

Sun in Falls Church, VA
Justin and Sarah (Gottlieb) Benjamin of Fairfax, VA, Alfred State '05 and Alfred University '04 alums, respectively, were spotted reading *The Alfred Sun* in Falls Church, Virginia recently. The couple is expecting their first child.



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\$1.25



THE ALFRED SUN

"A pretty darn good newspaper serving Alfred since Dec. 6, 1883"

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

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

Vol. 133, No. 24

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

Thursday, June 14, 2018

Strawberry fests forever

Almond Historical Society serving strawberries 44th year

By **DONNA B. RYAN**
Special to the Alfred Sun

ALMOND—Almond's "unofficial" summer kickoff—the Almond Historical Society's annual Strawberry Festival—will be held Monday, June 18. Here's a chance to take your family out for dessert!

This will be the 44th year that the Historical Society has hosted this very popular event on the lawn of the 1830s Hagadorn House on Main Street. Serving will begin at 5 p.m. and continue until berries are gone. It will be held rain or shine — under the large tent and the pavilion. There will be a take-out window available at the back of the house.

The local festival has been famous for its large servings of shortcake, including fresh strawberries, biscuits, real whipped cream and ice cream. A children's menu will also be available. Louise Schwartz is chairman of the event, assisted by around fifty volunteers who serve as berry washers and hullers, waiters, servers, cashiers and other jobs.

Some of the volunteers remember the early days when customers were fewer in number, when the AHS members picked the berries and baked the biscuits. It is expected that once again, around 450 portions will be served that evening.

The Strawberry Festival and the pop

can collection project are the two big fundraisers sponsored by the Historical Society. Proceeds go towards the maintenance and upkeep of their museum, the Hagadorn House, at 7 Main Street, which was built in the 1830s by Jesse Angell, a prosperous merchant whose general store was located across the street from the home. It was occupied by Dr. Will Hagadorn and his wife, Alice, in 1872, and remained in that family until 1971, when Kenneth Hagadorn, third generation Hagadorn to live in the house, bequeathed it to the Historical Society.

The purpose of the society is to arouse interest and understanding of Almond's history; to discover, collect, and preserve items of local historical significance; to provide a repository for local genealogies, biographies, histories, newspapers, pamphlets, pictures and irreplaceable family items and to make these items accessible to the public. The office/archives building is open to the public on Friday afternoons from 2-4 and by appointment. Annual individual/couple membership is only \$15 and provides a quarterly 12-page newsletter featuring interesting historical articles. The website is: <https://almondhistory.wordpress.com>

Assisting Ms. Schwartz on the planning committee are AHS officers and board members: Helen Spencer, Teresa

Johnson, Donna Ryan, Brad Hager, Kim Costello, Mike Baker, Tom Steere, Cindy Banker and Bob Schwartz. More than 40

AHS members and friends will join the board members and work together to put on the event.



The Norris sisters, Jessica, Natalie and Lauren, are shown here in their Strawberry Festival aprons when they served as waiters at the 2017 AHS Strawberry Festival. (Photo provided)

GUINNESS BOOK OF WORLD RECORDS

AU researcher invents world's smallest medical robot

ALFRED—A robot invented by a researcher in Alfred University's Inamori School of Engineering during his doctoral dissertation at the University of Texas-San Antonio has been cited in the Guinness Book of World Records as the world's smallest medical robot.

Soutik Betal, Ph.D., a postdoctoral researcher fellow working under Dr. Steven Tidrow, Inamori Professor of Materials Science and Engineering at Alfred University, earned a doctoral degree in electrical engineering at Texas-San Antonio in 2017.

While studying for his Ph.D., Betal designed and constructed a nanoscale robot that is remotely controlled by magnetic field and can interact with biological cells. The robot is approximately 120 nanometers in size: one nanometer is equivalent to one-billionth of a meter.

The robot, Betal explained, is a prototype which researchers hope will be implemented in the near future, revolutionizing the treatment methods for diseases such as cancer, Alzheimer's, and Parkinson's. Because of its small size, the robot can be introduced into a biological cell environment, target specific cells and perform various remotely-controlled robotic cellular interaction.

"Cancer can be treated by specific cell detection, targeted electro-poration and controlled drug delivery," Betal said. "One of the major advantages of using this (robotic) technique over current cancer curing technique (i.e. chemotherapy) is that these nanorobots provide a very localized treatment without exposure to unaffected



SOUTIK BETAL, Ph.D.

areas, as compared to full-body exposure in chemotherapy."

Betal said the robot can sense the difference between cancerous and non-cancerous cells based on electrical energy differences and can selectively permeate cancerous cells for treatment (drug delivery).

The robot has the potential as well to treat Alzheimer's and Parkinson's. "Alzheimer and Parkinson's can be treated by targeted or modified cell transport for vascular repair and by regenerating the dried neuronal pathways," Betal commented. Another potential use is in the vascular repair of transplanted organs.

The robot was designed and fabricated by Betal at Texas-San Antonio in the fall of 2015. Its remote-controlled functionalities in a bio-cellular environment were experimentally verified a year later with a group of biomedical engineering researchers. The research was published in Scientific Reports in January 2018.

Betal and his doctoral supervisors at Texas-San Antonio, Dr. Ruyan Guo and Dr. Amar Bhalla, submitted the application to the Guinness Book of World Records earlier this year and this month received Guinness World Record title of the "World's Smallest Medical Robot."

Betal has been working with Tidrow as a postdoctoral research fellow at Alfred University since January, conducting research on supercapacitors and dipole engineering.

OBITUARIES

Juanita (Sanford) Barone Dietrich, 56, had recently joined Allegany Artisans



JUANITA (SANFORD) BARONE DIETRICH

Bubbly local artist

ALFRED STATION—Juanita (Sanford) Barone Dietrich, 56, of State Route 21, passed away unexpectedly Sunday morning, June 10, 2018 in Hornell.

Juanita was born November 13, 1961, to the late George and Pauline (Ebner) Ritenburg, Sanford. On May 25, 2018 she married John Dietrich, Jr. at their home in Alfred Station.

Juanita was a graduate of Hornell High school class of 1979. She furthered her education at Monroe Community College earning an associate's degree in Graphic Design. For a number of years, she worked in the corporate world, eventually stepping out on her own and living

her own dream of operating her own art studio. She founded "Juanita Barone Design" and recently opened Studio 21 in Alfred Station, and was very successful with her art and designs within the surrounding area.

Ever the bubbly and outgoing individual she was known to be, Juanita loved to share her experiences and her art with others. She was always willing to learn new things, engage in a good conversation with someone, thus rounding out her own life with those she met.

She loved the company of her family and friends, whether at home, camping, gardening, antiquing or just a quiet time alone.

Juanita was recently privileged to become a new member of the Allegany Artisans of which she was very proud.

In addition to her husband John Dietrich of Alfred Station, Juanita is survived by a daughter Mariah Barone and fiancé Giovanni Bianchi of Rocky Point, N.C. and a son, Evan Barone of Ontario, step-daughters, Amanda (Ryan) Welch of Miller Place, Danee Dietrich of Arcade and Catherine Dietrich of Alfred Station; and two wonderful grandchildren, Mikey and Emily Welch.

Juanita is also survived by a

sister, Georgia (William) Davis of Hornell, three brothers, Tom Sanford of Ohio, John Sanford of Fremont and Troy Ritenburg of S.C.; several aunts, uncles, cousins, nieces, nephews and friends who she considered family. In addition to her parents, she was predeceased by a sister Judy Sanford in March 2018.

Ashley Gelser, 32, worked at equestrian center



ASHLEY LYNN GELSER

Played softball at AU

BELMONT—Ashley Lynn Gelser, 32, of the Hills Road, Belmont, passed away unexpectedly on Friday, June 1, 2018 at home.

She was born to the proud parents Kenneth L. and Tammy L. Middaugh Gelser in Wellsville on December 1, 1985.

Ashley graduated from Genesee Valley School in 2004 and

The family will greet and receive friends from 3-6 p.m. Friday, June 15 at the Canisteo American Legion on West Main Street, Canisteo, with a memorial service and celebration of Juanita's life to take place immediately following calling hours at 6 p.m. with reception to follow.

Memorial contributions in

attended Alfred University where she played softball. She worked various jobs in the area, most recently for Alfred University at the equestrian center where she found comfort with all her homies. She was in her element and most at peace when she was enjoying her love of hunting, fishing, farming, hiking, 4 wheeling, softball, watching musicals, or singing.

Ashley had a huge heart and an infectious smile and laugh. She also had a knack for forming special connections with her cousins and all the little people in her family. They all loved her, admired her, and looked up to her. It took courage to grow and become who she really was even when it was not easy or popular. Ashley did things her way!

She is survived by her parents, Kenneth [Marsha Storms] of Belmont and Tammy [Dick Young] of Scio; two sisters,

Juanita's name may be made to the Allegany Artisans c/o Len Curran, Gallery 2, 43 N. Main St. Alfred, N.Y. 14802.

Arrangements are with the H.P. Smith & Son, Inc. Funeral Home in Canisteo. Online condolences and memories may be shared through hpsmithandson-funeralhome.com.

Heather [Alex Deboard] of New Mexico and Courtney of Oregon; her grandmothers, Barb Taylor of Wellsville and Marleah Ritter of Wellsville; many aunts, uncles, cousins, and special friends.

She was predeceased by her grandfathers, Orlo S. Gelser, George Ritter, and Maurice W. Middaugh; her aunt, Cindy Jeffers; her uncle Ronald Gelser; and her fur baby, Duke.

Calling hours were from 1 to 4 p.m. Wednesday, June 6, 2018, at the J.W. Embser Sons Funeral Home in Belmont. A service was held at the conclusion of calling hours at 4 p.m. in the funeral home with Reverend John Francisco presiding. In lieu of flowers memorials may be made to the family for expenses or to the Allegany County SPCA. To leave online condolences please visit www.embserfuneralhome.com

Jeffery J. 'Jeff' Burnett, 51, skilled auto mechanic, loved racing snowmobiles

JEFFERY J. "JEFF" BURNETT

Skilled auto mechanic

HORNELL—Jeffery J. "Jeff" Burnett, 51, of 6426 Crossby Creek Road, Hornell, died Thursday evening, May 31, 2018, following a courageous battle with Stage IV colon cancer. Born in North Hornell on Sept. 4, 1966, he was the son of John and Mary (Alverson) Burnett.

Jeff was a lifelong resident of Hornell and graduated from Hornell High School (class of 1985) and also BOCES Wildwood with certification in Auto Mechanics.

After high school, Jeff began his career as an auto mechanic.

He was employed at several area dealerships over the years, including Perry & Thompson Ford of Bath, Simmons/ Rockwell of Hornell, Lindsey Motors in Wayland, and for the past four years, Timebuyer of Hornell. Jeff was an extremely skilled mechanic, receiving dozens of awards for Outstanding Service in Auto Mechanics. Most recently, he was a Senior Certified Ford Technician.

In his free time, Jeff could be found at "The Shop" on Drum Road where he would restore vintage snowmobiles. He loved racing and trading snowmobiles, especially Polaris! He also enjoyed hunting and fishing. Jeff is lovingly described as a "week-

end warrior" who lived life to the fullest. A stubborn man with a strong heart, Jeff loved spending time with friends and family.

