ALMOND—The Alfred-Almond Central School Board of Education will hold a special presentation of its proposed capital project at 7 p.m. Tuesday, Nov. 8 in the high school auditorium.

A vote on the proposed $5.5 million school budget will be held from 1 to 9 p.m. Tuesday, Nov. 29 in the high school auditorium.

Unregistered eligible voters may register from 2 to 8 p.m. on Tuesday, Nov. 29 at the school. Absentee ballots are available from the District Office. Requests for absentee ballots must be made seven days prior to the vote, by mail, and one day prior to the vote, in person.

The proposed capital project includes installation of a new track surface and soccer field, alternative physical education rooms, library, auditorium, pool, and gymnasium.

The school board plans to apply $700,000 of the district’s capital reserve fund toward the $5.5 million project, and, with state building aid, is not expected to cause an increase in local taxes.

Meeting on Wednesday, Nov. 9 in the school auditorium, the A-A school board...
OBITUARIES

NOREEN D. HALL
Alfred-Almond C.S. graduate
HORNELL—Noreen D. Hall of Hor ne ll, died Tuesday morning (Nov. 8, 2011) at St. James Mercy Hospita l, following a brief illness. 

Born in Bingham, on Sept. 15, 1933, she was the daughter of Cash and Edith (Thomas) Davi son. Noreen grew up in Almond and was a graduate of Alfred-Almond Central School (class of 1951). She later attended Horn ell Business School. She was employed for many years in the credit department of the former Sears & Roebucks Store in Hor nell, retiring in 1978. She had been a member of Our Lady of the Valley Parish and a communicant of St. Ignatius Loyola Church and later St. Ann’s Church. Noreen was a former member of the Hornell Women of the Moose. She enjoyed following Hornell High School sports and was an avid Buffalo Bills football fan.

Noreen was married on Feb. 7, 1953 to Stanley Hall who died on Jan. 12, 2003. She was also pre - ceded in death by three brothers, Richard Davison, Robert Davi son and Melville Davison; one son, Carolyn Bead. Surviving are two sons, Stan ley (Roxann) Hall of Hornell and Joseph (Teresa) Hall of Hornell; three daughters, Yvonne (Daniel) Woodworth of Hornell, Nola (Alan) Funk of Richland, Wash., and Renee Whitney of Voorheesville; two sisters, Eleanor Gosper of Angelica, and Beverly Trimble of Almond; 13 grandchildren; 15 great-grand chil dren; her special friends, Danny D’Apice and Trevor Miller; several nieces and nephews.

The family of Noreen D. Hall received friends from 4-7 p.m. Friday, Nov. 11 at the Dagon Funeral Home, 38 Church St., Hornell, where funeral and commo nial services were held at the conclusion of calling hours at 7 p.m. with Deacon Robert Mc Cormick officiating. Burial was in St. Mary’s Cemetery.

Noreen’s family request that memorial contributions be made in her name be made to the Hornell Hu manity, 7649 Industrial Road, Hornell, N.Y., 14843. Memorial forms will be available at the Dagon Funeral Home. To leave an online con dence or share a memory, visit www.dagonfuneralhome.com.

Where’s the Beef? Porter’s Organic Farm now has Certified Organic Beef by the portion available at Sears’ Poultry Farm Store, Alfred ASC prof, grad pictured in photos of fall magazine

WELLSVILLE—An Alfred State College instructor and re cent graduate were pictured among the featured photos pub lished on the cover of Hornell Back To School News this fall: Jeff Patterson, a faculty member in ASC’s Building Trades De partment, is shown congratulating his student Mitch Splawski, Jamestown, class of 2010, who won a “Head of the Class” award in the HVAC (heating, ventilation, and air conditioning) category. As ASC’s top winner, Splawski received a tool valued at approximately $200. All stu dents in the class received a hat and were entered into a drawing for $500. Once each school term, Malco Products recognizes outstanding students who are graduating from an accredited HVACR course of instruction. The Malco “Head of the Class” program rewards top graduates with a significant tool prize from the Malco catalog, as well as a congratulatory certificate and, of course, a Malco cap! Splawski now works as a service tech ni cian for Mazza Mechanical Services.

ALLEGANY COUNTY—No matter what the disaster, the American Red Cross can help you prevent, prepare for, and respond in the most efficient way. Throughout Allegany, Cattaraugus, and Chautauqua Counties, local presenters can provide education free of charge to help the public become more prepared in case of a disas ter. “Be Red Cross Ready” provides basic preparedness information for adults. This program represents the cooperative efforts of the American Red Cross and the U.S. Department of Homeland Secu rity’s Ready Campaign to encourage the public – and the community at large – to be more prepared for disaster or other emergency. If you are interested in scheduling a free preparedness class for your school, group or organization, please contact your local American Red Cross office in Jamestown at 716-684-5115, Olean at 716-772-5000, or Wellsville at 585-585-1513. The American Red Cross of Southwestern NY is a United Way agency.
**Talk on ‘Real Food’ planned for Dec. 5**

ALFRED—The Alfred Sustainability Working Group of Alfred Alive invites the community to a “Real Food” talk offered by Tim Koegel of Windy Ridge Natural Farms. The program will be held at 7 p.m. Monday, Dec. 5 at the Alfred Village Hall.

The workshop will explore and discuss methods and ramifications of the modern food supply system and its alternatives. Windy Ridge Natural Farms is a certified organic and pastured vegetable crops producer in Alfred. Windy Ridge owners believe in a return to traditional, non-processed and quality foods free from GMOs, pesticides, growth agents, other industrial chemicals and rich in unadulterated nutrients that support health instead of causing disease. Tim is the founder of the Southern Tier West Chapter of the Weston A. Price Foundation, which advocates a return to natural, unprocessed foods.

The Sustainability Working Group is preparing to launch an Alfred Community Tool and Task Share (ACTTS) early in 2012. The project might further develop into a local currency, a means of stabilizing local economies in an increasing number of municipalities in this country and around the world.

**Scene About Alfred**

By SHERRY VOLK

An occasional column inviting readers to identify the scene and appear at Tinkertown Hardware with the correct answer, the first of whom will receive a monster cookie. The identity of the event or scene will appear in the next edition of the ALFRED SUN.

**Order Your Fresh Dressed Poultry NOW FOR Thanksgiving!**

Turkeys – Capons – Roasters

For a few cents more, order your poultry stuffed with our own stuffing. All ready to pop into the oven. Directions and guarantee included with each bird.

All our poultry is stuffed under U.S.D.A. Supervision for your protection – plus we have 50 years of experience!

DEADLINE FOR ORDERS: 5 pm Saturday, Nov. 19

**SUNNY SIDE UP**

By ELLEN SHULTZ

Alfred Sun Columnist

Another quirky recipe from website

I guess the thing I like about my newly discovered web site, Recipe4Living, is that the recipes are so quirky—always a twist or something unexpected, like the lima beans in the last chili recipe.

