Dr. Julia Overton-Healy (LAS 95) is the founder of Wilder, Women in Leadership Development, a training program designed to help female student leaders transition from campus to off-campus leadership activities and to encourage community service.

While working as a student leader, Overton-Healy says she knew that, eventually, she would have to be something that truly believed in. For her, providing healthy natural foods to the community, meets that criteria.

Dawn Bennett changes hands

By SHIRLEY GALLE

A pretty darn good newspaper serving Alfred since 1863

Vol. 128, No. 48 Alfred, Allegany County, New York State, U.S.A. 14802 Thursday, December 12, 2013

ALFRED—A smooth transition marked the transfer of the Kinfolk Natural Grocery from its owners of 32 years, Jessen and Elliott Case, to its new owner, Dawn Bennett, who has decided to rename the store “The Rogue Carrot.”

Bennett describes herself as someone who likes to stay busy. True words were never spoken! Originally from Texas, Dawn did her undergraduate work at the School of the Art Institute of Chicago. After completing her degree, she stayed in Chicago and worked in the city. Eventually, Dawn decided to further her education and went back for her graduate work at New York State College of Ceramics at Alfred University.

The JLC provides leadership training, education, and development to the campus. Special programs are offered for women, new students, and students who want to assume leadership roles. The center is committed to the development of ethical leaders who reflect principles of inclusivity, sustainability, and global sensibility.

In keeping with her commitment to leadership education for all students, she recently served as a keynote speaker at the Bella Abzug Leadership Conference, June 8-10, 2013.

The JLC provides leadership opportunities for current students, alumni, and the community. The center offers seminars, retreats, workshops, and mentoring opportunities.

The JLC also provides opportunities for alumni to give back to the university through service and volunteerism.

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Gustine, Fla., died Sunday (Dec. 1, 2013) at the Taylor Health Center. Phyllis Joan Argentieri was born in Hornell, March 14, 1926, the daughter of the late Howard and Mary (Stodden) Argentieri of Hammondsport, and the late Robert B. (Carolyn) Argentieri. She leaves behind her devoted husband, Raymond Argentieri, and a brother, Richard H. Reynolds. Phyllis enjoyed her lifetime profession as a hairdresser and salon owner. In her retirement she volunteered at the American Cancer Society. She also enjoyed cooking, socializing and traveling with her longtime companion, Wilbur H. Coughtry of Rock Island. Phyllis enjoyed life and especially her love. He practiced pediatrics in Hornell and served vast surrounding areas. He also served in several other countries prior to his immigration to USA. He was one of the longest-term medical staff members at St. James Mercy Hospital where he set exemplary standards of care. He is survived by his wife, Dr. Meera Chaudhuri; and a daughter, Jana, and her family. Contributions may be offered to Steuben County ARC or St. James Mercy Foundation.

**OBITUARIES**

**PHYLLIS J. ARGENTIERI**

Hairdresser; salon owner. Born in Hornell, NY, on March 14, 1926, one of three children to the late Howard & Mary (Stodden) Argentieri of Hammondsport, and the late Robert B. (Carolyn) Argentieri of Bath; and brother Robert B. (Carolyn) Argentieri of Bath; and sister, Mary Jo Argentieri of Bath; and brother, Wilbur H. Coughtry of Rock Island. She was a proud Army Mother. In her retirement she volunteered at the American Cancer Society. She also enjoyed cooking, socializing and traveling with her longtime companion, Wilbur H. Coughtry of Rock Island. Phyllis enjoyed life and especially her love. He practiced pediatrics in Hornell and served vast surrounding areas. He also served in several other countries prior to his immigration to USA. He was one of the longest-term medical staff members at St. James Mercy Hospital where he set exemplary standards of care. He is survived by his wife, Dr. Meera Chaudhuri; and a daughter, Jana, and her family. Contributions may be offered to Steuben County ARC or St. James Mercy Foundation.

**OBITUARIES**

**SUNBEAMS**

You know it’s a small town when... Directions are given using the “the” traffic light as a reference.

The Andover Historical Society is planning a pot luck supper at 7 p.m. Wednesday, Dec. 18. Mona Mougher will be sharing some of her experiences in Red Cross rescue work. The public is cordially invited to attend at the Andover Community Center on East Greenwood Street. If interested, please Ron Manske at 607-478-8184. Kay Chapman of Alfred Station returned home Dec. 1 after spending an exciting Thanksgiving visit with son Mark Mix and family in Fairfax, VA. She joined the family in a visit to Busch Gardens in Williamsburg, VA where she rode the Volcano rollercoaster during which she perhaps permanently lost the permanent in her hair. The Baker’s Bridge Historical Association has a newly refurbished sign over the front door of its Meeting House on Hamilton Hill Road, thanks to the talented hands of Joe Desch and Phil Curran. Mark your calendar, Alfred village residents. This is, of course, the 2013 Alfred Village Christmas Calendar. The Alfred Village Board will hold a Public Forum from 7 to 8 p.m. Monday, Dec. 9, to discuss any and all matters of interest to the community. The forum will be followed by the regular monthly meeting of the Village Board. If you’re reading this before 12 noon today, Thursday, Dec. 12, you may still be able to participate in the annual Baker’s Bridge Historical Association Cookie Sale (Slate) at the Alfred Station Fire Hall. The sale runs from 12 noon to 1:30 p.m. but the earlybirds get the best selection.