Jeff reached the distinction of Eagle Scout during his teenage years. He proudly kept his badges and certificates that were earned during his years in Boy Scouts.

Jeff is survived by one son, Kyle (Sienna) Burnett of Hornell; one daughter, Justine Burnett of Hornell; his mother, Mary Burnett of Hornell; three grandchildren, Wyatt, Raegan,

and Quinn of Hornell; three brothers, John (Sharon) Burnett of Dansville, David (Kathy) Burnett of Tennessee, and Kenneth Burnett of Hornell; his beloved "grand-dog" Gage; his very close friend, Griffin Ellis of Hornell; and several nieces and nephews.

His father, John Burnett, preceded him in death in 1990.

To honor Jeff's wishes, there were no calling hours. A private graveside service was held at the convenience of the family. Burial was in Rural Cemetery. Fu-

neral arrangements were in care of the Dagon Funeral Home, 38 Church St., Hornell, N.Y.

Because of the excellent care from the staff at Strong Memorial Hospital, Jeff's family requests that memorial contributions in his name be made to the Wilmont Cancer Center, 601 Elmwood Avenue #704, Rochester, NY, 14642.

To leave an online condolence or print a memorial form, visit www.dagonfuneralhome.com.

David W. Karl, 82, long-time Friendship coach



DAVID W. KARL

Beloved coach

BELMONT - David W. Karl, of 4 McNinch Lane, Belmont, passed away Wednesday, June 6, 2018 at the Olean General Hospital, after a brief illness.

Born September 18, 1935 in Olean, he was the son of Bernard and Katherine Driscoll Karl. He later moved to Omaha, Nebraska, where he met the love of his life, Audrey Serafini, who survives.

David was a graduate of Allegany High School and a star basketball and football player. He received his Bachelors degree from SUNY Brockport and played soccer on a National States Marine Corps, proudly serving from 1958-1962. David went on to receive his Master's in Education from St. Bonaventure University.

He was the Athletic Director for Richburg Central School for three years, and then for twenty-five years for Friendship Central School, where he coached basketball and soccer. He was the head women's soccer coach for St. Bonaventure University for six years. He moved to San Diego, CA, to enjoy his retirement for twenty years, and recently moved back to Belmont to be closer to his family. David enjoyed golfing, fishing, gardening, sports, but most of all he loved spending time with his family and his dogs.

In addition to his wife, he is survived by his two sons, Bryan (Kristen) Karl of Belmont and Timothy (Michael Grundleger) Karl of Rome, Italy; one sister, Anne Pittman of Allegany; and his two dogs, Shadow and Baby.

He was predeceased by one sister, Kay Pittman.

Calling hours at the J.W. Embser Funeral Home, 19 Schuyler Street, Belmont were held from 2 to 5 p.m. Sunday, June 10. Burial was at the convenience of the family.

Memorials if desired may be made to the Allegany County SPCA, 1374 NY-19, Wellsville, NY 14895.

Funeral arrangements are under the direction of the Guenther Funeral Home, 1303 E. State Street, Olean.



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Puzzles on Page 10

SCRAMBLERS

solution

1. Power; 2. Chafe;
3. Glean; 4. Clear

Today's Word


FAREWELL

King Crossword

Answers

Solution time: 27 mins.

L	A	M	E	S		D	I	M		A	N	D
A	D	O	P	T		E	R	A		P	O	I
W	O	O	E	R		M	O	O	C	H	E	R
		R	E	A	S	O	N		H	I	N	T
O	B	I		W	E	T		D	A	D	D	Y
R	A	N	K		V	E	N	U	S			
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B	U	R	S	T		A	C	E		O	A	T
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COMMUNITY NEWS

Montessori School gets \$800 grant

ALFRED—The Alfred Montessori School recently received \$800.00 to help them improve the security of their building. This grant money will be used to help them purchase a new lockset and key fobs for their front entrance. Back in 2016 the school had made an investment for the health and



From left, Denis Dahlgren, Executive Director of the Allegany County Area Foundation, presents \$800 check to Judith Rose, director of the Alfred Montessori School.

Alfred Nutrition Luncheon Site notes change in lunch schedule

By DEBBIE PIERSON
Alfred Lunch Site Manager

Are you sitting at home from noon to one, Looking for a place to share and have fun? Here's an idea, I hope you will try it There's even a lunch, three dollars will buy it! If you're 60 or older, alone or with spouse, Join others your age for a break from your house. Swap a story or memory, have a laugh or two, Each time that we meet there will be an activity for you. You're still not sure if this is for you. Come for a visit a time or two. You might be skeptical but I have a hunch You'll have a good time when you meet us for lunch!

Many residents of Alfred and surrounding communities are unaware that a Senior Lunch program is available to folks 60 years and older. This luncheon is one of many services available to older adults through the Allegany County Office for the Aging. The Alfred luncheon site is at the Union University Church Center and meals are provided year round on Monday, Tuesday and Thursday. (Please note, this is a new schedule.) Reservations are required 24 hours in advance of the lunch. If you are interested in attending the Senior Lunch or if you have any questions, please call Debbie Pierson (Alfred Lunch Site Manager) at 607-793-0118. Join us for good food and good times with good friends.

SUNNY SIDE UP

By ELLEN SHULTZ
Alfred Sun Columnist

June Moland's brown bread recipe

[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.] June Moland was widowed at 50 and had to go to work as a cook for Theta Gamma Fraternity. She later bought the grocery store on Main Street from Milton and Eloise Baker. This was in 1943 when there was still rationing; it was a hard time to run a grocery store. She sold the store in 1952 to the Glovers who ran it from then on. June also bought the whole building and rented out rooms and apartments above the stores to college boys, one of them being my husand during his graduate year. She was a kind and caring landlady and sometimes had cookies and cakes for her tenants. From 1951 until she retired she was the secretary to Fred Palmer in the Buildings and Grounds Department.

Brown Bread

1 c. sweet milk	1 c. flour
1 c. sour milk (add 2 T. vinegar)	1 tsp. soda
2 c. cornmeal	salt

1/4 to 1/2 c. or more molasses, maple syrup or soft sugar

Put in coffee cans; set in pan of water. Steam over low heat for three hours. Dry out 30 minutes in oven.

A note on the recipe says Mrs. Clifford Potter remembered that her mother always said, "one of sweet, one of sour, two of meal and one of flour."

safety of their children, staff and families by securing their rear entrance. Now both entrances will have a secure access.

The Alfred Montessori School is located on South Main Street in Alfred. They offer programs for: infants (6 weeks–18 months), toddlers (18–36 months), preschool (3–6 years) and after school (5-12 years).

For more information about the Alfred Montessori School please visit their web site at: www.alfredmontessori.com.

The Allegany County Area Foundation holds assets of over 9.4 million dollars. The endowed funds continue to grow in perpetuity to enrich and improve the lives of Allegany County people. 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 or send an e-mail to: director@alleganycount- yareafoundation.org.

SERVICE NOTES

Major General Anthony P. German, the Adjutant General for the State of New York, announces the recent promotion of members of the New York Army National Guard in recognition of their capability for additional responsibility and leadership. **Daniel Brown** of Andover and assigned to the Forward Support Company, 204th Engineer Battalion received a promotion to the rank of Private 1st Class. Army National Guard promotions are based on overall performance, attitude, leadership ability, and development potential.

Emily Kokot of Almond has been named to the Champlain College Dean's List for the

Kelly's Forecast

By KELLY SNYDER
Alfred Sun Weather Forecaster

"Summertime is always the best of what might be."

—Charles Bowden

Thursday, June 14	MOSTLY SUNNY	(HIGH 74– LOW 50)
Chance of precipitation.....	0%	
Friday, June 15	MOSTLY SUNNY	(HIGH 76 – LOW 54)
Chance of precipitation.....	10%	
Saturday, June 16	PM SHOWERS	(HIGH 78 – LOW 63)
Chance of precipitation.....	80%	
Sunday, June 17	THUNDERSTORMS	(HIGH 85 LOW 70)
Chance of precipitation.....	80%	
Monday, June 18	PM THUNDERSTORMS	(HIGH 88 - LOW 65)
Chance of precipitation.....	60%	

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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Scene About Alfred

A weekly photo feature
By SHERRY VOLK
Alfred Sun Columnist



Nunda Fun Days. As we approached the school where the 5K run/walk was to start, we noticed a raccoon. QUITE a raccoon. The run we would be doing was called the Raccoon Run. In conversation with said raccoon, she divulged the information that she is Sandy Bahrenburg, but prefers to be known as Rocky Raccoon while on the job. She met each finisher of the event with a refreshing bottle of cold water.

Photos: Fore and aft views of Rocky Raccoon, hostess of Nunda Fun Days 5 K Run/Walk, sponsored by Once Again Nut Butters.

CAMPUS NOTES

Spring 2018 semester in Burlington, Vermont. Students on the Dean's List have achieved a grade point average of 3.5 or higher during the semester. Kokot is majoring in Graphic Design & Digital Media.

The State University of New York at Geneseo has announced its Dean's List for the spring semester 2018. To be on the list, a student must have achieved at least a 3.5 grade point average while taking a minimum of 12 credit hours. Area residents named to the Dean's List include **Priya Rao** of Almond, **Daniel Woughter** of Almond, and **Catherine Dietrich** of Alfred. SUNY Geneseo is a premiere public liberal arts college dedicated to developing socially responsible citizens with skills and values for a productive life.

Sandra Jean Quick of Almond graduated from Clemson University with a Master of Science in Biological Sciences . Quick was among nearly 3,700 students who received degrees at ceremonies May 10 and 11, 2018, in Littlejohn Coliseum.

Salvador Tarun of Alfred was graduated with a Bachelor of Science in Electrical Engineering degree from Lehigh University during Commencement ceremonies on May 21, 2018.

Sadie VanDyke of Alfred Station, was among the graduates celebrated at the 160th Elmira College Commencement on Saturday, June 2. The exercises, held at the Murray Athletic Center, Pine Valley, included 270 undergraduate and 27 graduate students.

Nazareth College of Rochester is proud to announce that **Kristen Amidon** of Andover has been named to the dean's list for the Spring 2018 semester.

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EDITORIAL PAGE



Forward, For Real

Sun Spots



Presidential Proclamation for the Proper Celebration of Flag Day 2018

The President issued a grand Proclamation, Declaring how flags be respected; So now all the people across all the nation Must do as the President's directed:

No kneeling, no sitting,
No laughing, no spitting,
No burning, no tearing,
No stomping, no wearing,
No rioting, no protesting,
No jiving, no jesting,
No painting it, no dyeing it,
No cutting it, just flying it,
No trash talk, no hedging,
No back talk, just pledging.

Yup, follow the President—
He'll set the precedent:
He'll salute the flag, and he'll
Light a small candle,
Serve cake and ice cream
To all of his team,
Then open up gifts—
No butts, ands, or ifts.
Don't think this is false, no:
Cuz it's his birthday, also.

—Anon flAg Mouse

Sun Spots



Singapore Succinctified

Kim came,
Trump thumbed up,
The world awaits....

