

'Lifting' others in pandemic AU alumna, students make each other's day with good deeds

ALFRED– A chance meeting between an Alfred University alumna and two current students resulted in a heartwarming exchange between the three, demonstrating how one good turn does, indeed, deserve another.

Sheila Foreman—who earned a bachelor's degree in psychology and English from Alfred University in 1999 and went on to earn a master's in counseling, also from Alfred, in 2003—resides on Pine Hill Drive in the village.

She says that a few weeks ago, she was out walking her dog, Cinder, on Pine Hill Drive, and, while passing a small playground near the Stull Observatory, noticed two young men—AU students Zach Leinenbach and Spencer Chaput—lifting weights on the basketball court.

The students, who share a passion for weightlifting, were using a hand-made wooden bench and rack that Spencer had designed and built, along with a bar and a few weights. Knowing that COVID-19 had placed restrictions on students' use of fitness center facilities, Foreman complimented them on their ingenuity in finding ways to work out.

"We struck up a conversation about what they were doing and why. They were very polite and friendly," Foreman recalled.

Coincidentally, Foreman says, her late son, Thomas "Tommy" Foreman, who passed away in July, was an avid weightlifter and his weight set was still in Foreman's garage. She told Zach and

GENERAL ELECTION



Spencer Chaput of Webster (left) and Zach Leinenbach of Penfield with some of the weights Sheila Foreman gave them. (AU Photo)

Spencer they were welcome to the equipment.

"We weren't sure what to say because we wanted to be polite," Spencer said.

Zach is a junior business administration major (health/fitness management minor) from Penfield, and a wide receiver on the Saxon football team. Spencer is a junior glass science engineering major from Webster who plans to change his major to mechanical engineering. The two finished their workout before stopping by Foreman's home.

"They seemed surprised that I had

some equipment that I was willing to give away," Foreman said. "They were grateful for the items and I was happy they could use them. I'm sure my son would have been pleased as well."

"When we saw what she had for us we were downright shocked," recalled Spencer, who estimates the cost of weights, which he said has been inflated during the pandemic, is about \$2 per pound. The weights Foreman gave the two students totaled about 300 pounds.

"My initial reaction was at first surprise, followed by appreciation for her offering to so graciously hand down her son's old equipment. The very 'used' condition that the weights were in gave them an authenticity that Spencer and I both appreciated," Zach commented.

Spencer has since refurbished the weight plates, which had begun to show some wear, by removing some rust and giving them a fresh coat of paint.

"We thought that her son would be happy to know that his weights are being revived and will continue to be put to good use for years to come," Zach said.

Foreman got an unexpected response to her generosity a couple days later when she found a note in her mailbox from Zach and Spencer saying they would be over to her house on Friday (Oct. 9) to rake the leaves in her yard.

"We were both looking for a way to return the favor and we saw the leaves covering her yard. I told her we really

(Continued on Page 9)

Record early voting

ALFRED–Reports from the Allegany County Board of Elections indicate more than 300 per day are voting already in the General Election. There were 532 ballots cast in Belmont on Monday, Oct. 26, according to Brent Reynolds of the County Board of Elections.

The ballot appeared in the Oct. 22 issue of this newspaper. At the top, of course, are President/Vice President candidates Joseph R. Biden/Kamala D. Harris (Dem/Wor), incumbent President Donald J. Trump/Michael R. Pence (Rep/Con).

Democrat Amy C. Martoche and Republican Gerald J. Greenan III are seeking a seat on the New York State Supreme Court.

Republican incumbent Congressman Thomas W. Reed, II is being challenged by Democrat Tracy Mitrano and Libertarian Andrew Kolstee.

New York State Senator Republican incumbent George M. Borrello is being challenged by Democrat Frank V. Puglisi.

New York Assemblyman Republican incumbent Joseph M. Giglio is being challenged by Democrat W. Ross Scott.

For Allegany County Court Judge, Republican incumbent Terrance M. Parker is unopposed.

In the Town of Angelica, voters will decide a proposition to amend the terms of the Host Community Agreement between Hyland Facility Associates and the Town to expand an additional 107 acres of cell area that will result in increased host fees to the Town of about \$65,000,000 and of about \$13,000,000 of additional revenue for the Village of Angelica over the life of the facility.



Proud papa, Peter Stull, took this photo of daughters Abby and Rachel, holding hands with Charlie Brown's Great Pumpkin friend, Lucy. Marvelous mama, Linda, posted it recently on Facebook and gave permission for its use. Her caption, "Taken in Palmiters' Pumpkin Patch about 1993. Now it's our front yard!" (Photo submitted by Sherry Volk)

OBITUARIES

Rev. Osceola W. Wharton, 86, Wayland; Andover Methodist Church pastor 11 years



REV. OSCEOLA W. WHARTON Former Andover pastor WAYLAND-Rev. Osceola W. Wharton, "Ossie," passed away early Tuesday morning, Oct. 20, 2020 at his home in Wayland.

Ossie was born Jan. 5, 1934 in Dover, Delaware, the son of Osceola W. and Madge (Plummer) Wharton. He grew up in and resided in the Delaware and

New Jersey areas for many years. He served his country in the United States Army from 1956 until his honorable discharge in 1958.

Ossie and Amanda Williams were married Sept. 27, 1991 and together have celebrated over 29 years of marriage.

His employment career varied. Ossie was employed as a social worker, spent time with the Boy Scouts of America, Nationwide Insurance Company and Mutual of Omaha Insurance Company. However, his calling came a bit later in life as he decided to go back to school. He earned his Bachelor of Science degree from Delaware State University and then earned his Master's degree from Colgate School of Ministry in Rochester.

He then began his ministry within the United Methodist Church. Ossie served two years in Rochester; 11 years at the First United Methodist Church of Andover; and in 1997 moved to Wayland to become the Pastor the Wayland United of Methodist Church. In 2004 Ossie received the Harry Denman Evangelism Award, honoring United Methodists who bring people into a life transforming relationship with Jesus Christ. Ossie has served in that position for over 23 years and has been a pillar of the community, friend to all and colleague to thousands. He leaves an exemplary legacy of kindness, caring and stewardship! His smile, his words of comfort and his faith will be dearly missed by all he has touched.

Ossie's hobbies were many as well. He enjoyed painting, photography and travelling; (Outer Banks, NC-SC-and TX). He loved cooking and trying new recipes; often taking meals to friends and those in need. His sense of civic duty was also evident with his affiliation as a Mason and member of the Lions Club. He was also a member of Omega Phy Si.

Ossie was pre-deceased by his parents, Osceola and Madge Wharton; a brother, David Wharton; sisters, Grace Henry, Phyllis Wharton and Dorothy Allen; and a nephew, David Wharton.

He is survived by his wife, Amanda Wharton of Wayland; his children, Renee Grace of Delaware, Reginald Wharton of Delaware, Maurice (Caleshea) Wharton of Texas and Trent (Celisa) Williams of South Carolina; his grandchildren, Syreta, Kayla, Destiny, Micah, Nia, Trent Jr. and Jordan; his brother, James Wharton of Pennsylvania; his sisters, Bernadette Wharton of New Jersey and Janet Wharton of New Jersey; very special friend Bob Lewis of Wayland; along with several nieces and nephews.

Rev. Osceola Wharton's fam-ily and friends may call Friday, Oct. 30, 2020 from 4-7 p.m. at the St. George-Forsythe Funeral

Home, 109 West Naples St., Wayland. Visitation will also take place on Saturday, Oct. 31 the Wayland United at Methodist Church from 9-10:30 a.m. Rev. Osceola Wharton's funeral service will be at 11 a.m., Saturday, Oct. 31 at the church. Live streaming will be available and encouraged to participate as the seating at the church will be limited due to the pandemic. Details of the live streaming process will be announced. Committal prayers, military honors and interment will take place at the Wayland Village Cemetery. Social distance, facial covering and no physical contact policies will be in effect at the funeral home, church and cemetery.

Memorial contributions may be offered to: Wayland United Methodist Church, 3 East Ave., Wayland, N.Y. 14572; or to St.Jude Children's Research Hospital, 262 Danny Thomas Place, Memphis, TN 38105.

Lisa Kay VanKurin, 66, talented singer, Whitesville bus driver, devoted to Jesus



LISA KAY VANKURIN Talented singer, loved Jesus WELLSVILLE–Lisa Kay Van Kurin, 66, went to heaven on Monday, Oct. 19, 2020 from her home in Wellsville.

Lisa Kay was born in Corning on Sept. 5, 1954 to Gerald A. and Katherine E. (Quill) Van Kurin. She graduated from Corning West High School in 1972. During her young married life, she was a stay-at-home mom and a vital part of the family dairy farm. She had a solid work ethic and was highly organized in all her tasks.

She held various jobs over the years including time at Corning, Inc. From 1984-1986 she owned and operated Lisa Kay's Café in Canisteo. She loved driving school bus for Whitesville Central School where she enjoyed a 22-year career, retiring in 2018. During that time, she considered herself a role model for the students and actively encouraged them toward personal growth. Recently she became an overnight companion for Tender Loving Homecare, helping the elderly.

Lisa is survived by two daughters, Kitrina L. VanCise of Clarks Summit, Pa. and Shelbi K. VanCise of Genesee, Pa.; one son, Glenn G. (Coleen Eddy) VanCise of Jasper; one step-son, Brandon (Jen) Smith of Granville, Ohio; three sisters, (Alan) Kuhn of Sondra Wellsville, Ellen Buchanan of Wayland and Karen (John) Evener of Canisteo; two brothers, Gary VanKurin of Canton and Jesse (Eliyana) VanKurin of Tucson, Ariz. and a special friend and loving companion, Randall Howell of Galeton, Pa. and his three children, Pete Howell, Tressa Howell and Dale

Howell.

She was called "Mama" by nine grandchildren: Samantha Kear, Sarah Wahl, William VanCise, Wahl, Rebecca Matthew Dodson, Adriana Dodson, Kaylee Hunt, Jackson Smith and Isabella Smith; five great grandchildren, Sadie Moag, Greyson Kear, Ember Lockwood, Lincoln Lockwood and Dahlia Dodson; and several aunts, uncles, nieces, nephews, grand nieces, grand nephews and cousins.

In addition to her parents, she was predeceased by a son, James E. VanCise; a brother, Steven Buchanan and the father of her children, Gerald E. VanCise.

Lisa was a music lover and was very talented. She taught herself how to play the guitar and became the lead singer in a local band, Lisa Kay and Kross Country, initially to supplement the family income. She developed a following in the area as she sang in many counties at jamborees, events, and in various pubs. She recorded three albums in Nashville and enjoyed local fame.

The accidental death of her son at age 12 was a turning point in Lisa's life. She turned her eyes heaven-ward and met her Savior, Jesus. From that time, Lisa only sang in church, at home, and more recently in a nursing home ministry.

Lisa loved horses. She was responsible for setting Shelbi on her life-long love of horses by Funeral Home in Wellsville. The regularly taking her as a youngster of three to the stables to ride a pony; and later by getting Shelbi a horse of her own. The life-lessons Lisa taught through that horse were lessons she embraced herself - responsibility, hard work, and commitment. It seemed like Lisa was always running late. But she had good reason. People. She truly loved to bring a bit of joy to their lives. She loved socializing and chatting with others as she made her way through her day. She wouldn't cut a conversation

short, but she might have been known to push the gas pedal to try to make up some time. Her heart was large and giving and she cherished the people in her life.

Lisa loved her family and they are the well into which she poured herself. For her parents, she was the primary caregiver in their ending years, making it possible for them to avoid nursing home care. For those that have special challenges, she advocated for them in many ways. She worked very hard to provide opportunities for them to be selfsufficient by giving of her time, talent, and money. If there was a way that she could be a help, she was there for them.

For her children, she was the glue of their family. She was a natural cook and baker, which was lavished on her children and grandchildren. She lived a life that taught them about forgiveness, honesty, and compassion. Lisa was willing to speak out about difficult issues and stand her ground. Lisa planted her deep love of family firmly in the hearts of her children and grandchildren.

The lasting legacy from Lisa is a life of quiet devotion to God. She turned to Him at the most difficult intersection of her life and walked with Him from there forward.

Visitation will be held from 10 a.m. to 12 noon and 6 to 8 p.m. Friday, Oct. 30 at Baker-Swan funeral service will be held at 11 a.m. Saturday, Oct. 31 at the funeral home with Rev. Tim Armstrong officiating. Covid-19 guidelines will be in place including social distancing and masking. Burial will follow in Whitesville Rural Cemetery. Online condolences may be offered www.bakerat swan.com. Memorial contributions in Lisa's name may be made to James E. VanCise Memorial Scholarship, 692 Main Street, Whitesville, NY 14897.

Jon Eric Feenaughty, 50, maintenance supervisor



vives and resides in Hartsville. Eric was predeceased by his father, Pat Feenaughty in April 2015.

Eric was a graduate of Canisteo Central School class, of 1989, and furthered his education at Technical Career Institute in Windsor, CT where he earned his Associate's degree in HVAC. Eric was a co-founder of Superior Services until he accepted a position at the NYS College of Ceramics at Alfred University in July 2007 as a supervisor of maintenance.

Eric was an avid outdoorsman, enjoying hunting and fishing. He also enjoyed working with wood and building things for others. Out of all the things Eric enjoyed doing, his true passion was spending time with his family and friends. In addition to his wife Donna, Eric is survived by three children, Brandon (Taren) Combs of Danville, Pennsylvania, Brianne Combs of San Angelo, Texas and Colin (Hannah) Feenaughty of Altus, Okloahoma; three beautiful granddaughters, Alanis and Aliese Combs and Brooklyn Feenaughty.

mother, Marilynn Feenaughty of Canisteo; three brothers, Kevin (Clara) Feenaughty of San Antonio, Texas, Chris (Julianna) Feenaughty of Hornell and Steven Glassman of New York City; two sisters, Aimee Mc-Daniels of Canisteo and Anita (Ricky) Howland of Locust Grove, Virginia; and several aunts, uncles, nieces, nephews and cousins.

Calling hours were held from 1-3 and 6-8 p.m., Thursday, Oct 22 at the H.P. Smith & Son, Inc. Funeral Home, 29 East Main St. in Canisteo. Private funeral and burial will take place at the convenience of the family. Burial

passed away Saturday, Oct. 17, 2020 as the result of injuries sustained in a logging accident in Hartsville.

Eric was born March 9, 1970 at the former Bethesda Hospital in North Hornell to Jon Pat and Marilynn (Murray) Feenaughty. On Sept. 1, 2001 he married the former Donna Combs, who sur-

He is also survived by his

will be in Hillside Cemetery in Canisteo.

Due to the COVID-19 pandemic, masks, social distancing and limited occupancy will be required during calling hours.

In lieu of flowers, memorial contributions in Eric's name may be made to the Hornell Wildwood BOCES Building Trades Department, in care of Sally Deane-Mosher, 1126 Bald Hill Road, Hornell, N.Y. 14843.

Online condolences and memories may be shared at hpsmithandsonfuneralhome.com.



From the Mayor

By BECKY PROPHET Alfred Village Mayor

Renewed "Prevent the Spread" Efforts are a Must There is so much going on in our lives right now. How are we all dealing with the stress? I feel it when I enter yet another ZOOM conference, I'm making far too many puns about "azzooming to get things done," and I think that we headed into another tough time.

We can sustain our community safety with care and consideration! We are very fortunate in the Village of Alfred! We have, so far, felt little impact of infections. Masks and social distance work!!! But this also means that we need to keep up the practices of masking, social distancing, hand washing, and avoiding large groups. Do remember that, right now, there are outbreaks in Steuben County, enough that our neighbor has been declared a "yellow zone" by the New York State Department of Health. There is also a heart breaking outbreak in Wellsville, mostly, for now, centered in two nursing homes. Please, Alfredians and commuters to Alfred join together (socially distanced, of course) to keep this virus out the valley! Together, we can do it! As we enter November, let us be sure that we can continue to be thankful for one another and our good health.

VOTE by Nov. 3!!

If you live in the Village of Alfred, your polling place is the A.E.Crandall Hook and Ladder Fire Hall at 4 S. Main. (Parking on W. University or the Montessori School parking lot is available. To vote in person, masks and social distance are required.

If you live in the Town of Alfred (mailing address Alfred Station, your polling place the Town Highway Building on Shaw Road just north of the hamlet of Alfred Station. To vote in person, masks and social distance are required.