Here is another I pulled off their site. I was looking for another pumpkin recipe to write about before Thanksgiving. This one filled the bill because it uses a crockpot and has Bisquick in it.

**Pumpkin Pie Pudding**

1 (15 oz.) can solid pack pumpkin
2 eggs, beaten
1 (12 oz.) can evaporated milk
2 T. melted butter
¾ c. granulated sugar
2½ tsp. pumpkin pie spice
½ c. Bisquick baking mix

In a large bowl mix together all ingredients. Transfer to crockpot coated with non-stick spray. Cover and cook on low for 4-6 hours until firm. (I haven't tried this one yet, but I'll bet a serving of the pudding would benefit from some whipped cream.)

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**University Hill Townhomes**

FALL OPEN HOUSE!

Saturday, November 19 from 10 - 12

Available only at this Open House, receive a coupon for 2 Months FREE RENT! 1, 2, and 3 bedroom townhomes have just been renovated & are move-in ready!

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**ALFRED—The Alfred State College WINS (Women in Non-traditional Studies) Club hosted visitor Shanley MacCrea, ’06, engineering science major and Architectural Engineering Technology Department chair, earlier this month to talk to the WINS Club members during the 20th annual Women in the Field Dinner. MacCrea, a project engineer at Dresser-Rand, Wellsville, spoke to students from the Computer Imaging and Architectural Engineering Technology Department about what her job entails, her pursuit of continued education, what is expected in the field, and which courses and college activities could help grads in their jobs. Pictured from left to right: Megan Brooks, Berwick, PA, senior and WINS co-vice president; Melanie Anderson, North Tonawanda, senior and WINS president; Katie Ward, Phoenix (NY), senior and WINS secretary; MacCrea; Katie Lange, Sanborn, junior and WINS treasurer; and Kaylie Cytworski, Buffalo, sophomore and WINS co-vice president. Joy Carlson, RA, AIA, ASC professor, Computer Imaging and Architectural Engineering Technology Department, is club adviser.**

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**Fire safety suggestion**

WELLSVILLE—The weather is getting chilly and it’s time to turn up the heat. Be conscious of your heating system to prevent fires. Do not cover heaters or furnaces with flammable objects.

If you have a fireplace and plan to use it, make sure the chimney is clean and safe to use by having it inspected. For more information, visit www.redcross-acc.org or call 585-593-1531.
The Founders and Thanksgiving

Guest Opinion

By Kenyon Cureton

When principals - like the one in Somerville, Massachusetts - are trying to ban holidays like Columbus Day and Thanksgiving from being celebrated, something is wrong with our view of American history. The principal wrote of her decision to ban Columbus Day: "For many of us it is significant that..." [Christopher Colum-
bus] is an insult and a slap to the people he annihilated. On the same lines, we need to be careful about celebrating Thanksgiving. Day as well.

But this argument ignores what the first Thanksgiving was originally - and still is - about. Thanksgiving was a time to give thanks for God for his bountiful blessings. Among the first American settlers, the Pilgrims were faithful to give God thanks. Pilgrim Ed-
ward Winslow expressed their gratitude in the fall of 1621: "God be praised, we had a good earth to yield its increase in" (Dwight Heath, ed., Mourt's Re-
ation: A Journal of the Pilgrims at Plymouth, [Bedford, MA, Ap-
wood Books, 1963], 82).

The Pilgrims invited Chief Massasoit and his tribe for three days of feasting, games and cele-
bration. The good relations the Pilgrims (and Puritans) enjoyed with the Natives lasted some 50 days of feasting, games and cele-
bration. That tradition of Thanksgiving grew in colonial New Eng-
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The problem with the Somerville principal's reasoning for banning Thanksgiving is that by claiming political correctness and sensitivity, one could easily forfeit nearly every holiday and celebration in America: The 4th of July could be condemned because the Declaration of Inde-
pendence didn't go far enough since it did not eradicate slavery; Veterans Day because of inno-
cents unintentionally becoming casualties of war; Where does the PC madness stop? Instead of allowing our found-
ations to drive what we think about ourselves, how about celebrating what we are? Like the time-honored and entirely appropriate celebration and tra-
dition of Thanksgiving!

Kenyon Cureton is vice president of the Family Research Council.
Assemblyman encourages support of small business Saturday, November 26

Assemblyman Dan Burling (R,C-Warwick) is encouraging holiday shoppers to support the second annual “Small Business Saturday” on Saturday, Nov. 26, a nationwide initiative which works to boost local economies during the Thanksgiving shopping weekend. The emphasis focuses on increasing awareness of small businesses and promoting local economies. The only way “that consumer spending accounts for over 70 percent of our economy, local purchases will be helpful to small businesses which are the backbone of our downtowns and main streets across New York.

“As a small business owner, I know that every purchase made at a local business can make the difference in helping a store owner keep and maintain their business,” said Burling.

“Your community has a wide variety of excellent small businesses that add to the character of this region and the health of our local economy. I ask the residents of the 147 Assembly district and across New York to take this opportunity to shop locally especially on November 26. We can start moving New York State forward by purchasing from local businesses during one of our best business shopping weekends of the year.”

For those interested in more information on “Small Business Saturday,” please visit their website at www.smallbusinesssaturday.com. It provides a full list of businesses participating in the program, ways to join the program and helpful materials for businesses interested in joining. As always, Assemblyman Burling urges constituents to contact him with concerns via email at burling.district@frontiernet.net, Facebook at facebook.com/AssemblymanDanBurling, or his district office in Warsaw at 585-786-0180.

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during the football season, this newspaper awards

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3. Georgia at Michigan
4. Nebraska at Wisconsin
5. Penn State at Wisconsin
6. Iowa at Minnesota
7. Minnesota at Georgia
8. Georgia at Alabama
9. Alabama at Tennessee
10. Tennessee at Arkansas

3. Washington at Seattle
4. Denver at San Diego
5. Pittsburgh at Kansas City
6. Chicago at Oakland
7. Baltimore at Carolina
8. Oakland at Jacksonville
9. Jacksonville at Tennessee
10. Tennessee at Carolina

the best entrant a $10 prize and bragging rights.
All readers are invited to enter. It's easy.
SUN mailbox on the porch of the home office located at 764 Route 244. Good luck, all!
ALFRED—The Division of Performing Arts at Alfred University will present four performances of Sam Shepard’s “A Lie of the Mind” on Nov. 16 through November, Sat. 19 at 8 p.m. in the CD Smith III Theatre.

Reservations are required. Tickets can be obtained by calling (607) 871-2828 or e-mailing performances@alfred.edu.

