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## What's Happening?

[More Events...](#)

TODAY	TOMORROW	THURSDAY
9:00 <a href="#">Tai Chi Master is Back in Alfred!</a>	9:00 <a href="#">Tai Chi Master is Back in Alfred!</a>	9:00 <a href="#">Tai Chi Master is Back in Alfred!</a>
		12:00 <a href="#">AU and ASC are Getting Fit!</a>

### USPS Mail Pickup Change

Effective May 8, 2013 the U.S. Postal Service will begin picking up the U.S. mail at Office & Procurement Services located in Greene Hall at 3 p.m. Monday - Friday.

Departments should have their outgoing mail to Greene Hall between 1-2 p.m. for it to be metered that day.

The postal service will also begin picking up the mail from their recepticle in front of Carnegie Hall at 3 p.m. as well.

Should you have any questions please contact Mary Schaumberg at x2955.

Submitted by: Susan Peck

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### Reminder - Service Awards and Retiree Recognition Luncheon

This is a reminder that we will hold our annual Retiree Recognition and Service Award Luncheon on Friday, May 31 at noon in ADE Hall. All faculty and staff are welcome.

Please, if you plan to attend and have not done so already, notify Mark Guinan at [guinan@alfred.edu](mailto:guinan@alfred.edu) of your plans so that we have plenty of food for all.

Submitted by: Mark Guinan

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### Pool Hours for Next Two Weeks

Open/Lap swimming:

Week of 5/26: Tuesday and Thursday, 3-5 p.m.

Week of 6/2: Monday, Tuesday, and Thursday, 3-5 p.m.

Submitted by: Brian Striker

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### Judson Leadership Center Hours for 5/27-5/31

Monday, May 27 - Closed

Tuesday, May 28 - 8 a.m. - 3:30 p.m.

Wednesday, May 29 - Closed

Thursday, May 30 - Noon - 3:30 p.m.

Friday, May 31 - 8 a.m. - 3:30 p.m.

We will resume Summer Hours (8 a.m. - 3:30 p.m.) on Monday, June 3.

Submitted by: Heather Folts

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### John Cage on Carillon

In the next few days, campus members may notice some unusual music coming from the carillon. You might say to yourself: that sounds like John Cage, and you would be correct!

University Carillonneur Laurel Buckwalter will be working on John Cage Music for Carillon 1 (he wrote 5), as part of the Carillon Project Cage 100, sponsored by the Forum of Contemporary Music Leipzig. Cage's rarely heard music for carillon will be played on over 1,000 bells (at 40 locations) all around the world from May to August 2013. The performance will be part of the carillon recital at 4 p.m., Saturday, June 8, Reunion Weekend.

Submitted by: Laurel Buckwalter

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### Green Tip

You've probably heard that free-range chickens are kept in much better conditions compared to battery hens or closed-range farmed chickens. However, did you know that the eggs produced by free-range chickens are much healthier too?

According to Mother Earth News, free range eggs contain:

33% less cholesterol

25% less saturated fat

66% more vitamin A

Two times more omega-3 fatty acids

Three times more vitamin E

Seven times more beta carotene

Submitted by: Autumn McLain

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### Cyber Fresh Cafe Summer Hours

We are open until Friday, June 21. Come on over and see us.

8:30 a.m. - 1:30 p.m.

We offer value meals, salads, wraps, grill items, deli sandwiches, hot coffee, drinks.

Come on over we will be waiting for you.

Submitted by: Michelle Miller

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### Summer Carillon Recitals

Each summer the bells of the Davis Memorial Carillon ring out during the month of July. This year will be no different.

Our guest carilloneurs this year are Carol Jickling Lens from Colorado on July 9; Sally Harwood from Michigan on July 16; Tim Sleep from Illinois on July 23; and Philippe Beullens from Belgium on July 30.

Recitals are at 7 p.m. on Tuesdays in July. Bring a chair and enjoy!

Watch for more information, but be sure to save the dates!

Submitted by: Nancy Freelove

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### TIAA-CREF Consultant on Campus

You're invited! Jason Sciotti, Individual TIAA-CREF Consultant, will be conducting one-on-one, 45-minute, individual retirement counseling sessions on Thursday, June 6, and Wednesday, June 19, in the Human Resources Conference Room in Greene Hall. Let him help you make financial decisions that are right for you.

To schedule an appointment with Jason, Non-Statutory employees should call TIAA-CREF at 1.877.209.3144 and Statutory employees should call TIAA-CREF at 1.800.732.8353; remain on the line

for assistance.

Submitted by: Kim Wyant

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### **AU and ASC are Getting Fit!**

Lose weight and feel great in the community of friends from Alfred University and Alfred State!

Whether you are a current member of Weight Watchers or have not yet joined, join us at our At Work meetings each Thursday at noon in the Orvis Activities Center conference room at Alfred State College. (Convenient parking is available next to Orvis.)

At Work meetings are always fun, friendly, informative and fit into your work day's lunch hour. What could be easier? Join your fellow faculty, staff, and students in working toward that healthier lifestyle today!

Losing weight feels great, and is even more enjoyable when in the company of friends.

For further information, please contact Beth Turner by email at [turnerea@alfredstate.edu](mailto:turnerea@alfredstate.edu) or by phone at 607-587-4080.

Submitted by: Deborah Clark

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### **Swingin'2 the Oldies to Benefit Meals-on-Wheels**

The Allegany Senior Foundation is hosting a party to benefit Allegany County Meals-on-Wheels - Swingin' 2 the Oldies, Saturday, June 8, 4 to 9 p.m. at the Activities Center of the Alfred State College Wellsville Campus.

There will be a theme basket auction, cash beer and wine bar, and the Barbecue Bandits smoked turkey and pulled pork for dinner, beginning at 5:30. The Swingin' follows to the big band music of the Jazz Ninjas.

For more information or tickets, call the Office for the Aging at 585-268-9390.

Tickets for the event are \$15 each, or 4 for \$50. The Activities Center will be open Saturday from noon to 2 p.m. for those wishing to participate in the basket auction only.

Submitted by: Deborah Clark

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