency and discussions took place

that normally wouldn’t take place outside a setting like that. “I enjoyed having the group we had,” said Tam. “Groups like this that aren’t too big give way to great discussions and cause a greater sense of openness.”

For more information about what was discussed during the talk, or to make an appointment at the counseling center, contact the Alfred University Wellness Center. The Wellness Center is located at 19 Park Street in Alfred. Appointments are recommended and may be made by calling (607) 871-2300. They are available Mon - Fri: 8:30am to 12:15pm; 1:15pm to 4:30pm. Counseling Services will make every effort to provide prompt service. Initial appointments with a counselor are made as soon as possible, usually within a week. Emergencies, of course, are seen immediately.

FIATLUX

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Meet Steve Smith

Franchesca Feliz
Editor-in-Chief

AU’s new assistant director of residence life describes himself as optimistic, relaxed and passionate and he’s very excited to take on this new title.

“I was looking for something new and challenging,” said Steve Smith. “I was excited about that prospect.”

Smith, born in St. Louis, M.O. and raised in New Jersey, admired his grandmother for her passion, empowerment and intelligence. He says he wishes to be “that driven” at 60-70 years old. He made the impulsive decision to go into a student affairs career, and so far, he has been very proud of the outcome. He has had two other jobs in the field. Smith says he enjoys it because he can make a difference in someone’s life.

Smith completed his undergraduate studies at Temple University, where he was a Resident Assistant, and then went on to Northeastern University for graduate school.

“Choosing a career path was tough for me,” Smith said. “I never thought I would go into residence life full time, but here I am.”

In his free time, Smith enjoys watching sports like football and hockey. His favorite teams are the New York Giants and the Philadelphia Flyers. Since he relocated for the job, he’s also trying to start hiking.

“I’m trying my best to get into hiking,” Smith said. “So far, it has been moderately successful.” Smith also says he is a “netflix guy” and enjoys watching spy and heist movies. But when asked what he doesn’t like to do, he had to think hard.

“Damn it,” he said. “I just hate going to bed early. I hate it. It would be great if you can go to bed as late as you wanted.”

Although Smith feels like going into student affairs was the riskiest decision of his life, he has enjoyed himself at AU so far. He says he feels like this is the most satisfying point of his life..

“The most satisfying point in my life? I think right now,” said Smith. “Is that true? I think that’s true. Let’s go with right now.”



Photo Credit: alfred.edu



Walter McConnell
ITINERANT EDENS: OF FABLE AND FACSIMILE

September 12 - October 18
American University Museum at the Kazen Arts Center

September 28
5:30-6:30 pm
*Gallery Talk with Walter
McConnell*

Meet the artist and discover the process behind
his large-scale moist clay installations.

Walter McConnell is represented
by [Cross Mackenzie Gallery](#).

A concurrent exhibition of the artists work is
currently on view.

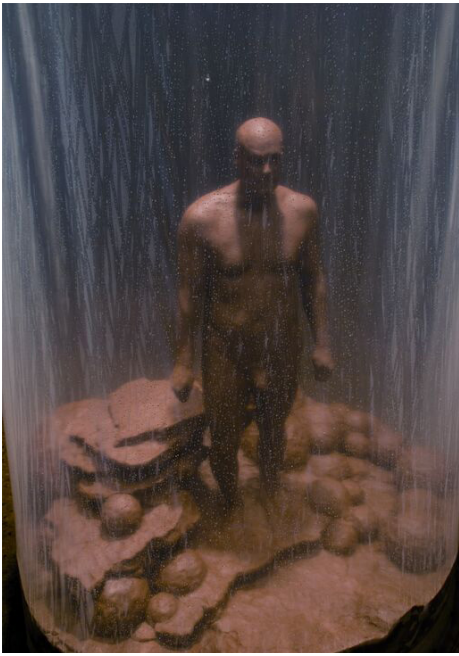
About the Exhibition

A series of male figures derived from familial models are central to Walter McConnell's installation *Of Fable and Facsimile*. Rendered in moist, unfired clay and sealed in terrarium-like plastic enclosures, McConnell's earthen bodies appear fragile, apparitional — sustained momentarily in their fictional landscapes — positing impermanence as the inevitable condition of natural systems.