Set in the gritty, American West, this award-winning play explores family dysfunction and the nature of love after a severe incident of spousal abuse tears two families apart. Professor of Theater Stephen Greenthal, the production’s director, said that Beth Beth up so badly he thinks she is dead, which is not from the truth. Beth lies andBeth returns to their respective families to recover. For five other soldiers who lived to contemplate the personal

effects of war on each of us. It has consequently, of all wars. In the Center of the Dead: individual casualties in Iraq and Afghanistan since Sept. 11, 2001. Always Lost is committed to making music - all aspects of making music: he’s a dedicated songwriter who pens music and lyrics, he plays guitar, he sings. He is a sound engineer who arranges, mixes and records music.

The album ‘A Lie Searching' is a two year compilation in the making. The album is filled with a diversity of styles and influences, from slow ballads accompanied with sweet vocals and weeping strings to rhythmical fused pop/jazz songs that are impossible not to tap your foot to - from CD Baby. Learn more at www.andrewgreacen.com

On Saturday, Nov. 19, enjoy an evening of fresh new music on piano, ukulele and voice when Cherith Meeks performs at Black-Eyed Susan. She said, “Being a classical composer, I have a strong pull toward classical music and when I compose, I try to use interesting chord progressions and harmonies. I am drawn to simple arrangements, mixing chord progressions and harmonies...”

Cherith Meeks – Delightful pop and folk music on ukulele, piano and vocals on Saturday, Nov 19. Andrew Greacen – Soulful Acoustic Rock on Friday, Nov. 18 at Black-Eyed Susan Acoustic Cafe.

Andrew Greacen, a division of the Department of Cultural Affairs and the National Endowment for the Arts, awarded WNC a grant to support the project and reform it as a traveling exhibition.

Always Lost made its national debut at the University of Wisconsin-Madison the fall of 2010 and is scheduled to tour other venues through mid-2013. WNC dreams of sending Always Lost to all 50 states.

In spring 2011, US Senators Harry Reid and Dean Heller jointly expressed support of the project and invited the exhibition to Washington, DC. A generous donation by a longtime local business, the Carson Nugget, through its Community First Initiative, made it possible to replicate the exhibition for our nation’s capital.

Always Lost has evolved into a powerful meditation on the effects of war on each of us. It has become a sandbox to contemplate the personal costs and collective sacrifice of war. It draws us in, and consequently, of all wars. In the meantime, casualties continue to mount, and the Wall of the Dead continues to grow.
AU faculty, alumni participate in Denver event

ALFRED—Several Alfred University faculty members and alumni of the College of Ceramics at AU participated in a major ceramics symposium at the Denver Art Museum this fall.

The symposium, titled “Overthrown: The Loss of Ceramics in Contemporary Ceramics,” focused on the importance of ceramics as a contemporary art form.

Ezra Shales, associate professor of art history at Alfred University, participated in a panel discussion with “Overthrown” authors. AU’s College of Fine Arts and Design Professor Walter McConnell, a member of the AU faculty since 1986, and 2005 alumnus Del Harrow also participated in the symposium on the panel of ceramic artists.

Erickson is the Robert Chapman Turner Teaching Fellow in Ceramics at the University of Oregon. He holds a bachelor of fine arts degree in ceramics from the University of Pennsylvania and a master of fine arts degree in ceramics from the Cranbrook Academy of Art, Bloomfield Hills, Mich. His ceramic art has been exhibited across the United States and internationally.

McConnell is a ceramicist and professor of art. He earned a bachelor of fine arts degree in ceramics and painting from the University of Connecticut, Storrs, and a master of fine arts degree in ceramics from Alfred University. He has exhibited in galleries throughout the country and has received several artist grants and other awards for his ceramic work.

Harrow is currently an assistant professor of art at Colorado State University, Fort Collins. He holds a bachelor of science degree from the University of Oregon and is a graduate of the AU College of Ceramics’ master of fine arts program. His ceramic pieces have been included in solo, group and juried exhibitions nationwide.

Shales holds a bachelor of arts degree in Latin and Greek from Wesleyan University, Middletown, CT; a master of fine arts degree in painting from Hunter College, New York City; and a Ph.D. in decorative arts, design and culture from the Bard Graduate Center, New York City. He has published in several major art and design journals and has been featured in and written for several major museums and galleries across the country.

“Overthrown” is an annual event in which ceramics artists are invited to participate in a symposium and exhibit their work in Denver. The symposium, titled “Overthrown: The Loss of Ceramics in Contemporary Ceramics,” focused on the importance of ceramics as a contemporary art form.

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ASC wins marketing award

ALFRED—The Communication Department at the Alfred State College has been notified that its admissions promotional marketing materials captured a coveted Gold Award in the recent MarCom award competition. The competition received approximately 6,000 entries from throughout the United States and other countries. The Gold Award is presented to those entries judged to exceed the high standards of the industry norm. Approximately 18 percent of entries were gold winners.

The MarCom Awards is an international creative competition for marketing and communication professionals involved in the concept, writing, and design of marketing and communication programs and print, visual, and audio materials. The competition is open to all individuals, companies, and organizations involved in producing any kind of marketing and communication material for external or internal audiences.

The competition has grown to incorporate corporate marketing and communication departments, advertising agencies, PR firms, design shops, production companies, and freelancers. The competition has grown to perhaps the largest of its kind in the world. A look at the winners shows a range in size from individual communicators to media conglomerates and Fortune 50 companies.

MarCom Awards is administered and judged by the Association of Marketing and Communication Professionals (AMCP). This international organization consists of several thousand marketing, communication, advertising, public relations, media production, and freelance professionals. The Association oversees awards and recognition programs, provides judges, and sets standards for excellence.

Entries are judged by senior-level, experienced professionals: they are freelancers or own their own businesses, selected based on experience and availability. All work is evaluated solely on its own creativity, quality, and resourcefulness. Judges base their decisions on learned personal standards of excellence.

The mission of the MarCom Awards is to honor excellence and recognize the creativity and hard work of marketing and communication professionals.

Oftentimes, the success of a marketing or communications program is difficult to measure in terms of return on investment, so the MarCom Awards gives winners the opportunity to show that their work is highly regarded within the creative industry.

Nadine Hoover speaks

ALFRED—Alfred resident Nadine Hoover, educator and international consultant, was present to “Conscience Peace, and Healing: Always Local, Always Global” at the Alfred State College

JOINING Nadine Hoover on the Friends Peace Team to Indonesia were former Alfred residents Sharon and Dean Hoover (front), AU grad Teresa Longya, Autumn Star, Sarah Rozard and Nicholas Rozard.