—Anticip Ating Mouse

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"A pretty darn good newspaper serving Alfred since 1883"
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Alfred Sun Janitorial

Road Bowling a success

Next year I'll give it a shot. You know, Irish Road Bowling.

It was a great sunny Saturday at the 6th Annual Road Bowling Classic on the Kilbane Road course in Andover, which is 1.2 miles in length. Brian Cannon was at the start at the Registration Table all day while Mike Jackson was the official scorer at the finish (along with some Irish Guy named Jameson) Here are the results:

1- Mens Open: Repeat champs Mark Joyce of Andover and Shane Dunbar of Genesee, PA 24 throws (They set the course record with a blistering 20 throws last year)

2- Women's Open: Nicole Meehan and Chelsea Turner with 28 throws.

3- Mixed Doubles: Brenda and Chris Perks with 27 throws.

4-16-and-Under: Gavin Haggerty of Wellsville and Ben Brynes of Alfred Station with 34 throws.

5-65-and-Over: Alfred-Almond alumni David and Janice (Stearns) Porter of Wellsville with 42 throws in their first time as rookies! They threw well.

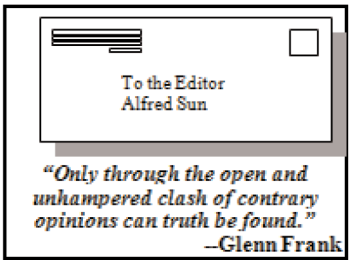
6-Most Experienced Bowlers were Tom and Barbara Brynes, 51 throws. Their son David lives in Alfred Station.

"We actually had a great tournament with our second highest turnout," said Brian Cannon, "This is a major Allegany County Ancient Order of Hibernians (AOH) fund raiser."

The AOH makes major contributions to the Hart Comfort House in Wellsville, the Immaculate Conception Church as well as the Allegany County Catholic Charities Food Bank that serves southern Allegany County, where the needs are great.

Congratulations to the AOH on a successful tournament!

Thanks to Grantier, Dan Hegarty, Emily Kokot



Letter to the Editor:

Karl Grantier neglected to mention and acknowledge the assistance of Dan Hegarty and my daughter, Emily Kokot, with the project.

Dan was instrumental in making the reception a success by hanging the 50 some banners in the community building, a tedious and time-consuming process. Dan helped out when I was trying to get "round three" in when I unexpectedly had to leave for FL, aiding in submitting the last banner of that batch. Dan also handled the cleaning of the banners before they were hung again this year. Jamie Mansfield assisted, and for that and all of his help throughout, as well as the others on the town roads crew, we are thankful.

Without Emily's editing skills, close to 20% of the photos used (in most cases they were the only photos available), would not have been banner worthy. She spent hours in between her classes and studies at Champlain College "tweaking" creased and

faded photos, removing backgrounds from photos that were taken in the field, and almost recreating a few that some would have deemed unusable.

Dan and Emily, "Thank you" for your time and efforts. They were gratefully appreciated.

And yes, Alfred's banners are fantastic. I'm happy that the community met the challenge to adorn the streets of Alfred as we did here in Almond.

And a final "Thank you" to Karl Grantier. His dream became a reality through perseverance and dedication.

Respectfully submitted:
Tammy Kokot
Almond

Hopes to influence outcome of election

Dear Editor:

I live in NY's 23rd CD and am guilty of trying to influence the outcome of an election. In fact, I've been doing it for more than 40 years.

I'm not the mastermind behind a Russian social media bot. I'm not talking gerrymandering or voter suppression or fake news. I use these simple tools:

#1: I am registered to vote and vote in every election.

#2: I actively encourage other people to vote.

#3: I work on behalf of candidates whose platforms align with

my values.

For most of my adult life, I participated in democracy by taking these actions and it was enough. But in the months since November 2016 I resolved that I must do ALL I CAN to help sway elections. So I've added another tool:

#4: I make regular financial contributions.

I donate regularly to the "Your NY 23rd" political action committee whose mission is to help elect responsive and effective representation in Congress. Found online at www.yourny23.org, this PAC is not aligned with any candidate. It works to educate and empower voters in the 23rd CD.

And I donate regularly to Act-Blue's "NY-23 2018 Democratic Nominee Fund". The fund was established only months ago and stands today at more than \$20,000. It was raised entirely by individuals making small contributions using this link: secure.actblue.com/donate/reedfre e23

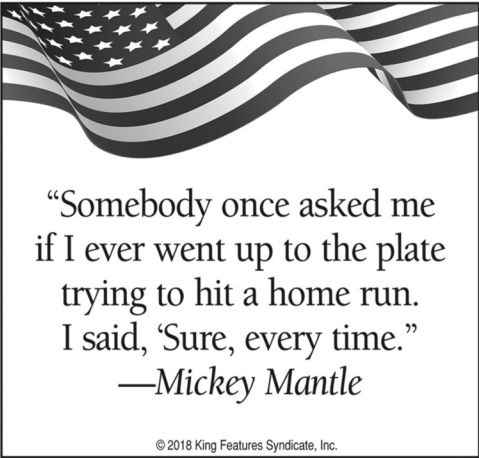
The June 26 primary will determine the Democratic nominee to run against Tom Reed. The nominee will receive the Fund to kick-start their congressional campaign. Contributions will be accepted up to primary day.

Only a tiny percentage of adults (+/- 10%) has ever contributed to a political cause or campaign, but I find it a powerful adjunct to voting and encourage everyone to give it a try. We must do ALL WE CAN to help determine the outcome of this election.

Karen Ash
Allegany County, NY

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.

Americanisms



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THE ALFRED SUN

WEEKLY DEADLINE:

We've got a deadline and we're stickin' to it.
12 noon Monday for Thursday publication
NEXT ISSUE: Thursday, June 21, 2018
Deadline: 12 noon Monday, June 18
email: alfredsun.news@gmail.com

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Moonlighter



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

Week of June 14-June 20, 2018 ALFRED SUN, PO Box 811, 764 Route 244, Alfred, NY 14802 607-587-8110

ALFRED UNIVERSITY MOST ARTS



CHRISTIAN CHIU



ASHLEY KIM



ANGELINE MA



PERREN-LUC THIESSEN

Meet the MostArts Young Pianist finalists

ALFRED—"The Magic Returns" July 8-14 with Alfred University's Fifth Annual MostArts Festival.

Free Noontime Chamber Music Concerts, "Music Under the Stars" featuring a Gallery Hop and BBQ, our Festival Orchestra Evening Concerts Series in Miller Theater, a variety of One-Day Workshops, and a "Raku Extravaganza" are a sample of the events during the week. The MostArts Festival's International Artists, Festival Orchestra members and Piano Competition Finalists will begin to arrive in early July.

These eight amazing contestants ages 13-18 from across the United States will compete for a \$10,000 grand prize given in memory of AU faculty member and Wellsville resident Robert Hutter.

Tickets are needed for all Evening events and Workshops. Other activities are free. Tickets are on sale at the AU Bookstore M-F 8:30-3:30, or online at: MostArts.alfred.edu

The First Four Competition Finalists

Meet our first four Competition Finalists who will perform their Mozart concerti on Thursday, July 12th with the Festival Orchestra under the baton of Steven Thomas. The competition will feature the 2nd and 3rd movements of a Mozart Concerto. Best of luck to our 2018 "Young Pianist Competition" Finalists!

Christian Chiu, fifteen, attends Upper St. Clair High School in Pittsburgh, PA. At the age of ten, he made his orchestral debut with the Pittsburgh Symphony Orchestra. He has been a prize winner and

finalist in national and international competitions, including the MostArts Festival Piano Competition and the Arthur Fraser International Piano Competition, part of the Southeastern Piano Festival (SEPF) in South Carolina. He currently studies privately with Professor Natasha Snitkovsky of Duquesne University.

Ashley Kim, age fourteen, is a freshman at New Trier High School in Illinois. She currently studies piano with Brenda Huang, and she started piano lessons when she was five years old. Ashley was the second prize winner of the 2017 Emilio del Rosario Concerto Competition. She earned an honorable mention at the Chicago Symphony Orchestra Young Artists Concerto Competition and DePaul Concerto Festival. She gained second place at the 2017 Sejong Music Competition in the senior division, and first prize in the junior division in 2016. Also in 2016, she took first place in the intermediate division at the Society of American Musicians Competition at the Music Institute of Chicago and also in the junior division in 2015. She is the winner of the 2015 Granquist Music Competition, Olympic Level. Ashley has received numerous awards, including the Illinois State Music Teachers Association.

Besides piano, Ashley loves playing violin with her friends and her school symphony orchestra. She likes math and hanging out with friends. She also enjoys performing at retirement homes around suburbs of Chicago.

Fifteen-year-old **Angeline Ma** has been playing since the age of five and

currently studies with Susan Starr. Angeline has won prizes in competitions including the Princeton Festival Piano Competition, Kennett Square Symphony Competition, Tri-County Youth Festival, International Young Artist Piano Competition in Washington, DC, Chopin International Piano Competition in Hartford, CT, and Kosciuszko Foundation Chopin Competition in Washington, DC. She was a finalist in the 2017 Greenfield Competition's Junior category with the Philadelphia Orchestra, as well as a 2017-2018 Chopin Foundation of the United States scholarship recipient. Angeline is a two-time recipient of the Vladimir & Haewon Feltsman Piano Foundation scholarship.

In 2017, Angeline gave a recital at Keneseth Israel in Elkins Park, IL. In 2018, she performed with the Ambler Symphony Orchestra as a Menges Scholarship recipient. Angeline has also performed at the Polish Embassy in Washington, DC as a prize winner in the Kosciuszko Foundation Chopin Competition. She has taken masterclasses with Vladimir Feltsman, Eleanor Sokoloff, Vladimir Ovchinnikov, Tamas Ungar, Phillip Kawin, Victor Rosenbaum, and Alexander Korsantia. From Berwyn, PA and a sophomore at Conestoga High School, Angeline was a 2017 recipient of her school's Leadership and Service Award.

Texan Pianist **Perren-Luc Thiessen**, fifteen, studies with Dr. Tamás Ungár and Dr. Mary Humm. Perren-Luc made his orchestral debut at twelve with the Todi International Music Masters Festival and has appeared with the Paderewski Piano

Academy, Round Rock Symphony, and Fort Worth Civic Symphony. He was invited to perform in Moscow after winning the 2017 American Fine Arts Festival International Concerto Competition. He participates in the Semper International Music Festival in Völs am Schlern and the International Piano Masterclasses in Katowice, and in 2017 he was the youngest participant in the elite Young Artists Program at Piano Texas, where he performed again this year. He also was the only American finalist chosen for the Grand Piano Competition, founded by Denis Matsuev, at the Tchaikovsky Moscow Conservatory in 2018.

His international prizes include First Prize and Award for the Best Performance of a Romantic Work in the 2017 Young Pianist of the North International Piano Competition in the United Kingdom, and Second Prize, Most Promising Young Artist, and Best Chopin Performance in the Tkaczewski International Piano Competition in Poland. Also in 2017 he won First Prize in the Debut International Piano Competition, which resulted in his 2017 Carnegie (Weill) Hall debut recital and another in the Ehrbar Saal in Vienna. He has won numerous First Prizes, including First Prize at the Texas Music Teachers Association Solo Competition and First Prize in Concerto Competitions sponsored by the Fort Worth Civic Orchestra, Plano Symphony, and Lewisville Lake Symphony.