**OBITUARY**

The Alfred Sun does NOT charge to publish obituaries. It never has, so long as the janitor has his say, it never will. **SHOP LOCALLY**

Support local business!

**SHOP LOCALLY**

Support local business!

**SHOP LOCALLY**

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**SHOP LOCALLY**

Support local business!
Hornell Area Wind Ensemble concert follows ‘Christmas Through the Ages’

HORNELL—The Hornell Area Wind Ensemble’s Saturday, Dec. 14 concert “Christmas Through the Ages...a Journey from Medieval to Modern Times” will be an enchanting gift to the community. This concert is free and will be held at 7:30 pm in the Hornell High School (snow date: Sunday, Dec. 15 at 3:00 pm.)

As you walk into the auditorium you’ll be warmly welcomed by pre-concert entertainment; music will be provided by the YMCA Fiddlers. A mid-concert highlight will be the elegant Orpheus Chorale singing holiday songs.

Co-conductors Edward Belin and Christopher Lynn will share the podium. They’ve put together a program of holiday music including songs we’re familiar with, as well as less traditional tunes which are sure to please all musical tastes.

“In the spirit of Medieval Christmas,” from the 14th century, is a suite which includes Gaudete, a song of praise, Coventry Carol, a lament, and the well known and festive In Dulci Jubilo. These ancient carols are still popular after hundreds of years.

“With Honour Crowned,” is a grand march which will make you feel as though you’re attending a coronation in the United Kingdom. It’s by Albert W. Ketelbey. You’ll enjoy “Praises” written by a prolific American composer, W. Francis McBeth. In contrast, “Ritual Fire Dance,” by Manuel De Falla, is a move ment from his ballet El Amor Brujo. It’s a fiery dance suggesting the worship of a Fire God.

One of the many highlights of the evening will be “The Night Before Christmas.” This much beloved poem will be narrated by Mark Smith, and he’ll be accompanied by the Hornell Area Wind Ensemble. It’ll be a memorable rendition!

“Yuletide Carol a la Big Band” is a fresh and clever swinging treatment of the traditional Christmas carol. Contemporary harmonies echo throughout the piece, creating an interesting, jazzy arrangement.

Leroy Anderson wove a tapestry of well-known Christmas songs into “A Christmas Festival” and it’s become a favorite. Another favorite is “A Most Wonderful Christmas” a medley of songs which perfectly capture the spirit of the holidays; it includes swing sections and jazz inspired ballads; it’s toe tapping music!

A true holiday classic is “Silent Night”, by Leroy Anderson. It’s complete with the jingling of bells, the clippity-clop of horses hooves and the crack of the whip.

This concert is made possible in part with public funds from the NYS Council on the Arts’ Decentralization Program and administered locally by The ARTS Council of the Southern Finger Lakes.

Walk-in flu clinic set at Health Department

BELMONT—The Allegany County Department of Health will hold a Walk In Influenza Clinic from 10 a.m. to 5 p.m. Wednesday, Dec. 11 at the Allegany County Health Clinic Room in Belmont. Flu vaccine is $33.00. (Sliding scale available.) Ages 6 months and up are welcome. All children younger than 18 years must be accompanied by a parent or legal guardian. Please bring ALL insurance cards. Please wear short sleeves.

No appointment necessary.

Call the Allegany County Department of Health at 585-268-9250 with any questions.

Kieth Vosburg earns recent promotion in Army National Guard

Major General Patrick A. Murphy, The Adjutant General for the State of New York, announces the promotion of members of the New York Army National Guard in recognition of their capability for additional responsibility and leadership. Kieth Vosburg from Almond, serving with the 827th Engineer Company is promoted to the rank of Captain.

Army National Guard promotions are based on overall performance, attitude, leadership ability, and developmental potential. These promotions additionally recognize the best qualified Soldiers and attract and retain the highest caliber Citizen Soldiers for a career in the New York Army National Guard. For more information about the New York Army National Guard, visit www.dina.ny.gov or www.1800govguard.com.

THE ALFRED SUN, Thursday, December 12, 2013

Scene About Alfred

A weekly photo feature
By SHERRY VOLK
Alfred Sun Columnist

BREAKFAST with SANTA--Coffee, orange juice, pancakes, sticky buns, scrambled eggs, bacon! The scents were lovely, and the event was wildly successful, but where, wondered some, was Rich Hoffman? Santa paid a brief and happy visit to A.E. Crandall Hook and Ladder Company on Saturday, Dec. 7, while members of the department served a delicious breakfast to “children of all ages.” One attendee was heard to wonder why, when he is usually so faithful, Rich Hoffman, was not in evidence. In the photo: Santa’s favorite elf, Rachel Depew, with her family; Rona Powers, Faye Maggie Powers, and Amy Britt Powers. The annual event, an important fund raiser for the Alfred Fire Department, with income accrued this year earmarked to purchase a carbon monoxide breathalyzer. Becky Ham, a department member says, “We had our largest turnout ever, with more than 180 breakfasters, and raised enough funds to purchase the breathalyzer. Thanks!”

Open Monday – Saturday 10-5
now through Christmas!

Office Hours:
9:30 a.m. to 5:30 p.m.
Closed on Thanksgiving and Christmas

www.sunnycovelfarm.com
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Alfred Station
607-587-9282

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Store Open
2 to 5 p.m.
Tuesday & Friday

crochet with Judy Snyder

www.CrochetbyJudy.com

BARGAIN Rack
$1 for a great gift

Country View Crafts

Dollhouse Furniture
With Light and Sound

Bill and Arlene Eddy

173 Main Street
Alfred Station
607-587-9282

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Apples, Walnuts, Pumpkins, Squash, Gourds

Candied Nuts and Candied Cranberries
Syrup, Honey, Fresh Corn

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Honey Pot Chocolates

A Wonderful Gift for Any Occasion
Sold locally at these locations

Alfred Pharmacy
Camcasale Country Store

20 Different Flavors Hard (Dipped) and Soft Assorted Candies Gift Box

Honey Fudge Bars too!
Made in Alfred, NY since 1932
Dear Editor,

investment in restoring one of Alfred’s treasured properties—the Burdick-Saunders house on South Main Street.

Ownership has recently transferred the house from Charlotte Allen to Alan for using local contractors and vendors for the rehabilitation. Although in New York City, he considers Alfred his second home—a lovely, welcoming community to visit and to help bring back some of its Victorian charm. To this end, Alan has also purchased several properties in the same area, including the former Zimmerman and Simpson House. Rebuilding is under way at these locations.

Without Alan’s participation, A21CG could not have continued the Burdick-Saunders house project. It has been our Angel; we have always been grateful to have such a caring individual in our community.

Thank you, again, Alan!

Carlyn Yanda, Anne Wenslow

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I don’t want to sound like one of those "truth" about Obamacare. I only wish he had suggested an alternative that would address the health care problems the nation faces.

I had a very pleasant Thanksgiving dinner with six doctors, among others. One of them is the Head of Cardiology at a large New England hospital. Another Head of Cardiology at a large California hospital. I asked the former that at one time American health care was rated number ten, and currently it is at number two, and currently it is at number two. Many of these doctors are in favor of the Affordable Care Act. If Mr. Pullen’s suggestion is that we bring in more big pharma, I don’t give me much comfort.

Wages for tip workers

The Hunger Action Network of NYS called on Governor Cuomo on Black Friday to raise the minimum wage to the last 75 cents to $15 an hour for tipped workers in the food industry. The Governor was directed to establish the board as part of the legislation passed last spring to raise the state minimum wage. "Governor Cuomo needs to understand that companies can make a profit and still pay their workers a fair wage. Cuomo needs to work with New Yorkers to work for sub-poverty wages for the least fortunate. So each worker is entitled to a fair share on the table. The National Labor Relations Board recently announced it will provide protections for violating workers’ rights by threatening, discouraging employees who went on strike or attempted to unionize. Hunger Action Network also wants lawmakers to raise the minimum wage to the recently agreed deal of $15 an hour over three years. They also want the Governor to extend the wage increases to cover other minimum wage workers. Wage theft costs NYC workers an estimated billion dollars a year."

For a story that may raked in $15.7 billion in profits last year alone shouldn’t keep in their pockets. We need to support the community's many worthy organizations through your pledge. We are still in need of $38,275. We are still in need of some $38,275. We are still in need of $38,275. We are still in need of $38,275. We are still in need of $38,275. We are still in need of $38,275. We are still in need of $38,275.

Sincerely,

Douglass Turner
Alfred, NY
**AngelicA**
The sounds of Christmas, both familiar and new, will ring out at Black-Eyed Susan Acoustic on Friday and Saturday night between Christmas and New Year’s Day, hosted by Immaculate Conception Church, 24 Maple Ave., Wellsville. The performance will celebrate the 35th anniversary of the local writing group with a celebration to be held in conjunction with the group’s annual Christmas party. Members have compiled, edited and published nine anthologies of their original works. Workshops for adults in poetry, nonfiction and fiction have been conducted by group members and invited guests. Members have met with, shared writing goals and challenges, exchanged original manuscripts, and provide constructive criticism to each other. She organized a meeting in her Wellsville home in September. Ten women attended that first meeting and the name of the group was adopted as Creative Writers. Thirty-five years later, the group has involved a community horseback riding lesson program. Sue Weigman, a CHA Certified instructor, will be teaching Mondays and Fridays throughout the spring 2014 riding season. Weigman is accepting beginners through low intermediate level in both Western and English disciplines. Students, faculty, staff, families, and community members are welcome. The lessons are $25 for a group and $30 for a private lesson for AU faculty and staff; $30 for a group lesson and $35 for a private lesson for AU students and community. Group lessons run 45 minutes; private lessons are 30 minutes. Payment for each lesson is required at the beginning of each lesson. Cash or checks made out to AU are accepted. AU students may have their lessons billed to their accounts. Rider requirements:

1. Riders are to arrive 10-15 minutes prior to the lesson time.
2. Riders are to sign and return a release form to the instructor prior to the first lesson.
3. Riders must wear an approved riding helmet (AU has several available). Riding helmets are optional, but recommended.
4. All riders will learn to safely groom, tack up, lead, and handle horses from the ground, prior to riding.
5. All lessons are on the flat; no jumping lessons are offered in this program. Members are strongly encouraged to practice at home and to bring their own equipment. Riders are encouraged to ride at a regular pace, particularly when carrying a young or inexperienced horse. Riders are asked to wear appropriate shoes and dress in warm clothing. Riders are encouraged to bring their own saddle and bridle, or to use the facilities provided by the trainer.

**Cultural Calendar**

**Movie listings**

**Restaurant Guide**

**OFA Menus**

**Listing**

**Week of Dec. 12-Dec. 18, 2013**

**ALFRED SUN, PO Box 811, 764 Route 244, Alfred, NY 14802 607-587-8110**

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**Sounds of Christmas ringing out in Angelica**

**ANGELICA**—The sounds of Christmas, both familiar and new, will ring out at Black-Eyed Susan Acoustic on Friday and Saturday night between Christmas and New Year’s Day. The celebration will be co-hosted by Andrea Schoenthal, CWST founder and executive director, and Laurie Smalley, the group’s president. The event will feature a variety of activities, including a holiday sing-along, a Chinese auction, a spoken word competition, and a poetry reading by Laurie Smalley. The event will also provide an opportunity for community members to come together and share in the festive spirit of the season. The celebration will be held at the Angelica Arts Center, located at 100 Main Street in Angelica’s Park Circle National Historic District. The event will begin at 3 p.m. on Saturday, December 14th, and will continue until 6 p.m.

**The Music of Christmas: An Evening with Bob & Gena Decker**

**BOB & GENA DECKER** will “deck(er) the halls” with Christmas music 7:30 p.m. Friday, Dec. 13. The Deckers have prepared a stunning array of Christmas music, as well as numerous gifts for a Chinese Auction and a festive sing-along.

On Saturday, December 14, Laurie Smalley and Douglas Gaerte present an evening of carols on Celtic harp interspersed with selected Christmas stories. Both shows begin at 7:30 p.m.

**The Music of Christmas: Harp & Laurie Smalley with Doug Gaerte**

**Saturday, Dec. 14, 7:30 p.m.** Christmas music and carols on Celtic harp interspersed with selected Christmas stories read by Houghton College Communications professor Dr. Douglas Gaerte. Laurie has been performing with her folk harp for years at a variety of events. She explains, “I play music that will hopefully inspire people to think about the words to the old hymns - so they might remember how much they are loved by the Lord.” Between many of Laurie’s musical selections, we’ll listen to holiday stories read by Mr. Gaerte. This promises to be an entertaining evening, as Doug is an enthusiastic speaker. Expect to hear some atypical Christmas tales.

**Tuesday, Dec. 17—Spoken Word “Open Mic Poetry Night”- a lively entertaining evening of poetry performance, hosted by Christopher Clove every other month on the third Tuesday. Bring a poem or two, and a friend. 7-9 p.m. Free and open to the public. Café opens at 6 p.m. for food and networking. Friday, Dec 20—The Music of Christmas” with Pat Kane — Contemporary & Traditional Irish on fiddle, guitar, and bodhran. Pat plays jigs, reels, square dances and hundreds of ballads from Ireland & America. www.westoclare.com 7:30 p.m. Dinner served 4:30-10 p.m. Saturday, Dec. 21—The Music of Christmas with Cherith Meeks—Pop, Folk, Original. On ukulele, piano and vocals, this talented songwriter from Avon, creates simple, moving and profoundly interesting twists. 7:30 pm Dinner served 4:30-10 p.m.

**Black-Eyed Susan Acoustic Café** serves lunch seven days a week, dinner with live music every Friday and Saturday evenings. Enjoy a special breakfast on Saturday and Sunday. Located at 22 West Main Street in Angelica’s Park Circle National Historic District, the café seats 65 and is fully handicap-accessible, making it a perfect place for lunch, shows, private dinners and other events. Food and beverage menus, wine lists and music schedules are posted online. For more information, call 585-466-3399 or visit www.black-eyed-susan.com.

**Creative Writers of the Southern Tier**

Members of Creative Writers of the Southern Tier (CWT) are commemorating the 35th anniversary of the local writing group with a celebration to be held in conjunction with the group’s annual Christmas party.

Members and invited guests will gather at 5 p.m. on Saturday, December 14 at Wellsville Manor, 4192A Bo- livar Road, Wellsville. The celebration will be co-hosted by Andrea Schoenthal, CWT founder and president, and Frances Gover, Manor resident. Any member interested in attending is invited to contact Ms. Schoenthal at 585-593-2084 or email her at andrea.schoenthal@yahoo.com in 1978, freelance writer, Andrea Schoenthal was seeking other writers to meet with, share writing goals and challenges, exchange original manuscripts for feedback, and offer information and assistance to each other. She organized a meeting in her Wellsville home in September. Ten women attended that first meeting and the name of the group was adopted as Creative Writers. Thirty-five years later, the group has involved Community Action Angels, an innovative volunteer coordination program at ACO- Cord Corporation. Their set list includes Christmas music and more Christmas music, plus a fun sing-along and a Chinese Auction.

Community Action Angels is administered almost entirely by volunteers devoted to providing hope to people experiencing difficult circumstances. The volunteers hold to a philosophy called “The Circle of Giving.” According to Community Action Angels literature, “everyone who truly needs our assistance will be helped to the best of our ability. Anyone who has received our assistance will be encouraged to help others to the best of their ability.” Learn more about this program at www.accord.org.

The money raised through Friday’s event will provide Christmas gifts to underprivileged children in the local community. Attendees can donate by dropping items or theme baskets for the auction would be greatly appreciated. Please contact the Deckers at 585-268-7035 or email geboaz@verizon.net.

**The Music of Christmas: Harp & Laurie Smalley with Doug Gaerte**

Saturday, Dec. 14, 7:30 p.m. Christmas music and carols on Celtic harp interspersed with selected Christmas stories read by Houghton College Communications professor Dr. Douglas Gaerte. Laurie has been performing with her folk harp for years at a variety of events. She explains, “I play music that will hopefully inspire people to think about the words to the old hymns - so they might remember how much they are loved by the Lord.” Between many of Laurie’s musical selections, we’ll listen to holiday stories read by Mr. Gaerte. This promises to be an entertaining evening, as Doug is an enthusiastic speaker. Expect to hear some atypical Christmas tales.

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Almond Book Club will gather Dec. 17 at Almond Library.

ALMOND—The Almond Book Club meets this month at 5 p.m. Tuesday, Dec. 17 at The Almond 20th Century Library, Main Street, Almond.

This month club members will review books read in 2013. Our first book pick for the new year is The House of Seven Gables by Nathaniel Hawthorne. Our second is The Almond. In addition to the meeting, refreshments will be served.

Almond Book Club meets monthly. Join the group for an hour of literary conversation every month. Refreshments will be served.

Plaints, singers, fiddlers in program

HORNELL—Instructors and students in the YMCA’s Music and Arts Program and V YM members will present a series of Christmas events this year. The first offering will be the annual Evening of Christmas Favorites at 7 p.m. Friday, Dec. 6, at Christ Church Episcopal in Hornell. A free welling will be offered to benefit the Y’s Music and Arts Program to make high-quality music classes available to the community.

The evening will feature pianist Quinn Liberto, Ellen Mason, and Gaye Weyand; as well as singers Jo Barnard, Amanda Clark, Nalanie Crosby, Rachel Haines, Lisa Sanford, and Rebecca Weaver Hampton. Sixteen members of the adult traditional and Jazz bands will play Irish tunes and Christmas carols with their instructors. Joanne Coyne. For more information, contact the Y at 607-324-3520.

Music BANGS/DACETCIALS

Symphonic Band will offer a concert of 6:30 p.m. Saturday, Dec. 8 at the Hornell Campus. Admission is free.

All Symphonic orchestra will offer a concert of 7:30 p.m. Saturday, Dec. 8 at the Hornell Campus. Admission is free.

Almond Village Band offers summer concerts in the village and a winter concert. For further information, call Nancy Lugar at 587-5949 or lugerna@yahoo.com.

Cultural Activities Calendar

Music

ALMOND—The Almond 20th Century Library will offer a concert of 6:30 p.m. Friday, Dec. 6 at the Hornell Campus. Admission is free.

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712-13-12-Layout 1 12/10/2013 3:00 PM Page 1

The ALFRED SUN, Thursday, December 12, 2013 7

WHAT'S COOKIN'?

Allegany County Office for the Aging Meals on Wheels Lunch Menu

Monday, Dec. 16

Coleslaw, Pelican Salmon Loaf, Mixed Vegetables, Dinner Roll, Pudding, Diabetic.

Tuesday, Dec. 17

Pineapple Orange Juice, Corn Bread, Mixed Vegetables, Coffee, Diabetic.

Wednesday, Dec. 18

Chicken Fried Steak, Mixed Vegetables, Dinner Roll, Pudding, Diabetic.

Thursday, Dec. 19

Stuffed Chicken Breast, Mashed Potatoes, Green Beans, Dinner Roll, Pies.

Friday, Dec. 20

Tea Salad with Dressing, Lasagna, Italian Mixed Vegetables, Garlic Bread, Deserts.

Week of Dec. 23

Monday

Cheesecake, Gelatin Jellies, Coffee, Diabetic.

Tuesday

Cinderella Pie, Rice Pudding, Diabetic.

Wednesday

Cinnamon Apple Pie, Corn Pudding, Deserts.

Thursday

Pineapple Upside-Down Cake, Corn Pudding, Diabetic.

Friday

Cheesecake, Gelatin Jellies, Coffee, Diabetic.

Star Gazing

5 p.m. Saturday, Nov. 2, McLane Campus Center, AU campus....

Poets Theatre

7:30 pm. Thursday, each month, 20 Broadway, Hornell. For more information, contact Pat LaCourse at 587-8570.

American Legion 11th, 16-30 a.m. 2nd Monday each month at the Walchli Education Center, Alfred. 

BOLKA NUTRITION SITE

Call Rita Morris at 585-528-2278 Monday through Thursday at 10:30 a.m.

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Call Rita Morris at 585-528-2278 Monday through Thursday at 10:30 a.m.

Grand Reopening Special

Tuina Massage, $45


Call for appointment.

Sarah Nelson, L.Ac. Kevin Ferst, L.Ac.

affordableacupuncture.com

29 W University St, Alfred 607-587-9401

The Center for Traditional Acupuncture and Herbs

Grand Reopening Special

Tuina Massage, $45


Call for appointment.

Sarah Nelson, L.Ac. Kevin Ferst, L.Ac.

affordableacupuncture.com

29 W University St, Alfred 607-587-9401

Etcetera

Creative Writers of the Southern Tier, Alfred. Saturday of each month at noon occasional Thursdays at Of -fice of the Mayor, 17 W. Main Street, Wellsville. For more info, call Deacon Bob McCormick at St. James Mercy Hospital Spiritual Care Office at 587-324-6703.

Westover Nutrition Site Menu

—Lunch at 12 noon.

BELMONT NUTRITION SITE

—Exercises at 9:00 a.m., Walking 9:30 a.m.

BRIDGE

Havens Bridge, Games Room, Third floor, Main St., Hornell. For further information, contact Pat LaCourse at 587-8570.

Special Events

Lunch at 12 noon.

ALMIGHTY BROTHERS

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Lunch at 12 noon.

ALMIGHTY BROTHERS

at 12 noon occasional Thursdays at Of -ce of the Mayor, 17 W. Main Street, Wellsville. For more info, call Deacon Bob McCormick at St. James Mercy Hospital Spiritual Care Office at 587-324-6703.
‘Bear’ Farnum becomes ‘part of the family’

WELLSVILLE — Tracy Lehman is a single Mom who was a manager for Allegany Arc’s Day Habilitation Program. She is quick to help a friend in need and is someone employees feel comfortable sharing their hopes and fears with. She also happens to be a Family Care Provider.

Allegany Arc’s Family Care Program provides community-based residential housing in certified private homes for individuals with developmental disabilities. By providing the support, guidance and companionship of a family, the Family Care Program fosters a caring and stable home environment for children, adolescents and adults.

Allegany Arc has been providing Family Care since 1996 and Tracy Lehman was one of the leading people to take on that role. At the time, Tracy was married and she and her husband provided respite for Gary “Bear” Farnum. When Gary’s Dad took ill, he asked the young couple to please take care of his boy. Tracy recalled they were the only people Gary had stayed with besides family. He was a natural fit for them and shortly after Gary’s Dad passed away, he moved in with Tracy permanently.

Tracy is the epitome of a Family Care Provider. Since Gary moved in with her in 1999, she has faced many challenges and changes. She has moved several times, gave birth to a baby boy in 2005, and is now divorced. Through it all, Gary has stayed with her. He is a grandchild to her parents and a brother to her son Zane as he proudly tells people “Bear is my brother from another mother.”

Tracy said they act just like brothers. They quarrel and carry on but also love and protect each other. Tracy said that the money she earns by providing Family Care is certainly helpful in raising her boys. It is evident how ever; that what she does is out of love, not for money.

Tracy added, “My son is growing up knowing that people with disabilities can do anything people without disabilities can do. It might take Gary longer and it may be done differently but he is completely capable.”

Tracy said when she goes to pick up Zane from Boy Scouts, everyone always greets Gary and Zane is proud to have him as a brother. She noted, “In today’s world, there is still a stigma attached to people with developmental disabilities. I hope we are fighting that stigma simply by being a family. We may not be what people think of as traditional, but we are a family and my heart beats for these boys.”

Tracy recommends someone interested in opening their hearts and homes to become Family Care Providers start with Respite. She said of the obligation, “I cannot just run to the store. I have to get the boys to together and bundled up and a 30-minutes.” Tracy continued, “It is a lifelong commitment. I have never really mine. It is ours. And

Gary, Zane, and Tracy all pose for a family photograph.

Lauren Dane Butler
Life Coach

Alfred, New York
607-590-1079
lbdutler17@yahoo.com
simplylifecoaching.com

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February 1, 2014. Approx. distance by road to both schools (2 miles) and off street parking in quiet neighborhood. $250.00 per month not including utilities. Contact: 607-587-9496 for information and appointment.

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164# Ryan DiFlavio

Ryan DiFlavio First Team D3football.com All-Region

ALFRED—Ryan DiFlavio (West Seneca West), a four-year standout offensive lineman on the Alfred University football team, has earned all-region honors from D3football.com.

D3football.com, a leading website covering Division III college football, announced its all-region teams Monday and DiFlavio, a senior left tackle for the Saxons, was named to the East Region First Team.

DiFlavio had previously been named an Empire 8 Conference First Team All-Star. A four-year starter starter on the Saxons’ offensive line—he was a right tackle as a freshman before moving to left tackle the following year—DiFlavio was a three-time All-Empire 8 pick, having earned Second Team honors as a sophomore and First Team accolades the last two seasons.

In nominating DiFlavio for D3football.com recognition, AU head coach Dave Murray noted that DiFlavio received a near-perfect grade this season and had not allowed a sack the last two seasons. This year, he anchored a line that helped the Saxons to 373 yards of offense per game (217 passing, 156 rushing).

D3football.com will announces its All-American teams on Dec. 20.

AU finished the season with an 8-3 record and placed second in the final Empire 8 Conference standings with a 5-2 league mark. The Saxons wrapped up the season with a 21-14 victory over visiting Cortland in the ECAC North Central Bowl Championship, played Saturday, Nov. 23, at Yunecheck Stadium.

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A non-profit website providing information on cancer prevention diet and natural anti-cancer methods.

Win The Fight Against Cancer NATURALLY.org

The Alfred Sun, Thursday, December 12, 2013

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early Monday morning in the solving of the break-in and ramp, they found the suspected thief asleep in one of the vehicles.

had been ripped from another car, and that a cement mixer had been taken during its absence. These latter two incidents…

are Gregory Smith, Peter Randolph, Philip Lockwood, George Crandall, E.W. Crandall, Alfredians—

In the Alfred Sun 50, 25 and 10 Years Ago

with the break-in of the College Bookstore, the proprietor of the College Bookstore, E.W. Crandall, is seeking a Master's degree in education at Alfred University. She has a B.S. in elementary education from Alfred University. She is married to an English professor at Alfred University. She was employed for the past five years in Dallas, has an extensive background in restaurant management. She and her fiancé, Heidi Kornfeld, are living with his parents during the week. "It was easier for Better Service…The Citizens National Bank. C.O.MING SOON

we went to Mrs. Herrick's house and had refreshments. We spent five years in Dallas, has an extensive background in restaurant management. He and his wife, Barrie Clark are living with his parents during the week. "It was easier…

American…National Bank Station…Dr. and Mrs. David Huntington spent

has returned to his new home on East Valley Road, Alfred-Almond—and living with his parents during the week. "It was easier to come (to do her practice teaching) because I already had a place to live."

Alfredines—Wendy Stevens, a senior at Alfred—Almond Central School, has been accepted as an exchange student by the Hornell Rotary Club. She is the daughter of Mr. and Mrs. Darrell Stevens. Wendy has been a member of the Hornell Rotary Club for five years. The Hornell Rotary Club has provided several exchange students to Alfred-Almond and

incidents…

But hearken to the cry—"It's all alike who the WHIZ!" And the Alfredians resound with "OH YES SHE IS!"

Sunbeams—Mark and Ann Lewis of Ridgewood, NJ, recently departed on a routine, scheduled deployment to the Mediterranean Sea while assigned to the Spruance-class destroyer USS Thorn, homeported in San Diego, CA. Commander Rossington, Leo Lejeune, Peter Nye, Andy Rossington, Clyde were guests of Mr. and Mrs. Earl Stopfel for the opening of a second store on Main Street in Wellsville. Owner Jim Palmer said that his other store in Alfred, The Alfredian Arms has proved to be less than nurturing to many among the human population. Consequently, the Alfred Village Board of Trustees held an emergency session public on deer control on Tuesday, Dec. 2. About twenty people came to the session to discuss deer on campus and offer opinions. Jim Snider, Senior Wildlife Biologist, and Gary Klock, Senior Fish & Wildlife Technician, both of the New York State Office of Fish and Game, were present at the meeting. Gary Ostrower’s invitation.

C.O.MING SOON

 teaser as a way to draw attention to the story. The headline is designed to be eye-catching and engaging to readers.
The Gift of Patience

By LINDA STAIGER

"But do not forget this one thing, loved ones, that the Lord is a day like a thousand years and a thousand years are like a day. The Lord is not slow in keeping His promise, as some understand slowness, but He is patient toward you, not wanting anyone to perish, but everyone to come to repentance." — 2 Peter 3:8

Our second week of Advent Series titled "The Gifts of Christmas." This is the time of year when we spend a lot of time thinking about gifts, to receive and to give. It's a good time to think about what gifts God wants to give to us. Last week it was "Anticipation." We celebrated His birth, His coming to the world He created. But when He was taken to heaven, He said He would be back. We anticipate this return.

The second gift is one of Patience. In the secular world we wait for Christmas gifts. In the Christian faith, we wait for the patience that God's patience shows us like in our lives or in the lives of our church or of the lives of people we love. God is already there. Already present, already working. That's patience. That's the gift we unwrap and celebrate at Christmas, Emmanuel, God with us, and it's the gift that we celebrate and acknowledge in the Communion Meal. God is here, right here, right now, somewhere, not waiting to show up at some other time. He's here supporting and sustaining always.

Patience is defined as the ability to bear pains or trials calmly, with -

When the shepherds in the field were waiting in the Temple courtyard her entire adult life for a sign -

ấu ở của chúng ta. Những làn thời gian God đã làm việc và não làm việc.

Sometimes God breaks a law of nature and steps in to do something miraculous. In the viewpoint of counting to ten, in the first, God never gets to ten. In the second, sometimes God does, and sometimes God is involved to 'make things right again'.

The problem here is that in both images we are trying to as -


And the people came to see the signs of the times to see if it was real. She seemed to be the right one, wasn't it if it was working. It seemed she would never arrive. And what if it did arrive? Would she even know or want to recognize the moment?

One day she received her answer in the form of a small baby wrapped in cloth. She knew He was her sign, that He was the hope we had been waiting for. She was the hope of the world, the promise. He was the King, the great "I Am." That baby was of course Jesus Christ. He was and is the hope and promise of this world and the next. So in this season of Christmas, more than ever, remember He is "I Am," and, "Wonder of Our Praise." Merry Christmas!

The Alfred United Methodist Church has services every Sunday Morning at 9 a.m. Please feel free to call Pastor Timothy Middleton, Sr. at (607) 587-8168 for more information.

The Alfred United Methodist Church Bulletin

‘Anna and the King of I Am’

By ADAM GAYHART

On Sunday, Dec. 8, Barb Larsen performed a skit entitled “Anna And the King of I Am” for the Alfred United Methodist Church congregation.

The skit told the story of Anna, a very elderly woman, who had been waiting in the Temple courtyard her entire adult life for a sign. She knew He was her sign, that He was the hope we had been waiting for. She was the hope of the world, the promise. He was the King, the great "I Am." That baby was of course Jesus Christ. He was and is the hope and promise of this world and the next. So in this season of Christmas, more than ever, remember He is "I Am," and, "Wonder of Our Praise." Merry Christmas!

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Christian patience is being willing to follow God, no matter what may try to distract you or hold you back. As a parent, have you ever tried to get a child to do something — maybe by counting to 10. Sometimes it works and sometimes it doesn’t. The same can be said in our relationship with God. He created all, then just kind of sat back and is watching us play it all out. God believes this...Thomas Jefferson was a well-known Deist.

The second image looks at the miracles in the Bible and says that those are examples of times when God chose to get involved. Sometimes God breaks a law of nature and steps in to do something miraculous. In the viewpoint of counting to ten, in the first, God never gets to ten. In the second, sometimes God does, and sometimes God is involved to ‘make things right again’.

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HITS AND MISSES:

**The Alfred Sun, Thursday, December 12, 2013**

**Two A-A swimmers qualify for sectionals**

On Thursday Dec. 6, 2013 the Alfred Almond Varsity Swim team kicked off the 2013-2014 season against Cuba-Rushford with two athletes collecting sectional cut times. Laura Swezey drove to a first place finish on her way to qualifying for sectionals with a 1:40.34 time in the 200 IM and Alyssa triumphed at the end of the night with a win in the 400 freestyle but at the end of the meet Cuba-Rushford leaving town with an overall win. Thursday Dec. 12th will find the blue and gold team travelling to Hornell to try for their next aquatic match-up.

**The Downpour continued...**

way starting he remembers the illustrious Mike Deane playing for Hobart against the Saxons in a first place finish on her way to qualifying for sectionals with a 1:40.34 time in the 200 IM and Alyssa triumphed at the end of the night with a win in the 400 freestyle but at the end of the meet Cuba-Rushford leaving town with an overall win. Thursday Dec. 12th will find the blue and gold team travelling to Hornell to try for their next aquatic match-up.

**ALYSSA GREANEY (left) congratulates an opponent. The lone eighth grader on the A-A swim team won two events.**

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**The Sunungalow**

**The Traveling Sports Fan**

A quick, but enjoyable visit with Glen Sayre at the Tampa Bay football game the next day. A "mini" Sumo Tour South weekend prior to the big event.

**A-A works Jake Taft (93), The Scum (109) and Our Man Frank (115) hit the links at East Bay in Florida on Saturday as they are prepping for my visit this weekend on the same course! Off to Florida to see those three and take in the San Fran- Tampa Bay football game this next week. A "mini" Sumo Tour South weekend prior to the big event.

**Who are the PSU Gorillas?**

Have watched parts of various men's college basketball games this way stating he remembers the illustrious Mike Deane playing for Hobart against the Saxons in a first place finish on her way to qualifying for sectionals with a 1:40.34 time in the 200 IM and Alyssa triumphed at the end of the night with a win in the 400 freestyle but at the end of the meet Cuba-Rushford leaving town with an overall win. Thursday Dec. 12th will find the blue and gold team travelling to Hornell to try for their next aquatic match-up.

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