Do you Use Viagra or Cialis? Stop over paying for Viagra! (save on average $15.00 per pill) The POWER PILL delivers the exact same results for less than $3.00 per pill. Purchase 40 Pills for $99.00 PLUS receive 4 more pills free! Orders shipped fast and delivered to your home in unmarked packaging. (Offer comes with a no questions asked money back guarantee)

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Alfred Village Band concerts at 7:15 p.m. Wednesdays month from 7-10 pm; Cafe opens for light meals at 6 pm. Music Saturday, Oct. 29--Project Jenny, 10 p.m. Knight Club, Powell Main St., Angelica. Free admission. For tickets, unless otherwise noted, Members - $12, Non-Member - $14. For tickets, visit: www.WellsvilleCreativeArtsCenter.com or call 585-593-3000. AU Jazz Band presents a concert at 9 p.m. Saturday, Dec. 3 in the Knight Club, Powell Campus Center, AU campus. AU Symphonic Band works in concert at 8 p.m. Friday, Dec. 9 in Miller Theater, Miller Performing Arts Center, AU campus. AU Chorus ,Chamber Choral groups, meets monthly. Call 871-2175 for info. AU student comedy troupe, “Alfred Comedy Project,” meets 7:30 p.m. Mon – Thurs 11 am  – 9 pm. Admission, phone 607-466-7070. Maple Leaf Harmonizers, open 5:30-7:30 p.m. Monday evenings from Oct. 17 through Dec. 19. In Trinity Lutheran Church, 470 N. Main St., Wellsville, on the first Saturday of each month at Wellsville Community Center. For information on making or classes, call 585- 593-3579. Southern Tier Fiberarts Guild, founded in 1983, meets at Trinity Lutheran Church, 470 N. Main St., Wellsville, on the first Saturday of the month from 11 a.m. to noon. A new monthly of July and December is “Yarn with a Purpose” with guest speakers or classes. Free. Call 871-2412 to join or e-mail info@angelicasweet shop.com or call Nancy Luger at 587-9449 or visit black-eyed-susan.com. Maple City Cafe, 35 N. Main St., Alfred. Open Mon – Thurs 11 am – 9 pm, Fri – Sat 11 a.m. – 10 p.m. 1st Thursday of every month from 7-10 pm; Cafe opens for light meals at 6 pm. Music Saturday, Nov. 19--Cherith Austin for light meals at 6 pm. Music Saturday, Oct. 29--Project Jenny, 10 p.m. Knight Club, Powell Main St., Angelica. Free admission. For tickets, unless otherwise noted, Members - $12, Non-Member - $14. For tickets, visit: www.WellsvilleCreativeArtsCenter.com or call 585-593-3000. AU Jazz Band presents a concert at 9 p.m. Saturday, Dec. 3 in the Knight Club, Powell Campus Center, AU campus. AU Symphonic Band works in concert at 8 p.m. Friday, Dec. 9 in Miller Theater, Miller Performing Arts Center, AU campus. AU Chorus ,Chamber Choral groups, meets monthly. Call 871-2175 for info. AU student comedy troupe, “Alfred Comedy Project,” meets 7:30 p.m. Mon – Thurs 11 am  – 9 pm. Admission, phone 607-466-7070. Maple Leaf Harmonizers, open 5:30-7:30 p.m. Monday evenings from Oct. 17 through Dec. 19. In Trinity Lutheran Church, 470 N. Main St., Wellsville, on the first Saturday of each month at Wellsville Community Center. For information on making or classes, call 585- 593-3579. Southern Tier Fiberarts Guild, founded in 1983, meets at Trinity Lutheran Church, 470 N. Main St., Wellsville, on the first Saturday of the month from 11 a.m. to noon. A new monthly of July and December is “Yarn with a Purpose” with guest speakers or classes. Free. Call 871-2412 to join or e-mail info@angelicasweet shop.com or call Nancy Luger at 587-9449 or visit black-eyed-susan.com.
By KELLY McNAMARA
Alfred University student

ALFRED—Poor food habits can be tackled easily by making one small change at a time, according to Erika Clark, the clinical nutrition manager at St. James Mercy Health System in Hornell.

"Make one change when you learn about the health benefits," Clark said."Once it becomes a habit, make another small change to your routine."

Clark, a certified dietician nutritionist, presented a workshop titled "You are what you eat," at AU's Women's Conference 2011. Clark has gained much knowledge in the area of good eating habits and steps to take towards living a healthy lifestyle. She provided attendees with information about diseases, unhealthy foods and tips for becoming a healthy eater.

Clark emphasized that drastic changes like dieting aren't essential for people looking to improve their health. "Small, consistent changes will lead to great results."

"People need to focus on one thing at a time," said Clark.

The United States had the highest obesity rate in the world, according to Clark. People are eating too much food, eating the wrong type of food. Fats are found in Americans' favorite foods such as meats, potatoes, fries, or any form of fried food.

People can easily eat more calories from these fatty foods in one meal than the total number of calories they should eat in a day. Sodium also is an issue, because it is found in every processed food we eat. The typical American consumes 2 teaspoons of salt each day, when the recommended amount is 1 teaspoon, that's double the amount. Fat and sodium in excessive amounts is what causes people to gain weight.

Then there is sugar, which consumed to an extreme amount can cause diabetes. There is so much sugar in a can of soda, that it takes two glasses of milk to replenish a person's calcium level.

Sugar, salt and fat have led eating three to five servings of veggies daily, high blood pressure, high cholesterol, and become obese. These are real problems, and the only way to get rid of these health issues, is to change one's eating habits.

"People used to come to me for help losing five pounds before an event they were attending," Clark said. "Now they're coming to me because they have these diseases."

Food intake has increased tremendously. In fact, the calories in foods have almost doubled in the past two years. For example, people's calcium level today is 3 inches bigger with 210 more calories than the average in 1989. Clark said that Americans today will eat two cups of spaghetti and three large meatballs, compared to only one cup and three small meatballs. Our portions have gotten much larger, but they don't need to be.

She informed us that when you serve yourself food, you should choose a smaller plate to make it seem like you're taking more food than you actually are. Another way to cut down is to cook your own foods.

Americans can live a fast-paced culture, and therefore rely on cheap high-calorie, large portion, and low nutritional valued fast-food. Cutting fast-food out of your diet will make a great difference.

What else can be done to improve one's health and be better about using habits? Clark stresses that individuals should get active and go to the gym, play a sport or simply walk.

Also Clark stated, "People should make one small change in their life, and then once it's a part of your life, choose another one."

Additional suggestions include: drinking 2 percent milk rather than whole milk, five servings of veggies daily, cutting out empty calorie items like soda, which have no nutritional value, eating egg whites for protein without cholesterol.

When a bird comes to an end, it can help us make decisions on bird behavior and for long-term research. But we must ask the question, "Do the rings you are wearing weigh you down?" A size 0 band (0.1 grams) is all that is added.

Another question I acknowledge that banding these small birds could provide. When it is provided, that band adds.

"People should think about the food they are putting in their bodies because they truly are what they eat. Clark stresses that through physical activity and knowing how much and what they're eating will help people become much healthier. As Clark says, "the change starts with us."

Bird bands can be released after being used in from 5 minutes to a half-hour. There are bird bands, we can only use them once, and if we have casualties, we constantly review our protocol to make sure that we do what is best for the birds.