The figures in the installations are digitally scanned and prototyped from live models including the artist, his 83-year old father, and his nephew, representing three generations of male family members. A full body scanner housed in the School of Human Ecology at Cornell University, produces the files; prototyped models are CNC milled or 3D printed, plaster molds are made. The figures appearing in the installation are terracotta clays, cast and pulled from these

molds.

Walter McConnell is best known for his moist clay installations housed in plastic enclosures that address the relationship between nature and culture. His work has been widely exhibited internationally and in venues across the U.S. including The Denver Art Museum, MassMoca, and the Philadelphia Museum of Art.



About the Artist

Walter McConnell is best known for his moist clay installations housed in plastic enclosures that address the relationship between nature and culture. His work has been widely exhibited internationally and in venues across the U.S. including The Denver Art Museum, MassMoca, and the Philadelphia Museum of Art.



Image credits: Top: *Itinerant Edens: Fountainhead*, 2008; Detail from *Maelstrom*, 2010; *Perpetual Spring*, 2004. Moist clay in plastic enclosures, plywood, polystyrene, light. Dimensions variable. All images courtesy of the artist and Cross Mackenzie Gallery.

Autumn’s go to Flavor Should Stop Somewhere, Right?

Hannah Sweet
Danielle Hickin
Staff Writers



Elaf Ahmad
Swedish exchange student
Taking extra classes for fun
“I’m an exchange student from Sweden so I don’t know...if you had like curry on it?”



Jennifer Cox
Psychology major
Senior
“I think a shorter answer would be what is allowed to be pumpkin spiced. I will accept cookies because cookies is a medium that starts with a base and then flavor is added to it...but otherwise, if I cannot draw a connection back to the pumpkin, it should not be pretending to be a pumpkin.”



Jenepher Estrella
Athletic Training
Freshman
“Um, I guess pumpkin spiced meat? Yeah, so that would be it.”



Atwoun Ackerley
Academic Exploration
Freshman
“Oh man, I don’t know...I really don’t know.”



Sarah Little
Communications major
Senior
“What should not be pumpkin spiced? Like a drink or food? Potato chips.”



Tom Halladay
English major
Junior
“Everything. I’ll say everything, yeah. Have you ever had alcohol that is pumpkin spiced flavor? It’s the worst thing in the world.”



Professor Melissa Ryan
English professor
“I can’t think of anything that shouldn’t be pumpkin spiced flavor...candles, bagels..these are all things in my house that are pumpkin spiced flavor. I don’t know, I guess a pumpkin spiced hot dog? That would be pretty gross.”

There’s Chinese Medicine in Harry Potter?

Cheyenne Rainford
Managing Editor

What does traditional Chinese medicine have to do with the world of Harry Potter? A great deal, as it turns out.

Acupuncturist, Kevin Ferst spent the evening of Sept. 10 in Herrick Library demonstrating the healing properties of herbs and correlating them to the Harry Potter universe.

“Some of the ideas of Chinese medicine seemed like you could describe them in the framework of Harry Potter,” said Ferst.

He began by explaining the Doctrine of Signatures, which basically says that the shape or color of an herb corresponds to the shape of the organ it can treat. For instance, ginger root is shaped like the stomach and is good for stomach ailments. Red gogi berries are good for blood disorders.

The Doctrine of Signatures can also be applied more abstractly. Spiky herbs like bupleurum can be used to treat seizures. The avocado is used for assistance in meeting dietary recommendations during pregnancy.

Ferst recalled the scene from Harry Potter and the Cham-



Photo Credit: ios9.com

ber of Secrets wherein Harry and his classmates learn to repot man-drakes, which are later used in the treatment of petrified students. The film is not so far off from reality.

While real-world man-drakes don’t screech, they are used to treat hypertonicity, a condition involving difficulty in extension or flexion of the muscles.

