

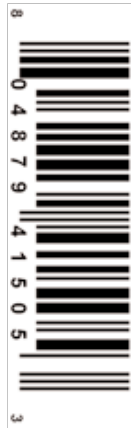


Alfred Sun with AU football family

More than fifty former Alfred University football players gathered to attend the funeral of their teammate, Nick Clark, Sunday, July 8 at AU. Teammate Josh Phillips wrote: "Today, one of Alfred's greatest was laid to rest. It was an honor to call you a friend, teammate, and mentor. I'll never let go of the memories we all shared together in that small, special place that we all consider a home away from home. Your smile will forever be etched in all of the minds of the lives you touched (and trust me-there's a lot). Your family, friends and brothers in blue will all miss you dearly and will carry on with the same love for life that you perfected for 29 years. See you on the other side Superman."

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THE ALFRED SUN



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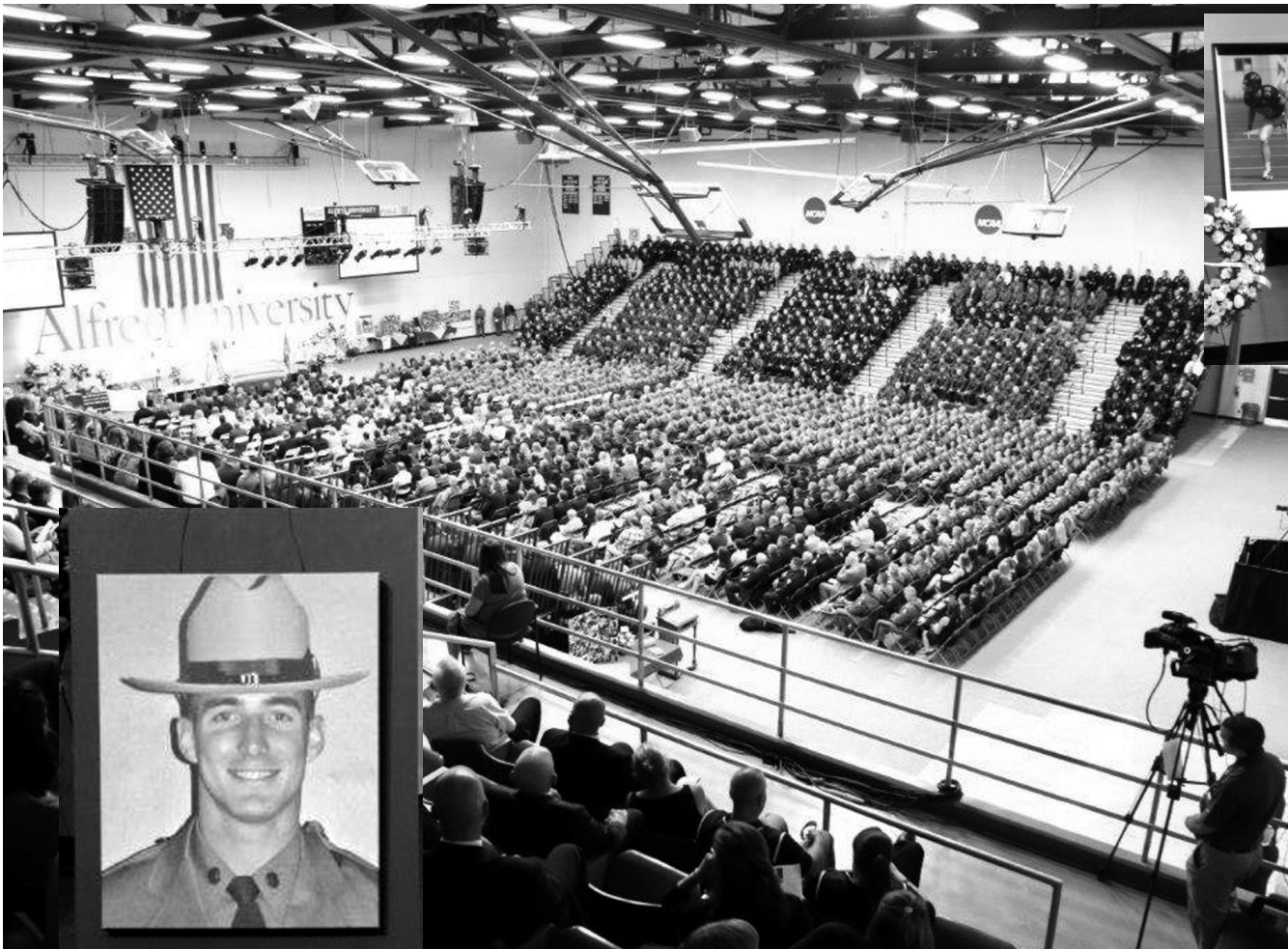
OFFICIAL NEWSPAPER OF TOWN AND VILLAGE OF ALFRED AND ALFRED-ALMOND CENTRAL SCHOOL DISTRICT

Vol. 133, No. 28

Alfred, Allegany County, New York State, U.S.A. 14802

Thursday, July 12, 2018

Clark was 'Ideal Saxon'



Some of the sights at Sunday's funeral for Trooper Nicholas F. Clark (AU '11), attended by more than 3,000 at McLane Center on the Alfred University campus. (Photos courtesy of Craig Braack)

Prestigious award renamed in Nick's honor

ALFRED—The Alfred University community is paying tribute to NYS Trooper Nicholas F. Clark '11, who died Monday, July 2, in the line of duty, by creating a scholarship and renaming a prestigious student-athlete award in his honor.

As police officers, including Clark, responded to a report of a "suicidal" individual, later identified as Steven Kiley, barricaded in his home in Erwin near Corning, the suspect opened fire, striking and fatally wounding Clark.

"From the moment our community learned of his tragic death, people have been contacting us, asking what they can do to honor Nicholas, who was not only an outstanding athlete, but a young man respected for his character, leadership, and commitment to community," said Alfred University President Mark Zupan.

"With the blessing of Nicholas's family, a student scholarship endowment has been established at Alfred University to recognize and permanently honor his academic and athletic accomplishments, leadership, community service, and character," Zupan said. "We are grateful to all the individuals who have already stepped forward to help build this endowment and

welcome any further support that others are willing to provide."

Clark was an Environmental Studies major; his mother, Theresa Gunn '96, '98 MBA, is an accounting professor at the University's College of Business.

"We will be working with Nicholas's family to determine the criteria for the scholarship," said Zupan. "The recipients will display the leadership qualities he exhibited throughout his life. Checks may be made out to Alfred University with Nick Clark Scholarship in the memo and mailed to University Advancement, One Saxon Drive, Alfred, NY, 14802. To make a credit card contribution please call 607.871.2144."

On top of the creation of the endowment, Alfred University Athletics will rename the department's most esteemed award, The Ideal Saxon Award, to the Nicholas F. Clark '11 Ideal Saxon Award. The award was established in 2013 and is defined as "an annual honor that recognizes the achievements of a male senior and a female senior student-athlete at Alfred University who displays excellence in both academics and athletics while providing service and leadership of dis-

tingtion to the AU Community." Fourteen Alfred University student-athletes have been bestowed with the honor since its inception.

"We established the Ideal Saxon Award during the 2012-13 academic year, one year after Nicholas had graduated from AU," Director of Athletics Paul Vecchio, said. "He therefore never had a chance to earn what we consider the highest honor a Saxon student-athlete can receive from the Athletics Department. I find it wholly fitting that we honor Nicholas's incredible contributions to Alfred University, on and off the football field, by naming the award in his memory in perpetuity."

"Most importantly this will allow future nominees and winners to be reminded of the kind of selfless leadership and fierce desire to excel both on and off the fields of play that was the cornerstone of Nicholas's life, and to go forth from Alfred University in the service of others as he did. The 14 winners we have had since instituting this award will no doubt feel an extra sense of pride as well to be remembered alongside one of the greatest Saxons to have ever worn the Purple & Gold."

Clark was a four-year letter winner for the Saxons, ending his career as one of the most decorated players in AU football history. He was an All-America honoree in 2010 and 2011, leading the Saxons to the NCAA Division III Football quarterfinal in 2010, the deepest any AU football team had gone in the tournament at that time, and was only recently matched in 2016. Clark also earned Empire 8 All-Conference honors three times, the Empire 8 Defensive Player of the Year honor twice, and the Empire 8 Conference Merit Award.

Clark can be found throughout the AU football record book ranking second in career tackles (377), fifth in rushing touchdowns in a season (12 in 2010), sixth in tackles in a game (19 vs. Springfield in 2011) and eighth in career rushing touchdowns (26).

The 2017-18 Ideal Saxon Award winners were women's tennis player Beryl Torth (Pretoria, South Africa/St. Mary's Diocesan-South Africa); men's track and field athlete Seth Spicer (Corning-Painted Post); and football player A.J. LiCata (Lakeview/ Frontier).

OBITUARIES

Trooper Nicholas F. Clark, 29, state wrestling champ, AU football All-American



NICHOLAS F. CLARK

New York State Trooper,
AU Football All-American

CANISTEO—New York State Trooper Nicholas F. Clark, 29, of Troupsburg, passed away in the line of duty on Monday, July 2, 2018 in Erwin.

Nick was born Sept. 18, 1988 in Wellsville to Anthony and Theresa (Brasted) Clark.

Nick was a life-long resident of the Canisteo Valley and was a graduate of Canisteo-Greenwood High School class of 2006. He was a very gifted and stellar athlete lettering in both football and wrestling and was State wrestling champ his senior year at the 189 lb. division. He furthered his wrestling career by wrestling Freestyle and Greco-Roman for the Apex Wrestling Club in Rochester for two years.

After graduation he enrolled at The University of North Carolina at Greensboro where he studied marketing on a wrestling scholarship. In 2008 he transferred to Alfred University where he received his Bachelor's

Degree in Environmental Studies in December 2011. While at Alfred he was a four-year starter and exceptional outside linebacker for the Alfred Saxons football team where he set school records in tackles. He was named Empire 8 Conference All-Star from 2008-11, 2010-2011 Conference Defensive Player of the Year and was further named American Football Coaches Association First Team All-American.

Nick graduated from the NY State Police Academy in 2015. He was stationed in Ithaca, Auburn and eventually settled in Steuben County at the Bath station.

Nick was an avid outdoorsman who loved golfing, hunting, fishing and spending time with his family and friends. Nick's pleasant smile and unselfish dedication to his profession will be greatly missed and very much admired and appreciated by all.

Nick is survived by his mother, Theresa (Rick) Gunn of Troupsburg, his father, Anthony (Sandy) Clark of Bath, a brother, Nathan (Megan) Clark of Troupsburg, and his maternal grandfather, George Brasted of Troupsburg/Florida, paternal grandparents, Stephen and Linda Williamson, and great grandmother Genevieve Williamson all of Greenwood, his step-grandparents Otis and Waneta Shoemaker of Rochester and Irene Middleton of Bath, his step-siblings Ricky Joe Gunn of Corning, Steven (Amanda) Fuller and Sarah Fuller, all of Canisteo, Leah (Chad) Pierce of Wayland, as well as nieces and

nephews, Cadence and Cambrie Clark, Sierra Gunn, Lily Burchard, Reese and Brooklyn Fuller, Lincoln Fuller, and Maxon Pierce, and his beloved dog "Rocky". Nick was predeceased by his maternal grandmother, Donna Brasted in March 2017.

Sarah E. Beiler, 17, Bible quizzier, 4-Her, writer



SARAH ELIZABETH BEILER

Bible Quiz Whiz

REXVILLE—Sarah Elizabeth Beiler, 17, went to be with Jesus on Sunday, July 8, 2018 following a horseback riding accident at her home.

Sarah was born on April 28, 2001 in Lancaster, Pennsylvania to Lyndon S. and Evonne C. (Groff) Beiler. Sarah's education was directed by her parents as a homeschool student.

Along with her parents, Sarah is survived by her sisters and brother: Emily C. (Timothy) Gingerich of Penn Yan and Rachel L. Beiler and Hunter M. Beiler, both of Rexville; her grandparents Elvin and Ruth Beiler of Paradise, PA, and Elias

Calling hours were held from 1-6 p.m. Saturday, July 7 at the Alfred University McLane Center, 1 Saxon Drive, Alfred NY where a funeral service was held at 11 a.m. Sunday, July 8 with Rev. Don Maynard officiating, assisted by the New York State Police. Burial was at the conven-

Groff of Lititz, PA, as well as many uncles, aunts, and cousins. Sarah was preceded in death by her grandmother, Marian Groff.

Sarah was known by many through 4-H, where she was a member for nine years. She had goats, pigs, and steers that were shown at the county fair each year. She also spent much of her time teaching her dog, Piper, new tricks.

A large portion of her life was centered around events at Family Life Ministries in Bath. For six years she participated on the Bible quizzing team, even participating in the national event. This brought together the best of two worlds for Sarah, the Bible and competition. In last season alone, she memorized more than 400 verses.

Also through Family Life, Sarah developed and nurtured a love for performing arts. She appeared in numerous youth theatre workshop shows and adult productions, performing in productions such as Lion King, Jr. and It's a Wonderful Life, as well as others. Her love of theatre prompted her to assist the props crew with costumes for their production of Annie.

One of Sarah's great talents was her ability to write. She has completed four medieval fantasy novels and was pursuing their publication. Sarah loved to sing and was an avid reader. She could be seen tending to animals with a book in her hand or mowing the yard with a Bible quiz study guide by her side. She loved to mow the yard and her motto was "It's not how well you mow; but how well you mow FAST!"

Sarah was an outdoors person, normally going about the farm barefoot, whether summer or

ience of the family.

Donations may be made to the Canisteo-Greenwood Central School, with "Trooper Clark Scholarship" in the memo line, make checks payable to Canisteo-Greenwood Central School and send to 84 Greenwood Street, Canisteo, NY 14823.

winter, just loving the fresh air. She was also an accomplished hunter. Hunting is a family event in the Beiler household but often she would be found in the tree stand with just her bow—and a book.

Sarah's parents speak lovingly about a delightful young woman who was blossoming into a godly person showing a maturity of which they are extremely proud. Sarah loved her Savior and loved the Word of God. Her life was lived with intensity and quality. Sarah was a strong and faithful follower of the Lord and has "done well."

Visitation will be held from 1-4 and 6-8 p.m. Friday, July 13 and from 10 to 11 a.m. Saturday, July 14 at West Union Mennonite Church, 1347 Co. Road 84, Rexville. The funeral service will be held at 11 a.m. Saturday with Rev. Doug Jones of the New Hope Wesleyan Church of Hornell officiating, assisted by Rev. Dan Kenyon of Wellsville Bible Church. Pastor Jones was Sarah's Bible quizzing coach and made a significant impact upon Sarah's life. Services will conclude with burial in the West Union Mennonite Church Cemetery.

Memorial contributions in Sarah's name may be made to Family Life Ministries, Bible Quizzing/ Performing Arts, PO Box 506, Bath, NY 14810 or to Cornell Cooperative Extension of Allegany County 4-H, 5435A Co Road 48, Belmont, NY 14813.

Arrangements are under the direction of Baker-Swan Funeral Home, Andover. Online condolences may be offered at www.baker-swan.com.

— King Crossword —
Answers

Solution time: 25 mins.

L	E	F	T	G	E	E	I	S	L
A	X	L	E	R	O	D	S	P	A
S	P	A	N	K	I	N	G	O	A
T	O	K	E	N	S	A	T	T	L
W	A	S	T	O	W	E	P	I	C
H	I	P	S	M	O	B	E	N	D
O	R	A	T	E	W	A	R	G	E
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C	A	N	N	E	S	R	O	A	D
A	C	I	D	S	P	A	M	M	I
R	A	N	I	E	R	G	E	D	D
S	I	G	N	N	E	E	S	O	Y

Michael R. Latham, 28, A-A '07, practiced masonry

MICHAEL R. LATHAM

Alfred-Almond Class of 2007

ALMA—Michael R. Latham, 28, of Alma, died unexpectedly at home of natural causes on Saturday, July 7, 2018. He was born on Aug. 26, 1989 in Hornell, son of James and Anne (Sheroshick) Latham. On Sept. 10, 2016 in Scio, he married Carla Reynolds, who survives.



Mike was raised in Belmont and was a 2007 graduate of Alfred-Almond Central School. In high school he was a five-year member of the FFA and served as president for two years. He graduated from Alfred State Col-

lege School of Applied Technology, Masonry Program in 2009. He enjoyed his masonry career beginning with Miller and Richard Masonry Inc. of Genesee, Pennsylvania, and was currently employed by K.S. La Forge Excavating Inc. of Wellsville.

He was an avid outdoorsman, who enjoyed hunting, fishing, and singing karaoke. There was no time more valuable than the time he spent with his children.

Surviving in addition to his wife, are two sons, Christopher Woodworth and Westin Latham; one daughter, Kyleigh Latham; his parents of Belmont; a sister, Theresa Latham of Hornell; his paternal grandmother, Maxine Latham of Belmont; his mother-in-law, Arleigh Reynolds of Alma; as well as several aunts, uncles, nieces, nephews, cousins

and friends.

He was predeceased by a brother, Jason Latham in 2013; his paternal grandfather, Eugene Latham; his maternal grandparents; Louis and Ellen "Skip" Sheroshick; and his father-in-law, Mike Reynolds.

Calling hours are from 6 to 8 p.m. Thursday, July 12 and from 10 to 11 a.m. Friday July 13, at the J.W. Embser Sons Funeral Home Inc., 34 W. State St., Wellsville. The funeral will follow visitation at 11 a.m. Friday in the funeral home. Burial will be at Fairlawn Cemetery in Scio.

Please consider memorial donations to a fund being set up for his children's college education, in care of James and Anne Latham, 5938 Easton Road, Belmont, NY, 14813. To leave online condolences, visit embserfuneralhome.com.

Memorial service Saturday, July 14 for Thelma M. Higday, 70, stay-at-home mom



THELMA M. HIGDAY

Longtime Buffalo Bills fan

ANDOVER—A memorial service for Thelma M. Higday, 70, who passed away on Nov. 1, 2016 at Highland Park Rehabilitation & Nursing Center in Wellsville, will be held at 11 a.m. Saturday, July 14, 2018 at the Andover First Baptist Church with Rev. Calvin Densmore, officiating.

Mrs. Higday was born on Jan. 5, 1946 in Wellsville to Charles W. and Winnifred M. "Winnie" (Geffers) Jenison.

Thelma is survived by one daughter,

Loucinda (Douglas) Glover of Andover; two brothers, Cecil E. (Carol) Jenison of Wellsville and Lyle E. (Bonnie) Jenison of Gloucester, Va; two sisters, Carolyn R. Lycette of Andover and Sharon L. Morris of Wellsville; three grandchildren, Ashley Glover of New Berne, N.C., Alicia (Noah) Hodgson of Karlstad, Minn. and Douglas Glover, Jr. of Andover; and several nieces, nephews and cousins.

Thelma committed her life as a stay at home mom. She loved to knit and crochet, making countless sweaters and baby booties to give

away to family and friends. She was an avid cat lover. Thelma enjoyed watching Western movies and cheering on her beloved Buffalo Bills. Two of her daughter's favorite memories were watching Western movies with her mom and enjoying a fresh cup of hot cocoa she made especially for her after sledding, even though her mom was allergic to cocoa.

Local arrangements are under the direction of Baker-Swan Funeral Home in Andover. Online condolences may be offered at www.baker-swan.com.

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Scene About Alfred

A weekly photo feature
By **SHERRY VOLK**
Alfred Sun Columnist



Sparkling sunlight impaled on a barbed wire fence in western Colorado.



ALFRED POLICE REPORT

Alfred man arrested after attempting to hit pedestrian

Alfred Police early Friday afternoon arrested Christopher Foster, 45, of Alfred and charged him with driving while intoxicated, attempted vehicular assault, leaving the scene of an accident, and three counts of fleeing an officer, following an incident and subsequent car chase on the Alfred University campus.

Police Chief Paul Griffith said at about 12:30 p.m. Friday, he was assisting AU Public Safety Officer Tory Rounds on preliminary arrangements with State Police for Trooper Nick Clark's funeral when a crash was observed in front of Ade Hall.

Griffith said that Foster, in at-

tempting to run over a woman who was walking from Miller Performing Arts Center to Ade Hall, instead struck a tree. Griffith said when he and Rounds reached the scene, Foster backed up and drove away up to Fraternity Row. Foster and Rounds, in an unmarked AU Public Safety car, pursued.

They found him in his stalled vehicle in the Ford Street parking lot and ordered him to get out of the car. Instead, Foster started the car, backed out and then drove down Ford Street, nearly striking another vehicle, but swerving, turning onto Sayles Street, then turning onto Terrace Street.

Griffith had radioed another police officer, who at that time

was on Terrace Street blocking Foster from continuing. There, when Foster was pulled from the car, police observed that he was intoxicated but cooperative.

Foster was evaluated for injuries due to an airbag deployment, then arraigned in Alfred Village Court before Justice Wende Bush and remanded to Allegany County Jail on \$5,000 cash bail.

Sources said Foster had, until recently, been employed by AU.

ALFRED Weather for the Week

July 3-July 9				
July	Hi	Lo	Precip.	Snow
3	87	64	0.60"	
4	85	60	0	
5	86	63	0.07"	
6	86	67	0.05"	
7	77	44	0	
8	79	44	0	
9	85	45	0	

By **JOHN BUCKWALTER**
Alfred Area Weather Recorder



Kelly's Forecast

By **KELLY SNYDER**
Alfred Sun Weather Forecaster

"Ah, summer, what power you have to make us suffer and like it."

—Russell Baker

Thursday, July 12

SUNNY

(HIGH 81— LOW 57)

Chance of precipitation.....0%

Friday, July 13

PARTLY CLOUDY

(HIGH 84 — LOW 65)

Chance of precipitation.....0%

Saturday, July 14

PM THUNDERSTORMS

(HIGH 84 — LOW 63)

Chance of precipitation.....60%

Sunday, July 15

SUNNY

(HIGH 87 LOW 65)

Chance of precipitation.....10%

Monday, July 16

SCATTERED T'STORMS

(HIGH 85 - LOW 67)

Chance of precipitation.....40%

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 just wait five minutes!



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OBITUARY

Eleanor R. Howe, 92, had operated Short's Self-Service, Alfred Station



ELEANOR R. HOWE

Operated Short's Self Service

WELLSVILLE—Eleanor R. Howe, 92, of Stannards, who together with her husband Bob had operated Short's Self Service in Alfred Station for many years, died Sunday, July 8, 2018 in her home.

Born March 20, 1926, in Hallsport, she was the daughter of Richard and Alice Scott Billings. On Sept. 28, 1946, in Wellsville, she married Robert E. Howe, who predeceased her on March 10, 1991.

A 1943 graduate of Wellsville High School, she was employed by Stevens Machine Shop in Wellsville during World War II making parts for airplanes. After the war, she went to work on the switchboard at Worthington (Dresser-Rand).

She lived a long and full life, spending many years busy with community organizations, including the Willing Firemen's Auxiliary, Stannards United Methodist Church, and Christian Temple. She and her husband also directed Blue Devils Drum and Bugle Corps. In later years, they owned and operated Shorts Self Service Gas and Grocery in Alfred Station.

Surviving are: a daughter, Delora "Dee" Specker of Ithaca; two grandsons, Eric Specker and Charles Specker, both of Ithaca; two siblings, Eloise (John) Spicer of Wellsville and Roger (Margaret) Billings of Hallsport; nieces and nephews.

In addition to her husband, she was predeceased by a son, Douglas R. Howe; and a sister, Betty Coats.

Calling hours were held from 10 to 11 a.m. Wednesday, July 11 at the Mulholland-Crowell Funeral Home in Wellsville, with funeral services following at 11 a.m. The Rev. Ralph O. Wagner and Kathie Timpano officiated. A luncheon followed the service at Grace United Church. Burial was in Hallsport Cemetery.

Memorials may be made to Grace United Church, 289 North Main Street, Wellsville, NY 14895. Online condolences may be expressed at www.wellsville-funeralhome.com

The following poem is in memory of
Lisa Marie (Smith) Hilfiger.

July 7, 2018 was the third anniversary of Lisa's death from cancer.



"If roses grow in Heaven, Lord,
Please pick a bunch for us.
Place them in Lisa's arms and
Tell her they're from us.
Tell her we love and miss her
And when she turns to smile,
Place a kiss upon her cheek
And hold her for a while.
Because remembering her is easy,
We do it every day,
But there's an ache within our hearts
That will never go away."

--(Adapted) Author Unknown

The sadness, the sorrow, the unrelenting grief...
The Stuart Smith Family

SUNNY SIDE UP

By **ELLEN SHULTZ**
Alfred Sun Columnist

Pauline Perry's pretzel bottom salad

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

Pauline Perry lived all her life in Alfred Station. She loved to cook, shop and play her organ. She originally worked for Glidden Pottery and then worked for Alfred State College in various capacities. She used to make this recipe for family holiday gatherings:

Pretzel Bottom Salad

Mix together: 2 c. crushed pretzels, 3/4 c. melted butter, 3 T. sugar Spread in a large oblong dish. Bake for 8 minutes at 400 degrees. Cool.

Cream together: 1 pkg. (8 oz.) cream cheese and 1 c. sugar. Add 2 c. Cool Whip and then spread all over the pretzels.

Mix together two small packages of strawberry or raspberry jello and add 2 c. boiling water. Stir in 2 packages (10 oz. each) of strawberries or raspberries, partially defrosted. Let cool and then pour over the cream cheese mixture. Refrigerate. Serves 10-12.

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EDITORIAL PAGE

Immigration Hypocrisy and Double Standards

Letter to the Editor:

During the 1700s and for the first eight decades of the 19th century the United States lacked an immigration policy. If you had the money to arrange for the travel to the new world, you could enter the U.S. without any problems.

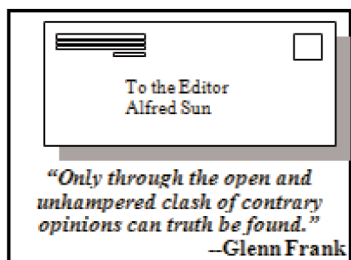
In 1882, Congress enacted the Chinese Exclusion Act to stem the tide of the "Yellow Peril" from inundating the country. This shameful Act was not repealed until 1943. The 1882 Act also banned "lunatics" and those in poor health or with lack of education.

In the 1920s, quota systems were enacted that restricted the immigration of people from Eastern and Southern European countries and favored mostly western Europeans. Not until 1952 were racial distinctions eliminated from the U.S. immigration code. The history of the immigration laws of the United States is replete with racist and exclusionary rules and reflected the prevailing political attitudes of the lawmakers of their respective eras.

This is the system that David Pullen so readily defends as "law and order" in his article in last week's *Sun*. And he hits all the Trumpkin talking points about the "liberal media," Democrats, and immigrant advocates. Even as he says, "Yes, I feel sorry for the children," you know that there is a "but" coming. And, surely you are not disappointed as he goes on to say, "The ones who created the problem" [of yanking their children from their arms by ICE thugs] "and who put their children at risk are the irresponsible and misbehaving illegal immigrants."

Irresponsible? My dear David Pullen, irresponsible is when you run a red light. Irresponsible is when you charge too much on your credit card and can't pay it off. These people are desperate.

"Misbehaving? Why do you think that people risk life, limb and their families to come here? Ask any immigrant, legal or otherwise, why they came here. Like the Pilgrims, the second group of illegal immigrants to settle this continent, most people come here out of desperation. The Pilgrims wanted to escape religious persecution (and then, once here, ironically, proceeded to set up their own system of religious persecution). Millions of poor Irish and Germans came in



the mid-1800s to escape crushing poverty and starvation and death in their home countries. Jews fled from the pogrom of the Russian czar; Finns and Norwegians and Italians could find no jobs at home, and the story goes on and on.

Ask any immigrant (including your own son-in-law who, I believe, is from the Ukraine) if they miss their home, their culture, their families and countrymen. I know. I am an immigrant. People come because they are hungry, they are scared, they are persecuted and prosecuted by their evil governments in their countries of origin. They risk uncertainty, abuse and humiliation in order to support or save their families.

And, then, Pullen does an absolute non sequitur. He tries to equate the forced separation of immigrant families by our government's storm troopers with the separation experienced by men and women from their families while they are serving in the military. This attempted comparison is totally bizarre and makes no sense.

There are secular laws, and then there are laws of humanity. Pullen often harangues about the "rule of law" but laws should serve people, not the other way around. Trump and his ilk are not defenders of "law and order." They exploit the concept for their own selfish purposes, i.e. to rile up their "base." It is unfortunate that so many people buy into this rhetoric without thinking about the human beings who are not animals, not MS 13 members, not criminals, and certainly not irresponsible.

Anyone who claims to be a "Christian," as David Pullen often reminds us that he is, would reject the inane Biblical justification used by your Attorney General, Jefferson Beauregard Sessions, to treat hapless and helpless families the way that this despicable administration does.

Thank you,
Steven Jakobi
Alfred Station

Offers apologies

Open Letter to the Editor:

To all of our friends, neighbors and beloved community, please accept our sincerest apologies for what is happening at our duplex on Main Street.

We were having difficulty collecting rent from a previous tenant, then a new tenant bailed on us. When the family now occupying the lower apartment contacted us in desperate need of a place to stay, we felt relieved, finally, we are rented.

They are decent people and pay their rent on time, but, and it's a huge but, they have not honored our request to respect our property. As contractors they have many vehicles. They are into demolition derby, more vehicles and parts, etc.

Please know that we have been cooperating fully with our Codes Enforcement Officer and even spoken with our Mayor. We have asked them to vacate the property after many promises and conversations.

Our Codes Enforcement Officer has been in touch with us whenever he has enforced the Village ordinances. Chuck Cagle has been professional and cordial, understanding that we are doing all we can, along with him to rectify this unfortunate situation. They have agreed to leave having paid this month's rent. We can only hope they will be as decent as they were when we first met and comply.

Charlie and I want you all to know that we are not happy about any of this and hope you will accept our apologies. We take deep pride in ownership of our properties here in the Village and will continue to take proper care as soon as this issue is resolved.

Charlie and Lauren Butler
Alfred

WE WELCOME LETTERS
alfredsun.news@gmail.com
The Alfred Sun welcomes letters to the editor. For best results, keep letters "brief and amazing." E-mail to: alfredsun.news@gmail.com or mail to: Box 811, Alfred, NY 14802.



Sun Spots



Of Mice and...Rats
#secondrodentcivilwar

My little pups dearest, I write from the front
Of the battle, where all that we do, seems, is hunt
For an enemy none of us here have yet spied
Though we ought to be thankful—means no one has died.

But their Pres-rat-dent calls us a bunch of Fake Rats,
And his ratfinks are all wearing feline-made hats
That say "MARA", which stands for "Make All-of-us Rats Again"—
Though we know it means really "Make All Rats fat cats Again".

Our rations are...rationed, our cheese all has holes,
And our spirits are lower than mice's foot-soles;
And they say that within our own ranks there are moles
Who double—no, triple—as trap-baiting trolls.

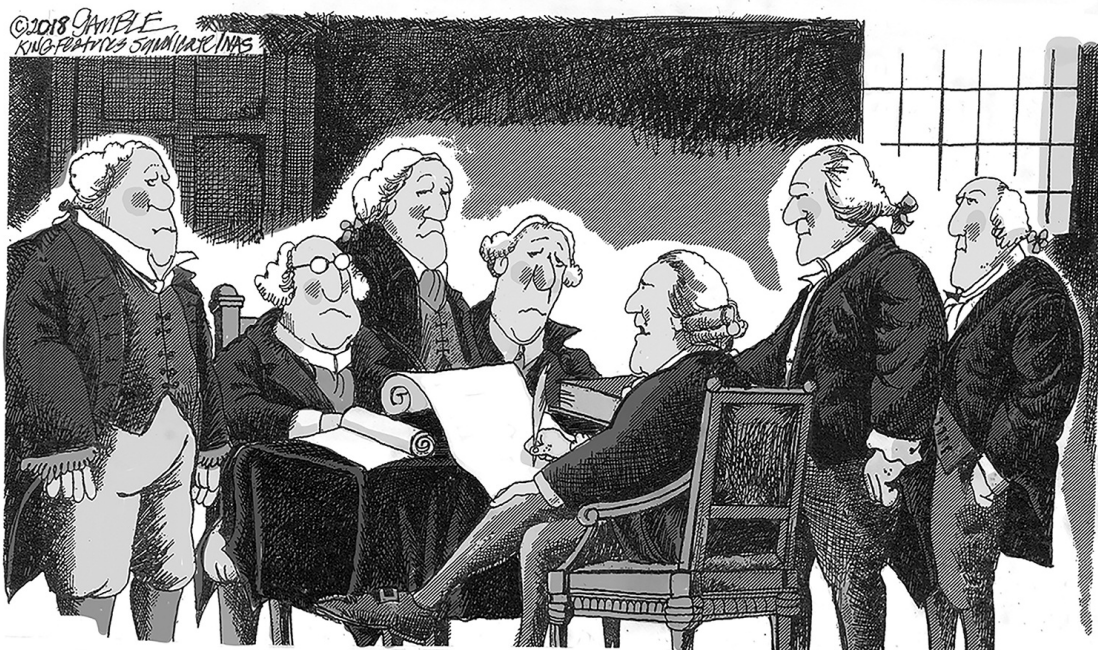
Yes, the moles and the voles compromise all our missions:
They're experts at trenches—and homemade munitions.
So tensions are higher than helium Mices
As we dodge IEDs: Improvised Entrapment Devices.

I miss Kitty, I do; I know she misses me—
'T least, she most always did when we played Cat-and-...Me.
But t'be under the cat's paw'n' be right at death's doordom
Would be better'n succumbing t' this wall-to-wall boredom.

Cuz the heat and the tedium constantly feud
Over which one we'll die from (I'll tell you: the food),
And I fret lest you meet with a similar fate
As dear mother and brother—who <sniff> took The Bait....

So remember the battle we're waging, I ask you,
While we're hoping that Mighty Mouse comes to our rescue,
And look out for each other now, while I'm away.

Signed,
Your rat-battling dad,
Anon A.



"Unfortunately we can't ban the members of Congress or the President
from tweeting because 'tweets' haven't been invented yet!!"

Americanisms



"Life is not measured by the
number of breaths we take,
but by the moments that
take our breath away."
—Maya Angelou

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Of the Community. By the Community. For the Community.

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Moonlighter



Alfred Sun's Second Section--Entertainment, Classified Advertising, Etc., Etc.

Week of July 12-July 18, 2018 ALFRED SUN, PO Box 811, 764 Route 244, Alfred, NY 14802 607-587-8110

MOST ARTS FESTIVAL

'Toledo Trio' of musical artists make it magical

ALFRED—Three musical artists from Toledo, OH, cross paths this week when Yuval Zaliouk, former music director and conductor of the Toledo Symphony Orchestra, joins Toledo-born pianist Anthony Pattin at Alfred University's MostArts Festival. Another Toledo native, violinist and conductor Lisa Lantz, a professor of music and chair of Performing Arts at Alfred University, founded the MostArts Festival in 2014.

The Toledo trio has been making music together ever since Lantz reached out to Zaliouk and Pattin and invited them to join her in making MostArts a continuing celebration of classical music in rural Western New York.

Zaliouk has served as principal conductor of the MostArts Orchestra since 2015, and since the 2014 inception of the festival, Pattin has appeared as soloist with the orchestra, chamber musician, and judge for the Festival's Young Pianist Competition.

Zaliouk calls the Festival week "a celebration of good



YUVAL ZALIOUK

music, both symphonic and chamber, and a joy of camaraderie and good music making. I always come out of this particular event with the realization that classical music will live forever and exceptional talents will continue to make sure it does."

Pattin, who earned his Bachelor of Music degree from the University of Toledo, adds the MostArts Festival generates a high level of energy, "which I find contagious! If you love

music, and the integration of art and music and culture, it is the most wonderful place to be in July! Great musical friendships have been formed and nurtured, and great music lives on."

Lantz, who grew up in West Toledo and attended the University of Toledo, conceived the idea of an annual classical music festival that would turn the rural Village of Alfred, home to Alfred University, into a classical music hub for one week every summer. As a violin student in the United States and Europe of legendary virtuosos Nathan Milstein, Ruggiero Ricci, and Aaron Rosand, Lantz developed the professional relations, musical breadth and music making expertise necessary for building a classical music festival, including assembling the MostArts Festival Orchestra.

The Orchestra is fully international, representing more than 15 countries in addition to the United States, with all musicians traveling to Alfred for an intense and unique music-making experience. Internationally-renowned soloists perform each evening

with the Festival Orchestra. A chamber music series features daily afternoon performances at no cost to the public. The Young Pianist Competition for high school students awards nearly \$20,000 in prizes (including a \$10,000 grand prize), in addition to the opportunity to become a Young Steinway Artist.

"The competition, the chamber music at noon, in which I am closely involved, the evening performances, the rehearsals, where the ingredients are honed to create the magic, are all extremely exciting and motivating," says Pattin, who has performed in major venues across the U.S. and the world since his debut at Carnegie Hall's Weill Recital Hall in 1998.

Attendance at MostArts Festival concerts has grown steadily over the last four summers and promises to break last year's record audience numbers this week.

Lantz also continues to expand the variety of artistic experiences available to festival visitors, as Alfred University is home to the internationally re-

spected School of Art and Design. World-renowned ceramic artist Wayne Higby, director of the Alfred Ceramic Art Museum and a ceramic arts professor at Alfred University, offers an annual workshop in raku firing of clay pottery; other Alfred University-based artists offer workshops in fine arts ranging from painting to creative writing.

Zaliouk says Lantz "exceeds expectations with her programming and planning of the Festival. Her creativity, attention to detail and ability to engage superb players and musicians ensure that all those who attend the concerts, and the non-musical events (there are plenty of those too), feel privileged to have participated in this once in a year heart-warming occasion."

The MostArts Festival runs July 8-14 and coincides with one-, two-, and four-week ceramic workshops on the Alfred University campus. Additional workshops of music, crafts and art will include a piano master class, clay pottery, painting, drawing, gardening and creative writing.

Angelin Chang back to perform in MostArts Gala Concert

ALFRED—When classical pianist Angelin Chang performs for the fifth annual MostArts Festival, the internationally acclaimed musical artist will be returning to one of her favorite concert venues, as well as a summer festival of classical music that has evolved into a musical tradition for dozens of classical musicians from around the world.

Chang, the first American female pianist awarded a Grammy for Best Instrumental Soloist with Orchestra, will play Rachmaninoff's Piano Concerto No. 2 Saturday, July 14, when the MostArts Festival Orchestra performs its Gala Concert in Alfred University's Miller Theater.

The concert begins at 7:30 p.m. with MostArts founder and Artistic Director Lisa Lantz conducting Chang and the MostArts Festival Orchestra, made up of more than 40 musicians representing more than a dozen countries in addition to the U.S.

Chang, a veteran of past MostArts Festivals, also reprises her role as one of three judges for the MostArts Festival Young Pianists Competition. A total of \$20,000 in prize money will be awarded to high school-age pianists from around the United States, including a \$10,000 grand prize. The winner also has an opportunity to become a Young Steinway Artist.

"I'm so excited about performing the Rachmaninoff Piano Concerto No. 2," Chang said, "The music is sure



ANGELIN CHANG performs in 2017 MostArts.

to make for a transformational experience for us all — musicians and audience alike. Yet, for me, what makes it all the more special is the great camaraderie we all experience together — our personal bond is well-reflected in our quality professional output. We all care deeply."

"Angelin is recognized by musicians and classical music lovers around the world for her sense of poetry and technical brilliance," says Lantz, a professor of music at Alfred University. "It will be a great pleasure collaborating with Angelin again this season, as we bring to the MostArts audience one of my favorite pieces of music, the Rachmaninoff 2nd Piano Concerto."

The MostArts Festival began Sunday, July 8 with an opening concert featuring 16-year-old Alice Zhang, winner of the 2017 MostArts Young Pianists Competition. It was Lantz' idea to build the MostArts Festival around the Young Pianists Competition, and to invite the winner of each competition back to Alfred the following year to open the new Festival.

Additional classical music concerts continue through the week, building to the July 14 gala concert when the winner of the 2018 Young Pianists Competition will be announced. The week of MostArts will also feature studio and fine arts workshops in addition to master classes in classical piano. For more information on MostArts, including ticket information, visit, www.mostarts.alfred.edu.

Klein's Master Class, Higby's Raku Extravaganza Saturday

ALFRED—Classical pianist Andreus Klein has been described by *The New York Times* as "a fascinating artist with all the indispensable qualities: temperament, taste, touch, tone," as well as "a pianist who makes silences sound like music." He also likes spending two weeks every summer in New York's Southern Tier, at the MostArts Festival on the Alfred University campus.

Klein is back in Alfred this week for the fifth annual MostArts Festival. Tuesday evening, he performed Beethoven's magnificent Piano Concerto No. 4 (magnificently).

He serves also as chair of the MostArts Festival's Young Pianist Competition, which will award \$20,000 in prize money to teenage classical pianists from around the U.S. The winner of the 2018 Competition will be announced Saturday at the 7:30 pm Gala Concert in Miller Theater on the Alfred University campus.

Klein also will present a Master Class Saturday afternoon with at least five

young participants performing a variety of pieces in a public lesson forum.

Members of the audience will be able to watch Klein coach a number of the Young Pianist Competition finalists, including Christopher Zandieh, performing the first movement of Beethoven's Tempest Sonata; Maxine Park playing the first movement of Chopin's Sonata in B minor; Park's younger sister, Roxanne, playing the F major Waltz by Chopin; Simeon Radev giving his interpretation of Debussy's Feux D'Artifice, and Tyler Kim presenting selections from Handel's Suite in F major.

The event is free and open to the public. It begins at 2 p.m. in Miller Theater.

This is Klein's fifth appearance at MostArts. He was an original musical artist with the festival when Alfred University Professor of Music Lisa Lantz founded the Festival in 2014. Lantz continues to serve as Artistic Director of MostArts. What keeps bringing Klein back to Alfred?



WAYNE HIGBY

"The MostArts orchestra has grown from a chamber orchestra size in the first year to a typical symphony with excellent players cultivating a cohesive sound," he says, praising the leadership of orchestra

conductor Yuval Zaliouk. "I look forward every year to returning and renewing our collaboration!"

The final day of MostArts will also include "Raku Extravaganza," presented by ceramic artist Wayne Higby. Visitors joining Higby may select a ceramic object, then set free their own inner artistry to glaze the piece and then watch it transform through the raku firing process. After a short period of time, they may take their creation home as a memento of their visit to the 2018 MostArts Festival.

"Raku Extravaganza" will be held on the Alfred University campus at the Hair Pin Turn above Miller Theater weather permitting. Signs on the campus will provide directions to the event. While ceramic artists and ceramic artists-to-be enjoy Higby's coaching, delicious lunches will be available for purchase by Milliner's Southern BBQ Truck.

For more information on MostArts events, including ticket purchases, visit www.mostarts.alfred.edu.

Cultural Arts Calendar



Music

BANDS/DJs/RECITALS
Hornell Area Wind Ensemble "Salute to America" Concert: 8 p.m. May 26 featuring Lt. Col John Clanton, Ret., Guest Conductor with Baritone soloist SGM Robert McDonald. Rehearsals Tuesday evenings at Hornell Intermediate School. New members are always welcome. For further information, call Nancy Luger at 587-9449 or call 545-6603.

MostArts Festival: Plan to enjoy Summer Music & Art, Sunday, July 8-14, 2018 featuring the 2018 Piano Competition ages 13-18, workshops, pop-up restaurant, music under the stars, Art Walk. visit: www.MostArts.alfred.edu for more information.

Wellsville Creative Arts Center offers live music some evenings with performances beginning at 8 p.m., doors opening at 6 p.m. For tickets, visit: www.Wellsville-CreativeArtsCenter.com or call 585-3000.

CHORAL GROUPS
Andover Catholic Choir. Rehearsals 7 pm Mondays at Blessed Sacrament Church, Andover. New members welcome. Contact Director Marcy Bledsoe at 478-5238.

Genesee Valley Chorus. The Genesee Valley Chorus has started fall concert rehearsals and welcomes new members. Singers meet 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 (Barbershoppers) Chorus Meetings 7:00 p.m. Mondays at United Methodist Church of Hornell, 7528 North Main St Ext., near Webbs Crossing Road,

Hornell. New members welcome. Call 607-698-4690 for info.

The Orpheus Chorale is a local chorale that performs concerts periodically. For more info, visit: orpeuschorale.org or call 607-324-5147.

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.WellsvilleCreativeArtsCenter.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 Memorial Carillon, AU campus. Free concerts on Tuesdays during the month of July. July 10 at 6 pm: Tatiana Lukyanova; July 17 at 7 pm: James Fackenthal; July 24 at 7 pm: Gordon Slater; and July 31 at 7 pm: Carlo von Ulft. The Wingate Memorial 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). Organized to revive summer theater in Alfred and help restore the 1890 Firemen's Hall Theater. For more info, call Dave Snyder at 587-8110.

PERFORMANCES
Young Sisters, an acoustic duo who sing tight harmonies, in concert at 7 p.m. Thursday, June 14 in Nancy Howe Auditorium, David A. Howe Public Library, Wellsville.



INSTRUCTION/GROUPS
Allegany Artisans. The Allegany 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 website: www.alleganyartisans.com.

Angelica Ink Letterpress Located 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.angelicasweetshop.com.

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

Wellsville Art Association meets 7 pm on the last Friday of each month at Wellsville Community Center. For information on meetings or classes, call 585-

593-3579.

Steuben Trust Gallery, Steuben Square, Hornell. On-going exhibits 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), quilters, knitters, crocheters, embroiderers, weavers, dyers, 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, Carol Wood at 607-587-9519 or T.C. Gary at 585-593-4799.

MUSEUMS/EXHIBITS
The Andover House, exhibiting the best of Alfred connected Ceramic Art and 2 dimensional art. Historical and contemporary. Open 11am to 4pm on Saturdays. At 21 North Main Street, Andover New York. 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 comprehensive glass collection in the world in "35 Centuries of Glassmaking." For info, call 607-937-5371.

Fosdick-Nelson Gallery at Alfred University. Fosdick-Nelson Gallery is located in Harder Hall, AU campus. Open 11-4 Mondays-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 available 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 information, 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 constructed museum focuses on fine ceramics used in technical and bio-medical applications. Located on the top floor of Binns-Merrill Hall, AU campus, Alfred. Open 10-4 Wed.-Fri. Free admission.



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 faculty staff and students. For information call 607-871-2421; or visit the museum website: ceramic-smuseum.alfred.edu

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

National Warplane Museum. nationalwarplanemuseum.org, 3489 Big Tree Ln, Genesee, NY 14454, (585) 243-2100.

The Pioneer Oil Museum in Bolivar will induct Henry Lindquist, Jim Beckwith, Don Miller, and

Arthur Yahn, Sr. into the New York State Oil Producers' Association —Wall of Fame, which is located at the Hahn & Schaffner site of the Pioneer Oil Museum. Each man will be honored for his contributions to the local oil and natural gas industry with a plaque in his honor. Induction ceremonies will take place at 6 p.m. Friday, June 22, immediately before the Wine-And-Cheese Tasting from 6:30 - 8:00 p.m. at the Hahn & Schaffner Site. Tickets are \$17 and available May 20. Checks may be made payable to: Pioneer Oil Museum of New York PO Box 332, Bolivar, NY 14715, Museum will open following Memorial Day Weekend. For more information and updates, visit: www.pioneeroilmuseum.com

Rockwell Museum, 111 Cedar St., Corning. Largest American Western Art collection on view in the eastern United States, with paintings, sculpture, Native 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, Pennsylvania. Coming programs include: Saturday, Nov. 11--Veterans Day. Presentation honoring area veterans; Saturday, Dec. 16--Battle of the Bulge: director Steve Appleby will share the story of the local National Guard unit and its heroic stand during the largest land battle of the European War. For more information, visit: <http://eldredpawwiiimuseum.com/> or call: 814-225-2220.

(Cultural Arts Calendar continues on Page 11.)

Cuba library gets early literacy grant

CUBA—The Allegany County Area Foundation recently awarded a \$340 grant to the Cuba Circulating Library. The grant money will be used to help fund an early literacy program to benefit the Cuba community.

Marsha Long, a trustee on the Cuba Circulating Library Board, said that their library will coordinate with a local pediatrician to distribute early literacy kits to 75 newborns and 75 kits to one year olds. This program will allow them to reach out to parents and juvenile readers long

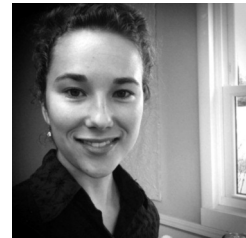
before preschool age. It will also encourage the families to attend the library and participate in library services.

The kits will provide information about the library and the services that it offers along with best practices for building literacy skills in their children. The early literacy kits will also contain a re-usable bag, literacy information, and a book for their personal library.

The Allegany County Area Foundation holds assets over 9.4 million dollars and continues to

add new funds each year. The endowed funds continue to grow in perpetuity to enrich and improve the lives of our Allegany County citizens. If you would like more information on how you can provided a legacy of hope and good will in our community, please contact the Allegany County Area Foundation at 585-808-8444.

The Foundation's next grant deadline is August 30, 2018. The online application can be found at: www.alleganycountypareafoundation.org.



Nutrition in a Nutshell

By MARIA ADAM
Nutritional Therapy Practitioner
and Alfred Sun Columnist

How Sweet is the Sweet? Artificial Sweeteners

Any sweetener that delivers a sweet taste without a significant caloric or energy increase is termed a "sugar substitute". We have looked at many of these within this series--including stevia and xylitol. Each sweetener has varied in their level of purity and processing, but they have all been natural. Now it is time to evaluate a different category of sweeteners which are synthetically produced--artificial sweeteners.

There are six artificially produced sweeteners today, which are approved by the FDA as GRAS (Generally Recognized as Safe): aspartame, sucralose, neotame, acesulfame potassium (Ace-K), saccharin, and advantame. These chemicals contain a 0 glycemic index/load, and because they are not derived from a natural source, are not classified as "fructose" or "glucose". So, should we trust the FDA label of GRAS and include this chemical in your diet?

First of all, I am hopeful that many of you will enthusiastically reply "no" to such a question simply because this is a synthetic substance. Within this column, I have taught a lot on the necessity of eating traditional, local, whole foods. Anytime we eat a processed ingredient (I can't bring myself to call it "food"), we put a burden on our digestive system as it attempts to break it down. Soon our compromised digestion weakens every other system in our body. This is one huge reason to eliminate artificial sweeteners from our diets.

Secondly, there is increasing research and evidence of how these sweeteners specifically wreak havoc on our health. These include a disrupted gut microbe in the digestive tract which actually leads to increased glucose intolerance [1]; depressive,

emotional and psychotic disorders caused by disrupted serotonin levels [2]; and these products have been linked to leukemia, breast cancer, thymus cancer and respiratory disease due to it's inflammatory effects [3]. They don't sound so "sweet" anymore!

Unfortunately, as a culture, these sweeteners are increasingly consumed from brightly colored packets poured into beverages as well as the plethora of processed foods to which they are added. (Anything from candy, soda, ice cream and yogurt, to toasted almonds, and pre-marinated chicken breasts.) Why should we expect more when our medical industry is encouraging individuals (particularly diabetics) to consume these as a safe alternative to sugar?

Clearly my opinion on this sweetener is to remove it fully from our "food dictionary." Any healthy kitchen detox will see products containing this ingredient tossed into the welcoming garbage can. I encourage you to own your health by being a label reader--look to avoid the six artificial sweeteners detailed above. Also, as much as possible skip the product with a label and simply go for the whole food. Another words, avoid the artificial and stick with the genuine nutrients. This will increase simplicity and healing of your health!

[1] <http://www.nature.com/articles/nature13793>
[2] <http://www.ncbi.nlm.nih.gov/pubmed/8373935>
[3] <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0070257>

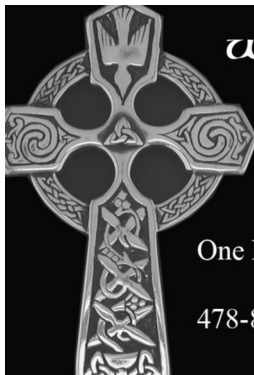
If you have questions or comments for Nutritional Therapy Practitioner, Maria Adam, contact her at thrivinghealthNY.com.

2018 Wingate Memorial Carillon Recital Series

Tuesday, 7 to 8 pm
(Except July 10: 6:00 to 7:00 pm)
Free admission

July 10 Tatiana Lukyanova
From Hampton, CT
July 17 Jim Fackenthal
From Chicago, IL
July 24 Gordon Slater
From Ottawa, Canada
July 31 Carlo van Ulft
From Springfield, IL

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Lectures/Readings

AU Women's Studies Round-table. Held on the first Friday monthly during academic year from 12:20-1:10 p.m. at Women's Leadership Center, Commons, Ford Street, AU campus.

AU Environmental Studies Speakers Series. Talks are 12:20 to 1:10 Fridays in Science Center Room 247. All are welcome; refreshments will be served.

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 2018.

Baker's Bridge Historical Association. Meets 7:30 pm, third Monday of each month, Sept.-April in the Meeting House, 5971 Hamilton Hill Road, Alfred Station. All programs free and open to the public. March 18: "Hazel Humphreys" with Jim Ninos; April 16: "World War II in the Alfred Area," with Steve Appleby; May: Field Trip to World War II Museum in Eldred, PA with lunch on your own at Sprague's Restaurant. Website: www.bakersbridge.org. For more information, contact President Jim Ninos, 607-587-9018, jninos@gmail.com. For a tour of the building contact our Collections Manager, Laurie McFadden (607-382-7276, mcfadden@alfred.edu).

Bergen Forum. 12:10 p.m. Thursdays, Nevins Theater, Powell Campus Center, AU campus when classes are in session. March 8-Spring Break; March 15-Heather Yanda, "Unfolding Late Summer's

Origami"; March 22-Eiko Otake, "A Body in Places: From Fukushima, to the Met Museum, to Alfred, and Many Out of the Ordinary Places Along the Way"; March 29-Wit and Wisdom Winner; April 5-Hope Childers and Beth Johnson, "Teaching for Social Justice with Content Advisories"; April 12-Ian Saxine, "Properties of Empire: Indians, Colonists and Land Speculators on the Maine Frontier"; April 19-Dani Gagne, "The Changing Landscape of Death"; April 26-Karen Donnellan and Suzanne Peck, "Blow Harder: An Exploration of Language, Sexuality, and Gender in the Glassblowing Studio." Bring a brown bag lunch; coffee & tea available.

Maple City Garden Club. Monthly potluck lunch second Wednesday at Sawyer St. Court, Hornell (unless otherwise noted) at 12 noon. Program TBA: For info, call Zoë Coombs at 587-8031.

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



Films

GRAND THEATRE 585-593-6899 Main Street, Wellsville. Now featuring certified 3D!

SPOTLIGHT THEATER. 191 Main Street, Hornell. www.thspotlighttheaters.com (607) 661-4685

DAVID A. HOWE LIBRARY Nancy Howe Auditorium 155 N. Main Street, Wellsville Monday Movie: Dinosaur (2000) PG, Monday, May 21 at 3:30 pm Senior Matinees at the Howe The David A. Howe Library presents a special matinee screening for Senior Citizens the fourth Tuesday of each month starting at 2:00 pm including: May 22: Sully (2016) PG-13 June 26: Dr. No (1962) PG

July 24: Mr. Holland's Opus (1995) PG August 28: A Shot in the Dark (1964) PG Sept. 25: From Here to Eternity (1943) NR Oct. 23 Blackbeard's Ghost (1968) G Nov. 27 The Grass Harp (1996) PG Dec. 18* A Christmas Story (1983) PG

Fun-n-Games

STAR GAZING John Stull Observatory open to the public free of charge, clear Friday 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 University, 871-2270.

BOWLING Maple City Bowl, 7580 Seneca Road, Hornell. DJ/Karaoke every Friday night 9 pm to 1 a.m. Come sing the night away with Our DJ! They are here every Friday bringing your favorite tunes! For updates, check www.maplecitybowl.net Or call 607-324-1011.

BRIDGE Helen Bailey Bridge Club. Games at 2 p.m. Wednesdays and at 7 p.m. Thursdays at the Hornell United Presbyterian Church, Main Street, Hornell. For further information, contact Pat LaCourse at 587-8570.

DAVID A. HOWE LIBRARY Nancy Howe Auditorium Events 155 N. Main Street, Wellsville Concert: Arco Iris, Sally Ramirez and Doug Robinson, Thursday, May 17 at 7pm **Author Visit:** Alex Berenson Author of the Best-Selling John Wells Series, Saturday, June 2 at 2pm

Str8 Eight Card Game Tournament at 8 pm (unless otherwise noted) on the 8s



at the Terra Cotta Coffeehouse, Main St., Alfred. Next Str8 Eight tournament 8 p.m. Wednesday, August 8 at the Terra Cotta Coffeehouse. You get the idea. To learn more about the card game invented in Alfred, NY, visit: www.str8-eight.com

Special Events

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, are scheduled from 6 p.m. to 8 p.m. to pray for prime county-wide concerns.

Ongoing area prayer gatherings during the week available from 6:30 a.m. to 7:30 a.m. weekday mornings at Knights Creek Evangelical Methodist Church, 2987 County Road 9, Scio; 8 a.m. to 9 a.m. Wednesdays at the Belfast Free Methodist Church; and from 10:30 a.m. to 11:30 a.m. Saturdays at the Powerhouse Youth Center, 23 West Main Street, Fillmore. Further information available from Pastor Dan Kenyon, Wellsville Bible Church, at wbc@ne.twcbc.com or (585) 593-6471, or most area pastors.

Allegany County Celtic Festival, June 2, Cuba

Cuba Dairy Days, June 15-16, Cuba

Pioneer Oil Days, June 17-24, in Bolivar

Great Wellsville Balloon Rally Parade, July 7, Wellsville

Bare Knuckle Boxing Hall of Fame Induction, July 7, Belfast The 43rd Great Wellsville Balloon Rally, July 13-15, Wellsville

Allegany County Fair, July 16-21, County Fairgrounds, Angelica

Heritage Days, August 4-5, Angelica

MusicFest, August 11, Wellsville

Cuba Garlic Festival, Sept. 15-16, Cuba

Civil War Weekend, Sept. 21-23, Angelica.

Wellsville Music on the Lawn Thursday evening music series from June to August on the historic lawn of the David A. Howe Public Library, 155 N. Main Street, Wellsville. It's a "Traditional Worth Keeping."

Support Groups

Adult Survivors of Sexual Abuse. Meets at various times. Call 716-593-6300 for info.

Al-Anon. 7pm Thursdays and Sundays at the United Presbyterian Church, 150 Main Street, Hornell. Use the side entrance

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

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.

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

Diabetes Support Group. Meets fourth Thursday of the month from 6:30-8 p.m. in the Memorial Conference Room, ground floor just off the cafeteria at St. James Mercy Hospital. For more info, contact Bonnie at 607-324-8900.

Homeschool Support Group – Allegany-Steuken County LEAH (Loving Education at Home) meets at 7 p.m. the third Wednesday of the month at the Steere home in Almond. 276-6380.

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

Creative Writers of the Southern Tier. Meets 1:30-4 p.m. second Saturday of each month March through November at site to be determined. For further information, call 585-593-0820 or 585-593-2324.

Guiding Eyes for the Blind. Puppy raisers needed. Classes 1st and 3rd Wednesdays at 6:30 pm, Bldg 18 BOCES Wildwood in Hornell. 585-335-2628 for info. www.guidingeyes.org.

Allegany County SPCA. Volunteers 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 Monday of the month upstairs at the Beef Haus.

Clinics--Blood Pressure Screening. No appointments needed. All ages welcome. Offered 11 a.m.-12 noon occasional Thursdays at Office for the Aging Nutrition Luncheon, Union University Church Center, Alfred.

Deadline

To include your event in this calendar, send information to: Calendar, ALFRED SUN, PO Box 811, Alfred, NY 14802 or e-mail: alfredsun.news@gmail.com no later than 5 p.m. Friday.

Event listings should be sent two weeks prior to ensure sufficient notice.

WHAT'S COOKIN'?

Allegany County Office for the Aging Meals on Wheels & Luncheon Center Menu Monday, July 16

Orange Juice, Sausage Gravy On Biscuit, Peas, Whole Wheat Bread, No Bake Cookie, Diabetic-Pudding.

Tuesday, July 17 Cucumber Salad, Macaroni & Cheese, Stewed Tomatoes, Green Beans, Whole Wheat Roll, Tapioca Pudding, Diabetic-Pudding.

Wednesday, July 18 Fruit Cup, Cold Sliced Ham & Cheese, Macaroni Salad, Lettuce & Tomato, Mayo & Mustard, 2 Slices Wheat Bread, Applesauce Cake. Diabetic-Applesauce.

Thursday, July 19 Spinach Mandarin Orange Salad, Baked Chicken, Mashed Potatoes w/ Gravy, Broccoli, Wheat Bread, Pineapple Upside Down Cake. Diabetic-Pineapple.

Friday, July 20 Orange Juice, Sub Salad, Lettuce, Tomato, American Cheese, Turkey w/ Italian Dressing, Whole Wheat Roll, Lemon Mousse. Diabetic-Lemon Mousse.

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

ALFRED NUTRITION SITE Union University Church Center, 12 noon Call Debbie Pierson at 607-793-0118. **Monday**—10:30-11:30 a.m. Exercises w/ Mary Lou Maxon. Lunch at 12 noon. "You Scream, I Scream, We All Scream for Ice Cream." Madeleine Gasdik, Issues & Answers. **Tuesday**—10:30-11:30 a.m. Exercises w/ Mary Lou Maxon. Lunch at 12 noon. "Meet a US President." **Thursday**—Lunch at 12 noon. "Double Initialed Notables."

BELMONT NUTRITION SITE American Legion Hall, 11:30 a.m. Call Eileen Kane at 585-808-1472 **Tuesday**—Growing Stronger Exercises at 9:30 a.m., Lunch at 11:30 a.m. "National Ice Cream Month-Favorite Flavors." **Thursday**—Growing Stronger Exercises at 9:30 a.m., Lunch at 11:30 a.m. "National Be Someone Day."

BOLIVAR NUTRITION SITE Fire Hall 12 noon Call Carrie Simon at 585-808-5640 **Monday**—Growing Stronger Exercises at 10:30 a.m., Lunch at 12 noon. Cards.

Wednesday—Growing Stronger Exercises at 10:30 a.m., Lunch at 12 noon. Cards. "Wacky Wednesday." **Thursday**—Lunch at 12 noon. Cards at 1 p.m. "National Raspberry Day."

CANASERAGA NUTRITION SITE Canaseraga Fire Hall, 12 noon Call Barb Welch at 607-270-4070. **Tuesday**—Exercises at 10 a.m. Lunch at 12 noon. "Bingo." Cards at 1:00. Blood Pressure Clinic. **Thursday**—Exercises at 10 a.m. Lunch at 12 noon. "LA Words." Cards at 1:00. Karen Chamberlain, Issues & Answers.

CUBA NUTRITION SITE AA Arnold Community Center, 12 noon Call Judy Enders at 585 808-5201 **Monday**—10:30 Growing Stronger Exercises, Euchre, Cards, Dominoes, Puzzles. Lunch at 12 noon. "Yeast." **Tuesday**—10:30 Euchre, Cards, Dominoes, Puzzles. Lunch at 12 noon. "Words with LA In Them." Farmers Market Coupons. **Wednesday**—10:30 Euchre, Cards, Dominoes, Puzzles, Lunch at 12 noon. "Current Events." Blood Pressure Clinic. **Thursday**—10:30 Growing Stronger Exercises, Lunch at 12 noon. "Hats! Hats! Hats!"

FILLMORE NUTRITION SITE Fillmore Fire Hall, 12 noon Call Maggie Smith at 585-737-5609 **Monday**—10:30 Growing Stronger Exercises, Cards, Jigsaw Puzzles, Euchre. Lunch at 12 noon. **Thursday**—10:30 Growing Stronger Exercises, Cards, Jigsaw Puzzles, Euchre. Lunch at 12 noon. Farmers Market Coupons.

FRIENDSHIP NUTRITION SITE Community Center, 12 noon Call Vivian Howell 585-973-2650 **Tuesday**—10:45 a.m. Growing Stronger Exercises. Lunch at 12 noon. Cards at 1:00. **Thursday**—10:45 a.m. Growing Stronger Exercises. Lunch at 12 noon. Crafts at 1:00. **WELLSVILLE NUTRITION SITE** Grace United Church, N. Main 12 noon Call Donna Fiegl at 585-593-7665. **Monday**—Scrabble at 10 a.m. Lunch at 12 noon. Scrabble at 12:30 p.m. **Wednesday**—Games at 10 a.m. Lunch at 12 noon. Trivia. Chris O'Connor, Issues & Answers. **Thursday**—Trivia, Canasta, Lunch at 12 noon. Blood Pressure Clinic. **Friday**—Scrabble at 10 a.m., Lunch at 12 noon, Pinochle at 12:30 p.m.

WHITESVILLE NUTRITION SITE Whitesville Fire Hall, 12 noon Call Linda Haggerty at 585-296-3800. **Monday**—Senior Center Library. Jigsaw Puzzle. Lunch at 12 noon. "A Zany Zookeeper." **Tuesday**—Senior Center Library. Jigsaw Puzzle. Lunch at 12 noon. Music Day. "Musical Instruments Word Search." **Wednesday**—Senior Center Library. Jigsaw Puzzle. Lunch at 12 noon. "Henry David Thoreau Biography." Farmers Market Coupons.



At the Movies

(Effective July 13-July 19) **GRAND THEATER**, Main St., Wellsville... 585-593-6899 Skyscraper (PG-13) Ant-Man and the Wasp (PG-13) **SPOTLIGHT THEATER**, 191 Main St, Hornell 607-661-4685 Ant-Man and the Wasp (PG-13) Hotel Transylvania 3 (PG) Skyscraper (PG-13)

Grand Theater
144 N. Main St. Wellsville

Friday, July 6 through Thursday, July 12:

Skyscraper (PG-13)
Showtimes Fri.-Sat. at 7 & 9:15
Sunday-Thursday at 7
Matinees Sat.-Sun. at 2 & 4:15

Ant-Man & the Wasp (PG-13)
Showtimes Fri.-Sat. at 7 & 9:15
Sunday-Thursday at 7
Matinees Sat.-Sun. at 2 & 4:15

www.grandtheatrewellsville.com
advance tickets: movietickets.com

585-593-6899
Adults \$9 Under 12 \$7
College Student ID \$7 Sr. Citiz \$7
Matinees \$7, Wed. Bargain Nite \$6



Locally Made

The DIY Farmer's Wife Approach

By KRISTINA SNYDER
Alfred Sun Columnist

DIY Bug Repellant Balm

Kelby always says that I'm super sweet and that's why I get 10 times the bug bites of seemingly everyone around me. I'm not so sure that's the case considering I don't even eat sugar. Regardless of why, I am always being harassed by bugs! Finally I have found a recipe that actually works and is easy to do. Bug repellent bars are a great alternative to chemical ridden sprays; they're safe on the environment and your body. In this recipe I used a silicone muffin tin because it was easier to get the bars out when finished. However, I'm sure you could use a standard metal one.

What You Need:

- * muffin tin
- * 1c coconut oil
- * 1/2c shea butter
- * 1/2c beeswax
- * 1/4c fresh thyme
- * 1/2c fresh mint
- * 1/2c fresh rosemary

Chop fresh herbs and put in top of a double boiler. Add 1 c. coconut oil to the herbs and simmer on medium heat under reduced by half. Strain herbs off and pour infused oil back into the double boiler. Add shea butter and beeswax and heat until melted and incorporated. Pour into muffin tins and let set 24 hours. To use bars let them warm to body temp for 15 seconds on your arm, then rub all over exposed skin before going outside.

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.

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July 13-July 19
Ant-Man & the Wasp (PG-13)
Fri.-Sat. 12:00, 3:00, 6:00, 9:00
Sun. 1:00, 4:00, 7:30 Mon. 7:00
Tues. 12:00, 3:00, 6:00, 9:00
Wed. 1:00, 7:00
Thurs. 1:00, 4:00, 7:00

July 13-July 19
Hotel Transylvania 3: Summer Vacation (PG)
Fri.-Sat. 12:30, 3:15, 5:45, 8:30
Sun. 1:30, 4:30, 7:30 Mon. 7:30
Tues. 12:30, 3:15, 5:45, 8:30
Wed. 1:30, 7:30 Thurs. 1:30, 4:30, 7:30

July 13-July 19
Skyscraper (PG-13)
Fri.-Sat. 12:15, 3:30, 6:15, 8:45
Sun. 1:15, 4:15, 7:15 Mon. 7:15
Tues. 12:15, 3:30, 6:15, 8:45
Wed. 1:15, 7:15
Thurs. 1:15, 4:15, 7:15

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The Demolition Derby is always a popular attraction of the Allegany County Fair. The event begins at 4 p.m. Saturday, July 21 with Power Wheels competition.

FUN in the SUN

Don't miss the Allegany County Fair!

By DAVID L. SNYDER
Alfred Sun Editor and Publisher

I remember as a young camp counselor for a youth camp out at Camp Harley Sutton in Alfred Station. I believe it was closing day...Sunday morning, when I spotted a colorful hot air balloon floating along over the wooded hillside.

I thought I was dreaming of Kansas as in the Wizard of Oz. That was certainly a first for me and, looking back decades ago, more than likely it was from the 1st Great Wellsville Balloon Rally!

Well this year marks the 43rd Great Wellsville Balloon Rally, aptly described by New York State's Tourism Division as such: "Balloons take flight from Island Park and fill the sky in a delightful rainbow of color, while gracefully floating over the Genesee River and the beautiful green hills and fields of Wellsville and the surrounding communities."

The Balloon Rally brings to a colorful ending a weeklong Allegany County Fair at the Fairgrounds in Angelica. Here's what's happening:

July

8-14: MostArts Festival, Alfred

13-14: Amity Daze Yard Sales, Car Show, Belmont

13-14: Hornell City Wide Yard Sales

14: Wellsville Balloon Rally Parade

14: Main Street Festival, Wellsville

16-21: Allegany County Fair, Angelica

20-22: 43rd Great Wellsville Balloon Rally

21: Alfred-Almond Alumni Association Banquet, Central Dining Hall, Alfred State campus

21: Holidays in the Park, Steuben Square, Hornell

26: Cruise Night, Angelica

28: From the Earth, Alfred, for more info, visit: www.facebook.com/FromtheEarth

28-29: Hornell YMCA's Gus Macker Tournament, Downtown Hornell

August

4: 5th Annual Hornell Partners for Growth Monarch Festival to Educate and Celebrate Butterflies

4-5: Heritage Days, Angelica

4-5: Tough Mudder at Tall Pines ATV Park, Andover

11: Music Fest, Wellsville

19: Poags Hole Racing, Dansville

23: Cruise Night, Angelica

September

1: NYS Festival of Balloons, Dansville

1: Alfred University football vs. Thiel, Yunevich Stadium, Alfred

8: Allegany County AOH Car & Motorcycle Show, 9 a.m.-3 p.m., Island Park, Wellsville

8: Almond Community Day

15-16: Cuba Garlic Festival, Cuba

21-23: Civil War Weekend, Angelica

FUN in the SUN Riddle Contest

Using the individual letters found in each of the accompanying ads, complete the following riddle. Send entry to: Fun in the Sun, Box 811, Alfred, NY 14802 to be eligible for a **Grand Prize \$500 Cash Drawing!** Deadline for all entries: Friday, August 10, 2018.

Three little lakes in Allegany County are...

_____,
_____,
_____,

Name _____ Phone _____
Address _____
City _____ State _____ Zip _____

Send completed puzzle to address above to be eligible for \$500 Cash Drawing in August 2018!!

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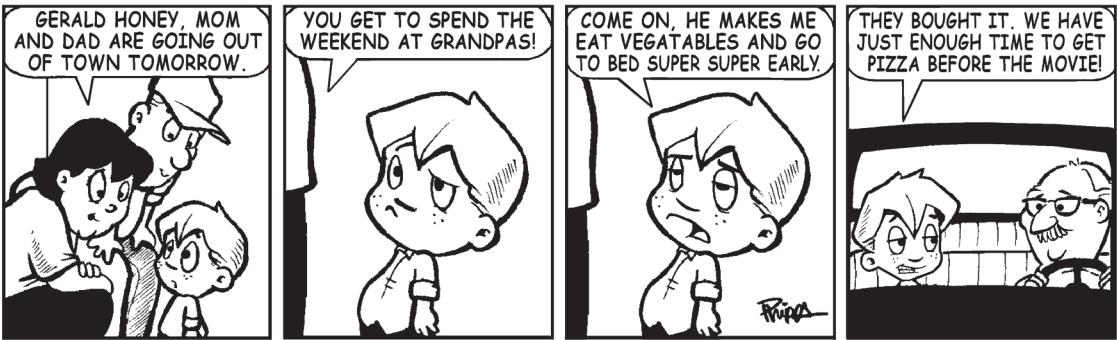
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FUN IN THE SUN
Amber Waves

by Dave T. Phipps



R.F.D.

by Mike Marland



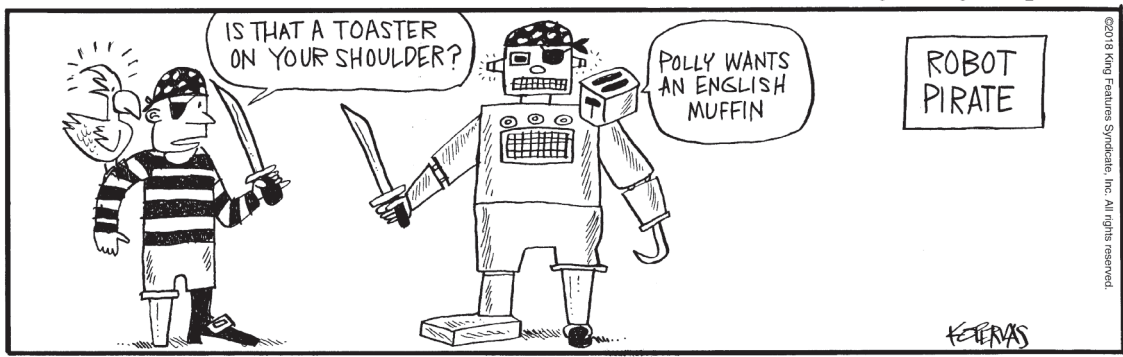
The Spats

by Jeff Pickering



Out on a Limb

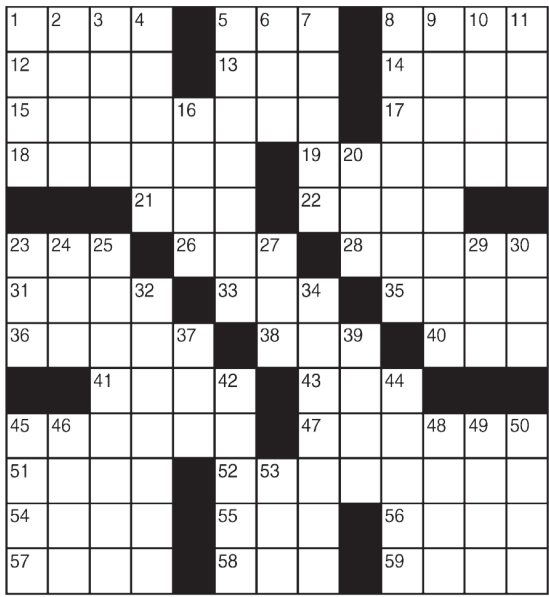
by Gary Kopervas



King Crossword

ACROSS

- 1 Departed
5 "Gosh!"
8 Capri or Wight
12 Wheelbase
terminus
13 Scepter
14 Mast
15 Punishing, in
a way
17 Erstwhile
acorns
18 Fares, at
times
19 British P.M.,
1945-51
21 "— the sea-
son ..."
22 Crucifix
23 Lived
26 AAA job
28 Grand tales



- 31 Rose fruit
33 Unruly bunch
35 Within (Pref.)
36 Give a speech
38 Kids' card
game
40 Understand
41 Hear the
alarm
43 Decay
45 Film festival
city
47 Rock concert
staffer
51 Low-pH
52 Sending
unwanted
emails
54 Hindu royal
55 Work unit
56 Taro root
57 Indication
58 Born
59 Tofu beans
9 Big name
in sporting
goods
10 Victoria, for
one
11 Gaelic
16 Make bootees
20 Sock part
23 Personal
question?
24 Atmosphere
25 Generating
4 Doctrines
27 "Holy mack-
erell!"
29 B-F link
30 Drunkard
32 Stunt double,
e.g.
34 Rapid out-
pouring
37 — out a living
39 Space
42 German city
44 Domesticates
45 Lot wares
46 Antioxidant
berry
48 "Thank You"
singer
49 Race place
50 Hollywood
clashers
53 Opposite of
"post-"

DOWN

- 1 Final
2 World's fair
3 Antiaircraft fire
4 Doctrines
5 Astronaut Gus
6 A billion years
7 — Allan Poe
8 U-235, e.g.
9 Big name
in sporting
goods
10 Victoria, for
one
11 Gaelic
16 Make bootees
20 Sock part
23 Personal
question?
24 Atmosphere
25 Generating
4 Doctrines
27 "Holy mack-
erell!"
29 B-F link
30 Drunkard
32 Stunt double,
e.g.

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GARDENING

It's not too late to start your garden for a fall harvest

By **JOYCE ZIEMBO**
Master Gardener Volunteer
Cornell Cooperative Extension
Allegany County

Sometimes the springtime turns out to be a very busy season. Did it go by so quickly that you didn't have time to plant your garden? Or, the vegetables that you did plant in spring are ending their productive limits; peas and radishes may already be gracing your table each day.

Don't despair, all is not lost. July is the beginning of the second half of the growing season. There is a wide variety of cool weather crops that will make your garden look beautiful with their lush green, bluish green and reddish green colors. Cooler autumn weather also helps your new crop develop a sweet, nutty flavor not found in your main season produce.

Many cool weather plants come from the Brassica family. Broccoli, Cauliflower, Brussel Sprout, Cabbage, Turnip, Collard, Radish, and Kale can all withstand the cooler temperatures and still maintain a good plant quality along with providing you with a good dose of vitamins and nutrition. The list does not end here. Beets and carrots become sweeter with the

cooler weather. Each year you will be able to experiment with something new or pick a few favorites and stick with them.

The soil is already warmed up and there is less competition with weeds that you may encounter in the early spring. Adding compost to your soil is an excellent idea for the second planting. This will add nutrients to the soil which will benefit the new plants.

Either planting seeds directly in the ground or transplanting seedlings work well for a fall garden. Check the seed packets for "Days to Maturity" and count backwards from the possible first frost date in your area. Some areas have a hard frost by mid-September, while others go into October before they see their first frost.

If you want to play it safe, add another two weeks onto that time. This will give you an estimate of when to plant now. We all know that frost can occur much earlier than expected so either be prepared to cover your plants, allow more time for growing or just plant the heartiest of crops that can withstand a light frost. For example, kale and cabbage will survive the cooler temps but your bean

plants will die.

Even if you choose to grow only the very hardy plants, a row cover during the night hours will go a long way. The covering will protect from frost and hold the



heat from the soil in but, will also help the plants survive and stay healthier during the stress of extreme temperature changes.

Seeds need moisture to germinate and they need moisture to grow strong and healthy. This could be a drawback in the heat of the summer, so be prepared to keep seeds, and transplants watered during July and August. Then the opposite is true in the months of September and October where you have the cooler temperatures and usually plenty of moisture.

Give your fall crops plenty of space to allow for good air circulation to help prevent infection from mildew and bacterial disease which can occur at this time. No matter when you plant, you should scout for injury to your plants from insects such as aphids, caterpillars and slugs. Treatment for any of these problems should be determined by

how far into the growing season you are.

Aphids can be easily washed off with a quick spray from your garden hose and you can pick slugs and drop them into soapy water on your morning scout sessions. Although, it may not be worth treating the plants if the insect isn't doing much damage and/or will ultimately not affect the crop's yield. There is also no sense in treating plants if a frost may occur soon. If using pesticides, which I only use as a last resort, always read and follow the directions and make sure the pesticide is labeled for your specific pest or disease—it is the law!

Now is the time to start that fall garden. Before you know it, you will have delicious vegetables ready to be picked and enjoyed right from your own backyard, well into the fall season.

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Global Warming Series #12

It's been awhile. Spring has come and gone and summer is upon us, with a vengeance. Time for article 12 in the Global Warming series.

I never really lived in a city for long – never wanted to – was a country girl at heart. Now I am really glad I live here in rural Allegany County!

With most of the United States sweltering for a week under temperatures in the 90s or higher, a mere 88 Degrees F. can seem like a blessing.

Have you heard of heat islands? No? Well, half our countrymen live in one: Phoenix – Dallas – Chicago – etc. All big cities, especially in the South and Southwest are part of the club.

When Sue Bergren's sister moved to Tucson, Arizona in the early 60 to work in 4-H, the city was still small in size. Yes, it was hot in the day but chilly at night.

As Tucson grew, the amount of brick, concrete, asphalt also grew. These materials soak up the daytime heat and release it at night! No more cooling down. The average temperature in a city is a good 10 degrees F. higher than the surrounding suburban and rural areas.

I hear Phoenix hit close to 115 degrees F. last week. I have been there – done that – the asphalt sticks to your feet (shoes). And yes, desert heat is dry heat so not "as" hot – but everyone waters their lawns and flowers so it begins to feel like Mother Nature's Sauna. This leads to more air conditioning thus making the outside even hotter.

More people die of heat than floods, tornadoes, fires or hurricanes. You could call it the quiet killer.

Plants also die. Gardeners all know about zones – the average lowest temperature in the winter. Now we have a heat index. It tells you the hottest temperature in the summer. Just as some plants die at minus 30 degrees F., others succumb at 80 degrees F. My bunchberry, a zone 2 dogwood, grew for 10 years but didn't live through the summer of 2017.

My friend Inci from D.C. is visiting this week. I imagine she will feel quite chilly at night when the temperature drops into the low 60s. Everything is relative.

0. Advertising

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1c. Finds under \$50



BUMPER STICKERS \$1.50 each. Order today! Send self-addressed stamped envelope w/payment to: Alfred Sun Bumper Sticker, Box 811, Alfred, NY 14802.

Great Knives still available: Kana-Mac Chapter OES, Almond, has limited supply of RADA Cutlery: Large slicers, grapefruit knife and serrated pie servers from \$4.00-\$6.00 each. Call 587-8071 for more info. 3-ff

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10. Help Wanted

HELP WANTED: Alfred-Almond Central School, a highly successful, progressive district, seeks NYS certified and qualified individuals for the following anticipated opening for the 2018-19 school year:

Certified Earth Science Teacher/General Science 7-9

All candidates are encouraged to apply by July 20, 2018. All applications must be completed electronically by accessing the district web site at www.aacs.wnyric.org and using the Employment Information link. 28-1b

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The six cats at the Vander View Golf Course want to find a Forever Home for a female gold and white cat that invaded our space.

We six cats get along, but this stranger does not. So we are looking for a loving family for this cat that we think is less than a year old, who has been given its shots and spayed. So all you have to do is feed and love it. If interested call 607-587-9727, or stop by the golf course on 1960 Water Wells Road, Alfred Station. Help!

Sincerely:
Cloudy, Poof, Sophia, Freddie, Squeak, and Collie.

Write your ad here!

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In The Alfred Sun 50, 25 and 10 Years Ago

Compiled By DAVID L. SNYDER
Alfred Sun Editor and Publisher
50 Years Ago, July 1968

The Alfred Sun was NOT published for several weeks as the Sun Publishing Company acquired a new press and went from a “hot type” to “cold type” method of production. For the next few weeks, we’ll delve back to 75 years ago to see what was happening in Alfred in 1943.

SEVENTY-FIVE YEARS AGO, JULY 15, 1943

Recreational Facilities For The Army To Be Discussed: A mass meeting will be held Saturday evening at 7:30 P.M. in Firemens Hall for all persons who are interested in providing adequate social and recreational facilities for the unit of students under the Army Specialized Training Program who are soon to arrive in Alfred. The meeting is being called by a group of interested citizens and will be presided over by Mayor Clifford Potter...Preliminary informal conversations have brought forward the following ideas: 1. As a community we should aim to make the soldier students feel a part of Alfred, and to add to their individual well being. 2. We could provide, among other things, reading and writing rooms, use of typewriters, place for contact with parents and friends. 3. In a recreational way there might be better tennis facilities, softball, a shooting range, skiing and skating opportunities. 4. The soldiers are working under a heavy schedule, their only free time being Wednesday evening and the weekend from Saturday noon until early Sunday evening. They will not have time to organize many of their own activities, hence we shall have to provide for them. 5. Experience has proven that it is best to arrange introductions before offering invitations to private homes. The mass meeting will discuss these ideas, and welcome any other suggestions...

Army officials were in Alfred last week end working with Alfred University officials on final details of the Army-Alfred contract for the Army Student Training Progm which will begin at Alfred early in August...Alfred officials working with them were: Pres. J. Nelson Norwood; Dean A.E. Whitford; Burton B. Crandall; Geo. B. Bunnell; and Ward C. Tooke. The first group of 14 trainees already has arrived on the Alfred campus under the Army-Alfred contract, completed last week-end for the Army Student Training program. Army contractors spent from 9:00 to 5:00 Friday, July 9 going over the campus and arranging details of the agreement. “We were allowed a very fair contract for housing, boarding and instructing a group of 400,” said President J. Nelson Norwood...

The Rev. George B. Shaw was guest from Thursday to Sunday of his daughter, Mrs. George Thorngate and family at Keuka Lake...Born to Rev. and Mrs. Elmo F. Randolph on July 1, a son, John Preston, at Bethesda Hospital...Mr. and Mrs. Donald Van Horn and daughter, Barbara, are home from Albany to spend the summer with their parents, Dr. and Mrs. E.D. Van Horn and Mr. and Mrs. W.L. Fenner of Almond...Mr. and Mrs. William Moland, and son Bill, and Mr. and Mrs. Milo

Palmer were Wednesday guests of Mr. and Mrs. Fred Palmer...Mrs. Wood and Mrs. Nellie Willard of Hornell were guests on Monday evening at the home of Mr. and Mrs. Clyde Willard...Mr. and Mrs. Franklin Stevens and daughter, Amanda Lee of Hornell and Mrs. Fannie Ormsby and son Phillip were in Knoxville, Pa. on Sunday visiting Mr. and Mrs. Roy Allen. While there, Mr. Stevens had the misfortune to cut his foot with an ax, and was obliged to be taken to the Bethesda Hospital... June 1943 was the warmest June in 30 years. Average temperature of 68.45 degrees compared to the general 30-year average of 62.51 degrees...

25 Years Ago, July 22, 1993

Agreement reached on Saxon Inn: The Saxon Inn tax status controversy has been settled. A Payment In Lieu Of Taxes (PILOT) agreement will result in Alfred University paying more than \$900,000 over the next 20 years to local municipalities. Officials from the Town of Alfred, Village of Alfred, the Alfred-Almond Central School District, the Allegany County Industrial Development Agency and Alfred University on Friday, July 16 signed the PILOT agreement, bringing a long controversy to an end. In a prepared statement, Alfred Town Supervisor Brent L. Reynolds said, “We believe this agreement serves the best interests of all our taxpayers and we are satisfied with this result.” Under terms of the agreement, Alfred University will discontinue tax assessment review proceedings against the Town of Alfred, will pay the outstanding 1993 Town and County tax billings and the delinquent 1992-93 school billing in full with interest to the date of payment...

Alfred University President Edward G. Coll, Jr. has announced the selection of a new dean of students. **Gerald Brody**, currently Vice President for Student Affairs at San Jose State University in California, was selected following a nationwide search. At San Jose State since 1979, where he has been Director of Career Planning and Placement and Associate Vice President for Student Affairs, Brody was recently honored as an outstanding University Faculty/Staff Member by the San Jose State student government...Brody expects to arrive in Alfred in mid-August with his wife, Abby, and their daughter, Hallie.

The Almond Lions Club recently held its 22th Charter Night to present awards and appoint new officers for 1993-94. It was reported by outgoing President Steve Lorow that the Club donated \$22,982.30 for worthy programs for the 1992-993 year. This makes the 21-year grand total \$272,550.80. New officers for the 1993-94 year are as follows: President Glenn Rossman, 1st Vice President Dennis Johnson, Second Vice President Doug Norton, 3rd Vice President Ron Coleman, 4th Vice President William Davidson, Tail Twister Randy Gillette, Assistant Tail Twister Bob Codispoti, Lion Tamer Dave Foster, Treasurer Jim Fertitta, Secretary Dale Lorow, One-Year Directors Joe Doorley, Charlie Fox, Rich Wilkins; Two-Year Directors Wayne Stuart, Ralph Rossman, Lew Wheeler, and Past President Steve Lorow...Doug Norton was named Almond Lions “Citizen of the Year” while Velma Sherman was named “Senior Citizen of the Year.” Paul “Butch” Johnson was named “Lion of the Year.”...

Hardys to celebrate golden anniversary: On July 24, 1943, Ellen R. Brasted, daughter of Dr. and Mrs. Howard S. Brasted of Hornell, was given in marriage by her father to Nathan W. Hardy, son of Mr. and Mrs. Raymond A. Hardy of Almond in the Hornell First Presbyterian Church at 2 p.m. Adair Gould was matron of honor for her sister and Elaine Litchard (New) was bridesmaid. Robert New was best man. In honor of Mr. and Mrs. Nathan Hardy’s 50th wedding anniversary, there will be an open house from 1 to 5 p.m. Saturday, July 24 at the Almond Union of Churches fellowship hall. The cake will be cut at 2 p.m. and special music and other presentations will begin at 3 p.m. All are welcome to join the family in celebrating this milestone.

Joanne M. Rossman, 58, of RD 1 McHenry Valley Road, Almond, died Sunday, July 18, 1993 at St. James Mercy Hospital in Hornell, where she had been a patient for eight days. She was born June 3, 1935, in Hornell, daughter of Ellsworth and Gladys Todd Sick. She was married in Almond on Oct. 3, 1954 to Ralph D. Rossman, who survives. A life resident of the Town of Almond, she was coordinator of the Audio Visual Department at Alfred-Almond Central School, where

she had been employed for about 14 years. She was a member of the Almond Union of Churches where she served on the Church Council and had been involved in several positions in the church. She was a member of the Twentieth Century Club and Almond Historical Society and was active in civic affairs. Survivors in addition to her husband include three daughters: Cheryl Braden of Aspen, CO; Christine Kernan of Almond, and Susan Linscomb of Gulfport, MI; a son, Scott Rossman, of Haines, Alaska; two sisters, Jacqueline Burdick of Alfred Station, and Mary Patrick of Lindley; two grandchildren, Ryan Kernan and Shelly Kernan, both of Almond; and several nieces, nephews and cousins...

A daughter, Jacey Victoria, was born Monday, May 3, 1993 to Mr. and Mrs. Walter “Bud” (Kim Rase) Sienkiewicz of Alden. Maternal grandparents are Dan and Peggy Rase of Alfred; paternal grandparents are Walter and Pat Sienkiewicz of Depew.

Sunbeams—Sam Palmer, daughter of Mr. and Mrs. David Palmer of East Valley Road, Andover, was first runner-up in the third annual Piano Festival and Competition at Houghton College, held in late May. This year’s winner is Amanda Young, 13-year-old daughter of Paul and Deborah Young of Houghton...

10 Years Ago, July 10, 2008

The public is invited to a celebration at 1 p.m. Wednesday, July 18 that will be held to commemorate the completion of the handicap lift that has made the Almond Library accessible to all. Senator Catherine Young will attend the soiree as she was an integral part of the funding for the lift by approving a grant that cover \$20,000 of the near \$65,000 overall cost. Another grant, approved by Assemblyman Dan Burling, provided just over \$32,000 which left the Almond Library responsible for raising the remaining amount...which was done successfully. The Almond Library has become more of a focus within the community and that activity is reflected by the increase in the number of patrons who utilize the library and the number of items that circulated out. In comparing the first six months of 2007 to this year’s first six months, the following statistics should be noted: Patron County for Jan.-June 2007: 1440; 2008: 1779, increase of 339. Circulation County Jan.-June 2007: 2,302; 2008: 4,149, increase of 1,847...

It won’t take much for newly-appointed AU Men’s Basketball Coach Dale Wellman to get acquainted with the Purple and Gold of Alfred University. Wellman played his collegiate basketball for the Purple and White Tigers at University of the South (Sewanee), and just completed his second season as an assistant basketball coach with the (purple) Ephs at Williams College under Head Coach Dave Paulsen, now head coach at Bucknell...Wellman spent time as an assistant coach at both Union and Kenyon Colleges. Wellman helped Union’s 2003-04 team go 20-8 overall and reach the finals of the ECAC Upstate Postseason Tournament...

The Alfred-Almond Central School Sports Hall of Fame Committee is proud to announce that Andrew Allgrim (‘97) and Cassie Olds Kinnaird (‘93) have been selected for induction into the Sports Hall of Fame. They will be inducted during the Alfred-Almond Alumni Banquet to be held at Ade Hall on the Alfred University campus on Saturday, July 19. Allgrim competed in soccer, basketball and baseball at A-A...Cassies competed in soccer, basketball and softball at A-A...

Mildred Butler Zimmerman, 93, formerly of Alfred, passed away Wednesday, July 9, 2008 at McAuley Manor in Hornell...She had taught Latin and history at Alexander Central School in Genesee County for five years and later fifth grade at Alfred-Almond Central School for 30 years, retiring in 1986...

Margaret “Sue” Gaisser, 69, of Bradenton, FL, passed away Wednesday, July 9, 2008 after a brief illness. The daughter of Walter and Irene Hanss, she was born in Rochester. In 1964, she moved with her husband to Alfred, where they raised their five children. Once the children reached school age, Sue returned to school and completed her nursing degree, after which she worked for 20 years as a registered nurse, both private duty and for the State University of New York at Alfred...

Bill McMullen of Black Mountain, NC, formerly of Alfred, passed away suddenly at the age of 50 on the evening of July 7, 2008...He married Sue Dickinson, his wife of 29 years, in 1979...Bill was graduated *cum laude* twice from Alfred State College...in 1982 and in 1994...

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THE GLORY OF AMERICA

Thursday, July 12

By the 50th anniversary of the Declaration of Independence, if asked, John Adams would surely have numbered Thomas Jefferson, once a hardened foe, among his dearest friends. But on that day in 1826, he died. On or about this day, word reached Monticello, Jefferson's lovely plantation in Virginia, that John Adams had died, and that his last words were: "Thank God, Jefferson lives!"

But the household was in mourning, for Jefferson, too, had died. The 3rd President of the United States had died at the same time as the 2nd--on July 4, fifty years to the day from when they had signed their beloved United States into being.

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.

ALFRED-ALMOND BIBLE CHURCH--Rt. 21, Almond. Associate Pastor Ken Shutt. Sunday School 9:30 am, Sunday Worship 10:30 am. EPIC (for teens) and Olympian Club (K - 6th grade) 5:30 pm Sundays (Sept. - May), and Adult Bible Study 6 pm Sundays. Mid-week Home Groups 7:30 pm. Alfred CRU meeting Wednesday nights at ASC room 408 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 9:30 a.m., Family Bible Hour at 11; Gothic Chapel, corner of Ford & Sayles, Alfred. Bible Study 8 p.m. Fridays in Almond. Call 276-6380 or e-mail lookup@frontier.net for 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.) Sabbath School 9:45 am: Adult Department - 3 Adult Classes, Youth Department - 1 Class, Primary Department - 5 classes Sabbath Worship Hour 11:00 am (This Service is live streamed at www.alfredstationsdb.org) Sanctuary Choir Rehearsal (9th grade-Adult) 1st and 3rd Sabbath of the month 12:30 pm; Chime Choir Rehearsal 2nd and 4th Sabbath of the month 9:00 am Dish to Pass Fellowship Meal (Bring a dish to share) 2nd Sabbath of the month 12:30 pm; Junior Youth Fellowship (Grades 3-6) 2nd Sabbath of Month 2:00 - 4:00 pm; Alfred Area Food Pantry (Room 13 Christian Education Building) Tuesday and Thursday 5:30- 7:00 pm; Youth Fellowship (Grades 7-12) Wednesday 6:30 -8:00 pm, Room 15 Christian Education Building. Pastors Phone 607- 222- 6023 Pasto's E-Mail pastor.chroniger@gmail.com Our campus is located at 585 Route 244 Alfred Station. See you Sabbath.

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 services 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 UNION OF CHURCHES--11 Main St., Almond. Charles Emerson, Pastor. A joyful, welcoming and compassionate multi-denominational church seeking God's truths for today's world. Sunday School 9:30 a.m., Morning Worship 10:30 a.m. Prayer Group Wednesdays 9 am. Call 276-6151 for more information.

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'l 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 Gardner. Worship 10 am Sundays. Bible Study 7 pm Wednesdays on AU campus and ASC campus. Prayer Meeting 9 a.m. Saturdays. 607-587-9257.

SS. BRENDAN AND JUDE PARISH--Father Sean DiMaria, 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). Weekend Masses Sunday 11 a.m. & 6:30 p.m. p.m. (6:30 p.m. when colleges in session) 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 corner 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--1 Church St., Andover. Father Sean DiMaria, Pastor. Weekend Mass Sunday 9:00 a.m. Weekday Mass Tuesday, 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. Church phone 478-5277.

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.

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

CELEBRATE RECOVERY

Personal testimonies, lesson for coping highlight July focus for those struggling

SCIO--Personal testimonies from individuals being able to free themselves from long-time life struggles, along with a teaching on the importance of examining the basis for these issues, are the focus for Saturday night Celebrate Recovery gatherings during the remainder of July for Allegany County residents.

Free weekly 12-Step ministry sessions for individuals experiencing a wide variety of issues, including common addictions, are held from 7 to 9 p.m. Saturdays at Knights Creek Evangelical Methodist Church, 2987 Knights Creek Road (County Road 9), Scio.

An additional weekly gathering of the international Celebrate Recovery ministry, on a different schedule, is hosted at the same times Thursdays at Yorks Corners Mennonite Church, 3350 County Road 29, Wellsville, with both churches joining together at Allegany County Jail on Tuesdays for a modified Celebrate Recovery Inside version for inmates only.

Individuals can join groups at any time due to recovery being an ongoing process to overcome what can involve years of hurts and struggles.

Main group sessions at Knights Creek start with free 6:45 p.m. snacks and music by David Peralta and Daniel Esciban, part of the church's Sunday morning Venezuelan music ministry team. Each week's focus then alternates between lessons about the path to recovery that leads to victory and testimonies from individuals who have experienced healing through the Celebrate Recovery/Celebrate Victory process. The ministry was developed over 25 years ago by Saddleback Church in California, pastored by Rick Warren, author of "The Purpose Driven Life," a long-time best selling book.

The teaching on the need to "Admit" our struggles will be held July 21, with testimonies provided on both July 21 and 28.

Group facilitators say the ministry is for anyone experiencing most any type of negative personal situation, including individuals struggling with anxiety, depression, isolation, aging, overeating, co-dependency, oppressive financial situations, physical or sexual abuse, childhood trauma, marital and family strife, wayward children, loss of an unborn child and other grief due to the death of a loved one, early childhood and other traumas,



workaholism, destructive behaviors and addictions such as alcohol, drugs, gambling and pornography, and more.

They report that sessions often are attended by couples due to being able to hear the same information about recovery and victory and then finding individual support in separate small groups for both men and women. This process can result in a common basis for increased communication that is critical to good relationships.

Families of jail inmates also are encouraged to participate in the community groups to learn how to support those who are incarcerated, particularly after they are released, since understanding and communication are key ingredients for positive assistance and change.

Knights Creek uses the expanded Celebrate Victory model that not only embraces the internationally-acclaimed Celebrate Recovery (CR) curriculum but also seeks to assist participants in addressing any additional needs on a broader, holistic--physical, mental/emotional and spiritual--basis through connection with individual and family resources within the broader community, many of which are available at little or no cost.

Further information about Celebrate Recovery/Celebrate Victory at Scio is available at www.facebook.com/KnightsCreekChurch, or from Casey Jones, a group facilitator, at bps461@msn.com or (484) 435-0503.

Information about Celebrate Recovery at Yorks Corners is available at www.facebook.com/CelebrateRecoveryYorksCorners.

Further details about the ministry in general in Allegany County is at <https://ppaccentral.org/celebrate-recovery>.



It's hard to believe an event in the sky could trigger the end of a world view held for thousands of years. A spectacular occurrence that all could see -- something that never could, or should have happened -- did happen.

It was the mid-16th century. A new, huge, very bright star suddenly appeared in the sky, so bright, it could be seen by all for two years.

According to the traditional theology, the heavenly bodies were immutable, never changing. Creation happened all at once a long time ago and since then the perfect spheres had made their perfect rounds. So --

how could this new "star" be? But it was, another nail in the coffin of ancient understandings.

We now know with the aid of telescopes the life history of a star and how the super giants end in a huge explosion we see as super novas, leaving behind dust and radiation and heavy elements.

The last one visible to the naked eye happened in 1604. They average one every 400 years. So, we are due! Keep looking, you never know what you might see.

More on Mars, not a super nova, next time.

Bird Walk, Garden Talk From the Earth

By ML WELLS

Alfred Sun Columnist

Bird lovers and gardeners take note. Mark your calendar! Saturday, July 28 from 9:15 to 10 a.m. is From the Earth, 4981 McAndrews Road, top of Jericho Hill.

From the Earth celebrates rural living around the hills of Alfred. It is a one day event that promotes our connections to the land in many meaningful ways.

I will give a talk on growing berry bushes and trees for the birds in your landscape as we walk through meadow, woods, gardens at Winter Hill Farm.

We will discuss a dozen plants that will beautify your land and provide food and shelter through the year for the birds. You will see the real thing in the real setting. No virtual reality here.

Come after Betsy Brooks' Bird Walk around Foster Lake at 8 a.m.

THE ALFRED SUN
will NOT be published on the following dates:
Thursday, July 26
Thursday, August 2
as the staff will take its annual vacation.

Notice of events occurring before August 9 should be sent by 12 noon Monday, July 16 for inclusion in the Thursday, July 19 issue.

Please plan accordingly.



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The 2018 Alfred State Great Race team posed alongside an American icon during their stop in Troy. From left to right are team adviser Mike Ronan, “Uncle Sam,” team members Donald Piatek III, Jordan Dunning, Jacob Derk, and Liam DeChick, and friend of the college Bill Arlow.

Great Race ‘experience of lifetime’ for Alfred State students competing

ALFRED—No matter how their team finishes or what speed bumps they may face along the way, Alfred State College students always end up having an excellent time on The Great Race, and this year was no exception.

Once again driving the 1953 Dodge Power Wagon tow truck, the team set off from Buffalo on June 23 as one of 118 teams making their way Northeast toward Halifax, Nova Scotia, where they were due to arrive July 1. The Great Race is an antique, vintage, and collector car competitive controlled-speed endurance rally that tests teams’ abilities to follow precise course instructions and their vehicle’s ability to endure on a 2,000-plus-mile trip.

This year’s Alfred State Great Race squad consisted of Liam DeChick, motorsports technology, Syracuse; Jacob Derk, heavy equipment, truck and diesel technician, Cattaraugus; Jordan Dunning, heavy equipment, truck and diesel technician, Cicero; and Donald Piatek III, motorsports

technology, Springville.

According to ASC Automotive Trades Professor Mike Ronan, who served as the advisor on the trip, things were going pretty well for the team up until the evening of June 27, when they suffered an engine failure on Interstate 95.

“After a great rally day, Liam and Don were headed back to Bangor on an Interstate 95 transit to the finish. Out of the blue,” Ronan continued, “the No. 1 connecting rod tried to escape through the block.”

After several unsuccessful attempts to secure a replacement engine, the team was forced to “throw in the towel,” before the sixth stage, Ronan said. Despite their difficulties, however, the students still had an amazing time on the race.

“The students had the experience of a lifetime, notwithstanding the outcome,” Ronan said “The adventure began with a wonderful alumni event at Chef’s in Buffalo on Friday night, where they had the chance to meet a number of true friends of the col-

lege. The race start in Buffalo brought a large group of supporters to see the team off.”

Each evening, Ronan said, large crowds gathered to welcome the Great Racers and view the cars.

“The students spent time helping young children into the Power Wagon, so parents could take advantage of photo opportunities,” he said. “Each night after the evening show, the students worked on competitors’ vehicles to keep them going in the race.”

Ronan said he has found that each year Alfred State has participated in The Great Race has been of benefit to not only the student team members, but to the Automotive Trades Department and the college as a whole.

“The event gives us exposure on a national scale and has resulted in thousands of dollars in student scholarships,” he said. “Participation in the event is truly an exercise in character-building, and the students have always been great ambassadors for Alfred State.”

From the Earth

Saturday, July 28th, 9:00 am – 5:00 pm

A. Bird Walk at Foster Lake
5471 Lake Road

B. Mary Lu Wells’ Gardens
4981 McAndrews Road

C. Gardens and Pottery
Linda Huey and David Dronsick
1530 Randolph Road

D. Sunny Cove Farm
1444 Randolph Road
Snyder Family Farm

E. Woolly Star Farm
4723 McAndrews Road
Peter Callahan and Kristin Poppo

F. Hyland Timber Framing Shop
4964 Kenyon Road

G. Locustbrae Gardens
1664 Waterwells Road
MacCrea Family Farm

“Early” Bird Walk led by Betsy Brooks
Meet in the Foster Lake parking lot
8:00 - 9:15 only (not open all day)
All the other locations open at 9:00

Vegetable and flower gardens open all day
9:30 - 10:15 “Berries in your Landscape and Garden” talk by Mary Lu Wells

Twig fenced garden and pottery in a sugar shed
Open all day
“Treasure Hunt in the Garden” - find a clay animal and take it home
10:30 “Natural History Keeping” workshop with Rhebekka Hyland

1:30 - 2:15 “Composting” talk by Jessica Hutchison
3:30 - 4:15 “Poetry in Nature” writing workshop with Heather Yanda

Organic dairy farm
open all day
11:00 - 12:00 “Cheese Making” workshop with Bill Coch
2:30 - 3:15 “Farmer’s Bookshelf” talk by Jerry Snyder
4:15 - 5:00 “Beekeeping Experiences” talk by Tom McDowell

Farm open all day
11:30 - 12:15 “Primitive Sheep Breeds” talk by Kristin Poppo
12:30 - 12:15 “Permaculture Walk” with Peter Callahan

Shop open all day
10:30 - 11:15 and 12:30 - 1:15
“Timber Framing through the Ages” talks by Sean Hyland
1:30 - 2:15 “Solar Electric Systems” talk by Sean Kelley

Gardens open all day
Fiber Arts Guild demonstrations all day
2:30 - 3:15 “Roots of Color” natural dye demonstration by Debbie MacCrea

Seven locations on tap for 11th From the Earth

ALFRED—From the Earth will be held from 9 a.m. to 5 p.m. Saturday, July 28 in the Alfred area.

From the Earth celebrates rural living around the hills of Alfred, New York. It is a one day event that promotes our connections to the land in meaningful, creative, sustainable, and educational ways.

Visit seven locations offering talks and workshops on the subjects of organic dairy farming, gardening, composting, natural history, bird watching, beekeeping, cheese making, timber framing, solar power, permaculture, raising sheep, nature poetry, weaving, natural dyeing, and fiber arts.

This eleventh annual will have an impressive total of fourteen presentations led by knowledgeable experts who have volunteered their time for this free event. From the Earth is family friendly and created with a labor of love and respect for the Earth.

Have a “passport” signed at four or more locations and enter to win a gift basket of goodies donated by From the Earth participants.

Flyers with map can be obtained on or before the event at: Tinkertown Hardware, 833 State Rt. 244, Alfred Station, NY

Or, go to “About” at www.facebook.com/FromtheEarth

DC eagle cam among best wildlife livestreams

ALFRED—The DC Arboretum Eagle Nest Cam, made possible thanks to some Alfred State College students, is back in the spotlight again, as it was recently highlighted in an article by Mashable.com.

Titled, “From puffins to brown bears: The 10 best wildlife livestreams of the summer,” the article recognizes a variety of webcams that focus on animals in their natural environments such as gray wolves, alligators, elephants, and more. Mashable, according to its website, is a global, multi-platform media and entertainment company.

The article states, “Whether it’s a pair of hawks nesting over a bustling city, or a young lioness lounging in the sun, when technology and animals peacefully combine, the results can be phenomenal. That idea is no better exemplified than in the following wildlife livestreams, giving us a glimpse into the secret lives of animals around the world.”

Among these animals are the eagles “Mr. President” and “The First Lady,” and their two eaglets, Victory and Valor, all of whom can be found at the National Arboretum in Washington, DC. Mr. President and The First Lady have become the proud parents of seven eaglets since making the Arboretum their home several years ago.



Viewers from around the world may watch a livestream of a family of bald eagles at the National Arboretum in Washington, DC, which has just been named one of the 10 best wildlife livestreams of the summer by Mashable.com. The webcam that supplies the livestream was made possible through the help of a group of Alfred State College students.

In October 2015, a group of Alfred State College electrical construction and maintenance electrician students designed and installed a unique solar-powered trailer at the Arboretum to supply the energy necessary for the public to view the nesting and hatching of the bald eagle family online through a webcam.

Media organizations around the world publicized the webcam at www.DCaglecam.org, and explained the ASC students’ role in

the project. Those students included Ethan Yanda, of Wayland; Thomas Wzientek, of West Seneca; Justin King, of Uniondale; Oliver Jackson, of Williamsville; and Mike Lee of Brooklyn.

As stated in the Mashable article, “The American Eagle Foundation and the National Arboretum established the livestream to give viewers access to the national bird and to also monitor and preserve the

species.”

Jeffrey Stevens, interim dean of Alfred State’s School of Applied Technology, said, “We are excited about all the attention the bald eagle cam has received since it was first installed, and are delighted that it has been featured in this great article by Mashable. Alfred State is proud to have played a role in making the webcam a reality so that viewers all over the world may enjoy and appreciate this beautiful family of birds.”

Reed staff in Alfred

ALFRED—Congressman Tom Reed’s staff will hold remote office hours in Alfred from 2 to 4 p.m. Tuesday, July 17. The meeting will be at the Alfred Town Hall, 6340 Shaw Road, Alfred Station.

Staff will be available to answer questions, gather feedback, and provide assistance with immigration, Social Security, veterans’ benefits, and other issues related to federal agencies.

Those unable to attend are encouraged to contact any of Reed’s offices:

Corning: 89 West Market Street, (607) 654-7566

Geneva: 433 Exchange Street, (315) 759-5229

Ithaca: 401 East State Street, Suite 304-1, (607) 222-2027

Jamestown: 2 East 2nd Street, Suite 208, (716) 708-6369

Olean: 1 Bluebird Square, (716) 379-8434

Please call (607) 654-7566 with any questions regarding the Alfred office hours or visit: www.Reed.house.gov

STORK REPORT

A son, Griffey Craig Isaman, was born to Justin and Dani (Reynolds) Isaman at 5:01 a.m. Monday, July 9, weighing in at 7 lb. 3 oz. and measuring 19 and 7/8 inches long. Maternal grandparents are Craig and Pam Reynolds of Alfred Station.

ALFRED UNIVERSITY SPORTS

Saxon women looking to repeat E8 tourney bid

ALFRED—The Alfred University women's soccer team will look to advance to the Empire 8 Conference tournament for the second consecutive season in 2018, a year after earning its first-ever Empire 8 Conference tournament berth.

The Saxons will face 13 common opponents from 2017 on the 2018 schedule. Out of the 13 common opponents, AU went 5-5-3 in 2017. Overall, in last time out games against 2018 opponents, AU maintained a 7-7-3 record.

The 2017 season was critical for the women's soccer program at AU under Craig Yanni, who had served as an assistant coach to the program since the 2012 season and stepped into the Head Coach role only months before the season began. Yanni rewarded the appointment with the program's first berth to the Empire 8 tournament. The Saxons willed their way to the tournament in a 4-2 vic-

tory over Utica College in a must-win game during the regular season finale with rising junior Lexi Riffelbach (Clifton Park/Catholic Central) leading the way with four goals, tying the program record for most goals in a game set by Deb Loveys '84 and Kellie Hawks '99.

"The 2017 season proved to be a true learning experience for our program," Yanni added. "We started the season off very slowly and had some growing pains. Despite some early season struggles the team remained focused throughout it all and kept our goal of making the conference tournament in the forefront. Making the conference tournament was a huge accomplishment for our program. It was a great confidence booster for the team and will hopefully carry over for years to come. Our 2018 graduating class had a major impact on our program and played a huge role in our success last year. They

left a great mark on this program and will be greatly missed."

During 2017, the women's soccer team set a program record for the most members on the Empire 8 All-Conference team, earning four designations. Senior Sammy Jo Shanahan (Valley Stream South) and Riffelbach earned First and Second Team honors, respectively, while junior Emily Wright (Dallas, TX/Plano West) and first year Amanda Guariglia (Valley Stream South) were named Honorable Mention. It is also the most all-conference designations in program history since 1997 when five Saxons earned All-President's Athletic Conference honors. The 2018 roster features three-of-four E8 All-Conference players in Riffelbach, Wright and Guariglia.

AU will play eight Empire 8 Conference matches and 10 nonconference matches in 2018. Seven 2018 opponents

had a record of .500 or better in 2017 with Stevens receiving votes in the final United Soccer Coaches poll in December.

The Saxon schedule:
Sept. 1: vs. Hiram at Richardson, TX
Sept. 2: at UT Dallas, Richardson, TX
Sept. 5: vs. Hilbert, 7 pm
Sept. 8: vs. Keuka, 7 pm
Sept. 12: vs. Medaille, 6 pm
Sept. 15: at Pitt-Bradford, 12 noon
Sept. 20: vs. Houghton, 5 pm
Sept. 22: vs. Rochester, 6 pm
Sept. 26: vs. Elmira, 7 pm
Sept. 29: at Hartwick, 4 pm
Oct. 3: at Buffalo State, 6 pm
Oct. 6: at Nazareth, 12 noon
Oct. 7: vs. Stevens, 12 noon
Oct. 13: at Utica, 1 pm
Oct. 17: at D'Youville, 7 pm
Oct. 20: vs. St. John Fisher, 6 pm
Oct. 23: at Brockport State, 3 pm
Oct. 26: at Sage Colleges, 7 pm

ALFRED STATE SPORTS ROUND-UP

Barnes named defensive coordinator for Pioneer football team

ALFRED—Brent Barnes has been named the defensive coordinator for the Alfred State football team. Barnes has coached on both sides of the ball and has coaching experience at the NCAA DI, DII, and DIII levels since starting his career in 2001.

"I am ecstatic to have Coach Barnes on staff, and leading our defense," commented head coach Scott Linn. "He has a proven track record, both as an outstanding defensive coordinator, and as someone who has aided in big program turnarounds in the past. Coach Barnes will be a huge asset as we move forward into the next chapter of Pioneer football."

"I am excited to be working with Coach Linn again," said Barnes. "I hope to bring an exciting attack orientated defense to Alfred State."

Most recently, Barnes spent time as the defensive quality control coach and analyst at Eastern Illinois (Charleston, IL). In 2017, he was the head coach, the offensive and defensive coordinator of the SBB Vukovi Beograd (Belgrade, Serbia) football team. He led the team to a 8-2 overall record (6-1 in Serbian League).

From 2016-17 Barnes coached at Millikin University (Decatur, IL) where he served as the offensive coordinator, quarterback coach, and recruiting coordinator, in 2014-16 he served as the defensive coordinator and linebacker coach at Alfred University, and between 2012-14 he was the defensive pass game coordinator and secondary coach at Rhodes College (Memphis TN).

Other coaching stops include: Simon Fraser University (Burnaby, British Columbia), Middlebury College (Middlebury, VT), University of Chicago, Utica College, University of Redlands (Redlands, CA), and Montclair State (Montclair, NJ).

He holds a master's degree in physical education from Montclair State and a three bachelor's degrees (Mechanical Engineering, Economics, and History from Rice University (Houston, TX)).

Barnes will also coach the defensive backs for the Pioneers.

Football schedule announced
Scott Linn and the 2018 Alfred State College football team will compete in a ten game schedule that features two new opponents and six conference contests.

The Pioneers open up the season with their four non-conference games. They host UMass Dartmouth for the first time in school history in the season opener on Sept. 1. The Pioneers travel to Hartwick the next week (Sept. 8) for an early evening contest with the Hawks. The next week (Sept. 15) the Alfred State and the University of Rochester

meet for the sixth straight season as the Yellowjackets travel to Pioneer Stadium. The non-conference schedule ends Sept. 22 when Alfred State travels to Dudley, MA to play Nichols College.

A trip back to Massachusetts is in store the next week (Sept. 29) when the blue & gold open up ECFC play at Dean College.

Homecoming 2018 will be celebrated on Oct. 6 when Maritime visits Pioneer Stadium for a Noon kickoff. The team remains in the friendly confines the next weekend (Oct. 13) when defending ECFC champion Husson visits. After a week off, Alfred State travels to Washington DC to take on Gallaudet (Oct. 27) before

hosting Anna Maria in their final home game of the season on Nov. 3. The 2018 season wraps up at Castleton on Nov. 10.

2018 will be the second year that Alfred State has competed in the Eastern Collegiate Football Conference.

Sept. 1—UMass Dartmouth
Sept. 8—at Hartwick

Sept. 15—Rochester
Sept. 22—at Nichols
Sept. 29—at Dean College
Oct. 6—SUNY Maritime
Oct. 13—Husson
Oct. 20—Open
Oct. 27—at Gallaudet
Nov. 3—Anna Maria
Nov. 10—at Castleton State

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The Dugout

By DOUG LOROW
Alfred Sun Sports Columnist
dugout2@gmail.com

It was a great week in the Olympic Village of Lake Placid in the Adirondacks last week, a July 4th holiday mixed in as the area was hopping and toasting. Rare temps of 85-92 most of the week, which is rather hot anywhere, but especially so up in the ADK's.

I traveled across route 104 East, up Interstate 81 and at the top of the ADK's using route 3 East most the way. Taking me thru Star, Cranberry, Tupper and Saranac Lakes before entering Lake Placid. Daughter Lauren, Jason and baby Quinn plus Sam and young William Page arrived just about the same time from New York City/ New Jersey as we'd be sharing an AirBnB house on McKinley Street in the village. Anthony Page, a SEAL teammate of Jason's, would join us in a few days.

Lots going on during the week as Jason and Anthony would be giving talks-instruction-clinics at the Olympic Training Center just outside of the village. Had a chance to view the facility with Jason the first weekend and to meet the incomparable, John Underwood. He a college teammate with Gary "Doc" Moore back in the day at Brockport. Underwood "in charge" of the gathering of some 80-100 high school athletes from all over, including a busload of youngsters from Dansville Central School. They were just arriving when Jason and I were there.

Stayed at a great place that had a tree-surrounded patio out back past the driveway. Pretty nice break from the heat and mugginess of the early portion of the week. A grill on the small back porch for Chef Jason to work his magic, a yard in front for the kids to cool off in the blue pool from Webster and a nice kitchen area for some classic meals watching Quinn perform with "sweet potato in the hair!"

Three trips for me around Mirror Lake and observing Quinn watch all the people we encountered along the way. Lauren would do another on Thursday with Q. A round of golf for me at the nearby nine-hole Saranac Lake Golf Club, which is closer to Placid than Saranac! A "nifty" (49) in the books. Two trips to the Lake Placid Brew Pub, first and last nites in town. 3L and I played some miniature golf at Boots and Birdies one afternoon. Another resounding victory over her! Name up on the board inside for a (36) with one on there from Fairport and one from Hornell ... D'Aprice?

Wednesday nite fireworks were quite nice as we headed up on a hill past the Olympic Center, to see the show that would take place over Mirror Lake. Very nice! Two days later it was a hike up Cobble Hill (ugh) before breakfast for most of us at the Downtown Diner, just below the famed oval. Walk in, waiting to be seated and Jason spots a guy with an Alfred State baseball sweat-shirt. Go over and chat with him briefly. A senior-to-be this fall with a December graduation slated.

Jason, Quinn and I went to the Olympic Arena while Sam and 3L were out paddle boarding that Friday. The Herb Brooks Arena ... still get chills in there just



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Olympic Museum in Lake Placid.

THE DUGOUT CONTINUED...

thinking about the huge upset of the Russians. Then off to the Olympic Museum down stairs. Small, but pretty interesting.

An overall solid week in Lake Placid, the ADK's. Jason and I to a new pub one day, the newly remodeled Great Adirondack Brewing Company. 3L and I hit the local Farmers Market and chatted with a couple from Greece (Rochester) who had just moved to Placid. She bore a striking resemblance to Ellen Lindahl from Webster. Plenty of things done and time spent with Quinn was great!

HITS AND MISSES:

Pat and Lisa Atwell were back in NYS last week visiting relatives in Dansville and Pat golfing with Wayne Johnston in the Member/Guest tournament at Bartlett CC, going 3-2 in their matches.

Johnny "Spock" Arena and family in Webster area for holiday week past. "No call" my way for our standard/traditional July 4th golf outing.

The respective AL and NL All-Star rosters were announced over the weekend and, as always, some worthy candidates weren't on the list. How can Blake Snell of the Rays and Dellin Betances of the Yanks not make the AL pitching staff? Snell has the best ERA in the league (I believe) and no one has hit Betances for two-months!

Former Alfred State and SUNY Geneseo women's hoop coach, Joe Q, French took in the Yanks-Orioles DH on Monday past at Camden Yards.



Spotted a few vanity plates here and there: PLACID ... with Alabama plates at house on Mirror Lake, MRHAWAII ... in the village of Placid, WOODY PT ... Lange and IVA BGN (Eva Bergren) ... at the Riverton golf course in West Henrietta.



Had a chance to golf the Old Hickory GC in Livonia with Bob Baker prior to my Lake

Placid trip. Beautiful day on course I haven't played in about 20 years. Nipped the ex-Alfred University basketball coach (finally) 96-97. Also golfed with Leo Nealon, the former AU sports photographer, this past Monday at Riverton and prevailed, 49-57. Used to play this course now and then when working at nearby Frito Lay, often with Jeff Boser. Nealon working his way back from a 10-year golf layoff.

Jeff Long is the new athletic director at Kansas with the Jayhawks after getting canned at Arkansas. Not to be confused with the Ithaca men's lacrosse coach.

Spotted a Drive-In theater in Black River across route 3 in the ADK's last week.

Now 'Melo ... at 27.9 million for next season ... wants out of OKC in the NBA. "Awesome" contract whomever gave that one out.

Off to Ohio this weekend to see college buddy, Glen Sayre and family. Golfing on Friday-Saturday with Coach Tim Mead joining us the first day! Then off to Yanks-Indians game on Saturday nite at Progressive Field in Cleveland for Glen, Denise and I. At the very least, shouldn't see



Quinn being Quinn.

the mediocre Sonny Gray on the hill for NY. Maybe CC Sabathia?

Speaking of Cleveland and ex-Cavs star, LeBron James ... how long before he wants to knockout LaVar Ball?

Closing this week on a very sad note with the senseless killing of NYS Trooper and former AU All-American football player, Nick Clark. Didn't personally know him, didn't know he was a Trooper, but having read numerous things written about him on FB of late ... not only a great player, an even better person. Saw him play on many occasions for the Saxons and when you hear about something like this, obviously it is just stunning. And so very sad.

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