I can point to several things which are beneficial in the need to band birds. First, unless we can track the direction that the bird moved, and what stopover it used on its journey, we won't be able to find which bird was banded, and a team of birds moving to a place and Vera Cruz is probably not the place the bird winters. But we can get a piece of information that can help us make decisions on land conservation to benefit migratory birds.

On a less dramatic level, how else can we know how long birds live in the wild? Back at our home on Waterwells Road, I banded a Tree Sparrow at feeder on Nov. 15, 1976. I recaptured that bird in 1982, again on Feb. 22, 1979, again on Dec. 3, 1979; again on Nov. 10, 1981, again on Feb. 26, 1983; again on Mar. 26, 1983 and again on March 30, 1984! How else could I prove that a Tree Sparrow can live at least nine years in the wild unless it had this unique numbered band on its leg. At Braddock Bay we have a piece of a puzzle that could help us make decisions on the distance and direction the bird moved, which, in my mind, justify the banding procedures.

I can point to several things that I have learned in my banding experiences. When a bird comes to an end, it can help us make decisions on bird behavior and for long-term research. But we must ask the question, "Do the rings you are wearing weigh you down?" A size 0 band (0.1 grams) is all that is added.
25 words for $5/insertion (10 each additional word) or 25 words for $15/ four weeks (20 each additional word)

4a. Auctions/events
AUCTION: 20 Mountain Home Drive, Alfred – Dec. 17th Absence of Regard. Up to 10,000SF. See Financing www.chartwellauctions.com (716) 598-8316. NACHA 3. SDU. Email the contact at: alfred300n@nachaman.com

5Real Estate Sales
FOR SALE OR LEASE: Former Bicycle Man shop on Main St. in Pine Hill area of Alfred. Will remodel to your specifications. 2000 sq ft. 516-507-0485.

1. Finds under $50

1a. Wanted to Buy
BUYING COINS: Gold, Silver, and Penny War Stamps. Send payment to: Alfred Super Dry Wood Box 811, Alfred, NY 14802.

2. Aqua Coated
MONEY with your own band – use.

3. Sawmills
SAWMILLS from only $3997 & ALL Coins, Stamps, Paper DUCTIBLE, NON-RUNNERS.

21. Public Notices
JAMES THREE SEVEN-TEEN MEDICAL, PLLC
PUBLIC NOTICES
JANICE L. BURDICK
SECRETARY
PROPOSITION NO. 1
The Board of Education of the Alfred-Almond Central School District, County of Allegany, State of New York is hereby authorized to issue bonds, not exceeding $5,500,000, for the purpose of voting on Local Law between the hours of 10:00 a.m. and 9:00 p.m., to vote upon the adoption of the following proposition:

NOTICE IS FURTHER GIVEN: That the vote will take place at the Town Building, 6340 Shaw Road, Alfred, NY for the voters of Alfred-Almond Central School District between the hours of 10:00 a.m. and 9:00 p.m., to vote upon the adoption of the following proposition:

NOTICE IS FURTHER GIVEN: That the aforementioned Proposition No. 1 shall appear on the Ballots in the following machines in the following municipalities:

PROPOSITION NO. 1
Shall the proposition authorize the Board of Education to:

(a) change the name of the District from the former Pine Hill School District to the Pine Hill School District (the “Proposed School District”);

(b) authorize the sale of bonds in an amount not to exceed $5,500,000; and

(c) pay the cost of the Project, or so much thereof as may be necessary to acquire, construct, complete, and/or operate the Project, and, in anticipation of such taxation, obligate the District to be entitled to vote at the aforesaid special meeting to vote upon the necessity and authorization to sell bonds in an amount not to exceed $5,500,000?

PROPOSITION NO. 1
Shall the Board of Education, Alfred-Almond Central School District (the “District”) be authorized to issue bonds in an amount not to exceed $5,500,000, for the purpose of purchasing, constructing, completing, equipping, and operating a Special School District, the election of which shall be the following:

PROPOSITION NO. 1
Shall the Board of Education, Alfred-Almond Central School District (the “District”) be authorized to issue bonds in an amount not to exceed $5,500,000, for the purpose of purchasing, constructing, completing, equipping, and operating a Special School District, for the purpose of voting on Local Law

THE ALFRED SUN, Thursday, November 17, 2011       13

THE EDUCATIONAL SPACES, THE CLASSROOMS, AND TO PHYSICAL EDUCATION/ATHLETICS CENTER, AND TO APPLY $700,000 FROM THE CAPITAL RESERVE FUND TO THE PROJECT. THE DISTRICT MAY BE ISSUED AS CAPITAL RESERVE FUND

WE, THE VOTERS OF THE ALFRED-ALMOND CENTRAL SCHOOL DISTRICT, DO HEREBY VOTE IN FAVOR

THE ALFRED SUN, Thursday, November 17, 2011       13

WE, THE VOTERS OF THE ALFRED-ALMOND CENTRAL SCHOOL DISTRICT, DO HEREBY VOTE IN FAVOR

THE ALFRED SUN, Thursday, November 17, 2011       13

WE, THE VOTERS OF THE ALFRED-ALMOND CENTRAL SCHOOL DISTRICT, DO HEREBY VOTE IN FAVOR

THE ALFRED SUN, Thursday, November 17, 2011       13

WE, THE VOTERS OF THE ALFRED-ALMOND CENTRAL SCHOOL

THE ALFRED SUN, Thursday, November 17, 2011       13

WE, THE VOTERS OF THE ALFRED-ALMOND CENTRAL SCHOOL DISTRICT, DO HEREBY VOTE IN FAVOR

THE ALFRED SUN, Thursday, November 17, 2011       13

WE, THE VOTERS OF THE ALFRED-ALMOND CENTRAL SCHOOL DISTRICT, DO HEREBY VOTE IN FAVOR
Seven boys of Boy Scout Troop 26 of Alfred received awards at a Court of Honor held last night in the Alfred Union School. They are the parents of two sons, Carl and Jonathan Kitchen, of the Alfred Union School. Nisbet, a Scoutmaster, was the recipient of the Boy Scout Award of Merit for his 25 years of service to Scouting.

Mr. and Mrs. Robert Wallenwein of Alfred, from Cuenco, Ecuador, and John Burdick and Susan Leidholt of Alfred received safety merit badges, and the Star rank was awarded to two received safety merit badges, and the Star rank was awarded to Carthage in Flames. Elton Nisbet, Scoutmaster, received awards at a Court of Honor held last night in the Alfred Union School. They are the parents of two sons, Carl and Jonathan Kitchen, of the Alfred Union School. Nisbet, a Scoutmaster, was the recipient of the Boy Scout Award of Merit for his 25 years of service to Scouting.

Mr. and Mrs. Robert Wallenwein of Alfred, from Cuenco, Ecuador, and John Burdick and Susan Leidholt of Alfred received safety merit badges, and the Star rank was awarded to two received safety merit badges, and the Star rank was awarded to
Local blood drives listed

Thursday, Nov. 17--First Baptist Church, Cuba, 1-6 p.m.
Monday, Dec. 5--Alfred-Almond Central School, 11 a.m.-4 p.m.
Tuesday, Dec. 6--Alfred State College, Alfred, 10:30 a.m.-4:30 p.m.
Wednesday, Dec. 14--Scio Central School, Scio, 8:30 a.m.-1:30 p.m.
Monday, Dec. 19--Friendship Fire Company, Friendship, 1:30-6:30 p.m.

In the early hours of April 29, 2011, Bob Shook’s phone rings. He only speaks a few words—“I’ll be right there.”

He gets his shoes on and out the door almost immediately. As he zooms past miles from his home—where he has never been, he sees more than what he was expecting. Still smoking up on the hill, barely leaning together was what was left of the Cuba Apartments. As an American Red Cross Disaster Action Team (DAT) Captain, this was not his first fire home, but it was of this magnitude. He had 4 people looking to him for help.

It is the Red Cross’s duty to provide for families affected by disaster such as home fires, but how was he going to help this many people all at once? Then, his training kicked in—he had to operate based on a plan.

When the sun rose to bring on a new day, Bob immediately went into the challenges for the family, Bob and several DAT team members quickly and turned the Cuba Elementary School into a learning center to a disaster relief shelter so the families had a safe place to turn to.

This would not have happened so quickly without the training Bob and the Allegany County DAT received earlier on that year. Our DAT and disaster relief teams are becoming available to anyone who is interested in helping with Immediate Shelter Operations.

The classes available are Disaster Overview I & II, Shelter Operations, and Client Care.

On Saturday, Nov. 19, “Disaster Overview I & II, and Shelter Operations” will be offered from 9 a.m. to 5 p.m. at the American Red Cross Office in Jamestown. Disaster Services Overview is the first class to set a foundation for disaster, and is a requirement of all disaster volunteers.

This course provides an overview as to what the organization is structure and how it functions during a disaster. Shelter Operations adds to the foundation and is designed to give an overview of policies and procedures for setting up, running and closing a shelter.

And on Sunday, Nov. 20, “Client Casework: Providing Emergency Assistance” will run from 8 a.m. to 5 p.m. at the American Red Cross Office in Jamestown. This class is established for volunteers who will be working directly with clients conducting interviews, and providing appropriate assistance in order to help meet a client’s immediate disaster-caused or disaster-aggravated needs.

To sign up for these classes please contact your local American Red Cross of Southwestern New York office: Wellsville, NY 585-593-1531. All of our Southwestern NY Offices are proud supporters of United Way.

HOUGHTON--Houghton College is pleased to announce Christmas Prism 2011, an artistic celebration of the joy of Christmas through music, dance, visual art, and poetry.

This year’s Prism is titled Heaven and Nature Sing! Performances will be held on Dec. 1 in Rochester, Dec. 2 in Houghton, and Dec. 4 in Buffalo.

And Heaven and Nature Sing! is “intended to bring the joy of Christmas to all,” remarked Johnson.

The term “prism” is used to provide a foundation in disaster, and is a way for the organization to add a sense of festive season. The term “prism” is used to provide a foundation in disaster, and is a way for the organization to add a sense of festive season.

From the angelic symphony crying aloud, to the meek and lowly whispering at Jesus’ birth, each note expressed “intended to bring the joy of Christmas to all,” remarked Johnson.

New this year will be performances in Buffalo and Rochester. The Friday, Dec. 2 performance will take place at 7:30 p.m. at Third Presbyterian Church, Rochester. The Saturday, Dec. 3 performance on Dec. 3 in Wesminster Presbyterian Church will take place at 8 p.m., preceded by a dinner reception at 6 p.m. The final performance will take place on Sunday, Dec. 4 at First Presbyterian Church in Batavia at 7:30 p.m.

All performances require tickets and advance purchase strongly recommended. For more information and to purchase tickets, please visit www.houghton.edu or call 585-567-9210 or send an e-mail to: events@houghton.edu.

Disaster training offered Nov. 19, 20

Disaster training offered Nov. 19, 20
AU Rugby Club finishes another successful season

Special to the Alfred Sun

ALFRED—The Alfred University Rugby Club recently closed out another successful season this fall with a deep run in the New York Rugby Conference Division III playoffs. Started in 1985 and now in its 27th year of existence, the AU Rugby club has returned as a force to be reckoned with in New York State Collegiate rugby play.

The club began its fall season on Aug. 20 on its Jericho Hill field. Starting with 17 “vet-erans” (loosely defined as club members that have played more than one game), with the club’s most senior member Tyler “Pete” Peguero entering only his fourth semester of playing rugby and 20 new members, the club played 8 consecutive weeks of intercollegiate competition beginning Sept. 3 at home against Hobart College. Alfred “split” the games that day, winning one and losing one. That would become the theme of the season. In NYRC actions, every rugby club is expected to field two “sides” for a two-game weekend.

Next up on Sept. 10 was a small round-robin tournament at St. Bonaventure University. This was an annual event for AU as St. Bonas competes at the NYRC Division III level and won the first game in NYRC competition. AU took on a mix of sides of players from St. Bonas and Syracuse University (also Div. II) and split both games, winning one and losing one.

It was Coach Bill Pulos’ first return to the St. Bonas pitch since 1989; an old comfield used by the friars to grow food on the St. Bonas campus. 1989 was the last day that was the scene of AU’s first-ever rugby win 26 years ago in the fall of 1985. AU then played games on consecutive Sundays for the next two weekends: Sept. 18 at St. John Fisher on a gorgeous day in Pittsford, and at home on Sept. 25 against Canisius College on a beautiful 75 degree day. The AU developmental team also played at Bonaventure on Sept. 4. Five games in eight days. End result 3-2. September was pretty kind to Alfred rugby.

The month of October began and Alfred ran into the “meat” of its season. Around the Alfred rugby club, the month of October is known as “Rocktober” as typically the toughest part of the schedule and the hardest hitting usually occurs in those games. The weather also starts turning bad. This year was no exception. Alfred began at SUNY Brockport on Oct. 1, a difficult foe with a phys ed major, a big student population and a rugby club history of more than 40 years. With October came the beginning of bad weather and it hit hard at Brockport where the temperature was in the 40’s and it was sleeting. The 1st Brockport team eked out a victory in Game One and Alfred came back to win game 2.