Ferst impressed even the

most diehard Harry Potter fans when he referenced the knee-reversal hex used by Gertie Keddle in Quidditch Through the Ages. He paralleled this with a real-world condition called tuberculous arthritis which can cause the knees to appear to be on the opposite sides of the legs.

In Chinese medicine, tuberculous arthritis is called crane’s

knee wind and can be treated with cinnamon.

Ferst also explained the restless organ condition which describes someone with visceral agitation who experiences frequent sorrow and weepiness. To any Harry Potter fan, this is reminiscent of Moaning Myrtle. The aim in treating this condition is to return drifting souls to a normal bodily attachment.

At the event’s conclusion, I had the chance to speak with AU alumni, Scott Patrick and his daughter, Lanna, 11, who is currently working her way through the fifth Harry Potter book, Harry Potter and the Order of the Phoenix.

Wand in hand, Lanna explained that she is a big fan of the series and even celebrated her 11th birthday with a Harry Potter themed party. She is also the proud owner of 3 magic wands, all handmade by her father.

“I just use a belt sander and a drill,” said Patrick. Ollivander would be proud.

Ask the Dining Director

What should I do if I have a food allergy or intolerance?

John Dietrich
Director

Answer: AVI Fresh at Ade dining hall is now featuring a brand new station called Clarity - a concept designed around the eight major allergens: nuts, tree nuts, dairy, eggs, fish, shellfish, wheat and soy. Clarity is equipped with a toaster and microwave to be used for items only found at this station. Students can now enjoy well-rounded and healthy entrees without the worry!

Watch for allergen labels on menu items throughout all dining operations. If you still have some concerns please contact:

Executive Chef Gretchen Mayer
gmayer@avifoodsystems.com

or

Director John Dietrich
jdietrich@avifoodsystems.com

Alumnae Athletes: Come back ‘Home’ and experience a special weekend welcome!



Thank you for sharing your memories and photos of the history of women in athletics at Alfred! Please continue to submit your stories, photos or memorabilia to our University Archivist Laurie McFadden at mcfadden@alfred.edu. To see the history of Alfred’s women athletes come to life, please visit <http://herrick.alfred.edu/index.php/women-athletics-history> to learn more about the pioneering efforts of our alumnae athletes.

We hope you will join us in Alfred for Homecoming on Saturday, Oct. 3 to celebrate the culmination of this project and the induction of the 2015 Hall of Fame members! We will have a complimentary reception (registration required please) in the Connors Family Pavilion near Merrill Field at Yunevich Stadium

to recognize the accomplishments of AU’s women athletes from 11:30 a.m. to 12:30 p.m. Representatives of our alumnae athletes will take part in the coin toss prior to the 1 p.m. football game vs. Morrisville. Hall of Fame swimmer Mary Beth “Dooley” Horsington ’76 will be our featured speaker at the Hall of Fame reception and dinner in Ade Hall beginning at 5:30 p.m. (Tickets are required for the Hall of Fame reception and dinner event.)

To view the full schedule of Homecoming events and register for any of our Homecoming events, please visit <http://www.alfred.edu/alumni/homecoming.cfm> or contact the Office of Alumni Engagement at 607.871.2144 or alumni@alfred.edu. Photo Credit: www.alfred.edu

Soumahoro Scores Hat Trick En Route to Topping Fisher



Brandon Harrison
Staff Writer

Box Score ROCHESTER, NY--Oumar Soumahoro (New York, NY/Martin Luther King) notched his first career hat-trick en route to leading the Saxons over the St. John Fisher Cardinals, 4-0.

Soumahoro's goals were the first three of the game, scoring in the 25th, 29th, and 50th minutes. The

first goal was unassisted. In the 29th minute junior Graeme Corrigan (Troy, NY/Troy) was on the other end of the goal to put the Saxons up, 2-0. The Saxons took the 2-0 lead into the locker room.

Soumahoro completed the hat trick in the 50th minute on a pass from senior Omar Mohamed (Kukuma,

Kenya/Edison Tech). Sophomore Cody Cronmiller (Livonia, NY/Livonia) sealed the fate of the game in the 84th minute on an unassisted goal.