WINGATE MEMORIAL CARILLON RECITAL SERIES

Three guests will play Davis Carillon in July

ALFRED—July in Alfred means the bells of Davis Memorial Carillon on the Alfred University campus will soon be ringing out music played by visiting artists in the 2018 Wingate Memorial Summer Carillon Recital Series.

The popular annual concert series begins Wednesday, July 11, and will continue each Wednesday through the end of the month. The concerts are free and open to the public.

Visiting artists who will play the 47-bell carillon are: Tatiana Lukyanova, who opens the concert series at 6 p.m. July 11; Jim Fackenthal, playing the bells on July 17; Gordon Slater, July 24; and Carlo can Ulft, July 31. With the exception of Lukyanova's opening concert, the perform-

ances will begin at 7 p.m.

Listeners will recognize many familiar musical selections, drawn from both classical and pop repertoires. They will include Handel's Suite in D minor for Harpsichord; selections from Fiddler on the Roof and Willie Wonka and the Chocolate Factory; Let Me Call You Sweetheart and Killing Me Softly With His Song; and excerpts from Les Miserables.

Alfred University's Wingate Memorial Summer Carillon Recital Series honors the first University carillonneur, Dr. Ray Wingate, professor of organ, who served as carillonneur from the arrival of the first 35 bells on campus in 1937 until his death in 1968.

More than 20 additional bells

were added over the years, some replacing original bells, and a new keyboard was installed in 1953, covering four octaves from C to C. Pedals span one octave, plus a musical fifth. The original tower on which the bells were hung was an oil derrick, hearkening back to the days when the Alfred and Wellsville areas were part of the northeast oil and gas fields mined for carbon-based fuels. The current steel tower was built in 1953, and modified in 1980.

The Wingate Memorial Summer Carillon Recital Series is generously funded by the Margaret Merrill and Ray Winthrop Wingate Memorial Carillon Foundation. The summer series was created by the late Margaret "Peggy" Wingate Rase to recog-

nize and honor her parents' love of carillons and their dedication to the Davis Memorial Carillon.

Concerts are held rain or shine and guests are advised to bring folding chairs and warm clothes. The opening concert July 11 is being held as part of the Fifth Annual MostArts Festival hosted by Alfred University.

Host for the July 11 recital is Steve Crandall, Alfred University librarian emeritus. Also hosting the series is Laurel Buckwalter, Alfred University carillonneur emerita. Crandall, who learned to play the carillon during his undergraduate years at Alfred, and Buckwalter will be available to answer questions about the carillon. Guests are also welcome to climb the 69 steps to the top of the carillon,

enjoy the view, and watch the guest artists perform.



Davis Memorial Carillon

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 545-8603.

MostArts Festival: Save the Date! Plan to enjoy Summer Music & Art, Sunday, July 8-14, 2018 featuring the 2018 Piano Competition ages 13-18 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 585-593-3000.

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: orpheuschorale.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 Ulf. 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.

Let's Dance Club offers occasional dances. For details, contact president Carole Onoda at (607) 276-5475, vice-presidents John and Dee Cwynar at (607) 324-0373, secretaries Duffy and Barb Elsenheimer at (607) 295-7194, treasurers Charlie and Kathy Bill at (607) 295-7130, or band coordinators Doug and Melody Carrier at (607) 324-5821.

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.



Art/Galleries

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 pm; 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.

Inamorì 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 Al-

fred Art Walk email: submit.alfredartwalk@gmail.com

National Warplane Museum. nationalwarplanemuseum.org, 3489 Big Tree Ln, Geneseo, 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

Summer reading program for children, teens, parents starts June 25

By MELANIE MILLER
Box of Books Library Director
Summer reading begins on June 25. From 4 to 6 p.m., we will once again host an ice cream social to kick off the program and begin registrations. If you can't make it on June 25 to the registration event, you can register at the library during regular

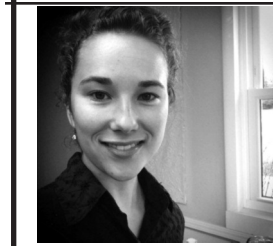
NOTES from the BOX OF BOOKS



hours. Who can register?
•Children. When you think of summer reading, you most likely think it's for school-age children. The primary goal of summer reading is to keep children reading throughout summer vacation. Students that read during the summer maintain their reading skills when the return to school

in the fall.
•Young children. Even if your child isn't school aged yet (between the ages of birth-5), you can still register for summer reading. Reading is important for children of all ages. Building early literacy skills begins at birth so we'll have plenty of activities for the pre-school crowd.
•Teenagers. If you are between the ages of 13-18, you're not too old for summer reading. In fact, teens benefit just as much from reading as children do.
•Parents. While you're registering your children, consider registering yourself! We have an adult reading program as well, and what better way to encourage reading in your children than by modeling it yourself. It need not be War and Peace. It can be magazines, newspapers, e-books, audiobooks.
•Adults who are not parents. Summer reading is for you too! We encourage adults of all ages to participate.
So, just to re-cap: Summer Reading is for EVERYONE!!

June 25-Ice cream social & Registration 4-6pm
June 28-How We Hear: The Science of Sound 1-3pm
June 30-Jazz Ninjas Concert 6-8
July 2-Make it Monday: Fairy Ribbon Ring 1-2:30 pm
July 9-Make it Monday: CD Mosaic (Teens) 1-2:30 pm
July 12-Sounds of Our Bodies: The Science of Sound 1-3 pm
July 14-RON Concert 6-8 pm
July 16-Make it Monday: Rainbow Music Stick 1-2:30 pm
July 23-Make it Monday: Rain Stick 1-2:30 pm
July 26-Sounds of Nature: The Science of Sound 1-3 pm
July 30-Make it Monday: Pet Rocks 1-2:30 pm
August 2-Musical Instruments: The Science of Sound 1-3 pm
August 5-Make it Monday: Thumb Piano & Hoop Guitar 1-2:30 pm
August 16-Peter and the Wolf (Book & Movie) 1-3 pm
August 19-Wrap Up Picnic 1-3 pm
Full program descriptions can be found on our website. Join us every Wednesday at 11:00am for Wiggles & Giggles Storytime which will feature activities and crafts based on these programs.



Nutrition in a Nutshell

By MARIA ADAM
Nutritional Therapy Practitioner and Alfred Sun Columnist

How Sweet is the Sweet? Stevia

Often, a food's nutritional value is questioned or confused because of modern processing methods. Depending on your currant verdict of stevia, this may precisely be the case. Like the other sweeteners we've discussed, to determine if stevia holds a place in our pantry, we should understand the history and research of stevia, how our body breaks it down, and how it is processed in this modern chemical age.

Stevia is derived from the plant, Stevia rebaudiana. The plant was used extensively by the South American Gaurani Indians for more than 1500 years for medicinal purposes as well as a sweet leaf in beverages.[1] Because of stevia's longevity of beneficial effects spanning multiple generations, we can be more confident with its use. However, the form of stevia that we've seen growing in popularity over the last decade, is not the same whole form used by the Gaurani Indians. Today, stevia may be esteemed as healthy because it comes from a plant, but so does corn syrup and white sugar. So, we need to probe and determine if the processing of stevia adulterates the health of the leaf. Let's take a closer look at the make up of this sweetener.

The stevia leaf contains chemical compounds called steviol glycosides which make it sweet. In its natural form, the stevia leaf is about 40 times sweeter than sugar. Commercial stevia is produced by isolating one or two of these glycosides, and depending on which one is used, may result with a bitter aftertaste from some brands. When the glycosides are isolated, the product is 200-300 times sweeter than sugar.

There is some controversy over how these glycosides interact in our body, but currant studies have proved only benefits; including anti-bacterial, antidiabetic, anti-cancer, and antioxidant properties.[2] But don't forget to read the label and know your source. An organic, pure stevia extract simply contains the original isolates which will result in the benefits listed above. However, many stevia products include one of the following ingre-

dients: sugar, dextrose, fructose, maltodextrin, or agave. These are all names for chemical laden sugar.

Surprisingly, and unlike most sweeteners, stevia does not raise our blood sugar levels. It has no caloric value, so is not categorized as a sugar--note, steviol glycosides do not contain the "ose" suffix as all sugars do. It also has a glycemic load of 0. Because of this, stevia can be very healing for diabetics and those with other blood sugar handling issues. However, one concern is that this ultra sweet taste can potentially confuse the insulin response in some individuals. This is a phenomenon which we'll discuss in more depth when we explore the topic of artificial sweeteners.

Now that you have the facts, what is the verdict? Strive for purity and independency! What do I mean by this? Ideally, we return to stevia in its whole form by using the leaves as the Gaurani Indians did. We can crush them into powder, boil them like tea to make a sweet syrup, or produce a liquid extract much like vanilla extract. This is on my bucket list for the fall as I've planted stevia in my herb garden this year. Second best, and still Thriving Health approved, is the use of pure organic stevia. Check the ingredients for those added processed sugars and steer clear. Last of all, I mentioned independency. Because stevia is so much sweeter, but holds no caloric value, it is easy to overdue and depend upon it. Always challenge your palate to enjoy the raw flavors in food; then, as desired, use stevia as a sweet treat!

[1] Misra, H.; Soni, M.; Silawat, N.; Mehta, D.; Mehta, B. K.; Jain, D. C. (April 2011). "Antidiabetic activity of medium-polar extract from the leaves of Stevia rebaudiana Bert. (Bertoni) on alloxan-induced diabetic rats". J Pharm Bioallied Sci. 3 (2): 242–8.


[2] <https://www.ncbi.nlm.nih.gov/pubmed/19961353>
<https://www.sciencedirect.com/science/article/pii/S0308814611017559>

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


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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

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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. Friday, June 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, June 18

Pineapple Tidbits, Baked Ham, Whipped Sweet Potatoes, Petite Peas, Dinner Roll, Gingerbread w/Lemon Sauce, Diabetic-Applesauce.

Tuesday, June 19 Creamsicle Salad, Baked Chicken, Mashed Potato w/Gravy, Squash, Wheat Bread, Fresh Fruit. Diabetic-Fresh Fruit.

Wednesday, June 20 Peachy Cottage Cheese Salad, Tuna Macaroni Salad, Three Bean Salad, Dinner Roll, Oatmeal Raisin Cookie. Diabetic-Orange *Birthday Cake @ Whitesville Center.

Thursday, June 21 Pickled Beet Salad, Meatloaf, Ranch Potatoes, Mixed Vegetables, Italian Bread, Strawberry Shortcake. Diabetic-Strawberry Shortcake. *Birthday Cake @ Centers.

Friday, June 22 Pineapple Cabbage Salad, Hamburger on Whole Wheat Bun, Ketchup & Mustard, Oven Browns, Diced Beets, Apple Crisp. Diabetic-Applesauce. *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. "John Gilchrist's Invention is 100 Years Old!" Karen Chamberlain, Issues & Answers. **Tuesday**—10:30-11:30 a.m. Exercises w/ Mary Lou Maxon. Lunch at 12 noon. "American Eagle Day." **Thursday**—Lunch at 12 noon. "Are We There Yet?"