The next week Alfred played its last home game in Wellsville at the Wellsville High School field. The 80-odd game that was the brainchild of Alfred University 2-sport-er coach Bill Sortore (a teacher at WHS); this game was well publicized and highly anticipated in the community. Coach Sortore currently teaches rugby to his middle school phys ed class as a component of his phys ed curriculum. Was this idea to bring Division III college rugby to the Wellsville high school by saying “Since rugby is so popular worldwide, I thought it was a natural to introduce our students to college rugby.” The Alfred club was more than happy to play on the turf in a local stadium. It is believed to be the first rugby game ever played in Wellsville. The opponent that day was Alfred’s nemesis, the University of Rochester. The U of R came to town seeking to avenge its loss to Al- fred last April on Hot Dog Day in Alfred during some of the most miserable conditions ever seen on Jericho Hill for rugby. During that game, U of R left the field being down at the half, de- faulted and didn’t come out to play Alfred in the second half. On Oct. 8, the U of R came to Wellsville with a passion and easily defeated Alfred’s first

“team in a lopsided game on an- other 1st round of the NYRC playoffs for the 1st time in 26 years. AU has never won a game in the playoffs and had to face the # 1 seed from the NYRC East Divi- sion, old rival and undefeated RIT at RIT. Going into the game Oct. 15, Alfred was a huge underdog and few observers around the NYRC gave Alfred much of a chance to beat RIT, yet another school with a student population roughly four times larger than Alfred’s with no var- iety football on campus. On a beautiful day of horrible weather with a cold, driving rain, with the odds against them and a field of mud, Alfred’s 1st fifteen took it to RIT on their turf and won the playoff game by 28- 14. Reflecting after the game Coach Pulos said “has to be Alfred’s most satisfying victories in my (26 year) mem- ory.” RIT evened it up by win- ning the second game.

The following week on Oct. 22 Alfred entered the 2nd round of the NYRC Div III playoffs, and again travelling to Rochester for their last consecutive weekend. To once again take on its nem-esis, the University of Rochester, a game on the latter was turned into a sub-standard size, out-of-regulation field that was a mud bowl.

Playing without two of its starters at key positions, with Al- fred’s field leader Tyler Peguero suffering a game ending injury during the first half and with one of its players sent to the penalty box for 10 minutes during the game, Alfred gave its best effort but it just wasn’t Alfred’s day and the U of R won again 32-14, thus ending Alfred’s season. The following week, the Univer- sity of Rochester and Brockport to win the NYRC Div III crown.

Coach Pulos later said “We played very well against both of these (championship) teams; we were in every game all season. On Oct. 26 the club played a game on Saturday and then travelled to Rochester the next day; we had three semesters of rugby experience. We were one game away from the state cham- pionship game. I’m extremely proud of the guys this fall; we had 37 members come out for the club, pay dues and play some rugby. Our club funding consists of an AU activities fund allot- ment for the year of $1,500, the guys raise the rest of the money they need; they purchase their own jerseys, equipment, not for their own rugby insurance, they use their own cars, they pay the referee and travel hundreds of miles through the year to make games. They buy their own food and carry their own water. The players don’t have access to the training facilities on either cam- pus despite successfully repre- senting both schools at a high level of tough, competitive sport. Although many of our members are Alfred State play- ers, the club receives no Alfred State support; we’re hoping to change that situation. All in all, we went the distance, we beat the odds again and the guys did darn well.”

Recapping, Alfred played 16 rugby games on eight consecu- tive weekends as a team for at least the first time since Y2K. Captained by Mike Robillard and Steve Dahar with field lead- ers Pete Peguero, Tim Casper and Mike Harris for practice and games and “quarterbacked” by the remarkable Henry Glavin, the club’s overall competition record this fall was 8-8. Alfred made it to the second round of the NYRC playoffs for the 1st time in 14 years (since 1997).

As the club’s co-founder, coach and general manager, Coach Bill Pulos (AU Class of 1977) has donated more than 3,500 hours of service to the club and to Alfred University over different periods of time during the last 26 years. The Alfred University Rugby Club again takes this time to recog- nize the help and support of Mrs. Claire Randolph of South Main Street in the Village, a Mus- cician, teacher and community member during the last 26 years. Over the years, Mrs. Randolph was extremely supportive of the NYRC program, the club and its field in the community. The club is extremely grateful for Mrs. Randolph’s enthusiasm and support. She is missed by all.

The Rugby Club will be back in action this spring 2012, cele- brating its 54th consecutive sea- son as a team for the Alfred University campus. The club takes this time to thank the entire club, the NYRC, its administra- tion, its public safety, student af- fairs and grounds crew department, the Alfred Volunteer Ambulance crew and the community for its continuing sup- port. Look for Alfred rugby players to be out in the commu- nity sometime in the early spring on their semi-annual clean-up public service day.

THE 2011 Alfred Rugby Club poses for a team photo. (Photo by LAN)
The extra point attempt failed and Alfred led 13-6. Dwyer scored on a five-yard run on the Saxons’ next possession to cap a 13-play 88-yard drive and give Alfred a 20-6 lead.

Alfred marched 80 yards in 10 plays and scored with just under seven minutes left in the second. Benkwitt tossed an eight-yard TD pass to Acevedo and the Pioneers had drawn within a touchdown, 20-13. Alfred answered immediately, with Dwyer taking the ensuing kickoff up the right side, cutting to the middle and sprinting untouched for an 85-yard touchdown return.

The Saxons led 34-13 at halftime, as senior quarterback T.J. Kilcarr (Nanuet/Clarkstown North) connected with sophomore wide receiver Justin Oliver (Rocky Point) with six seconds left before intermission. Kilcarr finished the scoring with a 21-yard TD pass from Kilcarr with 2:41 left in the third.

Kilcarr finished the day 12-of-19, 109 yards and a touchdown on 20 carries and also returned a kickoff 85 yards for a touchdown, and DeRosa ran for 105 yards and a score on 13 carries and caught a pair of passes for 24 yards.

Alfred scored first, taking the opening kick off 85 yards for a touchdown on four plays, with sophomore tailback Austin Dwyer (Hornell) and junior tailback Tyler DeRosa (Miller Place) each rushing for more than 100 yards. Dwyer ran for 109 yards and a touchdown on 20 carries and also returned a kickoff 85 yards for a touchdown, and DeRosa ran for 105 yards and a score on 13 carries and caught a pair of passes for 24 yards.

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Benkwitt completed 27 of 38 passes for 228 yards, two TDs and two interceptions. Acevedo caught 12 passes for 103 yards and two scores and tight end Matt Dunn (72 yards) and tailback Jake Larson each caught five passes. Larson ran for 43 yards on 13 carries as Utica was held to a net 26 yards rushing.

Senior linebacker Nick Clark (Canisteo-Greenwood) had a team-high nine tackles (1.5 for loss) and a sack, and senior linebacker Wes Smith (Tyrbotville, PA/Muncy) had five tackles, including a sack. Junior safety Jon Jackson (East Amherst/Bishop Timon-St. Jude) had six solo tackles and one interception. Smith, the lone AU defender to miss the season (2-5 Empire 8).
Alfred State tops Erie for title

31 took in the Carolina-Rays and Baltimore Orioles baseball doubleheader, but the teams split the series 1-1. The Orioles' Collin McHugh allowed five runs and seven hits over four innings, but the Rays hit two home runs, including a solo shot by Scott Podsedlofski. The Rays' Matt Albers allowed one run and six hits over six innings, but the Orioles hit three home runs, including a two-run shot by Logan Forsythe.