Sophomore Chris Gutierrez (Holbrook, NY/Sachem East) played the entire game in goal for the Saxons facing two shots on goal and turned

them both away.

AU (5-1-1, E8 1-0-0) is off until Wednesday when they travel to take on Kings College (PA) on the road.

Meet Richard Lander

Desmond Davis
Staff Writer

Richard Lander is an engineering student who has one strong passion besides school work, and that's soccer. A junior here on campus, Lander is a key piece to this year's men's soccer team, which currently has a winning record. During the interview, Lander shared about a procedure on his neck that took place when he was four years old.

"It was a spinal fusion that required the implementation of a metal rod," Lander explained.

The question was brought up about using that surgery as motivation throughout life, and Lander responded, "Nope. My motivation is simply my passion for soccer."

Lander also spoke on his K-12 experience, explaining how there were no issues growing up with the friends he had.

"Honestly, people in my school were pretty cool and I had great close friends so I had no worries."

Throughout this interview, Lander



was smiling the entire time, even when discussing something as serious as surgery at the age of four.

When asked about the team and their record so far, Lander's face lit up with excitement as he gave a response.

"I love it," said Lander. "It shows what can happen when we play together and play hard."

At the time of the interview, the team had well over 100 shot attempts and when asked about this, Lander explained how adding a bit

more teamwork will lead to more scoring.

"If we can keep playing together and make that extra pass before attempting to score, we'll get more points," said Lander. "The extra pass will set up players who are already talented at scoring with better windows of opportunity." Though Lander does love the team and school he's a part of, when asked about his first impression of Alfred University his answer was simply, "this place is really rural!"

At the end of the interview, Lander shared his favorite set of soccer moves that he likes to use during games.

"One is the cookie touch and the others the maradona, I use them the most". The cookie touch is a move were the dribbler fakes a pass with one foot then redirects the ball with the other to fake out a defender. The maradona is a soccer spin move named after a famous soccer player, Diego Maradona, who was known for using this move in play throughout his career. Finally, when asked about what he and the team would like to see at their games from fans, Lander encouraged fans to come out and support the team and have fun. "We definitely love having the support," said Lander. "We love when people are into the game as much as we are!"

You can find more information about the boys' soccer team and all Alfred University sports by checking out the athletic webpage at gosaxons.com.

Cheyenne Rainford
Managing Editor

In a recent campus-wide email, Dr. William Dibrell explained that the university will be embarking on a mission to define the AU “x-factor.” What is it about AU that attracts students and keeps them coming back?

The Strategic Planning committee is seeking to answer these questions. Student Affairs Vice President, Kathy Woughter weighed in on this committee and its goals in an interview on Tuesday, Sept. 8.

Q: In the email, it says that the Trustees have asked the Strategic Planning Committee to “lead a discussion with the campus community” about “holistic experiences that are unique to AU.” Can you elaborate on what that means?

A: “We didn’t have a consistent message,” said Woughter. Other schools define specific learning goals for their students, which is something AU needs to do as well. “You have to know your identity before you can market it,” she said.

Q: The email also cites the recent



study from the Brookings Institute stating that AU grads are going on to do economically better than their family’s income level would predict. Dibrell says the reason for this is some sort of AU x-factor. Can you speculate on what that x-factor might be?

A: “I think this process will help us find out what our x-factor is,” said Woughter. She cited several possibilities. “We have a really caring community and faculty ... our leadership development programs and our focus on diversity ... our effort to provide an environment where everyone is safe.”

Q&A with Kathy Woughter

Q: Why is it so important that the AU community knows of and understands its own uniqueness among other small universities?

A: Woughter explained that understanding this uniqueness helps the community deliver a “unified message” It can “help us bridge some gaps ... [and] collaborate better,” she said. Knowing the AU identity can also help determine where resources go, ensuring they are put toward those things which the community values most.