IF you have chosen to vote by absentee ballot, please return your ballot by mail as soon as possible and by the latest, on Nov. 3. If you do not wish to mail your absentee ballot, you may drop it off at your polling site (no line for you) during open hours. You may also drop it at the Allegany County Board of Elections at 8 Willetts St. Belmont, NY

IF you wish to vote early, you may do so in person at the County Board of Elections at 8 Willetts St. in Belmont. For days and hours, please look at the Board of Elections website:

https://www.alleganyco.com/departments/board-of-elections/ No appointment is necessary.

With all of the options available to us for convenience and safety, PLEASE, everyone, exercise your right to vote!

Alfred Village Board announces Trick-or-Treat for Alfredians with COVID (PRE)CAUTIONS

While Trick-or-Treat hours will be the usual in the Village of Alfred, there are guidelines for T-or-T that include additions of certain precautions in this era of Covid. The hours, are, as in the past limited to 6:00 to 8:00 p.m. on Sat. Oct. 31, 2020.

*Trick-or-Treating is reserved for children of Alfred.

*All trick-or-treaters over the age of 2 must be masked with masks that are used to prevent the spread of covid. Chaperones/guides for the precious ghosts, ghouls, and others, also must be masked with a proper cloth face covering that covers the mouth and nose.

All T-or-T-ers must practice social distance from others

*Residents who wish to participate should turn on a porch light or other indication that you will receive T-or-T-ers. T-or-Ters should not approach residences that have not given standard indications of participation.

*Participants should put treats directly in properly masked children's bags. (Communal bowls for dispensing are discouraged to avoid community spread.)

*T-or-T-ers should approach receptive households' doors one at a time. If a line forms, 6 ft social distance is required.

*"Driving" a neighborhood for T-or-T-ing is actively discouraged. Alfred Police will point you toward places to park and walk for safer

T-or-T-ing with walking (and masking and keeping social distance). *As in the past, Alfred Police will greet Alfred families at the beginning of the Pine Hill Drive/Sayles Loop with glow sticks to enhance the safe PEDESTRIAN T-or-T-ing.

These are extremely unusual times. The Village Board wishes everyone good health and safety while still supporting this decades old tradition in Alfred for Alfred people!



Almond Library Election Day luncheon will be hosted by Community Church

ALMOND–Election Day this year will be a new experience in many ways, but one thing will stay the same – you can still enjoy the Almond 20th Century Club Library's delicious vegetable-beef soup, sandwiches, and homemade pie, although not at the Library.

Due to troubles with the Library's kitchen stove, the Almond Community Church has graciously agreed to host the luncheon Tuesday, Nov. 3, from 11:30 a.m. to 2 p.m. with all servings for take-out only.

You may call the Library at (607) 276-6311 to pre-order. We will not be able to offer deliveries this year.

Our basket auction will be limited to just one basket of COVID-19 Relief" items. We also plan a sale of houseplants, used books, and perhaps some other items.

This year's Quilt Raffle features a beautiful queen-sized Garden Twist quilt stitched in lavender, cream, and purple by Carol Wilcox of Elmira, sister of Linda Staiger. Tickets are available in the Library, from some

20th Century Club members, and at the luncheon. Tickets are only \$1 each or 6 for \$5. The drawing for the quilt will be at 6 p.m., provided that the minimum number of tickets has been sold. Linda and Carol are hoping to raise at least \$1,000 - \$1,500 with this raffle.

All proceeds go to support the essential, ongoing renovation of the front of the Library building, which was erected in 1912 thorough the efforts of a few visionary women who sought to provide opportunities for education, connection, and recreation

to everyone in our community. This work and the new maintenance plan that will be implemented will allow the Library to continue to carry out that mission through the next century.

For more information about the Election Day activities, to order quilt raffle tickets, to ask about how you can help, or to join the Club, please call the Library at (607) 276-6311 or Susan Steere, Club President, at 607-382-4140.The Library is open Tuesday through Friday 2-7 p.m. and Saturday 10 a.m.-2 p.m.



Time for Pumpkin Drop Cookies!

[Editor's Note: Like most of the recipes she shared with our readers over the past couple of decades, Sunny Side Up columns by the late Ellen Shultz are worth repeating.]

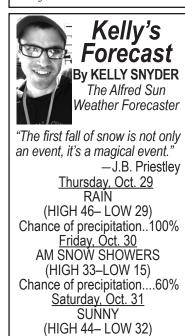
I've written in the past about pumpkin bread, pumpkin dip, and pumpkin cake so here's a recipe for pumpkin cookies. Long-time Alfred Sun reader Elizabeth C. Bliven of East Providence, RI (foster mother of Beverly Snyder) gave us this recipe when we were putting together the Alfred Community Cookbook for Alfred Community Theatre. The books are still available, by the way, at Hair Care and the Canacadea Country Store.

Pumpkin Drop Cookies					
$\frac{1}{2}$ c. butter, softened	$1^{1/4}$ c. flour				
1 c. packed brown sugar	$1\frac{1}{2}$ tsp. salt				
³ / ₄ c. sugar	1 tsp. baking powder				
1 c. pumpkin, mashed	¹ / ₄ tsp. baking soda				
1 large egg	$\frac{3}{4}$ c. quick oatmeal, dry				
1 tsp. cinnamon	1 c. chopped pecans				
$\frac{1}{2}$ tsp. nutmeg	1 c. raisins				
1 c. chocolate chips					

Cream butter and both sugars until light and fluffy; add pumpkin and egg. Cream until fluffy. Combine dry ingredients except oats. Add to creamed mixture. Mix well. Add the oats, mixing well. Add the nuts, raisins and chocolate chips. Drop by teaspoonsful onto lightly greased cookie sheet. Bake at 375 degrees for 12-15 minutes. Cool on wire rack. Yield: about 6 dozen cookies.



ALFRED Weather for the Week Oct. 20-Oct. 26 Oct. Hi Lo Precip.Snow 20 56 40 0.68' 59 0.16" 43 0 21 22 73 0.28" 51 0 23 0.02" 69 52 0 24 77 0.08" 41 0 25 46 28 0 0 53 29 0.07" 26 0 By FION MacCREA Alfred Weather Recorder



Chance of precipitation....10%

Sunday, Nov. 1

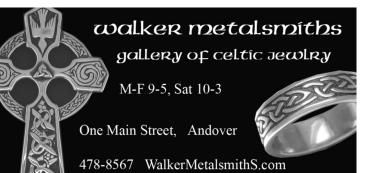
PM SHOWERS

solution 1. Snide 2. Parse; 3. Cherub; 4. Iterate Today's Word DESSERT

CryptoQuote answer

Do the best you can until you know better. Then when you know better, do better. Maya Angelou





(HIGH 48 - LOW 32) Chance of precipitation....40% Monday, Nov. 2 PARTLY CLOUDY (HIGH 43 - LOW 32) Chance of precipitation....20% Tuesday, Nov. 3 PARTLY CLOUDY (HIGH 52 - LOW 35) Chance of precipitation...10% Wednesday, Nov. 4 A FEW SHOWERS (HIGH 51- LOW 37) Chance of precipitation...10% For more up to date weather information add your Alfred Sun Weatherman Kelly Snyder on Facebook and as always if you don't like the weather in Alfred iust wait five minutes! 6392 Rt. 21



Celebrating Life. Cherishing Memories Whispers of Love Video Tribute: showcasing the memories nearest and dearest to your heart for calling hours...still free after 17 years! Just down the road: Two locations to better serve our communities: Scio-Wellsville: 585-593-3256 Andover: 607-478-8740 www.baker-swan.com



(607) 587-9229

Sales - Service - Rentals - Commercial - Residential For All Your Water Treatment Needs! Conditioners • Filters • UV Lights • Chlorination Systems Drinking Water Systems
 Salt Delivery
 Water Testing Bottled Water
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EDITORIAL PAGE Tired of word 'socialism' used as a bugaboo

Letter to the Editor:

I am so tired of the word 'socialism' being used as a bugaboo

Don't misunderstand: I am NOT a fan of Leninism, as my parents ran from Stalin during WWII. I have heard the stories of cousins shipped off to Siberia in 1944.

Fleeing from Eastern Europe, my parents ended the war in German DP camps. My Dad told me they knew in September 1944 that the war would soon end and wanted to be in the American sector.

Single-payer healthcare (aka Medicare for All or M4A) is NOT socialism. And America does provide many municipal services paid for by taxes: grade school, the police, fire/ambulance service, village/city water and sewer systems, garbage pickup, roads, street lights. By the argument made last week, those are all aspects of socialism

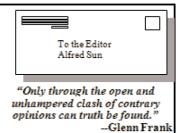
All of western Europe has single-payer healthcare. I don't believe that France or England or Italy or Spain are under the heels of socialists, and their healthcare is still cheaper and more comprehensive than our awful system

ACA IS an improvement over what was, but there are still a lot of leaches in the system via private insurance companies. They all want their profits, and we are paying through the nose for truly skimpy care.

Single-payer healthcare is NOT Leninism. Lenin socialized the means of production, factories and even restaurants. Those are aspects of society that would remain with private hands with Medicare for All (M4A).

Statues are not history books. They are simply erected to honor past historical figures.

Pulling down statues intended to intimidate certain social groups is NOT erasing history. It's simply recognizing that those traitors should NOT be so honored. (Put the statue in a museum, if one absolutely must retain the statuary.) I really don't see how any confederate generals, including Lee, need to be honored. They were all traitors. Those statues were put up to terrorize former slaves. The statues were erected at the turn of the 19th/20th centuries and during the Civil Rights era. It would be



like Germany honoring A. Hitler.

If one is afraid of dictatorship, one should NOT vote for Trump. He venerates all the strongmen: Xi, Putin, Duterte, Erdogan, Mohammed bin Salman. They are all tyrants and Trump is a wannabe tyrant. He's also threatening our alliances, such as NATO.

And if anyone threatens American freedoms, it's Trump! Ly Kesse

Alfred

Brace yourself To the Editor:

The winner of the presidential election will not be determined on November 3rd. Because of the large quantity of mail in ballots being cast this year, it's going to take days, maybe even weeks to know the outcome of this election. There will probably be one or two states whose voting machines crash and have to use backup paper ballots. Some states might have an automatic recount triggered if the numbers are within the margin of error. Some states may have their mail in ballots challenged in court because of partisan and unfounded fears over mail in voter fraud. Whatever ends up happening, it won't be the quick result we've gotten used to over the past few decades.

We need to take this time to mentally prepare for what comes next. Prepare yourself for scenarios that will slow things down. Prepare yourself for the incumbent to attack any results that favor Biden. Prepare yourself for the chaos and doubt the incumbent and his allies will stir up. Prepare for continued threats by the incumbent of jailing political opponents, sending in soldiers to states he views as enemies, and using coded language to encourage far right violence. Prepare for the incumbent's party to take voting related cases to court in an attempt to keep the incumbent in power. Prepare for the incumbent and his allies to falsely claim victory. Prepare for a massive disinformation campaign to bombard you. Prepare for the incumbent to refuse to leave office, to become bellicose and belligerent and refuse to allow a peaceful transfer of power. Prepare for it to get ugly because it will. We've seen how the incumbent reacts to losing and he will do anything to stay in office.

Think of the worst possible thing that could happen in this election and plan for it. What will you do? How will you fight back? How will you hold your elected officials accountable and force them to act? How will you collaborate with like-minded individuals? Think. Plan. Inoculate yourself against the paralysis we felt in 2016. We can't afford it this time around. Be ready to fight back. Without all his dirty tricks and the weakness of our institutions the incumbent would've never won in the first place. He knows he can't win a free and fair election. He knows he has to cheat to stay in power. Be ready. Be prepared. And fight back.

> Amie Acton Alfred Station

The Alfred Sun welcomes letters to the editor. Send your "brief and amazing" letter to the Alfred Sun editor to: alfredsun.news@gmail.com





That Curséd Blessing Or,

Old Job, New Gripe

There are blessings in our daily lives without which we'd be lost. But some of them we sometimes wonder if they're worth the cost.

Ever notice how dishwashers' tines are never where you wan' 'em? Whatever be your dishes' shapes, they never fit down on 'em.

You can flop 'em up and down and still the whole configuration Is unlike what you need for dinner-dishes sanitation.

I have some good experience—I used to be professional; I made slimy things look spotless—why, I almost felt Congressional.

But now that I'm an amateur again, I'm out of practice: The tine it's on, it jumps right off, 's though I'd set it on a cactus.

And Tupperware! That flippy-floppy water-drop attractor! Such bouncy stuff's a major disher-washer-malefactor.

Well, eventually I've balanced every pot, plate, knife, and cup In a way I hope keeps half of 'em from turning down-side-up.

I've prob'ly failed, but never mind, there's lots of things I'm worse at, Like counting blessings-'specially those I sometimes almost curse at.

-O. Dishymous

THE FIRST AMENDMENT Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.



"A grandmother pretends she doesn't know who you are on Halloween." — Erma Bombeck

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You're a good man, I don't care what they say about ya

This weekend-at 2 a.m. Sunday, Nov. 1, to be exact-we'll return to Eastern Standard Time.

Whether it's springing ahead or falling back, a semiannual switch doesn't go by without my thinking of a dear friend who passed away in August 2000.

Herb Waite, a forever faithful friend to all who knew him, went through his phone book and called every church friend on a Saturday evening to remind them to reset their clocks so they wouldn't be embarrassed by being late or early to church the next day.

Herb enjoyed people. Were his life not cut short at 38 years, he'd still today be pranking his friends, always resulting in joyous laughter.

I'll never forget the week in late June when Herb accompanied our family and many others on a trip to Creation in our 1985 mini-van. Insistent that we would have all the luxuries of home at our campsite in a field near Mount Union, PA, I overloaded the van. I assembled an upside-down picnic table atop the roof rack, boxed in by the two accompanying benches. The picnic table, as assembled on the roof rack, was a great place to pack the tents, screenhouse and other camping gear. Just as I completed the packing job for the trip. Herb arrived, excited about our trip. Thinking ahead, he informed me that he would need a mattress if he was to sleep in a tent on the ground. "We can do that," I said, realizing we had a spare single mattress in the garage that would work nicely. The mattress was thrown on top, strapped down, and we were ready to leave on our four-to-



five-hour trip to south central bious transition of power, Presi Pennsylvania. Those who were dent Trump:



OFFICIAL NEWSPAPER OF ALLEGANY COUNTY, THE VILLAGE OF ALFRED, THE TOWN

USPS 985-800 764 ROUTE 244 ALFRED (TINKERTOWN) SNAIL-MAIL: PO Box 811, ALFRED, NY 14802-0811 PHONE: 607-587-8110

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David L. Snyder, Editor, Publisher & Janitor The Alfred Sun is published weekly except for two weeks during the summer by Twin Creek Publishing, Box 811, Alfred, NY 14802. Second Class Postage paid at Alfred, NY 14802. Member, New York Press Association Member, Alfred Area Business Association

Contributors: Maria Adam, Alfred-Almond C.S., Alfred State College, Alfred University, Anon-A-Mouse, Kathleen Benzaquin, Betsy Brooks, Caitlin Brown, Pastor Ken Chroniger, Jude Frechette, GoSaxons.com, Elaine Hardman, Ben Howard, Linda Huey, Sean Hyland, King Features Syndicate, Therese LeGró, Alan Littell, Doug Lorow, Fion MacCrea, Melanie Miller, Becky Prophet, Donna Ryan, Amanda Snyder, Kelly Snyder, Kristina Snyder, Susan Steere, Sherry Volk, Stephen Walker, Paul Welker, Mary Lu Wells, and many more. How to Subscribe or Renew Your Subscription: \$40 for one year; \$75 for two years in continental U.S.A.

To order, send a check with mailing address to: Alfred Sun Subscription, Box 811, Alfred, NY 14802. For ad rates, call 607-587-8110 or e-mail: alfredsun.news@gmail.com

OSTMASTER: Send address changes to: Alfred Sun, Box 811, Alfred, NY 14802 not too embarrassed to ride in a vehicle that looked like the Beverly Hillbillies enroute to California, hopped in and away we went.

At least once a day, Herb would exercise one of his favorite pranks, that of pointing to your shirt and asking, "What's that?"

His victim would look down to see if there was something only to have Herb's hand make a sudden rise to the person's chin, causing the victim to flinch.

When Herbie was about to depart, he often said to me, 'You're a good man, Dave, I don't care what they say about ya.