The game was scoreless into the 5th inning, when the Rays scored two runs on a single by Forsythe and a two-run home run by Evan Longoria. The Rays added another run in the 7th inning on a single by Forsythe and a two-run home run by Longoria. The Rays went on to win the game 7-0.

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Off to Alfred this past Saturday to take in the final home game of the 2011 football season. Traveled from the Rochester area with noted area photographer, Leo Nealon who was on “double assignment” despite a battered eye/forehead. Nealon lost a “battle” with a placement duties on the radio, alongside Cody. Not a problem as it was a beautiful fall day at Merrill Field but do enjoy rambling on Broadcasting. Nealon and I had a great breakfast at the Country Kitchen in Hornell first where I ran into Dave Kingman, in Sutton from his native Alexander. Coach Dave Murray’s team was too strong for Utica and rolled to a convincing, 41-13 win. This brought their record to (7-3) on the season and a slot in an ECAC Bowl. Predicted AU would get (8-2) prior to the year, splitting four games with the likes of Salisbury-SJ Fisher-Toronjo-Buffalo but didn’t run into him. Also, brief talk with the AU athletic director Dave Codispoti prior. Fun day!

The Alfred-Almond boys soccer team is in the “Final Four” of the Class “D” state tournament after they topped Whitesville in the Section Five qualifier round and then North Collins in the Rochester-Brockport regional final. The Eagles finished 18-1-2 where they now take on 2- time defending state champ, Chazy (17-3) this Saturday at Middletown High. The North Collins program has won 24-sectional titles and A-A dropped them, 2-0. Chazy will most likely be another matter. Holland and Fort Ann are the other two schools in this class still alive. Would love to head to games at Middletown if different weekend. The Bergens (Geneseo soccer parents) live their teams passion and a burlington isn’t all that far away….McDrip! The Webster Schroeder (19-1-1) boys program will also be there as they take on Newburgh in a “Western Regional” game.

And the Brockport girls (20-1) soccer squad is also in the state “Final Four” as Coach Kristy Sherman’s (Arkport) Blue Devils team (Continued on Page 19)

HITS AND MISSES:

The Alfred-Almond boys soccer team advanced to the New York State Class D Final Four for the first time ever with a 2-0 win over Section VI ‘D’ champ North Collins in the snow at the Cohocton Soccer Complex Friday, Nov. 11. Coach Paul Clark was the scoring for A-A, getting a first half goal off an assist from Markus Ernest. Mitchell Porter added an insurance goal in the second half, with Calcins getting the assist.

A-A goalkeeper Patrick Ritter had the game’s lone shut-out. But it wasn’t easy. Chamberlain was called on to stop a first-half penalty kick. Then, a North Collins goal on a corner kick was waved off by an obstruction call. A-A has given up only 6 goals all year, while scoring 95.

The Eagles, now 18-1-2, will play another two-time defending state champ Class D champ Chazy (18-3) at 1:30 p.m. Saturday, Nov. 19 at Fuller Field at Middletown High School in Middletown. The winner advances to the state final, set for 1 p.m. Sunday, Nov. 20, against the winner of the Hamilton-Fort Ann match.

A-A, 1-0, Whitesville 0

A defeated Section V Class D champion Whitesville 1-0 Sunday, Nov. 8 at the Wellsville Sports Complex to advance to the Far Western Regional. Porter had the game’s lone goal, scoring in the second half off a pass from Markus Ernest. It was Porter’s 19th goal of the season.

A-A girls defeated by Belfast

Missing several starters due to injuries, the Eagles nevertheless fought hard in a 1-0 loss to Section V Class D champ Belfast in the state qualifier match. The Class DD champ Eagles finished their successful season at 14-4-2. Kahl Muilenstein led the Eagles with 29 goals and 8 assists; Mark Mendle had 12 goals and 10 assists; Hannah Holmok had 10 goals and 11 assists; and Caitlin Cook had 9 goals.

Senior Moments

It was a memorable Senior Day at Merrill Field Saturday, with the Alfred University football team running away from the Pioneers of Utica College, 41-3.

It was the final home game for Saxons Senior Bradon Bocun (Lowrey), Nick Clark (Canastota), Alec Curran (Peru), Tim DeSmerman (Rochester), Derek Echevarria (New York), Charlie Englerka (Buffalo), Dan Haasen (Rochester), Marcelus Jones (Lancaster), Mike Kohane (Oneonta), Josh Lese (Brockport), Brian Lesten (Port Jervis), Derrick Mason (Driftwood, PA), Kevin Miller (Briose), Roland O’Brien (Hooznick Falls), Ryan Quinlivan (Endicort), Eric Rockwood (Allegany), Tom Scaky (Bemus Point), Vito Vitale (New Hartford), and Wes Smith (Turbottvale, PA).

Porter extended his record of career tackles with nine on the day to lead the Saxons defense. Porter also added an insurance goal in the second half, with Calcins getting the assist. Porter has extended his record of career PAs to 164… Kiccar had a solid day, completing 12 of 19 passes for 160 yards and two touchdowns…Smith had 5 tackles and a sack…O’Brien had 5 tackles and a pass break-up…Haasen had 3 tackles and a pass break-up.

All these “senior moments” helped the Saxons earn another victory with a berth in the ECAC Northeast Bowl. While details were not available at press time, word was received that Alfred (7-2) will travel to Bridgeport State (MA) Saturday, Nov. 19 to play the Bears (7-2).

The two teams met once before, in 1989, when an unbeaten Bridgeport State team made the eight hour trip west, only to have the Saxons (8-2) make their trip home even longer as AU won, 30-27. That during AU Athletic Director Jim Moretti’s coaching days.

Football is still a big part of Bill’s life. He has been officiating football games for 29 years and is now in his 12th season as an umpire in the National Football League. He officiated Sunday night’s clash between the New England Patriots and the New York Jets. He’s the zero with “260” on his back.

EXTRA POINTS: Austin Dwyer (Hornell) thrilled the crowd of 2945 at Merrill Field Saturday with an 85-yard kickoff return for a touchdown. The score broke the wind out of Utica’s sails, coming immediately after the Pioneers had pulled to within a TD, 20-13. Dwyer finished with 109 yards rushing on 20 carries. He needs just 67 yards to hit 1000 yards rushing for the season, Tyler DeRosa (Miller Place) also went over 100 yards on the day, gaining 105 yards on 15 carries. It could’ve been the last time ever for the Saxons running backs broke the century mark in the same game, but likely goes back to 1989 in the days of Sam Goble and Ray Rogers. Saxons offense scored on five of its first six possessions Saturday…AU has turned the ball over just twice in its last five games…AU enters post-season play for the eighth consecutive season. AU has won at least 7 games every season since 2004…Coach Dave Murray got his 93rd win as Saxon mentor.