Q: Of the 5 desired outcomes listed in the AU Experience Committee Charge document attached to the email, the last is in regard to “full utilization of Alfred’s various geographic locations and properties.” Are there spaces the university is not using?

A: Woughter listed Foster Lake, the Bromeley-Daggett Equestrian Center trails and Pine Hill as some of the facilities she feels are under-utilized by AU students.

Q: How does the full utilization of our various locations and properties relate to defining our x-factor?

A: “This project will help us figure that out,” said Woughter. “This is the chance to test that.”

Q: How can students get involved with the Strategic Planning Committee?

A: “A lot of the work is already done,” said Woughter. “Any student can contact me or Dibrell.” Woughter also suggested that students wishing to contribute to the Strategic Planning Committee can reach out to the AU Experience Group, whose members include Director of New Student Programs, Tricia Debertolis and Senior Advancement Marketing and Annual Giving Officer, Jodi Bailey and Robert Graves.

“It’s important because whatever we decide is going to affect us for the next decade,” said Woughter.

Environmental Lecture: Food Lecture

Krystal Laskaris
Staff Writer

On Friday, September 11, Alfred University held its second Environmental Lecture of the year. This annual event hosted a farmer named Elizabeth Henderson who discussed the concept of food justice and why it’s important.

Henderson is an organic farmer who has one of the longest running Community Supported Agriculture (CSA) farms in her area, is a board member of the New York State (NYS) Farming Association, and is part of the Agricultural Justice Program.

Henderson began the lecture by asking the audience three questions. First, she asked who had ever worked in the food service industry to which nearly everyone in the room raised their hand. Then, she asked who had ever been unable to afford food for themselves or their family, to which a handful of hands were raised in answer. Finally, she asked who had ever gone hungry before due to poverty, to which a few hands were raised.

Next, she asked what the audience felt the definition of food justice was to which one young man answered, “food labeling transparency” and another woman responded, “access to nutritious food.”

Henderson went on to explain that food justice covered three aspects of food rights which included access to healthy, locally grown food for everyone, a living wage (above the minimum wage) for food industry workers which she called “the fight for 15,” and community control of food supplies run through community corporations or initiatives.

“Food should be a human right,” said Henderson. She said that the United States was the only nation other than Australia that still had not recognized food as a human right.

She characterized good food as food that is grown organically, free of GMO’s and GE’s. It is also free of antibiotics or hormones, is nutrient dense, and in season. However, she said that not everyone has access to good food or sometimes food in general – a state of living she called “food insecure.”

According to Henderson, 13 percent of families in NYS are food insecure and five percent are extremely insecure. 31 percent of children live in insecure households and that rate has held steady since 2008 despite the recovering economy. She went on to add that, despite these statistics, the government wants to cut the budget for food stamps dramatically which

would drop nearly two million people from the program.

Henderson also took a stance on the way the food service industry is run, stating that most of the people who are hired in that industry are from minorities, already poverty stricken individuals, or immigrants. She stated that she believed they should be paid more than the minimum wage so that they could get off of the food stamp program themselves and be able to purchase their choice of good foods since they themselves are food producers.

She went on to explain that farmers in general are often undervalued due to the fact that farmers usually don’t make more than a minor percentage off of their products. As a result, the country has gone from seven million farms in the United States in 1943 to only two million farms at present because it is nearly impossible to make a living at it. Most farms, she said, have at least one individual who works off of the farm in order to maintain a living wage.

In response to this, she explained that the CSA program brings in the community to help keep local farms afloat. She explained that the community would pay into the farm and get out a percentage of whatever amount of

food is produced that year. Therefore, in poor years, the community members would risk getting less food for their money but, in that way, the community shares the risks of farming with the farmers themselves. Henderson described a year in which her own CSA farm did poorly due to weather so that she offered the money back to the community despite the fact it would cripple the farm’s finances. However, she said that the community stood by the farm and did not take the money, thus making it possible for the farm to continue existing.

Henderson ended the lecture by impressing upon the audience the importance of the need for food to be a right so that no one should go hungry in a nation that has plenty of food to offer.



Photo Credit: Dylan Staniszewski