I think that saying rings true as well for the much-maligned President Donald J. Trump, who despite a fake Russian collusion investigation, 92% negative coverage by the mainstream media, a bogus impeachment and a du-

•Completed middle-class tax cuts

•Cut staggering government regulations, resulting in economic growth, employment growth and wage growth

•Began building and continues to construct a secure border wall ·Rebuilt our U.S. military and restored America's defenses

•Brought manufacturing jobs back to America

•Helped achieve energy independence and established U.S.A. producer of oil in the as #1 world

•Appointed nearly 200 pro-Constitution federal judges including three Supreme Court Justices to uphold our Constitution as written by our Founders.

•Defeated ISIS and eliminated the top radical Islamics terrorist masterminds.

President Donald J. Trump is fighting for us. He's a good man, I don't care what they say about him!



Week of Oct. 29-Nov. 4, 2020 ALFRED SUN, PO Box 811, 764 Route 244, Alfred, NY 14802 607-587-8110 ALFRED UNIVERSITY

Coral Lambert visiting artist at National Historic Landmark

PITTSBURGH, PA-Rivers of Steel Arts recently invited Afred University Professor of Sculpture Coral Lambert as a Visiting Artist for the September Iron Casting Workshops at Carrie Blast Furnaces, in Pittsburgh, PA.

Carrie Blast Furnaces National Historic Landmark is a remnant of the once massive, legendary U.S Steel homestead Steel Works and a vestige of Pittsburgh's 20th-century domination of the steel industry.

Towering 92 feet over the Monongahela River, constructed of 2.5" thick steel plate and lined with refractory brick, Carrie Furnaces #6 and #7 are extremely rare examples of pre-World War II iron-making technology. Since the collapse of the region's steel industry in the 1970s and 1980s, these are the only disused blast furnaces in the region that remain as a heritage site.

For many years, the site lay dormant and informally attracted artists who started to reclaim and invigorate the site with public sculpture and graffiti art. On site now is an artist built coked fired Iron Furnace where the art and act of casting iron dramatically takes place within the shadows of the historic site. Rivers of Steel Arts celebrates creative inquiry by crafting opportunities to interpret the re-

gion's past, reimagine its future, and explore a sense of place.

Whilst there Lambert produced 14 cast iron components including some of her recent 'weeping sculpture' series. She will be incorporating the castings into new work during her current sabbatical.

In conjunction with the staff of Rivers of Steel Arts, she provided workshop instruction regarding mold making, preparation and best practices for metal casting. As well as sharing an artist's presentation to the workshop participants, she offered advice and feedback on their projects providing support during the final casting process to ensure successful and safe casting.

Lambert is in conversation with Rivers of Steel Metal Arts Program to provide opportunities for Alfred Students. Inspired by the legacy of ironmaking at the Carrie Blast Furnaces, Alfred University students can participate in educational workshops and teambuilding experiences that highlight foundry work as well as how art can be used as a tool for renewal in an urban setting.

Steel, visit: www.riversofsteel.com/programs/arts/



For more information about Rivers of CORAL LAMBERT does a pour at the Iron Casting Workshops at Carrie Blast Furnaces in Pittsburgh, PA.

Visiting faculty member exhibits at Clay Art Center ALFRED-Adero Willard, a visiting "A passion for color and pattern is Donte Hayes, Lydia C. Thompson,

faculty member in Alfred University's School of Art and Design, will exhibit her work in the upcoming virtual exhibit Concept in Clay: Artists of Color, hosted by The Clay Art Center in Port Chester, New York. The exhibit opened Monday, Oct. 26 and will run through Dec. 31. It can be seen on the Clay Art Center's website:

www.clayartcenter.org.

Willard's beautiful ceramic work involves blazing colors and bold shapes. On her own website at she remarks:

what fuels my work as an artist. A love of clay grounds me in my work as a potter. It is as much a desire to make beautiful objects as it is a commitment to nurture a love of the arts and of the handmade in myself and others. To me, that duty is incumbent on a ceramic artist.

In addition to Willard's ceramic sculpture, Concepts in Clay will include work by numerous other artists, including Kyle and Kelly Phelps, Morel Doucet, Paul Wandless, Syd Carpenter, Nathan Murray, Paul Briggs.

"The artists selected here make clay works that are wide ranging in the treatments of surfaces, processes, forms, materials and subject matter," the Clay Center observed in announcing the exhibit, "This collection also investigates a variety of themes unique to the Black experience in America, from human relationships and interactions, identity and image of self, social justice and activism, to the outward expression of inner experiences.'



ADERO WILLARD

classes at STEPS Dance Studio in Wellsville. She plays

clarinet in the Senior High Band and Jazz Band. She has

been a high honor student since the beginning of 7th

grade. Jennifer is the daughter of Wayne and Julie Bens-

lfred Farmers Market recognizes its volunteers tennis team. She loves music and takes Hip Hop dance

By MARY RUCH

Special to the Alfred Sun The Alfred Farmers Market recognized volunteers for their hard work and dedication this season at a closing day outdoor ceremony on October 25. This was the first year that the market had a volunteer program and it was very successful.

Recognized with certificates of appreciation were Dawn Butts of Andover, Jim Ruch of Almond, Karen Nudd Patterson of Alfred, Cassandra Bull Alfred Farmers Market past President, and Taussen Brewer Alfred Farmers Market Board member for developing and coordinating an online pre order option. Special recognition was given to four Alfred-Almond students who spent almost every Sunday setting up and taking down the Manager's Tent, fundraising, handing out recipes and information, assisting customers with SNAP and Farmers Market Coupons, working vendor booths so they could take a break, handing out masks, and filling in where needed. Claire Volk of Alfred Sta-tion, Zoe Balinsky of Hornell, Owen Lawrence of Hornell and Jennifer Bensley of Almond were all awarded certificates of appreciation, and each received a \$50 check from the Alfred Farmers Market Board. Claire is a Junior who runs track and cross-country. She is taking 3 AP classes and is in band. She loves reading, running, music, her chickens, the Farmers Market, being outside, science, scuba diving and a lot of other things. She wants to be a Marine Biologist. She is the daughter of Dan Volk and Corey Fecteau. Owen is a freshman and president of his class at Alfred-Almond. He loves to cook and be in the kitchen. He also has chickens that he loves to care for ,and claims that they are the best pets along with his dogs. His family owns 75 acres of land. Owen is outside often helping his Dad with firewood to warm the house. He likes to run and be outside with the dogs and chickens. He also likes to help his father build things. Owen is the son of Matthew and Renee Lawrence.

teaches Sixth Grade at Alfred-Almond. Zoe is a senior. She is A-A's Student Government Vice President. Zoe is a three-sport athlete, participating in soccer, basketball, and track and field. She plans to attend college next year and wants to study Psychology and Criminology.

Jennifer Bensley is a freshman. She is on the varsity



Zoe Balinsky is the daughter of Kate Wall who

Pictured are Claire Volk, Owen Lawrence, Zoe Balinsky, Jennifer Bensley, Mary Gardner-Ruch Market Manager, and Amanda Khodorkovskava Board President.

6 THE ALFRED SUN, Thursday, October 29, 2020

sion

Music

BANDS/DJs/RECITALS Alfred University Symphony Orchestra featuring Ken Luk performing Vivaldi's Concerto in D for Lute & Strings, Pianist Lucy Mauro performing J.C. Bach's Concerto in G, 7:30 p.m. Sunday, April 19 in Miller The-ater, AU campus. Free admis-sion

Alfred University Recital fea-turing Tenor JR Fralick, Soprano Luanne Crosby and pianist Kurt Galvan at 3 pm Sunday, April 5 in Sugar Haurell Hell in Susan Howell Hall

Alfred University Concert **Band** Spring Concert, 7:30 p.m. Friday, May 1 in Miller Theater, AU campus. Free admission.

Alfred University Jazz Band Concert, 7:30 p.m. Friday, April 24, Miller Theater. Free admis-

Alfred University Choral Con-cert. AU Choirs joined by Rochester Oratorio Society in presenting Ernest Bloch's "Sa-cred Service," 7 p.m. Sunday, April 26, Miller Theater.

Hornell Area Wind Ensemble Rehearsals Tuesday evenings at Hornell High School. New members welcome. For further information, call Nancy Luger at 587-9449 or call 545-8603.

MostArts Festival: Plan to enjoy Summer Music & Art July 12-18, 2020 featuring the 2020 Piano Competition ages 13-18, workshops, pop-up restaurant, music under the stars, Art Walk visit: www.MostArts.alfred.edu for more information.

Off the Wagon show schedule is as follows: Saturday, March 14

at Hornell AMVETs as part of St. Pat's, 12 noon-4 pm; Saturday, April 18 at Hornell Moose, 9 pm 1 am; Saturday, May 2 at Hornell AMVETs 8-midnight; Saturday, June 6 at Off Duty Club in Belmont, 9 pm-1 am; Friday, June 12 at Palmer Opera House in Cuba, 7 pm. Follow the band at: www.facebook.com/pg/OfftheWa aonAcoustic

Wellsville Creative Arts Center offers live music some evenings with performances beginning at 8 p.m., doors opening at 6 p.m. Friday, Feb. 28-Honeysuckle; Friday, March 13-Joe Robinson. For tickets, visit: www.Wellsville-CreativeArtsCenter.com or call 585-593-3000.

CHORAL GROUPS

Andover Catholic Choir. Re-hearsals 7 pm Mondays at Blessed Sacrament Church, An-dover. New members welcome. Contact Director Marcy Bledsoe at 478-5238

Genesee Valley Chorus. The Genesee Valley Chorus meets every Tuesday at 7 P.M. at the Grace United Church, North Main Street, Wellsville (formerly Congregational Church). The chorus is directed by Norma Bartlett. For further information, call 585-593-3173.

Maple City (Barbershopers) Chorus Meetings 7:00 p.m. Mondays at United Methodist Church of Hornell, 7528 North Main St Ext., near Webbs Cross-ing Road, Hornell. New mems welcome. Call 607-698-4690 for info.

Sanctuary Choir. Rehearsals 1st & 3rd Sabbath of Month – 12:30pm; Instrumentalists 4th Sabbath of Month- 9:00am. The Seventh Day Baptist Church – Alfred Station. New musicians welcome. Call 607-587-9176.

COFFEEHOUSES Wellsville Creative Arts Center offers Coffee Houses TBA. Open Mic Night every Wednesday 7 to 10 p.m. For more info, visit: www.WellsvilleCreativeArtsCen-ter.com or call 585-593-3000.

CONCERTS/RECITALS Davis Memorial Carillon Recitals, AU campus. There is currently no weekly recital.

Wingate Memorial Carillon Recital Series at Davis Memo-rial Carillon, AU campus. Free

concerts on Tuesday's during the month of July. The Wingate Me-morial Carillon Recital Series honors Dr. Ray Winthrop Wingate, a professor of music at Alfred University for 56 years.



Theater & Dance

DANCE

International Folk Dancing Tuesday evenings from 8:30-10:30 p.m. We learn and do a variety of International Dances many from the Balkans, Israel Armenia, etc. Everyone is welcome, no partner or experience necessary! Miller Performing Arts Center, AU campus.

DRAMA GROUPS Wee Playhouse meets monthly. Call Vice-President Martha Lash at 587-8675 for more info.

Alfred Community Theatre (ACT). For more info, call Dave Snyder at 587-8110.

PERFORMANCES

Alfred University Spring Pro-duction, "Annie Jump and the Library of Heaven" by Reina Hardy, directed by Eliza Beck-with, CD Smith III Theater, 7:30 p.m. Wed.-Thurs.-Fri.-Sat. April 15-18.

rt/ Galleries

INSTRUCTION/GROUPS Allegany Artisans. The Alle-gany Artisans, local artists and craftspeople working together to host an annual studio tour, held annually in October, invite artists to apply. Work is juried. Studio must be in Allegany County. 585-593-6345 or visit the web-site: www.alleganyartisans.com.

Allegany Arts Association, regular board meetings open to public, 10 a.m. 2nd Tuesday monthly, at the David A. Howe Library, Wellsville.

Angelica Ink Letterpress Lo-cated at 20 Allegany Avenue, Angelica, NY. 585.466.7040

Angelica Sweet Shop 44 W. Main in Angelica's Park Circle National Historic District. Open daily 8 am–5 pm For more info: 585-466-7070 or www.angelicas-weatchen.com weetshop.com

Cohen Center for the Arts. 55 N. Main Street, Alfred. Gallery open Tues, Wed, Fri 11-4 pm; Thursday 11-7; Sat and Sun 1-3

Wellsville Art Association. For informationcall Karen Dicker-son, 585-593-3579.

Steuben Trust Gallery, Steuben Square, Hornell. On-going ex-hibits of Artist of the Month. M-F 9:00 AM to 4:00 PM. Sponsored by the Hornell Area Arts Council

Southern Tier Fiberarts Guild founded in 1983, meets at Trinity Lutheran Church, 470 N. Main St Wellsville on the first Saturday of the month from 11 a.m. to 2 p.m. except months of July and Sept. The group welcomes spinners (and wannabes), quil-ters, knitters, crocheters, embroiderers weavers dvers basket makers, hookers (rug hookers

that is) and everyone with a creative mind and an interest in fibers. For more information, call Debbie MacCrea at 607-587-9270, or T.C. Gary at 585-593-4700 4799

MUSEUMS/EXHIBITS

The Andover House, exhibiting Alfred connected Ceramic Art Alfred connected Ceramic Art and 2 dimensional art. Historical and contemporary. Open 11am to 4pm on Saturdays. At 21 North Main Street, Andover. For visits by appointment call 585 593 3947 or 607 478 5014. E-mail: Johnfdolan@yahoo.com.

Fountain Arts Center, 42 Schuyler Street, Belmont. For info or group arrangements, call 585-268-5951 or visit our website at: www.thefountainartscenter.org

The Corning Museum of Glass presents the most comprehen-sive glass collection in the world in "35 Centuries of Glassmaking." For info, call 607-937-5371.

Fosdick-Nelson Gallery at Al-fred University. Fosdick-Nelson Gallery is located in Harder Hall, AU campus. Open 11-4 Mo days-Fridays. Info 871-2412.

Glenn H. Curtiss Museum 8419 Route 54, Hammondsport. Special exhibits, special events. Open daily 10-4. Admission. (607) 569-2160.

Hagadorn House Museum Operated by Almond Historical Society. Genealogical research Friday afternoons.

Hinkle Memorial Library Gallery, Alfred State College Campus. Open during library hours, 8 a.m.-10 p.m. Monday-Thursday, 8 a.m.-4 p.m. Fridays, 11 a.m.-5 p.m. Saturdays and 3-9 p.m. Sundays. For more infor-mation, call the library at 607-587-4313.

Hornell Erie Depot Museum

111 Loder St., Hornell is open Wed. & Thurs. from 6-8 pm, Fri. from 4-8 pm and Sat from 12:30-3 pm.

Inamori Kyocera Museum of Fine Ceramics. The newly con-structed museum focuses on fine ceramics used in technical and bio-medical applications. Lo-cated on the top floor of Binns-Merrill Hall, AU campus, Alfred. Open 10-4 Wed.-Fri. Free ad-



Alfred Ceramic Art Museum. Located on Northeast corner of Main and Pine Streets, AU campus, Alfred. Hours: Tues. thru Friday 10-5, Thurs. 10-7, Sat. and Sun. 10-4. \$7 Adults, \$5 Seniors, \$3 Local Residents, Free for Museum members, 17 and under, AU and A State fac-ulty staff and students. For infor ulty staff and students. For infor-mation call 607-871-2421; or visit the museum website: ceramicsmuseum.alfred.edu

Alfred Art Walk, A collaborative monthly opening by galleries in the Village of Alfred and at Alfred University and Alfred State. For a complete and up to date listing of venues, please visit alfredart-walk.org. To add your event to Alfred Art Walk email: submit.alfredartwalk@gmail.com

The Pioneer Oil Museum in Bo-livar will induct Henry Lindquist, Jim Beckwith, Don Miller, and Arthur Yahn, Sr. into the New York State Oil Producers'Associ-ation. Museum will open follow-ing Memorial Day Weekend. For undates vieit: www.pioneeroil. updates, visit: www.pioneeroilmuseum.com

Rockwell Museum, 111 Cedar St., Corning. Largest American Western Art collection on view in the eastern United States, with American artifacts, and firearms. Info 607-937-5386.

Terra Cotta Museum, Main St., Alfred. Open on special occasions or by appointment.

World War II Museum, 201 Main Street, Eldred, Pennsylva-nia. For more information, visit: http://eldredpawwiimuseum.com/

delivers keynote address ' instructor

ALFRED-Elizabeth Blades, Visiting Instructor of Music for the Performing Arts Division, School of Art and Design at Alfred University, recently delivered the keynote address for the 2020 National Conference of the Australian National Association of Teachers of Singing

Blades joined Alfred University this Fall, teaching classes in voice and piano, in addition to

serving on the faculty of Shenandoah University, in Winchester, VA. She is the author of A Spectrum of Voices: Prominent American Voice Teachers Discuss the Teaching of Singing and co-authored with Samuel Nelson Singing with Your Whole Self: The Singer's Guide to Feldenkrais Awareness through Movement. She also

presents national and interna-

tional workshops connected with her research in Moshe Feldenkrais and the Feldenkrais Method in vocal training.

Blades received Her MMA and DMA from the Eastman School of Music, in Rochester, where she also taught classes in Voice and Vocal Pedagogy. She has held additional faculty positions at Nazareth College and Heidelberg College.



alloween is this weekend. Then comes the big Thanksgiving feasting, and so soon after Christmas and New Years specials. Your well intended health goals are about to up against great odds at the parties ahead. Is it possible to fully enjoy this holiday season without becoming weighed down with "naughty foods" or even excess "nourishing foods"? There is a way to keep it lite!

Americans gain an average of 1-1.5 lbs/yearly. The heavier the individual, the higher that number is likely to be. [1] During the holiday season, from Halloween until two weeks after Christmas, half of this annual weight gain occurs. In other words, every year there is more of us "Americans" than there was before. Weight loss hits hard in January, but not enough. About half the weight will stick around through the summer season, until it is added to the next fall. [2] This is a vicious cycle, which we have come to anticipate as a culture, that takes a toll on our health. Even if you do not struggle with weight gain, if you participate in over-indulgence or simply indulging in processed foods, your digestive and blood sugar handling systems--which support the health of your entire body-suffer abuse.

easy to compromise your diet during the holiday, but if you have a healthy dietary lifestyle, you are better equipped to navigate the feasting. Strategic goals form new habits, new habits shape our lifestyle, and lifestyle produces freedom and balance. For example, when I decide to eat a food, it is not based on if it will fit within my diet but if it is congruent with the integrity of my lifestyle. This leaves me empowered rather than feeling deprived.

"Lifestyle" is a trendy word in the health and fitness world, but how do you practically implement a lifestyle vs. a diet? This is always my focus when I work with clients or teach RESTART. So, in preparation for this holiday season, I want to explore the differences between these terms. I will offer you perspective and insight to encourage you in a fresh season of success which will lighten any burden you have gained! [1] www.ncbi.nlm.nih.gov/pubmed/2310286 [2] www.nejm.org/doi/full/10.1056/NEJMc1602012#t= article



Box of Books one of 20 libraries to receive WIFI Hotspot grant

By MELANIE MILLER

Box of Books Library Director The Alfred Box of Books Library has been selected as one of 20 U.S. libraries to participate in Community Connect: Digital Access at Home, an initiative of the American Library Association (ALA) and Capital One that offers cash grants to help rural libraries offer internet access and financial education for their patrons.

Community Connect will begin at the Box of Books Library in November. Five Verizon WiFi hotspots will be available for checkout. Hotspots will be checked out for two (2) weeks with one (1) renewal for a maximum check out period of four (4) weeks.

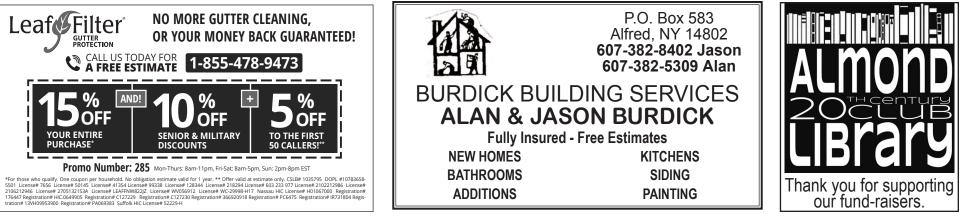
The Alfred Box of Books Library will also receive a \$2,000 cash grant to support financial literacy programs. For more information and a calendar of upcoming library programs, visit www.alfredboxofbookslibrary.org.

As the past year has shown, people across the country are increasingly reliant on internet for essential services like education and telemedicine, but rural areas often lack the internet access found in more populated regions. Twenty-two percent of Americans in rural areas lack broadband coverage, according to the Federal Communications Commission.

The Alfred Box of Books was also the recipient of a Southern Tier Library System Coordinated Outreach Services Advisory Council (COSAC) Grant to host a series of three programs entitled Talking to Kids About Race. We have partnered with OJ Shepard from Alfred State and Kathy Sherman from Alfred Montessori to hold three programs that help parents have important conversations with their kids about race, racism and racial injustice. The programs will be virtual via Zoom, so you must register by emailing alfred@stls.org to receive a Zoom link. The series begins November 5 at 7:00pm. Participants will hear stories, and we will provide Take and Make activities at the library starting November 5. Each week will be a new activity! November 5, November 12, and November 19 at 7:00pm. Register by emailing alfred@stls.org.

The key to keeping it lite is your lifestyle! It is

If you have questions or comments for Nutritional Therapy Practitioner, Maria Boyuk, contact her at thrivinghealthNY.com.





AU Environmental Studies Speakers Series. Talks are 12:20 to 1:10 Fridays during the fall se-mester. Oct 30 20 Years of Drought in the Colorado River Basin: Perspectives from Lake Mand Neuroda. Tadd Tieting Pa Mead, Nevada, Todd Tietjen, Re-gional Water Quality Manager, Southern Nevada Water Authority; <u>Nov 6-Small Scale and Diversified</u> Seed Production in Nova Scotia: A Tale of Preserving a Rare Heirloom Variety from the Brink of Being Lost, Chris Sanford, Owner, Yonder Hill Farms

Allegany County Bird Club. Meetings held at the Grace United Church, 289 N. Main Street, Wellsville, unless otherwise stated, at 7 p.m. on the first Friday of each month; speakers begin at 7:15 p.m. The club will NOT meet during the months of January and February 2020

Baker's Bridge Historical Association. Meets 7:30 pm, third Mon-day of each month, Sept.-April in the Meeting House, 5971 Hamilton Hill Road, Alfred Station. Sept. 21-Laurie Lounsberry Meehan, "Alfred Women's Suffrage Movement." Oct. 19-Joan Sinclair, "Daughters of the American Revolution" Nov Oct. 19-Joan Sinclair, "Daughters of the American Revolution." Nov. 16-WSKG Public TV video on "Hur-ricane Agnes"; Dec. 16-Dish-to-Pass Dinner followed by Members Sharing Memories and Mementoes of Hurricane Agnes. All programs free,open to the public. Website: www.bakersbridge.org. For more information, contact President Jim Ninos, 607-587-9018, jininos@gmail.com. For a tour of the building contact Collections Manager, Alexandra Hoffman, (607-382-9404, ahoffman4@gmail.com). ahoffman4@gmail.com).

Bergren Forum. Alfred University's Bergren Forum, now entering its 51st year, is presented via Zoom and will continue on a a bi-weekly schedule every Thurseay for the remainder of the fall semester. Fo-rums will take place at the usual time on Thursdays, beginning at 12:10 pm and lasting for approxi-mately 50 minutes. The lectures/ talks/discussions will also be recorded and made available on recorded and made available on the Bergren Forum Youtube chan-nel. A Zoom invitation to each forum may be obtained during the week of that forum by emailing Marilyn Saxton at saxtonmj@alfred.edu. The schedule: Oct. 15-The Future of Engineering Work, Gabby Gastaud, Dean of the Inamori School of Engineering; Oct. 29- Election 2020: A Republic if We Can Keep It, Gary Ostrower,

Professor of History at AU; Nov 12-Material Investigations in the An-thropocene, Alexa Horochowski, Professor of Fine Arts at Saint Cloud State University

Nunda Historical Society. Questions: see www.nundahistory.org or call 585-476-2354 or 585-465-0971



GRAND THEATRE 585-593-6899.

Main Street, Wellsville. grandthe atrewellsville.com SPOTLIGHT THEATER. 191 Main

Street, Hornell. www.thespot-lighttheaters.com (607) 661-4685

DAVID A. HOWE LIBRARY DAVID A. HUWE LIDERAL Nancy Howe Auditorium 155 N. Main Street, Wellsville Senior Matinees at the Howe The David A. Howe Library presents a special matinee screening for Senior Citizens the fourth Tues day of each month starting at 2:00 pm. All programs in the Nancy Howe Auditorium are suspended until further notice due to the coronavirus. Watch for further informa-

Fun-n-Games

STAR GAZING John Stull Observatory open to the public free of charge, clear Fri-day nights from 9-11 p.m. Sept.-Oct.-Nov. and Feb.-March, April. Open clear Thursday nights from 10 p.m.-12 midnight during May, June and July. For info, call the Observatory phone at Alfred Univer-sity, 871-2270.

BEEKEEPING

Belvidere Beekeeping Club A group is forming a group that will share information about beekeeping in our area. We will provide guest speakers and information about getting started beekeeping. We will share information, tips and frustrations, have suggested read ings and hand outs along with yard walks. Our mission is to attract and encourage beekeepers to pass on their knowledge to others. The club will meet at Angelica Ink Letter-press, 20 Allegany Avenue, Angel-ca, during cold months and at ica, during cold months and at Belvidere Cornerstone, 5781 County Road 20, Belmont, summer months on the following 2020 Sat-urdays from 1-3 pm: July 18, Au-gust 29, September 26, October 24, November 21. Contact The BelvidereCornerstone@gmail.con with questions. Meetings are subject to cancellation due to the coronavirus pandemic. Watch for further information.

BOWLING Maple City Bowl, 7580 Seneca

Road, Hornell. Check out our new Arcade Section. Visit www.maplecitybowl.net Or call 607-324-1011

BRIDGE

Helen Bailey Bridge Club. Games start at 12:30 pm Wednesdays and 6:30 pm Thursdays in Hornell. Rides are available. For more in-formation email johnson@alfred.edu

Str8 Eight Tournament at the Terra Cotta Coffeehouse, Main St., Alfred. Tournaments held quarterly

in February, May, August (the big one!) and November on the 8th day of each month at the Terra Cotta Coffeehouse starting Str8 Eigh at 8 p.m. (unless otherwise noted). Vou get the idea. To learn more

about the card game invented in Alfred, NY, visit: www.str8-eight.com

Special Events

Alfred-Almond Central School Alumni Association Annual Re union Weekend July 24, 2021. "Double the Fun" Celebration honoring alumni graduating in the years ending in 0, 1, 5 and 6. For updates, check out the AAAA web-site at: www.aacsalumni.org

Allegany Artisans OPEN STUDIO TOUR October 16-17-18, 2020. Visit arti-sans' studios where their creative ideas come to life. For a map, check out our our Web site www.alleganyartisans.com

Bareknuckle Boxing Hall of Fame Induction Weekend July 2021. For tickets info, visit: https://www.bareknuckleboxing halloffame.com/induction

Allegany County Fair July 20-25 at the County Fairgrounds, Angel ica, has been cancelled for 2020. Watch for detailsfor the bigger and better County Fair in July 2021.

Journey to Transformation: Friday night community prayer for host, community and Allegany County churches, and beyond, are being held from 7 p.m. to 8 p.m.: Biweekly Sunday night praise and worship and prayer time, with live music, 6 p.m. to 8 p.m. to pray for prime county-wide concerns. On-prime area prayer catherings dur. going area prayer gatherings dur-ing the week available from 6:30 to ing the week available 7:30 a.m.weekday mornings at

Knights Creek Evangelical Methodist Church, 2987 County Road 9, Scio; 8 to 9 a.m.

Wednesdays at the Belfast Free Methodist Church; and from 10:30 to 11:30 a.m. Saturdays at the Powerhouse Youth Center, 23 West Main Street, Fillmore. Further info: Pastor Dan Kenyon, Wellsville Bible Church, at wbc@ne.twcbc.com or (585) 593-6471, or most area pastors.

Support Groups Adult Survivors of Sexual Abuse. Meets at various times.

Sundays at the United Presbyte-rian Church, 150 Main Street, Hor-nell. Use the side entrance

Alzheimer's Support Group. Meets third Thursday of the month at noon in United Church, Belmont. Call Allegany County Office for the Aging at 716-268-9390 for info.

Cardiac Support Group. Meets second Wednesday of the month at 6:30 p.m. in the St. James Mercy Hospital Cardiac Rehab (2nd floor). For info, call the Cardiac Rehab Unit at 324-8735.

habits and struggles of life, includ-ing common addictions. 7PM Sat-urdays at Knights Creek Evangelical Methodist Church, 2987 Knights Creek Road (Co. Road 9), Scio. www.facebook.com/KnightsCreekC hurch, or Casey Jones at bps461@msn.com or (484) 435-

Diabetes Support Group. Meets



Susan Morehouse to serve as WHAT'S interim CLAS dean at AU **COOKIN'?**

ALFRED-Alfred University Professor English Susan Morehouse was recently appointed interim dean of the College of Liberal Arts and Science. A resident of Hornell, Morehouse will serve as interim dean for the remainder of the current academic year beginning in January 2021. She succeeds Professor David Toot, who has served as interim dean since 2019.

Alfred University Provost Beth Ann Dobie announced Morehouse's appointment, noting she has held numerous leadership positions within Alfred University's College of Liberal Arts and Science, including chair of the Division of English and the Promotion and Tenure Committee.

"Her deep knowledge of the college as well as the relationships she has developed across the institution will be a benefit to both CLAS and the university leadership team," Dobie said.

Dobie also thanked Toot,



SUSAN MOREHOUSE Named Interim CLAS Dean whose service as dean coincided with the COVID-19 pandemic. Alfred University faculty transitioned to on-line classes when the University closed its campus in the spring. The University reopened the campus for the fall semester. In January, Toot will rejoin the University's Division of Physics in January and also



Meals on Wheels Menu Monday, Nov. 2

Pickled Beets Salisbury Steak **Brown Rice**

Garlic Broccoli Applesauce Tuesday, Nov. 3

Creamsicle Salad Chicken Ala King Over WG Biscuit Glazed Carrots Cherry Crisp

Wednesday, Nov. 4 Apple Slices

Macaroni & Cheese Stewed Tomatoes California Blend Whole Grain Roll Oatmeal Raisin Cookie Thursday, Nov. 5 Carrot Raisin Salad Baked Ham with Raisin Sauce Au Gratin Potatoes Succotash Whole Grain Roll Gingerbread with Lemon Sauce

Alfred Sun Columnist Do It Yourself Sauerkraut I know there are quite a few German-americans in Alfred so I am

hoping this DIY Sauerkraut recipe will not only leave your tummy full but your heart warmed with memories this fall season! All you need is a sharp knife or kraut cutter and a little bit of patience, this kraut will leave your tastebuds wanting more. *3 heads of cabbage

*ceramic crock or two half gallon mason jars *salt

Begin by finely slicing the cabbage to desired thin/thickness (keep in mind the final product will shrink 1/3 the size). Layer cabbage in crock or mason jars 1" at a time. In between layers sprinkle salt and then pound for two minutes with wooden or plastic utensil(do not use metal). When all the cabbage is layered weigh down with plate and stone. Within 24 hours brine should form completely submerging cabbage (if brine does not cover, mix 2T salt with 1c water and pour until covering). Let cabbage ferment for 10-15 days in cool dry place. White and sometimes green/brown "scum" will form on top of brine. Scrape off scum and taste until desired sourness is achieved. After fermenting, your Sauerkraut can last one year in the fridge or can be canned in a 20 minute water bath.

If you have a household tip to share or questions for The Farmer's Wife, e-mail: Kristinamariesnyder@gmail.com or write her at: The Farmer's Wife, 1724 Randolph Road, Alfred Station, NY 14803.





THE ALFRED SUN, Thursday, October 29, 2020 7 fourth Thursday of the month from 6:30-8 p.m. in the Memorial Con-ference Room, ground floor just off the cafeteria at St. James Mercy Hospital. For more info, contact

Bonnie at 607-324-8900

LaLeche League. Mother-to-

Mother Breastfeeding Support. Hornell group meets third Thursday of each month at 7 p.m. at Christ

Episcopal Church, corner of Main and Center Streets, Hornell. For more info, call 324-6266.

PARKINSON SUPPORT GROUP Meets 2nd Saturday of each month at 10:00 am to 11:00 am at the Hornell YMCA. For more info, call Lisa at 607-382-6497.

Etcetera Allegary County SPCA. Volun-teers or those wishing to contribute are asked to call 585-593-2200.

Send contributions to PO Box 381, Wellsville, NY 14895.

Wellsville Lioness meets second

Deadline To include your event in this calen-dar, send information to: Calendar, ALFRED SUN, PO Box 811, Alfred,

Event listings should be sent two weeks prior to ensure sufficient no-tice.

NY 14802 or e-mail: alfredsun.news@gmail.com no later than 5 p.m. Friday.

Monday of the month upstairs at the Beef Haus.

Call 716-593-6300 for info. Al-Anon. 7pm Thursdays and

Alcoholics Anonymous. 7 pm Fridays at Union University Church Center in Alfred. Call 607-276-8588 for help or information.

Caregivers Support Group. For info, call the Allegany Office for the Aging, 716-268-9390 or toll-free 1-Aging, 716-268 866-268-9390

Celebrate Recovery/Celebrate Victory Christian 12-Steps sup-port for all types of hurts, hangups,

0503 for information

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Friday, Nov. 6 Lettuce/Tomato Fish Filet Sandwich on Whole Grain Bun Tartar Sauce **Oven Browns Brussel Sprouts** Pineapple

For reservations, call the site coordinator or 585-268-9390 or (toll free 1-866-268-9390) by 2 p.m. previous day.

At the Movies

(Effective Oct. 30-Nov. 5) GRAND THEATER Main St., Wellsville 585-593-6899 Closed until further notice. (check website for updated listings.) www.grandtheatrewellsville.com SPOTLIGHT THEATER 191 Main St, Hornell **607-661-4685** Closed until further notice. www.thespotlighttheaters.com







We are closed until further notice.

For those that have not heard, The State has mandated closure of movie theaters (as well as gyms, restaurants, bars, etc) effective Monday, March 16. Thus, we will be closed until further notice. We will provide updates as we know them as to when we will be allowed to reopen, as well as what we will be showing at that time.

191 Main Street, Hornell, NY 14843 • Movieline 607-661-4685 •TheSpotLightTheaters.com • Like us on Facebook Matinee (before 5 pm) \$7.50 • Adults \$9.50 • Children under 12 \$8.50 • Veterans, College Students, Seniors \$8

THE ALFRED SUN, Thursday, October 29, 2020

ALLEGANY COUNTY NEWS Whole Kids Foundation grant awarded to Bolivar-Richburg

BOLIVAR-Teaching at a public high school is challenging, especially during the COVID-19 pandemic. Our local schools' administration, faculty, and staff have spent months adjusting to the "new normal" and navigating obstacles that come with hybrid teaching modules. This may lead one to think: how is Agriculture in the Classroom and other interactive learning going to be impacted by heightened safety regulations?

"We have to make sure that our hands-on lessons don't involve students sharing equipment" said Bolivar-Richburg High School Science Teacher, Patricia Eshel-man. For courses that emphasize teamwork and collaboration, this simple shift in lesson-planning is just the tip of the iceberg

Serendipitously for the Bolivar-Richburg School district, a grant has made it possible for its "Sustainable Living and Ag" class to have one raised garden bed per student to tend for the year. Earlier in 2020, the Whole Kids Foundation announced its latest round of Garden Grant awards and Bolivar-Richburg Middle-High School was one of the recipients of a \$3,000 grant.

The district has used the funds to purchase and install additional raised beds in the school's Wolverine Environmental Education Center. They have procured cloth barrier and gravel that will tame the weeds that grow in corridors and make it easier to garden

When Patricia Eshelman and Cassandra Bull (Farm to School Coordinator with Cornell Cooperative Extension of Allegany County) sat down to write the grant, they had no idea just how appreciated this project would become.

"I am grateful that we have our outdoor classroom to work in this year. For now, the students are still able to enjoy the class as it was intended and learn scientific and business-oriented concepts through agricultural lessons", Éshelman said.

Funding from the Whole Kids Foundation has come during a time of financial cutbacks and uncertainty. The Sustainable Living and Agriculture course was designed to introduce BRCS students to a wide survey of topics and opportunities the agricultural industry has to offer.

This new addition from the Whole Kids Foundation will enhance the SLA class and WEE Center's mission to create informed consumers and to inspire a new generation of environmental stewards in a safe, socially-distant way.

WEE Center, like them on Facebook (@BRCS WEE Center). Contact Allegany Extension Educator, Cassandra Bull, at 585-268-7644 ext. 25 or email her at CB775@cornell.edu for more information or to be involved in any of Cornell Cooperative Exten-

To stay up to date about the sion's programs.

Bolivar-Richburg students laying weed barrier in the WEE Center.

COVID-19 case count at 311

BELMONT-In the United States, the COVID-19 virus has infected approximately 8.74 million people, and there have been over 225,000 deaths. According to the NYS Department of Health COVID-19 tracker, there have been 496,655 confirmed COVID-19 cases, and there have been 25,742 deaths statewide. As of 3:30 p.m. on October 26, Allegany County's statistics are as follows:

Confirmed Cases: 311

Recovered Cases: 217 COVID-19 Related Deaths: 8*

Total Quarantined/Isolated to Date: 2,559

Released from Quarantine/Isolation: 2,080 (Correction of prior day's numbers)

Currently Quarantined/Isolated: 479

Precautionary Travel Quarantines to Date: 1,130 Total COVID-19 Antibody Tests Given: 824 Total COVID-19 Antibody Positives: 46

*Nursing home numbers may not be directly reported to the Health Department

If your life or someone else is in imminent danger, call 911. If you are in crisis and need immediate help, please contact the following resources:

COVID-19 Emotional Support Hotline: 844-863-9314

Allegany County Crisis Hotline: 888-448-3367

Allegany County Community Services: 585-593-1991 (Monday-Friday, 8:30 a.m. to 4:00 p.m.)

National Suicide Prevention Lifeline: 800-273-TALK (8255)

NYS Text Line: Text "GOT5" to 741741

Veterans' Crisis Lifeline: 822-273-8255 (Press 1) For additional COVID-19 questions and information: Call: 585-268-9250 (Health Department)

Email: healthinfo@alleganyco.com; Website: www.alleganyco.com Facebook: Allegany County, NY, Government & Allegany County Department of Health

For re-opening questions and information:

New York Forward Website: https://forward.ny.gov/ Allegany County's Website: https://www.alleganyco.com/coronavirus/reopening-allegany-county/

Allegany County Re-Opening Email: reopen@alleganyco.com



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ALFRED UNIVERSITY EQUINE MASCOT 'Sugar' introduced to AU community

ALFRED—Some Alfred University students, faculty, and staff enjoying Friday's unseasonably warm weather were treated to an unusual but welcome sight: a horse and rider strolling through campus.

The campus community was invited to meet "Sugar," a horse residing at Alfred University's Equestrian Center. Equestrian program director Steve Shank, accompanied by two studentsco-captains on the Saxons' Western equestrian team: senior Patricia Kirk and junior Amanda O'Toole—brought the horse from the Equestrian Center to campus Friday morning.

Shank said the event was organized to introduce Sugar to the campus community, giving students, staff, and faculty a chance to see the horse—which acts as a mascot at home football games and other on- and off-campus events-up close.

"The whole idea is to spread some goodwill, give the students a chance to interact with the horse and riders," Shank said. He noted that he hopes having



The horse, "Sugar," attracted a crowd at the King Alfred statue on the Alfred University campus on Friday, Oct. 23. (Photo provided)

the horse on campus would give students a chance to experience something new and different,

activities caused by COVID-19. We want to create interest in the horses, and our equestrian program.'

given the restrictions on normal

Amanda, dressed in the King Alfred costume worn in public appearances with Sugar, rode the horse up Academic Alley and back down to the lawn between Powell Campus Center and Herrick Library, before returning to the green pastures atop Jericho Hill.

John E. Benjamin named to Alfred State College Council

ALFRED-The New York State Governor's Office has recently appointed John E. Benjamin, of Horseheads, to the Alfred State College Council.

members Council serve without salary as an advisory group to the president of the college. Authority of the Council is in such areas as regulations governing student conduct, regulations concerning care and management of campus facilities, review of academic programs, approval of candidates for college degrees, and selection of the college president.

Benjamin is a retired president of the Three Rivers Development Corporation, a privatesector vehicle for economic development in the Finger Lakes Region, which he worked



JOHN E. BENJAMIN

for from 1973 to 2015. As president, he was responsible for project planning and the financial stability of the corporation.

Over the years, Benjamin has been very involved in his community. He currently serves as chairman of the board at Guthrie Corning Hospital and as vice chairman of Bethany Village. Other groups and organizations that he has served include the LPGA Corning Classic, LPGA Tournament Owners Association, the Southeast Steuben United Way, Excellus Blue Cross/Blue Shield, the New York State Economic Development Council, and Five Star Bank.

Benjamin holds an associate degree in civil technology from Alfred State, bachelor's degrees in economics and geography from SUNY Brockport, and a master's in professional studies from Alfred University. He and his wife, Susanne, reside in Horseheads and are the parents of three children, all grown - Kelly, Mark, and Jeff.

FURRY FRIENDS' FUNDRAISING-FELICITY FEEDBACK

A heartfelt Paws Up to everyone who supported our October 23rd and 24th Theme Basket Silent Auction in Wellsville. Your laudable generosity will have a significant and immediate positive impact on our animal shelter.

And a special "thank you" to everyone who has been donating by PayPal on our website.

Again, especially in this challenging year for non-profit organizations like ours, a sincere thank you!

Weighlifters return kindness

(Continued from front page)

appreciated her generosity in giving us the equipment and that if there was anything we could do for her in return we would be happy to help," Zach said.

"On Friday evening they came and worked for two hours. I had a lot of leaves! They came back Saturday morning and raked another four hours! They did a thorough job too!" Foreman said.

"We made sure to do a thorough job and it was great taking breaks to chat with her," Zach said. "She is one of the nicest people I have ever met and not only were we happy to help her out, but we are grateful we were able to meet and become friends with her and Cinder.'

"We wanted to rake her leaves because it just wouldn't feel right walking away from the generosity she showed us without giving something in return," Spencer said. "Sheila was just such a nice lady overall once we got to know her. She lives there by herself so I'm sure she enjoyed our company. We enjoyed hers.'

A few more leaves have fallen in Foreman's yard and Zach and Spencer are planning to return soon to finish the job. Spencer said he and Zach spent time visiting with Foreman, taking in her stories about Alfred and her connection to the University. The pair were particularly impressed with her stories about her late brother, Marv Hubbard, a three-time All-Pro fullback for the Oakland Raiders from 1969-76 and member of the Raiders' 1976 Super Bowl-winning team. "She even showed us an old Sports Illustrated cover which he was featured on!" Spencer recalled

Foreman said the experience left her impressed with the character shown by the two students, as well as feeling pride in her alma mater. "I feel fortunate to have encountered two of the finest AU students," she said. "They deserve to be commended. It's the little things that define character."

For his part, Zach said he and Spencer were more than happy to lend a hand. "Neither one of us were expecting to be recognized for helping her out, we simply wanted to make someone's day better, especially given her generosity," he said.

To me, I took this as an opportunity to spread some good while no one is watching. Spencer and I talked about how gratifying it was, just knowing that we made her happy. Sheila mentioned how cool it was that we were able to provide what each other needed and I could not agree more."

This chance meeting evolved into something more important and



SPCA SERVING ALLEGANY COUNTY 5440 NY State Route 19 P.O. Box 181 Belmont, NY 14813 Serving Allegany County www.SPCAallegany.org Phone: (585) 593-2200 E-mail: SPCAallegany@gmail.com Like us on facebook **ADOPT - FOSTER - DONATE - VOLUNTEER**

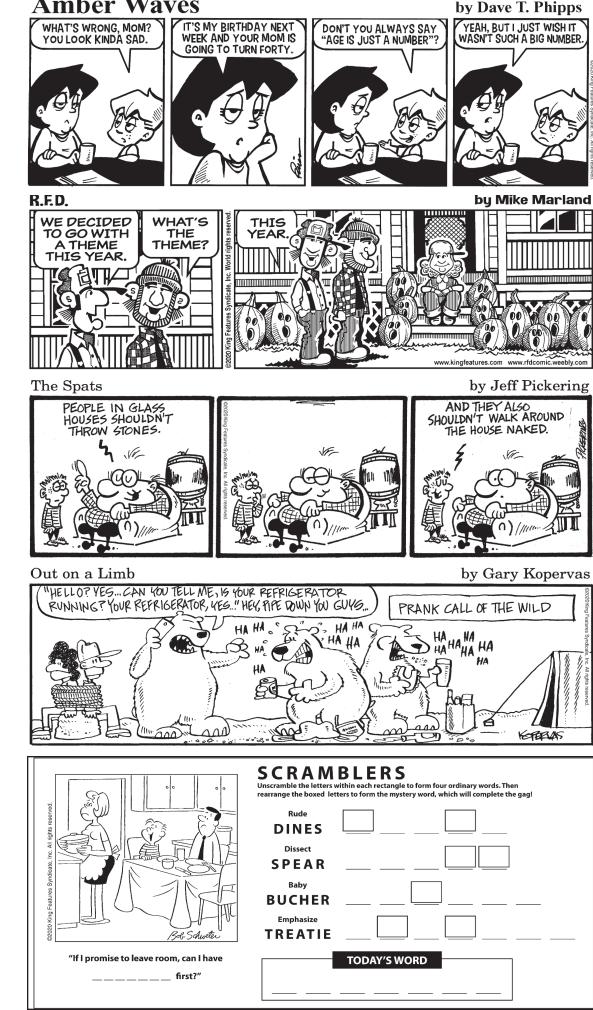
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"Since meeting Sheila and raking her leaves we have actually been back to her house," Spencer related. "One day the basketball court diagonal to her house— where we lift—was occupied. She gave us permission to set up and lift in her driveway that day. Meeting Sheila has been a great experience and we have mutually benefited greatly from the relationship. Talking to Sheila is a joy and I think Zach will agree that we would now consider ourselves friends!'



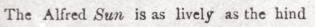
The SPCA Serving Allegany County--protecting abused, neglected, displaced, and abandoned animals in Allegany County since 1911.

FUN IN THE SUN Amber Waves



Allegany County Democrat, in 1883 wrote:

Owner



CryptoQuote, King Crossword and **Scramblers Solutions** on Page 3

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ALMOND PLAYGROUND REMINISCENCE Almond kids faced daily life in a news vacuum forth, there was, by unwritten cretion and respect weren't thing. We came to learn that un-

Steve Metzger's reminiscences of the role that the Almond Playground, now Greg Norton Memorial Park, played in his personal development. The author, now residing in Bellingham, Washington, wrote the recollections back in February 2018 when he learned of the plans to renovate the park and playground. The Alfred Sun will continue to publish his treatise as a series of articles as space permits.

By STEVE METZGER uring side conversations, I can't remember discussions regarding currents events or even much discussion about school. Because we represented a range of ages and an array of school grades, this perhaps made school talk less relevant. Many of our families couldn't afford a newspaper or were otherwise uninterested in subscribing to one.

Radios basically covered local programming with lots of advertising, and televisions were scarce. Where TV's were present, the couple stations Almond received, transmitted very little content over poorly translated broadcasting signals. Their reception was further constrained by limited operating hours.

Consequently, most of Almond and especially its kids, faced daily life as if in a news vacuum, situated inside a travelrestricted bubble, which in turn was heavily insulated from the ways of the outside world. Autonomy from potential diversions beyond Almond Village boundaries seemed to heighten the enchantment of our play

We continue Almond native world. We had little reason to question the possibility that kids everywhere didn't share our values and our types of play opportunities. Each waking, nonschool day enticed us into the great outdoors before boredom could hold us hostage inside. Moreover, we were keenly aware of adult tendencies to assign idle kids hanging around the house, errands to run and chores to perform.

However, some heavy conversations were indeed held as we might have paused for playground downtime, or were awaiting play resumption. Further to those more touching and deeper personal sides of our playground atmosphere, I'll attempt to provide a voice for what transpired during these special times. More often than not, these more intimate, heartfelt talks emerged spontaneously. The topics were generally unrelated to play.

There was a tendency for wanting to tell our private and highly personal stories and await feedback from the one or two playmates who may be involved in these kinds of delicate conversations. In retrospect, this aspect of our social experience appeared to reflect a blend of entertainment and unsolicited therapy.

For example, I recall many of these types of anecdotes dealing with one's hopes and dreams for the future. Considerable time was spent discussing shared, and unshared values. Fantasies were often addressed such as what it would be like to be rich or to be the greatest baseball player in world. During this back and

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Then the Almond Library is the place for you! Our Director has accepted a new position, and we are looking for someone to fill her shoes! We are seeking someone with all these qualities to be responsible for all aspects of the library's operation. 26 hours per week; some evening and Saturday hours.

Send cover letter, resume, and professional references to: **Almond 20th Century Club Library**

PO Box D Almond, NY 14804

Deadline is November 16, 2020

edict, a prohibition of meanspiritedness or "piling on" as we poured out our inner thoughts and feelings. Some of our subjects were so delicate and sensitive they were never mentioned again. Curiously, others covering even more sensitive subject matter, were. Hence, there was a sense of trust established upon the playground, allowing these kinds of profound exchanges to occur.

Playground playmates amazingly, develop a special sensitivity as they interact with each other like in no other social setting. Yet another unadvertised virtue of the power of playgrounds. Participants engaged in the foregoing kinds of conversations seemed well aware, as roles rotated from speaker to listener, of the emotional harm they could cause if utmost disproperly exercised. To a kid, we managed to follow our instincts by refraining from tactless mockery. I never witnessed anyone's raw emotions being disrespected under these circumstances. Consequently, there was always a quiet willingness among us to volunteer our inner sanctums whenever the spirit moved, and wherever the opportunity permitted.

Further to our growing understanding and appreciation of trust and its importance in the context of effective communication, family life circumstances were also shared during our play breaks. These kinds of exchanges were by no means routine or even expected.

Everything I'm discussing here was very spontaneous and only surfaced when one among us felt the need to discuss some-

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Classifieds

welcome probing into one's privacy was also off the table. In the course of what passes for life's normal patterns, there were those of us or our loved ones who were confronting personal rough patches or misfortune.

This became a part of our ongoing interpersonal exchange of news – good and bad. While we were by no means card carrying child psychologists, we learned to become sensitive to each other's unique feelings and challenges. Although our central theme for congregating was fun and play and not to practice counseling without a license, there were times when kids needed to share their stories with a peer, and in confidence. At times, tears of deep emotion flowed freely and shamelessly.

We somehow had the capacity to sense deep-seated needs among us, and to respond to them as properly as we knew how. No amount of group or individual therapy, however, affected those occasions when uncontrolled anger led us to exhibit the behavior of upset "cats and dogs!" Fortunately, for our mental and emotional wellness, our unwritten sense of decorum restricted these latter times to intense play or rough housing. Irresponsible behavior was firmly unacceptable during deeply personal outpourings from the heart.

We continue next week!

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WILL CLEAN OUT your attic, basement, garage or sheds. Will remove scrap metal from your property Stay ahead of the code en-forcement officer. Miscellathat there is a VILLAGE GEN-ERAL ELECTION to be held on Tuesday MARCH 16, 2021 between the hours of 12:00 Noon and 9 p.m. at the Village Hall at 7 West University St., Alfred, NY and the offices to vote on in the Village of AL-ERED are as follows: FRED are as follows:

Trustee for a term of 2 years to succeed Peter McClain Trustee for a term of 2 years

to succeed James Ninos Mayor for a term of 2 years

to succeed Becky Prophet Justice for a term of 4 years to succeed Wende Bush Carolyn Hasper

Village of Alfred 41-1b

NOTICE OF SALE OF TOWN OF ALFRED PROPERTY NOTICE IS HEREBY GIVEN that the Town Board of the Town of Alfred will be accepting sealed bids for the sale of two parcels of land. Parcel #1 is located on Hamilton Hill Road Tax Map #152.-1-19 conroximatel acres. Parcel #2 is located on County Road 42 Tax Map #152.-1-52 consisting of ap-proximately .41 acres. This land will be sold as is. All bids shall be in a sealed envelope. Bids will be accepted until 7:00 pm Thursday, November 12, 2020 at which time they will be opened by the Town Board at the regular monthly meeting The Town reserves the right to accept or reject any or all bids. By Order of the Town Board DAN ACTON Town Supervisor Town of Alfred 41-2b -

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In The Alfred Sun 75, 55, 35, 25 and 10 Years Ago

Compiled By DAVID L. SNYDER Alfred Sun Editor and Publisher 75 Years Ago, November 8, 1945

Nine students of Alfred-Almond Central School attended a musical in Dansville Friday night and Saturday... Phyllis Amberg, Elizabeth Binns and Betty Jane Amberg were in the chorus; Jean Drake, Constance Crofoot, Allan Hitchcock and Stephen Saunders were in the band. Those attending from Alfred were: Mr. and Mrs. W.P. Austin, Dean and Mrs. M.E. Drake, Miss Elsie Binns and Rosemary, Dr. and Mrs. Paul Saunders, Mrs. R.O. Hitchcock, Cameron, Bruce and Jimmie; Bill Reid, Mary Lou McLeod, Miss Carolyn Gillmore and Mrs. Irving Irvine...

250 votes cast in Alfred out of a possible 800...

October gave us 5.02 inches of rain compared to 3.18 inches for the average. It rained 21 days during the month. A worse record was established in December 1935 when precipitation fell 25 days of the month. The average temperature for the month was 46.8 degrees compared to 47.8 degrees for a 32-year average

Mr. and Mrs. Roger Thomas, Mrs. June Moland, Mr. and Mrs. LaVern Kenyon and Mrs. Mae Kenyon were on Hartsville Hill Thursday night, Nov. 1 to attend the 40th wedding anniversary of Mr. and Mrs. Luin Henry at their home.

Captain and Mrs. Eugene T. Van Horn left Monday for North Loup, Nebraska where they will visit Mrs. Van Horn's father, Rev. A. Clyde Ehret. Enroute home, they'll visit Mr. and Mrs. William Hallwich of Detroit.

Mr. and Mrs. Elwood Kenyon were in Rochester for the weekend guests of Mrs. Kenyon's brother, Harold Saunders and his wife. The occasion was the celebration of the birthday of Mr. Saunders

55 Years Ago, October 28, 1965

A Community Chest and Red Cross campaign to raise \$6,750 for 13 charities and philanthropic activities will be held only five days this year, Nov. 8-12...This year's quota is \$400 more than last year...

The Alfred Town Board approximates a \$47,000 budget for 1966 at a special meeting Friday night. The legislation in the budget which was adopted without opposition is \$30,065 for highway construction... The highest budget will be raised through taxes... The board discussed the need for a Public Health Officer. Fenner said all of the doctors in the town have declined the post which has been vacant since the death of Dr. Raymond Hitchcock because the compensation does not seem consistent with the time involved.

Dr. Robert Eisenhardt of Alfred has been named temporary officer of Almond Consolidated Health District according to its president, Mayor Lawrence Perry.

Two Alfred residents are current participants in the annual Seven County Art Show which has been held at David A. Howe Library through the month of October. They are Anna Merrill Campbell and Mrs. Beverly Dundas. Mrs. Dundas won first prize for one of her paintings

Twenty-five young people from Central New York joined with 25 from Allegany County for a weekend camp retreat at Camp Harley Sutton in Pleasant Valley, Friday evening to Sunday noon. Directing the retreat was Pastor Herbert Saunders of Little Genesee Seventh Day Baptist Church; the Rev. Delmar Van Horn of Adams Center preached the Sabbath morning sermon and Dr. Burton Crandall taught the Bible lesson.

Mr. and Mrs. Les Goble and five children of Waverly were Homecoming guests of Mr. and Mrs. Harold Snyder and family

Mr. and Mrs. Bruce Hitchcock and children of Bath spent Saturday with Mrs. R.O. Hitchcock.

Mrs. Mark Sanford of Little Genesee spent Thursday to Sunday with Dr. and Mrs. H.O. Burdick during the absence of Mr. Sanford. 35 Years Ago, November 7, 1985

It seems like only yesterday the Fosdick-Nelson

"Project Alfred Attic" is being launched by the three academic libraries in Alfred in order to expand the archival and historical collections already on hand... Herrick Library specializes in the University and Seventh Day Baptist history; Scholes Library collects history of the College of Ceramics, art engineering and education in America; Hinkle Library holds the Western N.Y. Historical Collection including genealogy and collections of the Alfred Historical Society.

Dean and Abby Hurd of Almond lost 35 head of cattle when the barn on their Jersey Hill farm was destroyed by fire in the early morning hours Wednesday, Oct. 30. It was reported that Abby got up to feed the baby and noticed that the old style wood barn was on fire...Cause of the fire and its origin is unknown.

Pearl Whitikar of Almond celebrated her 95th birthday Oct. 20, 1985. She resides with her daughter and son-in-law, Mr. and Mrs. Carl Moses.

Mrs. Beverly Stevens is the November Teacher of the Month at Alfred-Almond Central School. 25 Years Ago, Nov. 2, 1995

(Photo) Alfred-Almond's Music and Theatre Departments will present their annual fall musical at 7:30 p.m. Friday and Saturday, Nov. 3-4 in the high school auditorium. This year's production is Andrew Lloyd Weber's "Joseph and the Amazing Technicolor Dreamcoat," with Shaminda Amarakoon in the lead role as Joseph. In front are Rachel Buckwalter and Lindsay Godown, while surrounding Shaminda are Kate Crandall, Janet Sootheran, and Janna Buckwalter. In back are Jamey Crook and Brooke Harris.

The 8th annual Allegany Artisans Studio Tour will take place on Saturday and Sunday, November 4 and 5 from 10 a.m. to 5 p.m. Local artisans from Allegany and western Steuben Counties will open their studios to the public to show their art, explain and show their techniques, and to offer their art for sale...

Notes from Palmiter Hill (By Rev. Albert N. Rogers) Do cloudy days make you gloomy? The fall foliage hasn't lost all of its brilliance yet, though the days are getting shorter. Apples in the markets remind me of the days when we picked our own on my father's farm. That was a ritual of the season like buzzing wood for winter and digging potatoes down on the farm...One of our neighbors on Palmiter Road is towing a boat behind his car. He must have some lake in mind, for water runs off Palmiter Hill as fast as it falls and soaks into our leaves and grass...Someone with a musical bent has compared our childhood years to quarter notes in music, our middle years to whole notes, and the aging years as grace notes....We lunched one day this week with a college friend of my wife's and her husband—years of common memories are precious...James Waite came to church and had lunch with us this week. His mother was a doctor in Rhode Island, a relative of mind and a friend of our years in "down east." ... Betsy Brooks' phone number is posted near my desk in case we see any special birds. But the robins are gone and the winter birds aren't here yet. I must put up my feeding trays before long... Saturday afternoon there was a rainbow in the eastern sky-did you see it? Clear and brilliant although shorter than sometimes.

The churches of the Allegheny Association of Seventh Day Baptists will celebrate its annual Pulpit Exchange this Sabbath, Nov. 4. Pastor Ken Chroniger of the Alfred Station SDB Church will preach at Hebron, PA. Pastor Michael Burns of Hebron will speak at Little Genesee. Pastor Gordon Lawton of Little Genesee will preach at Richburg. Pastor Robert Harris of Richburg will preach at Toronto. Pastor Herlitz Condison of Toronto will preach at Alfred. Pastor Leon Wheeler of Alfred will fill the pulpit at Alfred Station.

Anne Lorow of Alfred Station, mother of Sports Adrift Columnist Doug Lorow, is the weekl winner in the Pigskin Pundits' eighth week, with only eight misses of 28 games...

Sunbeams: Wallace and Norma Higgins of NorWal Unlimited, recently attended the Society of Glass and Ceramic Decorators Conference in Pittsburgh, PA. Wally, one of three judges, selected winning entries out of 47 categories... Krista L. Barber, daughter of Mr. and Mrs. Doug Barber of 72 Sayles Street, Alfred, received her bachelor of science degree in nutrition and dietetics at Mansfield University's 130th summer commence-

ment ceremonies in August. She was one of 96 degree recipients...Lisa Goodridge Blake has accepted a new position at Stonehill College in Easton, MA as a financial aids counselor. Lisa, a former Alfredian, is a daughter of Lyndon and Dorothy (Snyder) Goodridge of Lee, NH...Adam Weeks, a senior at Alfred-Almond Central School and son of Mr. and Mrs. Richard Weeks of Foster Lake Road, Alfred Station, was first place winner in a scholarship exam at the 22nd annual Engineering and Materials Science Conference held Oct. 19 at Alfred University. Adam is now eligible for a \$1,000 per year scholarship to attend AU...Leon and Evelyn Lobdell returned Tuesday from a weekend in Washington, D.C. While there, Leon ran in the 20th Marine Corps Marathon (26 miles) with their son Alan, their daughter, Christine and her husband, Andy. There were a total of 16,200 runners....Jennifer Goodridge is currently teaching 11th and 12th grade English at Coe-Brown Academy in Northwood, NH. She's a daughter of Lyndon and Dorothy (Snyder) Goodridge of Lee, NH... 10 Years Ago, October 28, 2010

The Box of Books Library in Alfred isn't big but it's big enough to capture about \$244,517 from the Stimulus Bill and to change President Obama's promises into paychecks and services in Alfred. The Box of Books pushed a few things aside to make room for the celebration filling their living-room like reading area with conversation, good food, involved citizens and a hearty sense of humor at the shovel-free ground-breaking ceremony in the 1400 square foot library, new home of a Public Computing Center. The Library isn't getting larger-it's reorganizing. Ellen Ehrig (President of the Box of Books Trustees) said that it's grown nicely over the last 40 years. When she first came to Alfred there was a bookmobile on the street on Sundays..

The Hinkle Memorial Library Gallery will mount exhibit -- "Gen/reVision" (two generations of art) -by Craig Prophet and his son Cameron, both of Alfred. The exhibit, consisting of paintings and photography, will open Friday, Oct. 29, 2010, and run through the end of the fall semester, Dec. 15. There will be an opening reception Oct. 29 from 2-4 p.m. Father and son are both graduates of Alfred University. Father Craig, class of 1968, is a painter and an experienced artist/designer. His recent art work comments on society's infatuation with the computer....Cameron Prophet, a more recent AU graduate, is a photographer whose artwork investigates the poetic use of image through the older methods of black and white alternative photography.

The new grandstand at Merrill Field was rocking Saturday afternoon. A little rain didn't discourage a vocal crowd of 4,125 from sticking around to witness the Alfred University football team's 42-31 win over previously unbeaten and nationally ranked Empire 8 foe St. John Fisher. With the win, AU moved atop the Empire 8 Conference standings and can clinch a second straight NCAA playoff appearance with a win against Ithaca at Merrill Field on Nov. 6...



vas being moved from its North Main S cation. It now appears to have always been sitting atop the hill on Palmiter Road. Approximately 150 guests toured the preserved home at open hosue Oc.t 27 at the invitation of Keith and Donna Rogers.

J. Richardson Lippert II of Franklinville has been appointed Chairman of the College Council of Alfred State College...

"You fatten up nicely."



THE GLORY OF AMERICA

Thursday, October 29

n 1869, Robert E. Lee invited his former army chaplain, J. William Jones, to speak at Washington College. The latter did so, calling for revival on college campuses, especially those of Washington College and Virginia Military Institute. Afterwards, Lee thanked him.

"Our great want is a revival which shall bring these young men to Christ. We poor sinners need to come back from our wanderings to seek pardon through the all-sufficient merits of our Redeemer. And we need to pray earnestly for the power of the Holy Spirit to give us a precious revival in our hearts and among the unconverted."

JONES, LEE.

Alfred Area Church Directory

ALFRED-ALMOND AREA HORNELL ALFRED UNITARIAN UNIVERSALIST SOCIETY--Now meeting at 10:30 AM the second and fourth Sundays of each month at 198 Main Street across from Hornell Cinema. The Rev. George Smith leads the group the second Sunday. Call 607-698-4508 or 607-522-7803 for more information

or 607-522-7803 for more information. ALFRED-ALMOND BIBLE CHURCH--Rt. 21, Almond. Pastor Ken Shutt. Pastor Justin Langley. Sunday School 9:30 am, Sunday Worship 10:30 am. EPIC (for teens) and EPIC Kids Club (K - 6th grade) 5:30 pm Sundays (Sept. - May), and Adult Bible Study 6 pm Sundays. Midweek Home Groups 7:30 pm. Vintage meeting Tuesday nights at church at 7:30 pm. Phone 607-276-6700. www.aabible.org. ALFRED ASSEMBLY OF CHRISTIANS—Remembrance of the Lord in the Breaking of Bread, Sundays at 10:30 a.m.; Gothic Chapel, corner of Ford & Sayles, Alfred. Bible Study 8 p.m. Fridays in Almond. Call 607-382-4140 or e-mail lookup@frontiernet.net for more information

more information.

ALFRED SEVENTH DAY BAPTIST CHURCH-5 Church St., Alfred. Adult Sabbath (Saturday) School, 10 a.m. in the SDB Parish House; Sabbath Worship Service at 11 a.m. Church Office: 607-587-9430. Pastor Christian R. Mattison.

ALFRED STATION SEVENTH -DAY BAPTIST CHURCH "Baptist with a Difference" Sabbath (Sat.) Worship Experience: Sabbath (Sat.) "Face to Face" (You will need a mask, and be willing to practice Social Distancing.) You will be dismissed row by row) 10:30 am Church Meetinghouse Opens; 10:30 am Contemporary Christian Music in the Sanctuary' 10:45 am Traditional Christian Hymns; 10:55 am Classic Choruses. "Cloud Congregation" (Streaming Live) Sermon.net – www.alfredstationsdb.org; Alfred Station Seventh Day Bap-tist Church Facebook Page; Alfred Station Seventh -day Baptist Church You-Tube Channel. Pastor's Phone 607-222-6023 Pastor's E-Mail pastor.chroniger@gmail.com Campus at 585 Rt. 244 Alfred Station.

ABUNDANT LIFE MINISTRIES -- Rt. 21, Almond. Pastor Everett Hasper. Sunday 10 am & Wednesday at 7:30 pm. 276-6201. www.almcommunity.org ALFRED UNITED METHODIST CHURCH—1389 Moland Road, Alfred. Sunday serv-

ices at 9 a.m. Nursery care available. Join us for Small Group one Saturday a month at Tices at 9 a.m. Nursery care available. Join us for Small Group one Saturday a month at 7:00 pm. Pastor: Rev. Stephen Crowell. Pastor's Number: 716-982-6469. Church Office Number: 607-587-8355. Service day and time: Sunday at 9:00 a.m.
 ALMOND COMMUNITY CHURCH--11 Main St., Almond. Join us Sunday Mornings: Bible Hour 9:30 am, Worship Service & Kids' Club 10:30 am. Wednesday Morning

Working Start, Working Service & Rus Cidu 10.30 and Wednesday Morning Women's Prayer Group at 9:30 am. Food Pantry open Tuesday, Thursday & Friday from 9 am to Noon. For more information, call (607) 276-6151 or email us at almondcommuni-tychurch@gmail.com or by mail at PO Box E, Almond, NY 14804. We're your Community Church, please join us! Pastor Charles Emerson.

HARTSVILLE COMMUNITY BAPTIST CHURCH -- Purdy Creek Road, Hornell. Pastor Charles Williams. Sun. School 9:30 am, Worship 10:30 am.

HILLEL AT ALFRED -- Friday night services 6:30 pm at Melvin Bernstein Hillel House, 18 S. Main St., when AU is in session. Add'I services & programs throughout year. For info, call Larry Greil (871-2215 work, 587-8694 home) or Barbara Greil (587-4313 work). INSTITUTE OF DIVINE METAPHYSICAL RESEARCH--Sundays 12 noon at Almond

Grange, Almond. Choir starts 11:40 am. Meetings Tuesdays and Thursdays 7:30 to 9:30 pm at Almond Grange Hall.

LIGHTHOUSE CHRISTIAN FELLOWSHIP--Randolph Road, Alfred. Pastor Roger LIGHTHOUSE CHRISTIAN FELLOWSHIP--Kandolph Koad, Allieu. Pastor Roger Gardner. Worship 10:30 am Sundays. Kingdom Life School of the Bible 9-10:30 a.m. Sat-urdays at Seidlin Hall Room 114, AU campus. Student Prayer Meeting 7 p.m. Mondays in Scholes Library Rm. 218. Small Group Gatherings throughout the week. 607-382-4217. S. BRENDAN AND JUDE PARISH-- Father James W. Hartwell, Pastor. St. Brendan Church, 11 S. Main St., Almond. Weekend Mass: Saturday, 5:00 p.m. Weekday Masses

Monday, Wednesday, Friday 9:00 a.m.; St. Jude Chapel, Lower College Dr., Alfred (on the Alfred State College campus). Weekday Mass Thursdays 7:00 p.m. Weekend Masses Sunday 11 a.m. & 5 p.m. Office phone: 607-587-9411, Rectory phone: 607-276-5304. UNION UNIVERSITY CHURCH--Alfred, 10:30 a.m. Sunday at 5 Church Street. A multi-

denominational community church welcoming all faiths. Infants nursery, K-6 classes during service, youth programs. Church Center at comer of Main and Church Streets, Rev. Laurie DeMott. 587-9288

ANDOVER AREA

CHRISTIAN & MISSIONARY ALLIANCE -- 5 Rochambeau Ave. andoveralliance.com Rev. Philip Barner, Sunday School 9:00 AM, Worship Service 10:00 AM – Worship Team Coffee Fellowship time before and after Worship Service. Wednesday – Bible Study / Prayer Meeting 7:00 PM.

BLESSED SACRAMENT CHURCH—26 Elm St., Andover. Father James W Hartwell, Pastor. Weekend Mass Sunday 9:00 a.m. Office phone: 607-478-8885; Rectory phone 607-276-5304

CHENUNDA CREEK FELLOWSHIP—Mennonite congregation of believers in the Town of Independence, five miles south of Andover. Sunday School 9:30, Worship 10:45 a.m. Pastor Stephen Richard 585-610-0166. Phone 478-5277.

CHURCH NEWS *Looking down your nose' topic of sermon* ALFRED STATION-Have (Saturday) October 31, your virus, experience social distanc-

you ever had someone look down their nose at you? You don't wear the right clothes. You don't come from the right neighborhood. You aren't the right gender, race, monetary status.

The list could go on and on. This kind of "Looking down the nose" often exposes itself in terms of faith structures like: the church you attend, why would God care about that kind or, or would you believe the strangest things they do. This Sabbath



1. Is the book of Beelzebub in the Old or New Testament or neither?

2. From Matthew 12, when an evil spirit returns to a person, how many companions does it bring? 2, 3, 7, 16

3. In which book's 22:18 does it state, "Thou shalt not suffer a witch to live"? Exodus, Numbers, Isaiah, Hebrews

4. From 1 Samuel 16, what king of Israel was tormented by an evil spirit? Solomon, David, Elah, Saul

5. Who called the city of Nineveh the mistress of witchcraft? Ahab, Nahum, Lucifer, Peter

6. What mark of the beast number comes from Revelation 13? 7, 333, 490,666

ANSWERS: 1) Neither; 2) 7; 3) Exodus; 4) Saul; 5) Nahum; 6) 666

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.

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E-mail church news to: alfredsun.news@gmail.com or mail to: PO Box 811 Alfred, NY 14802

friends and neighbors at the Alfred Station Seventh-day Baptist Church "Baptist with a Difference' invite you to the 11 a.m. Worship Experience. This Sabbath, Pastor Ken's Sermon "Looking down your nose' considers Jesus' Parable of the Pharisee and the Tax Collector with the surprise question at the close. To better prepare yourself for the sermon take some time and read Luke 18:9-17.

The doors of the church-meetinghouse open at 10:30 am. While sitting in the Sanctuary Worship through Contemporary Hymns of Praise, Classical Hymns, and at 10:55 a.m. Modern Choruses. At 11 a.m. the Sabbath Worship Experience begins with the ringing of the Church meetinghouse Bell.

When you come to 'Face to Face" Worship please wear a face mask, be ready to answer three questions abut you and the ing in the sanctuary and be dismissed at the close of the Worship Experience row by row.

At 10:55 a.m. we welcome the 'Cloud Congregation" through live participatory Streaming at: Streaming.org- www.alfred-

stationsdb.org Alfred Station Seventh-day Baptist Church Facebook Page

Alfred Station Seventh-day Baptist Church You-Tube Channel

Hope you will join us on Sabbath Oct. 31, in "Face to Face" or "Cloud Congregation" Worship. One more thing, whether participating in the Worship Experience through the "Cloud Congregation" or "Face to Face'. Please bring your bible either hard copy or digital.

The Church Meetinghouse is located at 585 Route 244 Alfred Station. For further information call the church office at 607-587-9176.

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FIRST BAPTIST CHURCH-14 Elm Street. Pastor Calvin Densmore. Sunday School 9:45 am, Morning Worship 11 am. Wed. night Bible Study 6 p.m. AWANA 6-7:30 p.m. Food Pantry available at Church. Clothing Closet Mon. 10-1 and 4-7 pm, Fri. 10-1.

FIRST PRESBYTERIAN--E. Greenwood St., Andover. Worship Service at 10:15 AM, Coffee hour before service. Pastor Christian R. Mattison.

ZION'S HILL MINISTRIES -- 23 Barney St., Andover. Services: Sunday 10:30 am. Wednesday Night Bible Study 6:45 p.m. Pastors Mary and David Nevol. Phone 716 498 0119

Call 587-8110 or e-mail changes to: alfredsun.news@gmail.com. Thank you!



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THANK YOU FOR YOUR SERVICI

Alfred University is providing you, and one quest, with one free meal and one free drink, each, at the RoseBush.

Please RSVP by November 1st, and the vouchers will be distributed by November 11th.

The voucher is good for use from November 11th, to November 30th.

Please RSVP by November 1st with your name, email, and address by emailing: militaryaffairs@alfred.edu

AU hires women's lacrosse coach

ALFRED-Alfred University and AU Director of Athletics Paul Vecchio are pleased to announce this month the hire of Rebecca Streeten as the head coach of the women's lacrosse program. Streeten will join the Saxon family as the 10th women's lacrosse head coach in program history

"I am extremely excited to have Rebecca at the helm of our women's lacrosse program and as part of our Saxon Athletics Family," Vecchio said. "Her experiences as a head coach in the Empire 8, an assistant at nationally competitive programs like William Smith and Colby and her local ties to recruiting hotbeds will put our program in a tremendous position of growth in the years ahead."

Streeten comes to the Magic Valley with experiences at a pair of perennial lacrosse powers in William Smith and Colby College, and head coaching experience at Empire 8 foe Elmira.

A former IWLCA Academic Honor Roll selection at RIT, Streeten graduated cum laude in 2012 with a bachelor's in New Media Marketing and Environmental Studies. In December 2017, she completed her master's in Sports Management from SUNY Cortland.

'20 Years of Drought' talk topic

ALFRED-This week's Alfred University's Environmental Studies Program will be presenting a talk (online via Zoom) entitled "20 Years of Drought in the Colorado River Basin: Perspectives from Lake Mead, Nevada". The speaker will be Dr. Todd Tietjen, Regional Water Quality Manager of the Southern Nevada Water Authority. Dr. Tietjen works on water quality issues in the Lower Colorado River Basin and other water bodies of water in Southern Nevada. He has a Ph.D. from the University of Alabama in Aquatic Ecology, a MS from Southwest Texas State University in Aquatic Biology, and is a 1990 graduate of the Alfred University Environmental Studies Program.

The talk is from 12:20 until 1:10 on Friday, Oct 30. The public is invited and encouraged to attend. Email Shannon Yocum at yocum@alfred.edu and ask her to send you the Zoom address.

ALFRED-ALMOND SPORTS ROUNDUP Boys varsity soccer team still unbeaten

By BARB WELCH Alfred Sun Sports Reporter ALMOND–The Alfred-Al-

mond Boys Varsity Soccer team continued its win streak at Addison, Tuesday, Oct. 20 by defeat-ing the Knights 3-1. Treacherous footing kept the first half scoreless, but 4 minutes into the second half Caleb Price drilled in his first goal of the year on an assist by Jack Emo. The Knights retaliated by tying the game at 1-1. The Eagles team play scored again in the 56th minute when Dylan Coots hit the net on another assist from Jack. Dylan returned the favor in the 73rd minute when he assisted Jack for the final goal.

The Eagles defended the Nest on Senior Night against Jasper-Troupsburg on Oct. 24. Keeper Ty Kenney and a menacing defense limited the Wildcats to 6 harmless shots for the 3rd shutout in the last four matches. Senior Carsen Hann finished a Jack Emo assist to start the scoring in the 19th minute. Senior Ayden Burdick drove in a goal off the backside of a defender to

put the Eagles up two at the half 12 minutes later. The Eagles applied more pressure in the 2nd half when Jack scored on an assist from Senior Aquila Cushing. Dylan Coots finished the scoring with a tally on a dish from Carsen Hann defeating the Wildcats 4-0.

To date, the Eagles have outscored opponents, 20-4 in six games, with three shutouts!

The Boys JV Soccer Team handily defeated Canisteo-Greenwood 6-0 on Sat., Oct. 24.

Girls Varsity Soccer Team Tallies 20 Goals in 6 Games

The Lady Eagles traveled to Jasper-Troupsburg on Sat., Oct. 24 to face the JT Wildcats. They jumped to an early lead when Zoe Balinsky scored on a solo effort at the 2-minute mark. Chloe Hann next found the net on an assist by Maeve Looney. A-A dominated the rest of the half as Balinsky scored two more goals assisted by Jessica McMahon and Isabel Badeau.

Angela Smith netted two with Badeau and Avery Libordi giving the assists. With A-A leading 6-0 at the break, the Lady Eagles added one more in the second half when Maeve Looney scored on a clean pass from McMahon. A-A walked off as 7-1 victors. Keeper Gracen Dusinberre recorded 5 saves between the posts.

The Girls Varsity Soccer Team played a home match vs. Addison on Wednesday, Oct. 21 for the 2020 Senior Night only to be shut out by Addison, 5-0. A victory of 5-1 on Oct. 13 versus Hammondsport was not previously reported. At 4-2 on the season, the final regular season match at home was Tues., Oct. 27 versus Campbell-Savona.

Other AACS sports reports the Girls Varsity Tennis team is 1-1 on two matches last week. A-A defeated Canisteo-Greenwood in a 5-0 shutout on Oct. 23. They lost to the Wellsville Tennis team 3-2 on Oct. 21.



Debunking Five Myths About Social Security

• ocial Security is likely to play an integral role in your retirement income plan, yet too many people aren't as familiar with the complexities of the program as they should be.

There are a number of false perceptions about what to expect when the time comes to start collecting benefits. Here are five common myths and the real story behind each of them.

Myth #1 – I have to start collecting Social Security at age 62

The reality is that you can begin collecting at any point between your 62nd birthday and your 70th birthday. You are free to select any time within that eight-year window to "turn on" the Social Security spigot.: however, the earlier you start, the lower your monthly benefit.

Myth #2 – If I collect with lower benefits at age 62, I'll see a step-up in my benefit when I reach full retirement age.

This is not true. Depending on your year of birth, full retirement age as defined by Social Security is between ages 66 and 67. The benefit you are estimated to receive at full retirement age is the basis for determining how much higher or lower your monthly benefit will be depending on the actual age (between 62 and 70) that you begin to collect. If you start at age 62, your benefit will be approximately 25% lower than it would be at full retirement age. Benefits will remain at a reduced level throughout your life.

Myth #3 – If I'm divorced, I can't collect a spousal benefit

In many cases, a divorced spouse can collect benefits based on the earnings of an ex-spouse. If you are 62 or older but were married to that spouse for at least ten years, you can claim a spousal benefit if it would be higher than your own. If you re-marry, you are no longer eligible to claim a or call (607) 587-9696, 10 Church Street, Alfred spousal benefit based on your ex-spouse's earn- New York 14802.

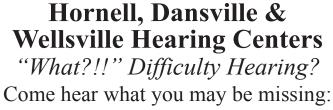
ings. Myth #4 – I'll pay more into Social Security than I'll get out of it

This is only true if you live a short life in retirement. It is one of the potential tradeoffs for having the security of a reliable source of inflation-adjusted income throughout your life, no matter how long you live. What's more, the longer you collect, the more likely it is that you'll receive more in benefits than you paid in. If you are the highestearning spouse in your marriage and pass away first, your spouse will continue to collect your benefit (instead of their own) through the rest of their life.

Myth #5 – Social Security is going bankrupt

This common phrase is not about the entire program, but about what is known as the Social Security Trust Fund. The trust fund has grown over the life of Social Security until recently. It is a reserve amount representing the excess of Social Security taxes collected each year that did not need to be paid out in current benefits. Until recently, the trust fund was growing, but now it is beginning to be drawn down. Projections suggest it may be depleted by 2035. But Social Security itself will not go bankrupt. Under existing tax structures, billions of dollars will continue to come into the program each year to fund ongoing benefits. Congress also may take action to strengthen the trust fund.

Mathew S. Hill, CFP® is a Financial Advisor with Cadence Wealth Management Solutions, a private wealth advisory practice of Ameriprise Financial Services, Inc. in Alfred, New York. He specializes in fee-based financial planning and asset management strategies and has been in practice for 19



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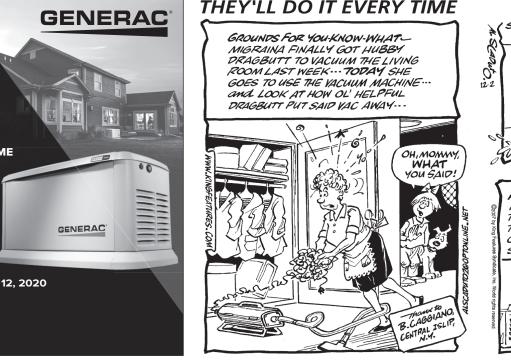
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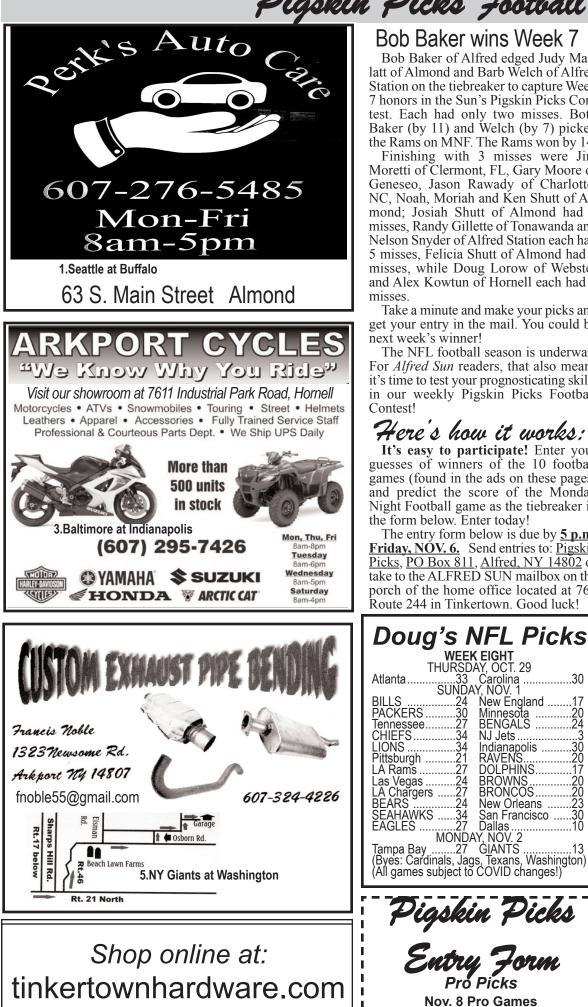
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Pigskin Picks Football Contest



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Bob Baker wins Week 7

Bob Baker of Alfred edged Judy Marlatt of Almond and Barb Welch of Alfred Station on the tiebreaker to capture Week 7 honors in the Sun's Pigskin Picks Contest. Each had only two misses. Both Baker (by 11) and Welch (by 7) picked the Rams on MNF. The Rams won by 14.

Finishing with 3 misses were Jim Moretti of Clermont, FL, Gary Moore of Geneseo, Jason Rawady of Charlotte, NC, Noah, Moriah and Ken Shutt of Almond; Josiah Shutt of Almond had 4 misses, Randy Gillette of Tonawanda and Nelson Snyder of Alfred Station each had 5 misses, Felicia Shutt of Almond had 6 misses, while Doug Lorow of Webster and Alex Kowtun of Hornell each had 7 misses.

Take a minute and make your picks and get your entry in the mail. You could be next week's winner!

The NFL football season is underway. For *Alfred Sun* readers, that also means it's time to test your prognosticating skills in our weekly Pigskin Picks Football Contest!

Here's how it works:

It's easy to participate! Enter your guesses of winners of the 10 football games (found in the ads on these pages) and predict the score of the Monday Night Football game as the tiebreaker in the form below. Enter today!

The entry form below is due by <u>5 p.m.</u> Friday, NOV. 6. Send entries to: Pigskin Picks, PO Box 811, Alfred, NY 14802 or take to the ALFRED SUN mailbox on the porch of the home office located at 764 Route 244 in Tinkertown. Good luck!

WEEK EIGHT THURSDAY, OCT. 29

MONDAY, NOV. 2

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Nov. 8 Pro Games

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2. One entry per person on official entry form or facsimile of same.
 Write team next to number corresponding with games in ads on this form.
4. The person who picks the most games correctly wins. Tiebreaker deermined by 1) best point spread, 2) closest
total points scored. 5. Weekly winner will be awarded \$10 and bragging rights. 6. All entries included in \$50 cash drawing at season's end.
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S tan Van Gundy, of the Van Gundy basketball coaching family, is back in the NBA and now with the young New Orleans Pelicans after stints with the Miami Heat, Orlando Magic and most recently the Detroit Pistons. Since being canned in Motown, Van Gundy has worked NBA telecasts/or studio with ESPN and then TNT. Stan Van Gundy played basketball at Division III Brockport State under his father, Bill Van Gundy. Brother Jeff played his college hoops at D3 Nazareth and later coached the Knicks and Rockets in the NBA. Jeff began his basketball coaching career in high school at McQuaid in Rochester.

Starting out as an assistant at the University of Vermont, Stan spent two years there, 1981-83 and was also an assistant at Canisius College in Buffalo for one campaign in 1987. It was as an assistant at the University of Wisconsin, with Stu Jackson as the head coach, that Van Gundy and another Western New York coach would cross paths and begin a working relationship. Bob W. Beyer of Alfred University was at Siena College, near Albany, as an assistant to the "unique" Mike Deane and his next job would be on staff with the Badgers. Beyer, of course, began his coaching career at Alfred State under the tutelage of the once-legendary, Kaz.

After "a few" stops along the way, Beyer would join Stan Van Gundy on staff with the Magic, after an NBA stint with the Toronto Raptors. Stan Van Gundy was canned in Orlando and later landed in Detroit with a dual position of GM/head coach or Director of Player Personnel/head coach. Anyhow, Coach Beyer would rejoin him there after being in Golden State and Charlotte, post Orlando. Such is the life of an NBA (and college) assistant coach.

The Pelicans were called "Duke South" at times this past season as they had ex-Blue Devils in #1 pick Zion Williamson, former Laker Brandon Ingram, sharpshooter J.J. Redick along with backups Frank Jackson and Jahlil Okafor ... with a slight pro comeback of sorts. Ingram and Jrue Holiday are their top players along with Williamson, who saw limited action his first NBA campaign. A pretty nice nucleus for Van Gundy to work with as he begins a four-year deal with the Pelicans. Will Coach Beyer be joining him on staff? Beyer is in his second year of a three-year contract with the Sacramento Kings, who ironically, just added Alvin Gentry to their staff. Gentry was let go by New Orleans after a (30-42) season.

Head Coach, Bill Van Gundy had much better success at Genesee CC in the NJCAA ranks after his run at Brockport, now SUNY Brockport. The Golden Eagles were 3-17, 7-20, 6-17, 10-14, 4-19 and 7-17 during his six years there. Looked up the records over the years and didn't see where they played Alfred University any of those seasons. While at GCC, they played Alfred State in the tough Penn-York Conference. Later on, Bill "Dish" Bowe from Alfred State would coach at Brockport with some solid seasons. Bowe who played at ASC when Kaz-Beyer on the pine.

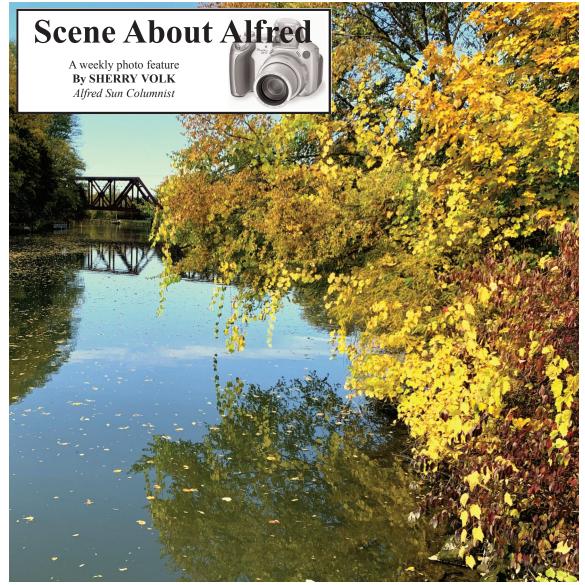
HITS AND MISSES:

Mauro Panaggio was at Brockport (1968-1977), just prior to Bill Van Gundy, after starting his coaching career at Wellsville Central School. Panaggio was 148-76 at Brockport before moving onto the CBA with the Rochester Zeniths. He was the Coach of the Year three times in the CBA, 1979-86-93. Panaggio passed away in Daytona Beach in 2018 at the age of 90.

Bill Bowe's best season at Brockport was during the 1996-97 campaign as his squad went (19-10) and they made it to the NCAA "Sweet 16" before falling to Salisbury State at RIT. Took in that D3 double dipper with Jake Taft. Think RIT fell to Alvernia in the other game. Both good contests. Robert H. Torrey in attendance as well, wandering around.

Two coaches with ties to Alfred State are graduates of SUNY Brockport as Gary "Doc" Moore and Joe Q. French each went there. Moore is an A-A and Alfred State Hall of Famer plus a former member of the elite Torrey Painting Striders. French is in the Waterloo HS Sports Hall of Fame and is a past basketball/softball coach at SUNY Geneseo as well. Moore coached cross country and track & field for the Pioneers.

Jeff Van Gundy might be the new/old coach of the Houston Rockets by the time you read this. He played his high school b-ball at Brockport before moving onto Nazareth for his junior-senior seasons. Sure he played against the Saxons! He coached at McQuaid in 1985-86 and I met him once at the Section Five Basketball Hall of Earne Dianaer years later that a good 5, 10 minute shot with him



In remarkable weather on October 23, 2020, the Erie Canal at Lock 32 Park called to us. Taken from the trail looking toward a bridge, the saffron leaves of overhanging grape vines appear to contemplate their future and their fate on the water's surface. It was 78 delicious degrees.

THE DUGOUT CONTINUED...

home games during the 14-2 season. Their only other loss that year was to West Virginia in their opener. Now DiNucci is starting for the over-paid, under-achieving Cowboys. Dallas, one of the worst teams in the NFL, of many!

The NJ Jets (0-7) are the absolute worst franchise in the NFL this season and very well could go (0-16). QB Trevor Lawrence might just say, "No thank you, I'll stay at Clemson another season, instead of going to the Jets!" Others with terrible slates include the entire NFC East plus Minnesota, Atlanta, Jacksonville, Houston and Cincy. The winner of the NFC East should not host a playoff game. They should be the #6 seed. Philly probably emerges from this terrible pack and takes the division, but that isn't saying much. How many close games can the Falcons find a way to lose?

Tom Brady of the Tampa Bay Bucs has put himself right in the mix of the MVP picture along with Patrick Mahomes of KC and Russell Wilson of the Seahawks. Brady took apart a pretty decent Raiders team, 45-20 on Sunday past to push their mark to (5-2) on the year. Lots of weapons at his disposal, one more with headcase Antonio Brown on the way and a tough Bucs "D" as well. Chiefs and Bucs in the Super Bowl? And, it is at Tampa Bay this year!

The World Series was at 3-2, Dodgers as of Sunday nite, but I fully expected this to now go seven games as the Rays had Blake Snell on the hill in game #6. He is better than what LA would be tossing out there to attempt to wrap up the title. Now, game #7 could be quite interesting with Charlie Morton and Walker Buehler squaring off again. Series MVP? If the Rays win it'll be ex-Cardinal, Randy Arozarena and for the Dodgers, would go with Corey Seager. A dual award for whomever as they won their respective ALCS/NLCS titles. Mark S. Gaisser (A-A) and his 50+ slow pitch softball team lost in the finals of a tourney in Stamford, CT by a 28-27 tally. It was a crazy, single elimination event! First-sacker Gaisser co-sponsors the team as Bob Johnson Chevy/Roosters Pub and Pizza. Stopped in Stamford once with Pat Atwell on our "baseball trip" and had lunch at Bobby Valentine's restaurant. Quite the place! Patrick Cantlay (-23) overtook Jon Rahm and Justin Thomas to win the ZOZO golf tourney at the Sherwood CC in California on the PGA Tour in the "no cut" event that Tiger Woods won last year in Japan. Really think that win will be the last one for Woods. He doesn't play enough anymore to stay tournament sharp and there are just too many talented players out on the tour now who are in their 20's! Woods was T72 out of 77-players and Phil Mickelson, who should stay on the Champions Tour now, was 76th. Jordan Spieth had a decent week (-11) and was T41. Ready for The Masters? There will be lots of talk about Woods and defending his title, but just don't see it. My very early pick: Thomas. Ross McGowan ... no relation to former Saxon TE, Mike McGowan, that I'm aware of, won the Italian Open on the European Tour of golf. Savo's buddy ... Joost Luiten was T10.

Got a few "extra million" kicking around? Golf greats Craig Stadler and Fred Couples, along with The Great One himself, Wayne Gretzky are selling their respective mansions. The picture of Stadler's, in Colorado, are absolutely breathtaking.

Was a great Friday of golf at Twin Hickory in Hornell last week on an absolutely beautiful fall afternoon as I hit the links with Stu Smith ... posing as Tommy Lasorda, Dan Acton and my former A-A classmate of "Supermarket Sweeps" fame, now known as the Captain of the "Unique Five" ... the illustrious Smitty. Was a tad breezy, with the wind in our faces on both the front-side par 5's, as I was able to emerge victorious over Smitty, easily, 50-56. This wraps up our summer slate with a 3-2 margin here! Had a chance to chat (briefly) with former Hornell baseball coach, Lenny Caruso at the first tee. Hadn't played this course in years. Last time either with classmates Jim Norton, John Mills and Smitty or in a tourney with Cutter, Gervin and maybe Ivan or Savo? Not sure on the fourth in our group. Remember Gervin driving the par 4, sixth hole.

A belated (10/26) birthday to Audrey Connell this week ... 102-years old !! (Manor Hills photo)



Fame Dinner years later. Had a good 5-10 minute chat with him.

The NBA might start up their 2020-21 season now as early as December 21st with a 72-game slate. If so, NBA players could then play in the Summer Olympics. With a short break this fall/winter and the Olympics right after the NBA season (hopefully) next summer, who will be willing to play for Team USA?

The latest AP college football poll has: Clemson, Alabama, Ohio State, Notre Dame and Georgia, 1-5. All undefeated except Georgia who fell to "Bama. The Irish host Clemson on 11/7.

With Dak Prescott out for the season and now Andy Dalton probably missing a game or two, the next Dallas QB to play will be Ben DiNucci from James Madison. The Dukes! DiNucci started twoyears at JMU and they fell in the FCS Championship game in 2019 to North Dakota State, 28-20. The "Cage Man" (A-A) made the trip to Texas to see that game and was on the "chain gang" for the JMU



"Congrats" are in order for our frequent ADK companion of years gone by, Jess (Herbst) Benway and Nick !!

Still no sighting of late of Johnny W. Nuttall nor The Traveling Sports Fan. Watched the "thrilling" Bills-Jets on Sunday

Watched the "thrilling" Bills-Jets on Sunday past at Josh & Meg Newman's new place in Henrietta.

Off to Virginia this week and hopefully golfing today (10/29) with Rolo Gardner (A-A) in Sterling.

Time to "turn the clocks back" on Saturday. Yuk. In what has been a depressing 2020, this will only add to it. Keep the clocks the same!