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. "Nerf Target Practice." **Thursday**—Growing Stronger Exercises at 9:30 a.m., Lunch at 11:30 a.m. "Celebration of Summer." Karen Chamberlain, Issues & Answers.

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. "Go Fishing Day."

Wednesday—Growing Stronger Exercises at 10:30 a.m., Lunch at 12 noon. Cards. "National Bald Eagle Day." Chris O'Connor, Issues & Answers. **Thursday**—Lunch at 12 noon. Cards at 1 p.m. "First Day of Summer."

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. Accord Domestic Violence. **Thursday**—Exercises at 10 a.m. Lunch at 12 noon. "Famous People." Cards at 1:00.

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. "Merchants of Munch." **Tuesday**—10:30 Euchre, Cards, Dominoes, Puzzles. Lunch at 12 noon. "The Bubble Pipe Celebrates it's 100th Birthday."

Wednesday—10:30-11:30 Exercises w/ Mary Lou Maxon. Lunch at 12 noon. "Current Events." Blood Pressure Clinic. **Thursday**—10:30 Growing Stronger Exercises, Lunch at 12 noon. "Going to the Hospital."

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. Jaime Sarvis—"Detox Diets." **Thursday**—10:30 Growing Stronger Exercises, Cards, Jigsaw Puzzles, Euchre. Lunch at 12 noon. Chris O'Connor, Issues & Answers.

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. Jaime Sarvis—"Detox Diets." **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. **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. "Bubble Quiz." **Tuesday**—Senior Center Library. Jigsaw Puzzle. Lunch at 12 noon. "Yo What's the Trick." Madeleine Gasdik, Issues & Answers. **Wednesday**—Senior Center Library, Lunch at 12 noon. Jigsaw Puzzle. "Youthful Memories Discussion."



At the Movies

(Effective June 15-June 21) **GRAND THEATER,** Main St., Wellsville... 585-593-6899 TBA Incredibles 2 (PG) **SPOTLIGHT THEATER,** 191 Main St, Hornell 607-661-4685 Book Club (PG-13) Oceans 8 (PG-13) The Incredibles 2 (PG) June 21: Jurassic World: Fallen Kingdom

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Matinees Sat.-Sun. at 2 & 4

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Locally Made

The DIY Farmer's Wife Approach

By KRISTINA SNYDER
Alfred Sun Columnist

Do It Yourself Cucumber Sandwich

Summer is in full swing now and fresh produce is starting to pop up everywhere at the farm markets. One early greenhouse grower had cucumbers and I was so excited to make one of my favorite summer special breadless cucumber sandwiches.

What You Need:

- *one large cucumber
- *cream cheese
- *fresh dill
- *slice ham

Take your cucumber, chop off the ends and slice in half lengthwise. Scoop out the seeds with a metal spoon and compost or feed to your chickens. Press the ham slices in the inside of the hollow cucumber halves then spread cream cheese over top of each side and top with the fresh dill. Squish the two halves together and then cut in 1" thick slices to make mini tea sandwiches. This recipe is a hit with the toddlers and so nourishing to you! Enjoy.

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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<p>June 15-June 21 Book Club (PG-13) Fri. 12:30, 3:30, 6:15, 9:00 Sat. 1:00, 3:30, 6:15, 9:00 Sun. 1:00, 4:00, 7:00 Mon. 7:00 Tues. 12:30, 3:30, 6:15, 9:00 Wed. 1:00, 7:00 Thurs. 1:00, 4:00, 7:30</p>	<p>June 15-June 21 Oceans 8 (PG-13) Fri. 12:15, 3:15, 6:15, 9:00 Sat. 12:30, 3:15, 6:15, 9:00 Sun. 1:15, 4:15, 7:15 Mon. 7:15 Tues. 12:15, 3:15, 6:15, 9:00 Wed. 1:15, 7:15 Thurs. 1:15, 4:15</p>	<p>June 15-June 21 The Incredibles 2 (PG) Fri.-Sat. 12:00, 3:00, 6:00, 8:45 Sun. 1:30, 4:30, 7:30 Mon. 7:30 Tues. 12:00, 3:00, 6:00, 8:45 Wed. 1:30, 7:30 Thurs. 1:00, 4:00, 7:15</p>	<p>Starts Thursday, June 21 Jurassic World: Fallen Kingdom (PG-13) 7:00</p>
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FUN in the SUN

Dairy Days, Oil Days, Strawberries

By DAVID L. SNYDER

Alfred Sun Editor and Publisher

This year marks the 52nd year of Cuba's dairy celebration. Seems like time is MOOving right along at an underly ridiculous pace.

Allegany County salutes the dairy industry through Cuba's event. Dairy farms still dot the Allegany County hills and fields and dairy products such as cheese and cottage cheese are still in production here.

Cuba was once known as the place where the world cheese market prices came from. Cuba's famous Old York Cheddar is still a popular favorite and is sold at the Cuba Cheese Shoppe. There's even a Cheese Museum located on the ground floor of the Palmer Opera House on Cuba's Main Street, just across from the giant American Flag that can be seen from every direction as you enter the town.

What was known as Cuba Dairy Week until the past couple of years, is now called Dairy Days and takes place only two days now.

There's a giant parade at 3 p.m. Saturday, June 16 and this year it will be even bigger and better. The theme this year is "get your dairy on".

There is also a craft show that takes place on Elm Street on Saturday from 9 a.m. to 4 p.m.

Much like the other Allegany County towns' festivals, there's a community-wide yard sale, so be sure to get there early for the best bargains.

There will be plenty of food vendors and the outstanding restaurants in town to feed hungry Dairy Days observers.

For more information, visit: Cubanewyork.us/cuba-dairy-days.html website.

Strawberry Festival
Almond's "unofficial" summer kickoff – the Almond Historical Society's annual Strawberry Festival – will be held on Monday, June 18. Here's a chance to take your family out for dessert!

This will be the 44th year that the Historical Society has hosted this very popular event on the lawn of the 1830s Hagadorn House on Main Street. Serving will begin at 5 p.m. and continue until berries are gone. It will be held rain or shine – under the large tent and the pavilion. There will be a take-out window available at the back of the house.

The local festival has been famous for its large servings of shortcake, including fresh strawberries, biscuits, real whipped cream and ice cream. A children's menu will also be available.

Pioneer Oil Days
The Pioneer Oil Museum in



FRIDAY JUNE 15
•Community wide yard sales – pick up a map at the Chamber at 5 West Main St.
•Antique Car Show @ 9th West Main St.
•CR Pop Group and Jazz Band @ Flag Pole at 11 am
•3 on 3 Street Basketball Tournament @ 9am East Main St.
•Bike Rodeo
•Immediately Following Basketball East Main St.
•Craft Vendors @ Elm St. CRCS Elm School @ 9am
•GR Creative Woodworking
•"Penny Carnival"
•Coke First Baptist Church from 10 am to 2:30 pm
•Ping Pong drop West Main St. following the parade

FRIDAY NIGHT MUSIC
•Brian Ash, accompanied by Pato Gilroy @ Flag Pole 4pm-6:30pm
STICK TIGHTS
@ Flag Pole Starting at 7pm
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SATURDAY JUNE 16
•Community wide yard sales – pick up a map at the Chamber at 5 West Main St.
•Antique Car Show @ 9th West Main St.
•CR Pop Group and Jazz Band @ Flag Pole at 11 am
•3 on 3 Street Basketball Tournament @ 9am East Main St.
•Bike Rodeo
•Immediately Following Basketball East Main St.
•Craft Vendors @ Elm St. CRCS Elm School @ 9am
•GR Creative Woodworking
•"Penny Carnival"
•Coke First Baptist Church from 10 am to 2:30 pm
•Ping Pong drop West Main St. following the parade

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www.cubanewyork.us - 585-968-5654 - cubachamber@verizon.net

Bolivar is pleased and honored again to announce the newest class of inductees into the New York State Oil Producers' Association Wall of Fame, which is located at the Hahn & Schaffner site of the Pioneer Oil Museum.

The 2018 class of inductees includes Henry Lindquist, Jim Beckwith, Don Miller, and Arthur Yahn, Sr.

Each man will be honored for his contributions to the local oil and natural gas industry with a plaque in his honor. This plaque includes a photo, biographical data, and contributions to the local business.

Induction ceremonies will take place at 6 p.m. Friday, June 22, immediately before a wine-and-cheese tasting to be held from 6:30 to 8 p.m., at the Hahn & Schaffner site.

Last year's class included John D. Bradley, Jim O'Connor, Joel Putnam, and O.P. Taylor.

A large audience turned out that evening to witness the induction ceremonies. Those in attendance for the Wall of Fame induction ceremony are invited to stay and participate in the wine-and-cheese tasting as well as tour the site. Spend some time touring the facility to learn about the amazing heritage of the local oil fields.

The induction ceremony and wine-and-cheese tasting will culminate the weeklong "Pioneer Oil Days" in Bolivar June 17-24.

Those who wish to attend the wine-and-cheese tasting may purchase tickets (\$17 per person) by sending a check payable to: Pioneer Oil Museum of New York to PO Box 332, Bolivar, NY 14715.

Here's what's happening:
June
15-16: Cuba Dairy Days, Community-wide Yard Sales, Craft Show 9-4, Parade 3 p.m. Saturday 17-24: Pioneer Oil Days, Bolivar 18: Almond Historical Society Annual Strawberry Festival, 5 pm at Hagadorn House, Main Street, Almond 28: Cruise Night, Angelica

July
4: Fourth of July Festival, Andover 4: Fourth of July Celebration with Parade at 12 noon, Fireworks at dusk, Hornell 5-6-7: Short Tract Town Theatre Summer Musical, "Into the Woods," 7 p.m. at Fillmore Central School 6-8: Arkport Summerfest 7: Great Balloon Rally Parade, Wellsville 7: Bare Knuckle Boxing Hall of Fame Induction, Belfast 7: Lavender Festival, Angelica 8-14: MostArts Festival, Alfred 13-14: Amity Daze Yard Sales, Car Show, Belmont

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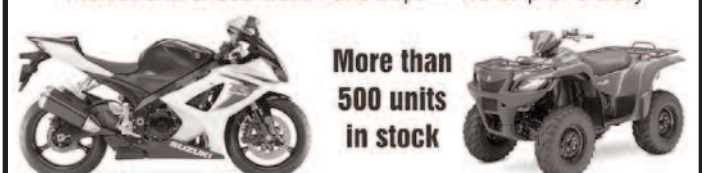
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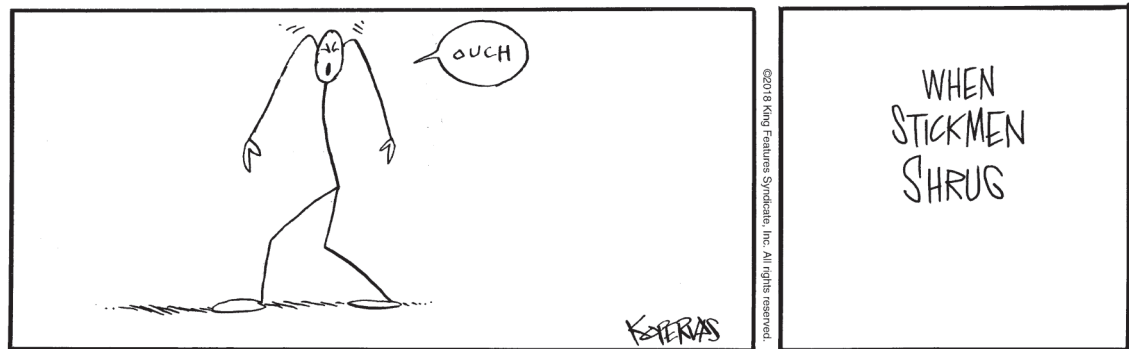
R.F.D.



The Spats



Out on a Limb



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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Strength	WORPE	___	___	___
Damage	FEACH	___	___	___
Gather	ANGLE	___	___	___
Transparent	LACER	___	___	___

TODAY'S WORD

by Dave T. Phipps

by Mike Marland

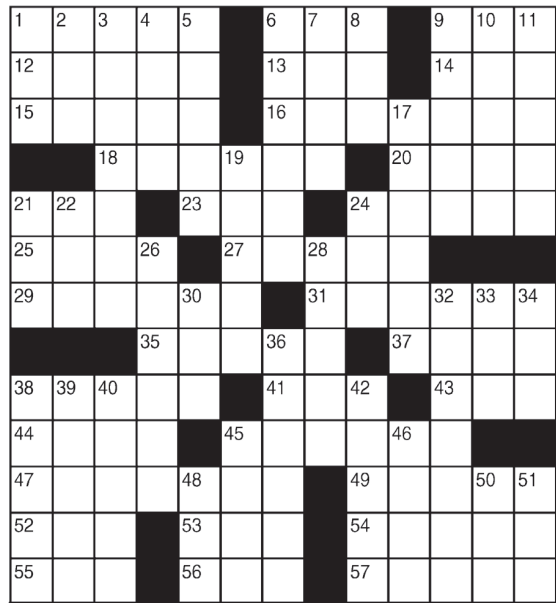
by Jeff Pickering

by Gary Kopervas

King Crossword

ACROSS

- 1 Hamstrings
6 Poorly lit
9 Moreover
12 Take as one's own
13 Elizabethan, e.g.
14 Luau side dish
15 Suitor
16 Sponge
18 Logic
20 Clue
21 Sapporo sash
23 Drench
24 Papa
25 File's partner
27 Women's home, said John Gray
29 Power source
31 "The — Cometh"
35 Because
37 Portrayal
38 Pop
41 Expert
43 Feedbag tid-bit
44 Reed instrument
45 Askew
47 In a temperamental way
49 Archipelago component
52 Emeril's intersection
53 Lennon's lady



- 54 African capital city
55 Pigpen
56 A Bobbsey twin
57 Private student
8 Chinese chairman
9 Garden pest
10 Incessantly
11 Filthy
17 Second drink?
19 Lucky roll
21 Raw rock
22 Prohibit
24 French noble title
26 Showed affection
28 Sis' kid
30 Little louse
32 Having a romantic glow, maybe
33 Carte lead-in
34 Profit
36 Big gorge
38 Gets zero stars
39 WWII vessel
40 Spacious
42 Oust
45 Radius neighbor
46 Birthright barter
48 Charged bit
50 Before
51 Pirouette pivot

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on Page 2

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GARDENING

Moss is amazing and adds beauty

By LYN CHIMERA

Master Gardener Volunteer

Moss is a much maligned yet magnificent plant. We get a lot of calls on the Master Gardener Helpline about how to get rid of moss in their lawn. I always try and convince callers of the good features of moss and wish more people could appreciate moss as it is a fascinating plant.

Moss is an ancient plant. It evolved from algae and was the first plant to be able to grow on solid ground. Moss is extremely different from other plants because it doesn't have roots, leaves, flowers, seeds or branches. Its botanical name is Bryophyte which comes from Greek Bryophyta: bryo- meaning moss and -phyte meaning plant.

The basic difference between mosses and other plants is moss lacks a vascular system. That would be like people not having a circulatory system. Moss doesn't have the ability to transport water or nutrients throughout its foliage. So how does it stay alive?

Without roots to carry water and nutrients moss has developed the ability to absorb all the water and nutrients it needs from the air. It grows in moist shady areas where there is more moisture in the air. So how do they stay put without roots? They have specially adapted structures called rhizoids that enable them to adhere to surfaces. Moss is easily disturbed however, as anyone who has raked leaves from a mossy area has found out. The disturbed moss patches can be put back easily and stepped on with light pressure to re-establish contact with the ground.

There are more than 12,000 species of moss growing throughout the world in a wide variety of habitats including the arctic cold and hot deserts. Because they don't depend on roots to take up water, they can live on rocks, trees, clay and even under water! Most moss grows from less than an inch high to 20 inches for the largest. They live from 1 to 10 years depending on the variety. Not producing seeds,

moss spread through division and air borne spores.

One of the joys of walking in

forested areas is seeing all the beautiful mosses. It seems so peaceful and relaxing. Moss is a true "evergreen". As soon as the snow melts there it is, green and lush, and it stays that way until covered with snow again. It will go dormant if the weather becomes hot and dry but comes back after a rain.

For these reasons moss gardening is one of the newest trends in horticulture. Given the right habitat it's easy to grow, low maintenance and beautiful. What's not to like? Many people who have given up trying to grow grass in shady areas are turning to moss. It's an excellent alternative.

Normal foot traffic is okay but moss wouldn't be a good choice for an area where children are playing as it tears up too easily. The easiest way to include moss in your lawn is to encourage the moss that is already there by removing other vegetation that is impeding its growth. That's what I have been doing and it works. There are also recipes online for making a moss "slurry" with moss and buttermilk or beer to encourage moss growth. Since moss is becoming so popular there are nurseries that specialize in moss that can be mail ordered.

Over the centuries moss has been used for many things. Sphagnum moss is the main ingredient in peat moss. Because it is extremely absorbent and can absorb up to 20 times its weight and has anti-bacterial properties, moss was used as bandages throughout history including during WWI.

Dried moss was used as an in-

ulation in homes and to keep feet dry in boots as well as fuel for heat. Moss also has an important ecological role; it is a bioindicator for pollution (in polluted areas, it changes shape, density or just disappears completely), conserves water, prevents erosion, filters pollution and acid from rain and sequesters carbon.

Don't be so quick to try and get rid of the moss in your landscape. Give moss a chance, it will add beauty to your garden.



Alfred Almond Alumni Association

Annual Meeting and Election of Officers

Friday, July 20, 2018

3 PM

Alfred State College Central Dining Hall

Five board seats will be up for election.

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5.Real Estate Sales



FOR SALE BY OWNER: 566 State Route 244 (Main Street) Alfred Station. Four to five bedrooms, two full baths. 2500 square feet of Victorian Charm. \$109,000. Adjoining storefront optionally available. Call 607-661-7401. 23-b

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10. Help Wanted

HELP WANTED: Alfred-Almond Central School anticipates the following openings for the 2018-2019 school year: (2) Teacher Aides, duties to include Level III Pool Monitor 7 hrs/day, 10 months/year, as per contractual agreement between AACCS and AASSA. All candidates are encouraged to apply by June 22, 2018. Applications can be accessed on the district web site at: www.aacs.wnyric.org 24-1b

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

1) Library/Media Specialist, K-12

All candidates are encouraged to apply by July 16, 2018. All applications must be completed electronically by accessing the district web site at www.aacs.wnyric.org and using the Employment Information link. 24-1b

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12. Business Oppty

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17. Personals

HAPPY BIRTHDAY to Lucinda Snyder Torkaman, Mike Snyder, Amanda Snyder, Melissa Noel, Kathy Snyder, Pam Washburn, Erin Ingalls Chapman, Casey Dusenberry, Susie Snyder, Bethany Mix, Noel Lawrence, Leah Mix, Kate Washburn, Dan Washburn, Isaac Snyder, Thomas Blake, Presley Pazdernik, Myles Cullen and Silas Tutak. **Happy Anniversary** to David & Beverly, Curtis & Jeanette, Jason & Heidi, and Justin & Allison! Love, Aunt Kay 24-1b

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Talk with someone who really cares... Find out about the alternatives available to you. Free pregnancy test... Call 1-800-648-HELP 24 hours every day for help with your problem pregnancy NOW... **CALL FOR HELP NOW! 1-800-648-HELP.**

21.Public Notices

NOTICE TO BIDDERS

The Alfred-Almond Central School District (AACSD) will receive bids for the 2017-2018 Capital Outlay Project- Wood Doors. Bids are requested for a single prime contract for General Trades work. This is a Prevailing Wage project and the bid package prepared by Hunt Engineers, Architects & Land Surveyors, P.C. can be obtained from Dataflow, Inc., Airport Corporate Park, 100 Hunt Center, Horseheads NY, 14845 (phone: 607-562-2196, website: www.godataflow.com or Corning@GoDataflow.com).

A deposit of \$50 per set is required (check made out to the Alfred-Almond Central School District) plus a non-refundable payment of \$25 (check made out to Hunt Engineers, Arch & LS, PC) for shipping and handling. Electronic files are also available for a non-refundable payment of \$25.

A pre-bid conference for all bidders will be held on June 15, 2018 at 10:30 a.m. at the project site located at 6795, State Route 21, Almond, NY 14804 for the purpose of considering questions by bidders. Sealed bids will be received by the Owner until 1:00 pm local time on June 26th at the Alfred-Almond District Administration Office located at 6795 State Route 21, Almond, NY 14804, at which time and place all bids will be opened and publicly read aloud.

AACSD reserves the right to reject any or all bids and to waive errors or technical defects in the bid or bid forms. Questions shall be directed to Mike Jones of Hunt Engineers, Architects, & Land Surveyors, P.C. at jonesm@hunt-eas.com, phone 607-368-8488.

JOANNE DEMETREU
AACSD District Clerk
24-1b

Eleventh annual

From the Earth

July 28th, 2015...Save the date!

If you want to enjoy all that Alfred has to offer in the summer, and are already making summer plans or have company coming and will need something interesting to do, mark your calendar. From the Earth will be on Saturday, July 28th.

This is a free event that celebrates our connection to the earth. Four seven locations that will be offering fifteen talks and participatory workshops on the subjects of farming, gardening, natural history, cheese making, bird watching, bee keeping, timber framing, solar power, permaculture, sheep raising, poetry, weaving, and fiber arts.

Each year there are new presentations, as well as old favorites. Have a "passport" signed at four or more locations and enter to win a gift basket of goodies donated by From the Earth participants. Come and enjoy a fun and rewarding day!

More information is available at www.facebook.com/FromtheEarth

CATTARAUGUS COUNTY
Tax Foreclosed Real Estate Auction

150+ Parcels Available!

Saturday, June 16, 2018

Registration: 8:00AM • Auction Start: 10:00AM

Location: Cattaraugus-Little Valley Central School Auditorium
25 N Franklin St., Cattaraugus, NY 14719

Pre-Auction Bidders Meeting: Thursday, June 7, 2018 • 6:00PM

For complete information, visit
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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, June 20, 1968

Two Alfred University alumni have been named to the University's Board of Trustees, Board Chairman Finla G. Crawford and University President Leland Miles announced today. They are George F. Monks of Valley Stream, Long Island, second vice president of the New York Life Insurance Company; and Robert E. Boyce of Chester, West Virginia, president of the First National Bank of East Liverpool, Ohio. Both men were selected to three year terms expiring June 1971...

(Photo) John Sharrett of Almond, first student accepted at the Wellsville Vocational Division of Alfred State College when it was established two years ago, is congratulated here by Donald F. Jones, division chairman, as he receives his graduation certificate...

Nearly 700 graduates of Alfred State College were told Saturday that intellectual curiosity is "the priceless ingredient of living." Speaker of the college's 57th annual commencement was Dr. Leland Miles, president of Alfred University...

Marc Albert Rawady, son of Mr. and Mrs. Albert Rawady of Alfred received his B.S. degree in business administration from Bryant College, in Providence, R.I. June 15. The AACS graduate served as athletic director of his fraternity, Beta Sigma Chi, and was voted "Most Outstanding Brother."

Appointment of Dr. Gary Horowitz, assistant professor of history, to the post of acting Director of Alfred University's Summer School has been announced by President Leland Miles. The appointment is effective July 1. Dr. Horowitz succeeds Associate Professor of English Fred Gertz, who has been named acting Dean of the College of Liberal Arts at Alfred University for the 1968-69 academic year... The new summer school director, Dr. Horowitz, is a native of New York City. He received his bachelor's degree from the College of the City of New York, his Master's degree and doctorate from Ohio State University. He has been a faculty member at Alfred University for the past two years.



"Wild Horse Roundup" is the theme of the summer reading club program for all children in the Alfred area, which begins on June 24 at 1:30 p.m., in the children's room of Herrick Memorial Library on the Alfred University campus. The purpose of the program is to encourage recreational reading among school age children during the summer months.

Alfredians—Mr. and Mrs. Albert Rawady and Allison spent the weekend in Providence, R.I. where they attended the commencement ceremonies at Bryant College where their son Marc was one of the graduates. They were accompanied by their daughter, Mrs. Larry Sweet, Mr. Sweet and family of East Petersburg, Pa... Mrs. A.J.C. Bond and Mr. and Mrs. William Parry spent the weekend in Salem, W. Va., as guests of Mr. and Mrs. Evert Percy, former Alfred residents... Mr. and Mrs. H.A. Still and sons of Kingston, Ontario, Canada, were weekend guests of Dr. and Mrs. David Rossington and family... Dr. and Mrs. M. Ellis Drake of Skaneateles were here Sunday to take part in the memorial service for the late B. Colwell Davis, Jr...

William G. Sylvester, associate professor in the construction technology department at Alfred State College, has been awarded a summer fellowship in urban design. The fellowship was awarded by the College of Architecture, Art, and Planning at Cornell University under a grant from the Graham Foundation for Advanced Studies in the Fine Arts...

Praise for the technical and artistic competence of American ceramists and perhaps over-harsh criticism of native production methods appeared recently in a Japanese newsletter distributed by the Gihu Pottery Testing Institute of Japan. The author, Shosaku Furukawa, the institute's director, had just returned from a visit to the College of Ceramics at Alfred University...

(Photo) M. Elwood Kenyon AU '17, and secretary of the University Board of Trustees, is given Alumni Recognition Award by University President Leland Miles. Presentation took place at annual Alumni Dinner in Ade Hall. Kenyon was honored for a half-century of selfless service to his alma mater.

25 Years Ago, June 17, 1993

Two faculty members and a member of the professional staff at Alfred State College of Technology are recipients of the 1992-93 State University of New York Chancellor's Award for Excellence in their chosen fields. They are: Thomas V. Burnard of Andover RD 1, professor in the Electrical/Electronics Department of the college's School of Vocational Technologies in Wellsville; Rosemary A. Fischer, RN, of Alfred, professor in the Nursing Department, School of Agriculture and Allied Health Technologies; Marie E. Babcock of Hornell RD 1, director of the college's Public Assistance/Comprehensive Employment (PACE) grant, Division of Adult Services...

At a recent meeting, the Alfred Lions Club presented the 1992-93 Lion of the Year Award to Ron Ellis. This award is given to a Lion who exemplifies the qualities of service and dedication to club and community that Lionism stands for. Lion Ron is a technical specialist in the School of Engineering Technologies at Alfred State College. He has held a number of club offices, serving most recently as president. Ron and his wife Luan live in Alfred Station.

The Almond Historical Society has completed plans for its annual Strawberry Festival to be held Monday evening, June 21. This event has become a tradition with generous helpings of homemade biscuits, fresh strawberries, ice cream and real whipped cream...

Notes from Palmiter Hill (By Rev. Albert N. Rogers) Congratulations to the United Methodist Church on its new ramp. These modern inventions help all of us who find stairs a bit more difficult with the passing years... As I water our garden I rejoice in the modern water systems which give us hill dwellers the benefits of urban water systems. Growing up on a dairy farm I recall that our cows walked some distance to the creek for their daily drink, but now they have a drinking cup within easy reach in their stalls... To watch Poland come alive when it is out from under the domination of Soviet Russia is a marvel to see. How well we recall families of Polish immigrants who came to New York State in years gone by... The Multiflora Rose along our roadside has many crimson blossoms. Years ago farmers were urged to plant this variety to deter their livestock from trespassing.

The Dugout (By Doug Lorow) Hits and Misses: Should be an interesting year in the American Football Conference of the NFL as the Kansas City Chiefs, Miami Dolphins and perhaps the New Jersey Jets have all made strong attempts to close the gap on conference champion Buffalo. The Chiefs last week inked longtime Oakland/LA Raider star Marcus Allen to a two-year pact. New QB Joe Montana, he of the four Super Bowl rings will love the hands of Allen coming out of the backfield, particularly on third down situations. Another fine blunder by Raider President/GM/Coach Al "The Game Has Passed Me By" Davis, as he not only lets a true Raider leave but sees him go to the arch-rival Chiefs. Nice move, Al. Retire. The question now in KC

GRIN THE BEAR IT



"And where did you hear about this donut diet?"

is, where does that leave fellow running backs Barry Word (Miami?), Christian Okoye and Harvey Williams?...

For the Birds (By Betsy Brooks) Despite the cold slow start to spring migration, I was able to band 2246 birds during May at the Kaiser-Manitou Beach Passerine Banding Station at Braddock Bay, northwest of Rochester. My peak day was May 24 when I banded 478 birds, including 23 different warbler species. That day, I banded 123 Magnolia Warblers alone! I also recaptured two Yellow Warblers that I've caught every year since 1987 – often in the same net together on the same day...

10 Years Ago, June 19, 2008

The June 9 meeting of the Alfred Village Trustees was preceded by a public hearing on a proposed amendment to the Zoning Law, Article 6, Section 606, concerning reimbursable costs. Herb Ehrig of the planning board cited the need to remove the outdated figures and replace them with the phrase "reasonable costs" (to be paid by the applicant) if an outside consultant is needed to help the board reach an informed decision on technical matters... In other business, the board... approved the writing of a letter to the Judiciary Committee of the U.S. House of Representatives, John Conyers (D, MI), Chair, requesting that it proceed with impeachment hearings against George W. Bush, President, and Richard B. Cheney, Vice President. Members of the Board cited their oath to "protect and defend the Constitution of the United States" as a basis for their support of the issue...

Like true campers, campground owners don't let rain dampen their outdoor plans! Meeting at Camping at Mariposa Ponds in Houghton, Region 1 members of Campground Owners of New York (CONY) picnicked under shelter to celebrate a successful Memorial Day weekend and to discuss issues of mutual concern. Bringing greetings from CONY executive administrator Donald G. Bennett Jr., Mariposa owner Trudi Schwert reported that new State Health Department pool rules would soon be distributed and that CONY is working closely with the Department of Environmental Conservation to develop guidelines for firewood issues...


(Photo) Local campground owners treated to a wagon ride tour of Camping at Mariposa Ponds in Houghton by owner Dave Schwert include Jones Pond Campground (Angelica) owners Doug Bachman and Steve Allen, Breezy Point Campsite (Scio) owners Charlene and Bob Siltes, and Willard's Country Place (Caneadea) owner Marie Willard.

Olive D. Emrick, 94, of the Dry Brook Road, Scio, passed away Friday, June 13, 2008 at the Wellsville Highland Health Care Center. She was born June 14, 1914, in Forestville to Tanner and Edith Bishop Dye. Olive moved to Wellsville in 1929 and graduated from Wellsville High School in 1933. On October 9, 1944, in Wellsville, Olive married Harold Emrick, to whom she was devoted to, who predeceased her on Feb. 2, 1991. In 1944, she moved to Scio. She was an employee of the former Rockwell Brothers Department Store in Wellsville and retired after serving many years as a teller at the former Citizens National Bank and Trust, Alfred office... Survivors include two sons, William T. Emrick and Jack R. (Donna) Emrick, both of Scio...

There are three birding activities led by Betsy Brooks scheduled at Foster Lake this summer. The first is a summer solstice walk around the lake on Saturday morning, June 21. Meet in the parking lot at 7:30 a.m. The walk is at a very leisurely pace and not everyone needs to walk all the way around the lake. The second is a leisurely evening bird-walk on Sunday, July 20 beginning at the parking lot at the lake at 7:30 p.m. And there will be a bird-banding demonstration at the lake on Saturday, Sept. 6 from 7-10 a.m... Meet at the picnic pavilion.

What: "From the Earth" An event involving flower gardens, tours of an organic dairy farm, pottery and wood carving studios, a perennial plant sale, natural dye demonstrations, and even a short walk in the woods. Who: Four neighbors. Where: Two miles from the center of Alfred, NY at 1664 Waterwells Road, and 1444, 1515, 1530 Randolph Road. When: Saturday, July 26th from 11 a.m.-5 p.m. Why: To celebrate our connection to the earth in meaningful, healthy, and creative ways. All is from the earth with a labor of love...

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THE GLORY OF AMERICA

Thursday, June 14

For Flag Day, what could be more appropriate than the Pledge of Allegiance:

I pledge allegiance
To the flag of the United States of America
And to the Republic for which it stands,
One nation, under God,
Indivisible,
With liberty and justice for all.

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!

A LOOK AT HOMELESSNESS



Alfred-Almond Girl Scout Troop 40672 members (from left) Sierra Sanchez, Lydah Bigler, Abby Hurd, Jennie Bensley, and Anna Yarnal experience homelessness. (Photo by Julie Bensley)

Girl Scouts experience homelessness

By CARAL ASLAKSON
YARNAL

Special to the Alfred Sun

What do you think homelessness looks like? This question recently was posed to members of Alfred Almond Girl Scout Troop 40672.

On Friday, May 11, five Girl Scouts from the 6th and 7th grades traveled to Auburn for a Youth Homeless Experience at Falcon Park. Using cardboard and duct tape they built their temporary home and once it was completed, they offered a hand to others who needed help building their cardboard structures.

Supper was a simple meal of peanut butter and jelly, cookies, and water. After supper, the girls joined more than 100 other Girl Scouts from various parts of

New York to participate in activities designed to increase awareness, challenge stereotypes, and promote greater understanding of the issues that can lead to lack of stable housing.

The final event of the night was a talk by three speakers - a successful businessman, a nursing student, and a veteran. Listening to these three speakers share their first hand accounts of what it was like to have been homeless helped remind the group that there are many faces of homelessness.

Overnight temperatures dropped to close to freezing, but the girls reported that their boxed homes proved to be quite warm. The educational experience continued in the morning with breakfast, which was an

Oxfam style meal. The girls were randomly divided into high-, middle- and low-income earning categories and their breakfast menu reflected their category.

This interactive event helped bring poverty statistics to life, especially when the girls were able to see the differences in food types and amounts served - one person's single pancake seemed pretty meager compared to someone else's plate full of eggs, sausage, pancakes, and hashbrowns!

Armed with greater knowledge and compassion, the group cleaned up their site, and left to return home. No sooner were they out the gates of the park when they were asking, "Can we do this again next year?"

Personal Testimonies, spiritual inventories highlight June focus for those struggling

SCIO--Understanding and taking a spiritual inventory, along with testimonies by those who have achieved victory from life struggles by doing so, are the focus for Saturday night Celebrate Recovery gatherings during June for Allegany County residents.

Free weekly 12-Step ministry sessions are held from 7 p.m. 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 snacks and music by David Peralta and Daniel Escriban, part of the church's Sunday morning Venezuelan music worship 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.

Testimonies of personal healing will be provided on June 16 and 30, with a teaching on Spiritual Inventory on June 23.

The lesson will review relationships with others over the years, priorities of life, attitudes and integrity as participants start to dig down and determine the actual cause of whatever hurts, habits, hangups or struggles they experience in order to address them from a positive standpoint. It then will move to mind, family and beliefs about one's life.

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.

Weekly sessions also include a time of life skills reflections based on 12 Steps and their Biblical Comparisons and Eight Principles reflecting the Beatitudes from Jesus' Sermon on the Mount, and non-judgmental, gender-specific small groups, and refreshments.

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>.



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AU REUNION BIKE RIDE

AU 'Reunion Bikers' leaders 'pass the baton'

ALFRED—The leadership of the Alfred University "reunion bikers," a group of alumni who spend the week preceding Reunion Weekend bicycling to Alfred, changed with a symbolic "baton passing" at the end of the ride held during last weekend's reunion.

In 2003, a handful of members of the Class of 1958 marked their 45th reunion by riding bicycles into Alfred and onto the Alfred University campus. This year marked the 10th time since the inaugural bike ride of 2003 that the group pedaled into Alfred to join fellow alumni at reunion. The group also rode in 2008 – the year of its 50th alumni reunion – before embarking on nine consecutive trips from 2010-18.

One of the founding members of the reunion bikers is Elliott Lasky, a 1958 Alfred University graduate. On Friday, a group that included Lasky and several other Alfred University alumni rode onto campus after a six-day trek that began in Sackets Harbor, on the banks of Lake Ontario in Jefferson County.

After arriving campus Friday morning, the group held a ceremonial "baton passing" from the 1958 alumni to 1977 graduate Jim Randall, signifying a change on leadership for the annual event. Randall has been active in the annual ride, as a participant and organizer.

"As those of you who have been on these rides know, what has made these trips so special from other bike trips has been the shared Alfred background, the

camaraderie on the ride, and the pleasant evenings spent together," Lasky commented. "To recognize the most recent leader, we the Class of '58 want to pass this symbolic baton to Jim Randall who has done a great job with several rides. We are passing it to Jim in hopes that he will continue the Alfred bike riding tradition, and eventually pass the leadership on to a new generation of riders."

This year, the reunion bikers met in Sackets Harbor Saturday, June 2, and spend one night there before departing on Sunday for a 40-mile ride north along the Great Lakes Seaway Trail to Clayton.

Following an overnight stay in Clayton, the group took a 10-mile ride Monday to Alexandria Bay and the 1000 Islands. After some sightseeing, the bicyclists pedaled back to Clayton and were driven to Pittsford, NY. On Monday and Tuesday nights, the group stayed in Bushnell's Basin along the Erie Canal Trail. They biked along the Erie Canal and Genesee River trails Tuesday and Wednesday before leaving Wednesday for Letchworth State Park and an overnight stay at the Genesee Falls Inn. The group challenged the rolling hills of the park on Thursday before heading to Hornell and their final overnight stay. On Friday, June 8, they joined local bikers in Hornell, at The Bicycle Man shop in Alfred Station, and at various points along the way for their "Victory Ride" into Alfred and up to the King Alfred statue in center of the Alfred University campus.



In the photo above, Russ Fahey '58 (third from left) passes a ceremonial plaque signifying a change in leadership for the annual Alfred University Reunion Bike Ride to Jim Randall '77 (second from right), who is joined by Alfred University President Mark Zupan (third from right). Looking on are Elliott Lasky '58 (left), Andy Seaman '58 (second from left), Ed Law '58 (fourth from right) and Carolyn Zimlich (right).

This year's participants included several founding members and veteran bikers from the class of 1958 returning for their 60th reunion, including Roger Eiss, Russ and Pat Fahey, Elliott and Bonnie Lasky, Andy Seaman, and Dave and Tinker (class of 1957) Wilcox. Eiss, Russ Fahey, Elliott Lasky and Dave Wilcox are

founding members of the original 2003 ride. Another veteran rider, Larry Ploetz '68, is returning for his 50th reunion along with his wife, Denise '69. Randall and friend Carolyn Zimlich, along with Roberta Auerbach '74, were other returning veteran bikers.



JESSICA LIPPA and DANIEL WOOLSTON

Two get leadership awards

ALFRED—Alfred State College recently honored Daniel Woolston, assistant director of Health and Wellness Services, and Jessica Lipa, assistant professor of Nursing, with the Leadership through Civic Engagement Award.

The award is presented annually by the College Council to acknowledge students, faculty, staff, and alumni who have led or initiated exemplary academic and/or co-curricular initiatives that demonstrate a commitment to engaging in the community – locally, nationally, or globally – through service, volunteerism, activism, politics, and much more.

Woolston has made a lifetime commitment to his community and the welfare of others.

Since the 2010 earthquake in Haiti, he has traveled to the country several times to provide medical care to residents. He has also worked closely with Lipa over the last three years to create an opportunity for Alfred State nursing students to travel to Haiti and provide medical care to specified communities north of Port au Prince.

In addition to coordinating all of the activities prior to each trip, Woolston also serves as the nurse practitioner who helps to organize the nurses and students once the group arrives at the medical locations in Haiti. He then performs advanced procedures and educates people on how to treat their medical illnesses. Woolston also supports the other nurses and students to ensure the team is providing the correct medical care.

Additionally, Woolston helps lead the Hope for Health Club, which provides community service locally, nationally, and globally. He is also an active member of his church, and works as a nurse practitioner in Dansville a few times a month.

Lipa truly is a giver, in that she uses her skills and dedication as a nurse to serve those who need her. She has provided civic engagement trips to Haiti and Houston for nursing students to help serve communities that have been affected by natural disasters. She also leads the Nursing LLC, is actively engaged in diversity and inclusion work on campus, and is working toward her doctorate.

Lipa's commitment to service and teamwork is evident in the work that she does for the civic engagement trips. She volunteers her time and organizes these trips because she is committed to all human beings receiving equal treatment and medical care. She is a role model for not only her students, but for the professionals that work alongside her.

Lipa is dedicated to serving her community, underserved communities, and still works per diem in local hospitals. She is truly focused on serving others and doing what she can to assist a project, initiative, or individual. She also participates weekly at St. Jude's in the choir/band there to build community at her place of worship.



DAWN LINKE

40 years for Linke

ALFRED—Dawn Linke, instructional support specialist, Technology Services, was honored recently for her 40 years of service to Alfred State College.

She received a gift of her choice and a certificate to commemorate the occasion.

Sunbeams

You know it's a small town when... You call a wrong number and they supply you with the correct one.

AU alum Mike Callahan (AU '08), marketing director for Capital OTB in Albany, got a close-up look at Triple Crown winner Justify. Mike was at the Belmont, broadcasting for Capital OTB. Following the win, the horse and jockey attended a press conference to which the AU alum was invited.

Shane Fraser, son of Cindy Royston Fraser of Alfred and Larry Fraser, has been named one of the Top 30 under 30 "Future Leaders of Charlotte" by Elevate Lifestyle. Shane is owner of SNA Today, which he began upon his graduation from Houghton College.

Ray Chambers of Kenyon Road, Alfred Station, was named "Contributor of the Year" by In-Plant Printing and Mailing Association (IPMA). Chambers has invested more than 30 years managing and directing printing plants, copy centers, mail centers and award-winning document management facilities in



35 YEARS SERVICE—Members of the faculty and staff at Alfred State were recently honored for their 35 years of service to the college. Those honored included Mark Amman, professor, Physical and Life Sciences; Jeffrey Goodrich, senior programmer/analyst, Technology Services; and Takao Takeuchi, professor, Mathematics and Physics. To commemorate the occasion, honorees each received a certificate, as well as a recognition gift of their choice. Pictured, from left to right, are Takao Takeuchi, Mark Amman, and Jeffrey Goodrich.

www.facebook.com/KnightsCreekChurch.

Leo T. Karr of Almond took part in an internship in spring 2018 through SUNY Oswego's Center for Experiential Learning. A junior majoring in broadcasting and mass communication, Karr interned with Walt Disney World College Program in Lake Buena Vista, Florida. The Center for Experiential Learning at Oswego places students in internships and career awareness opportunities that allow them to earn college credits while garnering valuable life experience.

Alfred State College has announced that it has earned the 2018-2019 Military Friendly® School designation. Institutions earning the Military Friendly® School designation were evaluated using both public data sources and responses from a proprietary survey. For the first time, student survey data was taken into consideration for the designation. More than 1,400 schools participated in the 2018-2019 survey with 941 earning the designation.

E-mail news items to: alfred-sun.news@gmail.com

808-7323, or

SAXON MEN'S LACROSSE

AU lands four on IMLCA All-East Team

ALFRED—Alfred University men's lacrosse (9-7, 5-2 Empire 8) placed four members on the Intercollegiate Men's Lacrosse Coaches Association (IMLCA) All-East Region Team on Monday, continuing the Saxons' successful 2018 season.

Sophomore Garrette Briggs (Horseheads) was named to the Second Team as a faceoff specialist while senior Jake Lynch (Whitney Point), junior Joe Fornataro (Rochester/Greece Athena) and sophomore Shane Weber (Hull, MA) earned Honorable Mention at their respective positions.

Briggs earned Second Team honors after finishing the season 204-of-291 (.701) in faceoffs and leading the Empire 8 Conference in ground balls per game (8.00). Among his dominance, Briggs won over 20 faceoffs in four games in 2018, including a game where he broke the Empire 8 record for faceoffs won in a game (25) in a dominant 25-of-30 faceoff win performance versus Utica. