Guiding Eyes for the Blind puppies raised here

By BRAD BOWDEN of the Alfred Lions Club

ALFRED—Founded in 1954, Guiding Eyes for the Blind (GEB) has provided more than 7,200 blind and visually impaired men and women with specially bred and trained dogs.

At the Oct. 25 meeting of the Alfred Lions Club, Shawn Carstens of Alfred and Karlie Jackson of Andover (and their respective dogs in training - Karleen and Jackson) described their activities as volunteer puppy raisers for GEB providing early nurturing and socialization for puppies that will become working guide dogs. Alternate careers for puppies not passing the initial assessment, they will be placed with volunteer puppy raisers.

Of the 500 puppies bred each year, about half will eventually become working guide dogs. All come home with a 13% reduction in the tax rate.

When Reed opened by saying that he hoped the conversation would focus on a vision of America moving forward and getting people to work in the private sector. He accused Shinagawa of wanting strong public sector investment with strong, local environmental oversight.

Shinagawa said that Reed voted against a bill to allow the EPA to regulate fracking and that it was more than a water issue. It’s a jobs issue. Fracking jobs are short term, boom-and-bust jobs that leave the tax payer with the clean up bill.

Shinagawa would invest in manufacturing, agriculture and tourism, all of which are helping the Finger Lakes area grow and all would be threatened by fracking.

Shinagawa said that Reed’s family, his grandpa’s cottage on Keuka Lake and his son now fishes there the way he once did. He would not hurt this area but he wants local governments to regulate their own regions and to be able to champion private sector investment with strong, local environmental oversight.

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Studio Tour will be held on October 19 and 20, 2013.

Mass. He was a member of Russell Sage in Albany in 1956, study at SUNY Plattsburgh, Vermont in Burlington. From business College in Bennington, graduated from St. Joseph’s family’s home in Wilmington, VT, (Oct. 27, 2012) at home. He was the son of Earl G. and Mary A. Streeter, 88, of 46 Wheeler (Oct. 27, 2012) at home. He was born.

In 1953, he received a Bache- ter’s degree in secondary school education. In 1956, he moved to the other side of the world where he could no longer work. She did eat happily and willingly, and she shows me her pride in doing what will allow me to be an incredible dog, the only difference being a little bit of praise and affection. … A big THANK YOU to all YOU do (to) change lives one puppy, one dog, one life at a time. The dental practice of Dr. John A. del Campo

349 Hillcrest Drive
Alfred, NY 14802
607 • 587 • 8838
welcomes new patients

ALFRED: The Alfred Police Department reported the following arrests were made.

ALFRED Weather for the Week

24 57 48 0.07”
23 68 46 0.07”
22 57 48 0.07”
21 57 48 0.07”
20 57 48 0.07”
29 43 39 0.28”

For more information about Guiding Eyes for the Blind visit www.guidingeyes.org. For information about becoming a volunteer puppy raiser call Gaylynn Smith at 607-866-3477 or Shawn Carstens at 607-587-9767.

OBITUARIES

Lambda Iota Fraternity and its board of governors from 1953 - 1964. He also was a member of Kappa Phi Kappa, an honorary education society.

Alfred served in the United States Army from 1943-1946 with the Office of the Surgeon General in the United States, Great Britain, France and Germany. He also served from 1950-1951 with the Army’s Office of Inspector General at Camp Edwards, Mass., during the Korean War.

On Oct. 13, 1962, at St. Patrick’s Church in Port Henry, he married Senta M. Dombrowsky who survives. He was employed as a teacher and assis- tant principal at Crown Point Central School in Essex County from 1954 to 1963. He was an assistant professor at Genessee Community College from 1963-1965. In 1965, he moved to Wellsville and from then until his retirement in 1990, he was an associate professor in the math department at Alfred State Col- lege.

Al was involved in many pro- fessional, religious and civic or- ganizations, including the Association of University Pro- fessors, AARP and St. Vincent DePaul Society. He was a mem- ber of the Oleen Assembly 4th Degree Knights of Columbus, a Eucharistic minister and board of education member for the Im- maculate Conception Church and School. He was a charter member, secretary and president of the Kiwanis Club in Wellsville and served two terms as lieutenant governor for the Kiwanis Southwestern Division of New York State. He was a volunteer with the Boy Scouts and enjoyed skiing, travel, water and oil painting and was a talented calligrapher. His family was paramount in his life, along with his church and religion.

Surviving in addition to his wife are six sons, John Streeter of Hornell; Todd (Georgia) Streeter of Spencerport; twin sons, Darryl (Maria) Streeter of Batavia and Douglas (Theresa) Streeter of Rochester; Patrick Streeter of Evansville, Ind.; and Kyle (Melanie) Streeter of Wellsville; two sisters-in-law, Eleanor Streeter of Randolph, Vt., and Priscilla Streeter of Evansville, Ind.; and two great-grand-children of St. Augustine, Fla.; 14 grand- children and two great-grand- children. He was preceded in death by a sister, Margaret, and four brothers, George, Richard, Frederick and Edward Streeter.

Friends are invited to call on Friday, (Nov. 2, 2012) from 12 a.m. to noon at the J. W. Embers Sons Funeral Home Inc. in Wellsville. A Mass of Christian Burial will be celebrated Friday at 12:30 p.m. in the Immaculate Conception Church in Wellsville with Rev. Sean DiMaria as Cer- ebrant. Burial will be in Sacred Heart Cemetery.

In lieu of flowers, memorial donations may be made to the Immaculate Conception Church or School or the SPCA Serving Al- legany County of any charity of the donor’s choice. To leave on- line condolences, please visit www.embersfuneralhome.com.
Pairing apples with squash in soup!

Another great thing to do with apples is to pair them with squash. There are so many lovely winter type squashes available. My favorite is the butternut. I only wish there was a good way to tell how flavorful the squash will be once you cook it. Sometimes they are absolutely delicious and other times almost tasteless.

This recipe was found in a small cookbook that I bought in a market in France. It is called Three Generations of Recipes and many of them are Polish.

Apple Butternut Squash Soup

4 T. butter
1 med. onion, chopped
1 c. apple juice
1 lg. apples, peeled & chopped
salt and pepper to taste

Saute onions in butter until transparent. Add apple juice and apples and cook until apples are mushy. Stir in squash and spices. When cool, put into blender and process till smooth. Return to kettle and add heavy cream and simmer, but don’t boil.

Apple Butternut Squash Soup

11 N Main Street
Almond, NY 14804
(800) 353-5949

9 a.m.-noon and 5-7 p.m. Monday-Friday, Nov. 12-16; 10 a.m.-12 noon Saturday, Nov. 17 and 11 a.m. to 1 p.m. Sunday, Nov. 18. No collections on Monday, Nov. 19.

ASC offers program on Study Abroad in Italy

ASC offers program on Study Abroad in Italy

OPERATION CHRISTMAS CHILD—Nov. 12-19

Almond—While most people in the U.S. are preparing for holiday activities, local volunteers with Operation Christmas Child—the world’s largest Christmas project of its kind—are filling shoe box gifts with toys, school supplies and hygiene items for needy children overseas.

This year-round project of international relief aid organization Samaritan’s Purse, headed by Franklin Graham, is ramping up as local businesses, churches and community groups prepare to collect hundreds of gift-filled shoe boxes during National Collection Week (Nov. 12-19).

Anyone can drop off a packed shoe box at one of the Almond area locations. Then, using what-
Dear Editor,

whip Eric Cantor. That guy ac-
jority governed the US House
talking about taking down the
time.
was mayor , voted for Mat Zeller
ers.  Corning , where Tom Reed
party that he will not touch the
into office and assures the tea
use the stimulus to fix the Corn-
legal.  - Tom Reed promised in
-speaking with the Planning Board,

[Image 61x1108 to 195x1208]
AU alum Christine Hoek to speak Nov. 8

ALFRED—The Alfred University Women’s Leadership Center (WLC) will host alumna Christine Hoek as the next guest in the 2012-13 “Women of Influence” series on Thursday, Nov. 8 at 5:30 p.m. at the Judson Leadership Center on campus. The program is open to the public free of charge.

Hoek’s discussion, “Philanthropy: An International Language,” will focus on the importance of philanthropy, both internationally and on campus, and its global affects. During her 30-year career, Hoek established a reputation as an effective critical thinker, an adept problem solver, and an individual with both strategic and tactical skills.

She spent a collective 17 years as chief advancement officer at Skidmore College, Saratoga Springs; the Colonial Williamsburg (VA) Foundation; and the Sterling and Francine Clark Art Institute (MA). She served as the executive director for fundraising campaigns ranging in size from $2 million to $5.06 million, and designed strategies for gifts as large as $15 million.

In 2009, Hoek established a private consulting practice, Chrysalis Unlimited, which provides a range of services for organizations across the non-profit sector. Chrysalis (past and present) include the College of William and Mary, Williamsburg, VA; EARTH University, Costa Rica; Harewood House, United Kingdom; Historic House Trust, Ithaca College; and Jim Casey Youth Opportunities Initiative.

Hoek earned both undergraduate and graduate degrees from Alfred University where she began her career in educational administration, serving over a 10-year period as admissions counselor, director of alumni and parent relations, and acting vice president for external relations.

The WLC builds on Alfred University’s heritage as the first truly coeducational institution in the nation. The Women of Influence program brings powerful female role models to campus, providing opportunities for inspiration and guidance through lectures and small group discussions.

Past Speakers have included a NYS Supreme court judge, a dean of a medical college, and a lobbyist from Albany.

For more information about the Women of Influence Series at Alfred University, contact Heather Folts@alfred.edu or by calling the Women’s Leadership Center at 607.871.2971.

The program is open to the public free of charge.

Alfred Village residents are asked to PLEASE NOTE: the following important information: Village Garbage Service will be running as usual the week of the Thanksgiving Holiday. The Village will have regular service on Tuesday, Nov. 20.

Almoned Twenty Century Library Club will be having a dish to pass and business meeting on Wednesday, Nov. 14 at 6 p.m. Please bring a dish to share and your place setting. If you have not paid your annual dues, please do so that evening. Everyone is welcome to join in.

Almoned Grange No. 1102 will have a Rummage Sale on Election Day from 7 a.m. to 3 p.m. Tuesday, Nov. 6. Free Coffee all day to all who stop by and check out the sale.

Business hours at the Allegany County Board of Elections will be extended to receive applications for absentee ballots for those eligible voters who intend to be out of the County on Election Day, Tuesday, Nov. 6. The Board of Elections office will be open until 7 p.m. Thursday, Nov. 1. In addition, the office will be open on Saturday, Nov. 3, from 9 a.m. to 12 noon.

Alfred State has been listed among prestigious colleges and universities known for a commitment to civic learning and democratic engagement by NASPA, the leading organization for student affairs administrators in higher education. With the distinction, Alfred State is listed on NASPA’s network of the top 50 public and private, two- and four-year colleges and universities. Selected institutions have civic engagement embedded in their strategic plans, regularly measure progress toward these initiatives, and work in collaboration with their local communities to solve problems through collective action.

An Election Prayer Meeting will be held at 6 p.m. Sunday, Nov. 4 at the Alfred-Almond Bible Church, sponsored by the pastors of the Evangelical churches of Alfred and Almond.

Send news items to: “Sunbeams,” P.O. Box 811, Alfred, NY 14802 or e-mail them to: alfredsun.news@gmail.com

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EARTH University, Costa Rica; Harewood House, United Kingdom; Historic House Trust, Ithaca College; and Jim Casey Youth Opportunities Initiative.

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Pigskin Picks Football Contest

MARK DAVIDSON wins Week 7
Mark Davidson of Hornell is the seventh winner of Pigskin Picks, with five misses. He just nudged Nathan Snyder of Alfred Station and Brett Malta of Alfred, each who had six misses. Among those with seven misses included last week’s winner, Doug Leones of Wolcott; Robert Cargo of Canastota; Barney Binkley of Alfred Station; Duane Marlatt of Almond; and Floyd Patrick Farley of Hornell. Duane Marlatt and Brett Malta each had eight misses. Of all the entrants, Bob Baker of Alfred was the lone contestant to pick up all 10 games correctly and tie winner of $25. Duane Marlatt of Almond, who each had six misses.

Enter your guesses of winners of 10 college and 10 pro football games (found in the ads of our sponsors on these pages) and predict the score of the Monday Night Football game as the tiebreaker, in the form below. Enter today! Remember to guess the score for the tiebreaker, the NFL’s Monday Night Football game, without regard to the score of the college games. Write your name, address, phone number, and college picks in the appropriate boxes on the Pigskin Picker Entry Form and return it to the ALFRED SUN to win over our Alfred Saxons.

East Region Fan Poll--Week Nine (10/29/12)
1. Chicago (8-5) 497 4 at St. Louis (7-5) 254 5
2. Widner (8-5) 6-44 3 at USC-Fullerton (7-5) 167 3
3. Cornell State (7-5) 6-13 4 at Wash-Penn (7-5) 168 2
4. Salisbury (7-5) 6-22 1 vs. Queen (7-5) 190 1
5. Rowan (7-5) 6-21 1 vs. Knox (7-5) 180 1
6. Lynchburg (6-4) 6-23 1 vs. Stevenson (7-5) 171 1
7. Delaware Valley (7-5) 6-16 4 vs. Wilkes (7-5) 173 2
8. St. John Fisher (6-7) 6-12 6 vs. Buffalo State (7-5) 179 2
9. Utica (6-7) 6-21 1 vs. Nebraska (7-5) 190 1
10. RPI (6-6) 5-2 5 at Springfield (7-5) 179 3

Also Receiving Votes:
9. Ithaca (8-4) 6-2 6 vs. Lebanon (7-5) 177 4
8. Delaware Valley (7-6) 6-2 10 vs. Delaware (7-5) 173 2
7. Saint Mary’s (6-2) 6-1 6 vs. Johns Hopkins (7-5) 173 1
6. Duke (6-3) 6-0 6 vs. Michigan (7-5) 170 1
5. Maryland (6-4) 6-0 5 vs. Texas (7-5) 168 1
4. Stanford (6-5) 6-0 5 vs. Oregon State (7-5) 168 1
3. Washington (6-5) 6-0 4 vs. California (7-5) 168 2
2. UCLA (6-5) 6-0 4 vs. Oregon (7-5) 168 3
1. Oklahoma (6-5) 6-0 6 vs. Texas A&M (7-5) 176 1

Follow the score on the pigskin picker form at Alfred Station or the Pigskin Picker Entry Form. Pick the winner at any level and 10 pro football games (found in the ads of our sponsors on these pages) and predict the score of the Monday Night Football game as the tiebreaker, the NFL’s Monday Night Football game, without regard to the score of the college games. Write your name, address, phone number, and college picks in the appropriate boxes on the Pigskin Picker Entry Form and return it to the ALFRED SUN to win over our Alfred Saxons.

The Pigskin Picker Entry Form can be picked up at either the ALFRED SUN office or on the porch of the home office located at 224 Church St. 8:00-noon. Good luck to all. Students may purchase single visits of the Pigskin Picker Entry Form for $3.00. Look for Drawings! Lotion Promotions!

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8. NY Jets at Seattle
9. Dallas at Philadelphia
10. Washington at Baltimore
Andrew Phelan to sign copies of ‘Becoming the Village Potter’

By TAMMY KOKOT

ALMOND--Quail Creek Editions, in collaboration with the Almond Historical Society and the Almond Library, are pleased to announce a book signing by author, Andrew L. Phelan of his newly completed book, Becoming the Village Potter, the life of Linn L. Phelan.

The author, the oldest son of Linn L. Phelan, will be present to talk about his book and to sign copies at the Almond Library on December 1, 2012 at 11a.m. Phelan will also be present at the Hagadorn House, 7 Main Street, Almond, on Sunday, December 2, from 1 to 4:30 p.m. during the Almond Historical Society’s Christmas Open House.

Lavishly illustrated, Becoming the Village Potter follows Phelan’s long, productive career from its beginning in Rochester, New York through his Maine years, first at Rowantrees Potters in South China, Maine, and later at his Linnwood Pottery, which was the first Linnwood Pottery to be established. He then became the founding potter at the School for American Craftsmen where he taught a number of outstanding students including the internationally acclaimed ceramists Dotty Woodman, and Charles LoLoma, the noted Hopi jeweler. When the school moved again in 1950, he chose to stay in Almond and re-established Linnwood Pottery, which he then continued to operate for the rest of his life.

Containing many color reproductions of examples of his work, the book will surprise those who are familiar with his work. Most though the personal pottery he made during the Almond years. In addition to his pottery, it also included are folios and prints showing the two dimensional creations that he made along with the pottery. The book includes descriptions of his contributions to cultural initiatives in Maine and New York as well as his service as president of the New York State Art Teachers Association.

An individual with many interests, Andrew Phelan has done a number of things during a varied career. First as a high school art teacher, then serving in Vietnam with the 101st Airborne Division as a medic (having been awarded a Bronze Star and Purple Heart), and finally, back to the field of education where he was a professor for more than 50 years teaching at Dean, Director or Chair of programs. His public service included work on many accreditation teams, panels, juries and committees, consultant to departments of education for several states as well as the UN.

Additionally, Phelan worked as a consultant to an international company and delivered numerous invited presentations in the US and abroad. He has traveled and worked professionally in the US as well as in other countries including China, England, France, Italy, Korea, Spain, Mexico, Japan, Israel and several Caribbean islands. Additionally, he has organized 12 exhibitions and published more than a dozen articles on art, crafts, history and studio art education that have appeared in several languages. He has exhibited in New York (and elsewhere) and has participated in a number of innovative multimedia projects. Phelan’s biography has been included in Who’s Who in America for more than twenty years. He was educated at Princeton University (BA, MFA) and at New York University (PhD).

Becoming the Village Potter will be available at the book signing and by mail from the publisher. The cost of the soft cover version is $45. (Plus $5 s/h). For further information on the signing contact: Tammy Kkokot at the Almond 20th Century Club Library, 607.276.6311, or at kokot@svs.lib.org or Donna Ryan at the Almond Historical Society, 607.276.6760 lee@ donna.ryan@gmail.com. For further information about the book or author contact: quailcreekeditions@att.net. Phone: (607) 447.9083. Fax: (607) 447.0943

Coat drive begins

ALFRED-The Union University Church together with the Lions Club are sponsoring a Coat Drive. Donated coats will go to the Camden Community Ministries in Rochester.

Area residents who would like to donate a coat or coats may drop them off at Hair Care, 15 N. Main Street, Alfred or at the Union University Church, Church Street, Alfred.

The drive ends on Thursday, Nov. 15. For more information, contact Stuart Smith at 587-8319.

ASC to stage ‘The Wiz’

ALFRED- Alfred State is presenting ‘The Wiz’, Nov. 8-10 and 7 p.m., with a 3 p.m. matinee on Saturday, at the Cappadonia Auditorium on the Alfred State campus. Tickets are $7 for general admission and $2 for students.

‘The Wiz’ is Frank Baum’s classic story of the Wizard of Oz, mixed in some “super soul,” some 70s slang. Performances feature an all-ALFRED State cast under the direction of Janna Buckwalter, Drama Club ad-

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Cultural Arts Calendar

Alfred University Performing Arts presents St. Luke’s Episcopal Church Choir, directed by Nadine Guglielmo. Thursday, Nov. 8 at 8 p.m. in Knight Chapel, Powell Campus Center. $10. For more information, call 871-2175.

Living Saints and the AU Jazz Ensemble will present a holiday concert, Thursday, Nov. 8 at 7:30 p.m. in Susan Howell Hall. Free admission. Call 871-2175 for information.

Steve Dover, stand-up comedian. Friday, Nov. 9 in the Knight Club, Powell Campus Center. 8 p.m. For updates, check www.alfred.edu/knight.

Wellsville Creative Arts Center presents the Monarch String Quartet, performing in concert, Friday, Nov. 9 at 7:30 p.m. in Wellsville Creative Arts Center. Tickets are $10 in advance, $12 at the door. For more information, call 585-443-9155.

AU Chorus will celebrate its 40th anniversary with the AU Chorus Holiday Concert. Saturday, Nov. 10 at 3:30 p.m. in Susan Howell Hall. Free admission. Call 871-2175 for more information.

MUSEUMS/EXHIBITS

Kirchen’s Honky-Tonk Christmas; Saturday, Dec. 1. 8 p.m. in 1890 Firemen’s Hall Theater located in Wellsville Creative Arts Center. Call 871-2175 for more information. Tickets required. Reservations may be made by visiting the box office or by calling 871-2175.

St. Ann’s School children’s Christmas Pageant. “Twas the Night Before Christmas.” Thursday, Dec. 6 at 5:30 p.m. at St. Ann’s School, 27 Erie St., Alfred. Katherine Lang, artistic director. Call 276-6835 for information.

Community Church Christian Education offers liturgical dance. All ages and abilities welcome. Contact Director Marcy Bledsoe at (607) 276-5475, or call 276-6842. Practices Monday nights in the church fellowship hall at 7 p.m., or call 587-6930 for more information.

Wellsville Creative Arts Center presents Coffee Concerts. Saturdays, 7-10 p.m. Café opens early for holidays. Café opens at 11 a.m. for ‘dates and anniversaries’ decorations. Black-Eyed Susan. Acoustic Café, 22 W. Main St., Wellsville. Call 585-466-7930. For more information, visit black-eyed-susan.com.

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Wellsville Creative Arts Center presents Elementary School Art Show. Monday, Nov. 12. 8-10:30 a.m. at Wellsville Creative Arts Center. Call 585-443-9155 for more information.

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One Time, One Meeting
The Practice of Zen Meditation

BY BEN HOWARD

Taking Care of Our Lives

Melody Babbitt lives on Main Street in Pueblo, Colorado, a city of 105,695 once described as the “Pittsburgh of the West” but now undergoing hard times. One of several Pueblo residents profiling for the PBS program Need to Know (October 5, 2012), Melody is an outreach specialist for the state of Colorado. She helps disabled Americans get the medical care they need. Melody currently earns $40,000 a year and carries no insurance, but after three required abdominal surgeries that her insurance didn’t cover, she found herself deeply in debt and filed for bankruptcy. She needed a fourth operation and didn’t have money. “I’m procrastinating and postponing the surgery,” she tells journalist John Larson, the program’s narrator, as she sweeps her front porch. “I will eventually. But I can’t right now. I just can’t afford it.”

Melody Babbitt’s plight is compelling, but no less compelling is the image we are left with: that of an American woman in her late fifties, telling her story of hardship while sweeping her front porch. In the midst of financial constraints so severe that she won’t allow herself to go to the movies, she is sweeping her porch. Faced with economic conditions she had no reason to expect and is virtually powerless to control, she is taking care of her home by extension. It might be said, she is also taking care of her life.

That is an abiding purpose of most of us, I suspect, and it is also a central purpose of Zen meditation. People often come to Zen practice because their minds are unsettled and their lives are in disarray, and that disarray may come in spells of days or weeks or even months, or of daily practice, many find that their minds are becoming calmer and clearer, and that order is returning. This may be why they continue beyond that point, setting aside at least ten minutes a day for meditation, they may also find that the practice which helped them regain their balance is also helping them sustain it. For in three distinct ways, Zen practice can help us take care of our lives.

First and most evident, Zen practice encourages an attitude of care toward one’s immediate environment. Visit a Zen monastery, and you are likely to be struck by the order and cleanliness of your surroundings. Such a sense of order is part of the assumption of the furnishing, the careful placement of calligraphy drawings, incense bowls, and other elements of décor. But much of the zendo also reflects a cardinal principle of Zen teachings, namely, the idea that one’s immediate environment, including inanimate objects, is worthy of respect. Further, it reflects the belief that the tasks of caring for and managing a space is a metaphor for the care one is able to offer to a human being or a room or house or landscape, it is also possible to care for one’s state of mind, whatever it may be. In Buddhists, states of mind are known as “mental formations.” Thich Nhat Hanh’s tradition lists fifty-one mental formations, ranging from anger to curiosity, and the wise way to take care of them, the teachings advise, is, first, to remember that they are “empty”—that is to say, impermanent—and, second, to practice what Buddhists call “mindfulness of the mind.” When you are irritable, you know you are irritable. When you are calm, you know you are calm. By bringing a relaxed, non-judgmental awareness to your present state of mind, you release your attachment to it, allowing it to change of its own accord. By so doing, you catch the spark before it becomes a downward spiral. In this way, you take care of your mind.

Beyond the care of one’s immediate environment and one’s mental state, however, is a deeper form of caring, which might be characterized as taking care of life itself. Those who have survived a life-threatening illness often report a quickened appreciation of their lives, attentiveness to a heightened awareness of their mortality. To engender that appreciation, not only under life-threatening circumstances but also in our daily lives, is a central aim of Zen meditation. That is why Zen monastics chant the somber imperative “Take heed; do not squander your life” at the close of day, and why Zen teachers, when urged to explain the “Great Matter of Life and Death,” by which is meant the impermanence of all conditioned things, including and especially our very lives. At the intellectual level, that truth is little more than a banality. But having truly felt it at the emotional and indeed the visceral levels, we are less likely to squander our lives in pursuit of petty satisfactions and distracting entertainments. And having sharpened our awareness of the preciousness of our lives, we may come to value, appreciate, and take care of whatever afflictions and hardships come our way.

That is a lofty goal, of course, and few of us are up to it every day. But the effort to attain it can start with a straightforward discipline of the simple, conscious breaths—and the careful sweeping of one’s front porch.

When your health is good, we’re here to help you keep it that way. And when you have a health problem, we’re here to care for you and your entire family. That’s what family physicians do. They take time to listen, to explain your problems and treatment options, and to be there for you and your entire family.

Call today to schedule a new patient appointment.

Ben Howard

Entering Zen
Essays on Zen Practice

Foreword by Sheng Yen

One of those literary classics in its time. Tom Bower Foreword by

AU assistant dean among ‘30 under 30’

ALFRED—Maeghen MacDonald, assistant dean of the Alfred University College of Professional Studies, has been recognized by a leading business publication as a top young professional in the region.

MacDonald has been named part of Buffalo Business First’s inaugural 30 Under 30 class, which honors business professionals in Western New York under the age of 30 who arerecognized for their work in their field.

Nancy Evangelista, dean of the College of Professional Studies, credits MacDonald with helping the College develop programs that attract students to the University while they’re here.

“Maeghen has brought energy and social media savvy to her position as assistant dean,” Evangelista commented. “She has fresh ideas for program development, based on her understanding of what today’s college students find important and in- teresting.”

ASC students help ‘celebrate service’

ALFRED—Alfred State students traveled across New York State and parks to painting and cleaning for non-profit organizations and assisting senior citizens or disabled individuals with general yard and home maintenance needs.

“The day represents a great opportunity for students to come together to address challenges, build relationships, and learn more about the greater Allegany County community,” said Jonathan Hinkle, director of Civic Engagement at Alfred State. “The purpose of this event is threefold: to serve the community, to celebrate Allegany County, and to encourage students to take an active role in the community.”

The event is part of the County’s participation in Make a Difference Day, the largest national community service day in America. It was supported by Greater Allegany County Chamber of Commerce, Swain and the Alfred Sports Center.

McDonald is worthy of respect. Further, it reflects the belief that the tasks of

MacDonald has pursued initiatives that promote the College and encourage student interaction by opening avenues of communication through the use of social media, has developed programs aimed at boosting student morale, and helps bring dynamic speakers to campus. She also sits on the Alfred University Students’ Programs’ Entrepreneurship Institute for High School Students.

MacDonald, a native of Alexandria, VA, is a 2007 graduate of Alfred University with bachelor’s degrees in political science and communications.

She went on to earn a Master of Business Administration from St. John’s University in 2010.

She was appointed assistant dean of the ALFRED University of Business in December 2010. The College of Business became the School of Business prior to the 2012-2013 academic year, when it became part of the newly created College of Professional Studies. Other programs of study contained in the College of Professional Studies include physical education, athletic training, and graduate programs in counseling and psychology.

Evangelista credits MacDonald with helping create programs that appeal to college students.

MacDonald’s connection to Alfred University has helped relate her to ALFRED students and create programs aimed at helping them succeed there.

“Maeghen’s strong connections with her students are a tremendous asset to our programs,” Evangelista said. Through her initiatives, we have launched new programs for engaging students and providing the supports and skills they need to be successful in the college environment.

MacDonald has pursued initiatives that promote the College and encourage student interaction by opening avenues of communication through the use of social media, has developed programs aimed at boosting student morale, and helps bring dynamic speakers to campus. She also sits on the Alfred University Students’ Programs’ Entrepreneurship Institute for High School Students.
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Hornell Area Wind Ensemble sets ‘Music of the Czars’ Nov. 3

HORNELL—The Hornell Area Wind Ensemble’s Associate Conductor Chris Lynn will take the podium on Saturday, Nov. 3, to present “Music of the Czars.” The concert will be held at 7:30 pm in the Hornell High School auditorium.

The wind ensemble will play an entire program of Russian music, which includes a variety of styles; from ritual folk songs to the sacred music of the Russian Orthodox Church.

“Kiji Suite.” Listen for a horse drawn sleigh, jingling bells, prominent composers such as Gliere’s ballet “The Red Poppy.” Based on a folk tale, it tells the story of sailors trying to free peasants, continues with increasing intensity and bold, forceful rhythms which culminate in a thunderous finale!

There is no charge for this event, but donations will be accepted. This concert is sponsored in part by public funds.

THE GRAND SLAMBOVIANS will perform at the Wellsville Creative Arts Center on Saturday, Nov. 10. Advance tickets are $18, $20 at the door. Tickets may be purchased at www.WellsvilleCreativeArtsCenter.com.

The ultimate DIY’ers, the band runs its own label and has previously released 3 critically acclaimed studio albums - The Great Unravel (2008), 2004’s double-disc Flapjacks from the Sky and A Good Thief Tips His Hat (1998).

Together since the late 90’s where they met in art school, Galen Murphy & The Slambovian Circus of Dreams have shed their skin and come out boldly as The Grand Slambovians in 2011 touring the U.S., Canada, and the U.K. in support of their latest creative effort. Unleashing their hauntingly signature songs on the world once again, the new album is getting rave reviews on both sides of the Atlantic.

Manically melodic, the bold, new songs knit into the band’s classics like an old paisley quilt wrapped around a very large family. The ultimate DIY’ers, the band runs its own label and has previously released 3 critically acclaimed studio albums – The Great Unravel (2008), 2004’s double-disc Flapjacks from the Sky and A Good Thief Tips His Hat (1998).

This October they will once again bring their legendary Halloween show, ‘The Grand Slambovian Halloween Ball’ to London’s Electric Ballroom and NYC’s Gramercy Theater. The band has toured nationally and abroad touring in 1998. Known for electrifying live performances and great original music, they have a devoted and growing international fan base.

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25. Personal Services

26. Adoption

27. Classifieds

28. Services

29. Personal Services

30. Adoption

31. Classifieds

32. Services

33. Personal Services

34. Adoption

35. Classifieds

36. Services

37. Personal Services

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59. Classifieds

60. Services
Compiled by David L. Snyder

THE ALFRED SUN

In the Alfred Sun, 50, 25 and 10 Years Ago

FIFTY YEARS AGO, NOVEMBER 1, 1962

Approximately 40 persons attended the first meet-

The annual Alfred Men’s Meetun and the profes-

Approximately 40 persons attended the first meet-

Alfred Station—Miss Linda Spaine of Corliss

planned 30-minute ceremony to be held outdoors adja-

campus development at the State University Agricultural

some time there during the small game season…

Mr. and Mrs. John Henry and family of Dansville were Sun-

grandparents, Mr. and Mrs. Clarence Jacox…Mr. and

returning home Monday after spending the weekend with

most pharmacists recommend?" which was posed to him

which is chaired by Garth A. Brown and Joseph A. Luber-

The Locals, Inc., Alfred, at St. James Mercy Hospital, Hornell. Mat-

1987 to Mr. and Mrs. Gerald Snyder (Dorothy Hotaling)

1947, died Thursday, Oct. 25, 1984, in St. James Mercy Hospital in Wellsville, after a long illness. He was

TEN YEARS AGO, NOVEMBER 7, 2002

A breakthrough in planetary discovery occurred recently with the discovery of the planet known as "Epulon" by Alice Quillen, assistant professor of physics and astronomy at the University of Rochester and Stony Brook University, a senior physics professor at Alfred University with a concentra-

tion in astronomy. The planet, under the current work-

year awarding the first annual "Very Important

The 1987 Alfred City Council found it necessary to

weeks, a half-dozen workers are

In the Alfred Sun, 50, 25 and 10 Years Ago

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www.alfred-sun.com
By LINDA STAEGER

ALMOND—“How Can I Forgive?"
10/12/12, Page 1
Part 3 of Pastor Steve Dygert’s series “Forgiveness: The Real F Word.”

Perhaps you have already the troubled person who haunts you deepy and you would have trouble forgiving. Some of that pain of that pain you think you could ever climb out of it, right? Well, it is possible, indeed, to make that climb, for you. Don’t have to hold onto it any.

What does the Lord Jesus say about forgiveness?… “Forgive our sins as we forgive those who have sinned against us.”

(1) Forgiving others is NOT justifying their actions. It helps to understand why they did it, but…

(2) Forgiving others is NOT trusting the passage of time. All does not necessarily heal the pain. The pain may need to be dealt with.

(3) Forgiving others is NOT denying that you are hurt. It’s not saying that it didn’t happen. It’s the relative matter. Still, deal with it before mental breakdown.

(4) Forgiving others is NOT confronting them personally. It is not always possible or even sometimes. It is not meant to be confrontational. It comes from the heart quietly, person.

Here’s a challenge for you—not an assignment, but a personal challenge: remember that person you thought of at the beginning of this article. It’s not enough to learn about forgiveness, you must be in the process of freedom’s community from forgiving someone.

First Step: Remember. Remember how much you’ve been forgiven. Matthew 18:23-25. Think of that one person that you just can’t forgive and realize that even if God has forgiven you so much, how can you withhold forgiveness别人其 own.

Second Step: Release. Release the person entirely. No longer hold on to the bitterness or the resentment. Let it go. Stop holding that grudge. Sure, it is hard to do. Even the political situation needs to be dealt with, but when you can finally let it go.

Third Step: Recognize. Recognize that you are able to forgive this person. As bad as the hurt is, it is your life, and you can learn from it.

Fourth Step: Release. Release this process. Begin the process truly in your heart. Think of that person and remember how much God for you, and release that other person.

Feeling overwhelmed? Don’t panic. This is a deep step so why should we, right?

Join us for Part Four of the “Real F Word.”

Bixby to preach at Alfred Station

ALFRED STATION—Your friends and neighbors at the Alfred Station Seventh Day Bible Church, “A 3 C church: Connect- Care-Community” invite you to join us for Sunday Worship at 10:30 am. Alfred United Methodist Church would like to thank them for their work. They were a great help to us by painting the nursery gram. Alfred United Methodist Church would like to thank them for their work.

By Adam Gahary

ALFRED—On Saturday, October 27, a group of four Alfred State College students volunteered at the Alfred United Methodist Church. The students were a great help to us by painting the nursery gram. Alfred United Methodist Church would like to thank them for their work.

Dr. Bixby’s ministry experiences enables him to bring ministry insights, encouragement and change to churches. In his 19 years as pastor his church grew from 15 members to 400 in attendance, and he has been a key leader in the Alfred United Methodist Church.

The Alfred Station Seventh Day Bible Church meeting house is located at 587 Route 244. It is found down from Robert Lawrence Trucking, the Canacadea Country Store, the Bike Barn and across from Hillbottten Pottery, up from the Bicycle man, Way to Gro.

Area pastors set prayer meeting for elections

ALMOND—Some have said, this could be the most important election of our time.

Since God exists. God is sovereign setting the rules of the universe. Since God is truly the “moved mover.” Should we not seek God’s will in our day for the upcoming elections?

The pastors of the Evangelical Alliance Church, Alfred; Bixby United Methodist Church, Alfred; and Alfred Methodist Church, Alfred, and Pastor Ken Shutt, Pastor Steve Dygert, and Pastor Ken Chroniger invite you to attend our prayer meeting and neighborhoods at the Alfred-Almond Bible Study 8 p.m. (Grades 1-8); Instrumentalist 4th Sabbath (Sat.) 9:00 am; Choir (Grades 5-8); Instrumentalist 4th Sabbath (Sat.) 9:00 am. Fellowship Meal 2nd Sabbath 12:30 pm; Men’s Prayer Meeting 1st Tuesday of the month (11); Webville Bible Study 10 am Tuesday. Hosting Alfred Area Food Pantry 5 days per month Tuesday and Thursday. Woman, Infant, Child, Club. Food Pantry 5 days per month Tuesday and Thursday. Weekday Masses Monday, 9:30 a.m.; Father Sean DiMaria, Pastor. St. Brendan Church, Alfred. Bible Study 8 p.m. Fridays in Almond. Call 276-6380 or e-mail lookup@frontiernet.net for more information. ALMOND—“How Can I Forgive?”

The Alfred United Methodist Church was located next to the Alfred-Almond Bible Study at 587 Route 244. It is found down from Robert Lawrence Trucking, the Canacadea Country Store, the Bike Barn and across from Hillbottten Pottery, up from the Bicycle man, Way to Gro.

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Reed-Shinagawa debate at Geneva

(Continued from front page)

energy resources are perceived as a long-term, stable supply of domestic fuel. The Federal Reserve is perceived as the only entity that can weaken the dollar and sees the continuing debt and policies are hurting us. We have a 150-year supply of natural gas here, and we can use our own energy for local development and retrofits long haul trucks to use natural gas.

Shinagawa said that he understands that the price of gas is an issue, since he has driven 50,000 miles during his candidacy but he didn’t understand Reed’s position since Federal Reserve ordered him to stop requiring Americans to buy cars and he also said that Reed also supported liquefied natural gas and sending it to New York City.

Shinagawa said that the federal government has put in regulations to increase fuel efficiency and we need to keep American fuels in America but also recognize that oil and gas are short term, forward ideas like renewable energy.

Question 4: Seneca Lake is the best attraction we have. How will you preserve it?

Shinagawa said that he has worked with Barbara Lifton to preserve Seneca Lake since about Y2K. Now small towns to protect from the New York City’s garbage to the Seneca Lake and make trucks use routes around it.

The trucking for garbage though is nothing like the industrialization of the area that fracking would cause so he would not allow the industrialization of the Finger Lakes area. He would protect the Finger Lakes and tourism industries.

Shinagawa would continue his work in defense against invasive species. Now small towns to use local funds to deal with this plant problem. He also said that Federal Reserve could create one coordinator and keep watch on this.

Reed said that we need jobs and secure energy sources for manufacturing and jobs in the area. We need fencing but it’s okay to protect from the Finger Lakes and to fence in other areas.

Reed said that we can’t keep companies that are afraid of the area. We need frack but to prevent from the Finger Lakes and to frack in other areas.

The coaches were assisted by the great administrative help of former student Jeff Castellano and the field leadership of (junior) Captain Josh Smith and President Henry Glavin. The club started and finished today in a much better position than it was this time last year. The club now has 3 players with consecutive semesters of AU Rugby experience with several former high school rugby players on the roster. With deference to earlier Alfred teams, Alfred Rugby is in a better position than it’s been since about Y2K.

One of the season highlights was Alfred’s 1st rugby game (and win) on Alfred’s Merkel Field; a first in Alfred Rugby’s 55 consecutive semesters. 55 consecutive semesters of continued recognition and good standing on the Alfred University campus; a record that many NYS Division II teams would envy.

The club offers its thanks new AU Athletic Director Paul Vecchio for his help in this milestone for the club.
Saxons wide receiver #10 Jonathan Ruffin scored a touchdown on an eight-yard pass from back-up Quarterback Joe Endlin, but the Saxons, decimated by injuries, failed to score anymore in a 31-7 loss at Utica Saturday. (PhotosbyLAN.com)
Syracuse at the NCAA's.

all the better over Bob Baker and "Foolish" Farley in the T2 slot.

The Hoosiers have all five starters back. Indiana over Duke in the finals.

much.

hit like the New York Yankees did against them in the ALCS. Not on the tube. Almost like a post-season "bowl day" of action.

Tigers upset them. Plus, the two Webster schools tangled in sectional soccer play. Did none! Great NCAA college football games on the tube. Almost like a post-season "bowl day" of action.

The Ithaca women (Jeff Long) were at RIT in women's soccer as the Moses and unable to attend SU football game with Stub.

in West Palm Beach, FL.

business. Not to be confused with the famed Hollywood Palms Hotel in Hollywood, FL last week ... allegedly on chat with Cody last week ... the radio "Voice

Daughter Lauren ran fourth in the Scare Brain Can- (Continued from back page)

tory.

24:35.7. The Lady Pioneers have now won back-

tion were separated by a mere four points. Alfred

while SUNY Delhi

men's cross country teams ran to a share of the

women's cross country teams ran to a share of the

24:35.7. The Lady Pioneers have now won back-

five points. In the men's competition the Pi-

nine goals all season.

allowed just four goals during the winning streak

ranking in the NJCAA poll and the #1 seed in the

winning streak that propelled the team to the #1

net for the equalizer.

rest of the half but could not find the back of the

neutrality.

Hornets sting Lady Pioneers

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HITS AND MISSES:

Starting off with the end of the year for the Alfred State College women’s soccer team as they fell one game short of making the National Tournament. Ouch. Coach Anne Gaiser’s program (A-A) lost to Broome CC, 2-1 in the Region III, Division III finals at Cortland-Thompson on Saturday past. The Pioneers lost their opening game of the year, to Monroe College of NYC, then rattled off 17-straight victories to complete a stellar 17-2 campaign. Kali Mahlensien (A-A) tallied the lone goal for ASC in the loss to Broome, 31st of the year! Alfred State advanced to that contest with a 1-0 win over Clinton CC as Hannah Holmok (A-A) tallied the winner. A Disappointing loss, I'm sure, to an awesome season.

The Alfred-Almond boys (13-4) and girls (10-6-3) soccer teams are each in their respective semi-final games this week with the finals on tap this weekend. The boys were pitted against Pittsbrugh (10-7-1) earlier in the week while the girls have to face perennial power, Arkport (16-1) tonite in Hornell. Guessing the boys will win and play Fillmore ... new one, for the “D1” championship but have to go with Arkport in the “DII” semi-finals.

Coach Kristy Sherman’s (Arkport) Brockport High girls soccer team beat Greece Athena, 2-0 in their “AA” sectional opener but fell to webster Fillmore ... new one, for the “D1” championship but have to go with Arkport in the “DII” semi-finals.

Stephen Baker and his U Penn soccer teammates continue their tough season as they fell to Brown, 1-0 and had another game cancelled due to the storm this week. The Quakers are (2-12) in Baker’s junior campaign.

Chris Kazykowski and her Western Carolina Catamounts women’s soccer team closed out their season this past weekend, compiling with a loss to Appalachian State. They finished up 7-10 on the year.

The University of Vermont women’s soccer team beat U Albany in the home opener during their America East cycle, 1-1 and scoring on PKs. The Catamounts then fell to #1 seeded Hartford in the semifinals, 2-0. Haley Marks (Penfield) had the assist in the Albany game and was named first-team, all-conference this season. Jess Herbst (Webster) completed her senior season as UVM went (4-13-2). Seems like I just interviewed her at Indian Lake prior to the start of her college career itself. It now is here.

It was a tough and painful loss for the Alfred Saxons (4-3) at Utica as the injuries mounted during the football game and AU fell, 31-7. The Saxons have many things versus Frosburt State and Hartwick, two wins and quite possibly an ECAC Bowl berth awaits, most likely on the road. Maybe Alfred versus Union?

In other Division III football games of note; Ithaca rallied late to top Salisbury, Hobart remained undefeated (8-0) with a win over Union, Cortland (7-1) moved onward by topping Kean, SJ Fisher blanked Frosburt and Buffalo State edged Hartwick. And, Wisconsin-Whitewater lost again! Three defeats this year. Have they lost three times in seven-years, four with championship trophies at the end?

The Syracuse Orange football team stunned South Florida in the home opener versus America East -- 37-36. One-time diehard SU fan, Our Man Frank ... not in at- tendance. Syracuse will host Temple in a couple weeks.

The fall passerine banding season came to an end at Brad- dock Bay Bird Observatory on Saturday. It was one of the best fall seasons I can remember, with over 5000 birds banded in- cluding one new species (Red- shouldered Hawk).

We had record numbers of Tufted Titmice, Red-brested Nuthatches, Swainson’s Thrush, Wood Thrush, Gray Catbirds, European Starlings(1), American Redstarts, Common Yellow-throats, and Swainson’s Sparrows. It appeared to be a very good breeding season for many species.

The only nets we didn’t take down for the season are the ‘owl nets.’ Years ago, I made a feeble attempt to band Saw-whet Owls in fall, and I managed to catch four of them in one night. This year we‘ve had quite a few, but done right, with the right mesh size for catching them. Our regular mist nets have a smaller mesh size designed for catching kinglets, warblers and sparrows. Many of the bigger birds just bounce right out of them.

After we’ve banded an owl inside our well-lit banding lab, we take it outside and let it rest on a branch until it gets accustomed to the dark again and feels ready to take off on its own. These owls have no fear of humans and appear just as relaxed and at- ease resting on a human as on a branch. Some are so relaxed, they’ll sit for ten minutes before taking off. We always have more than one volunteer ready to be the branch it rests on!

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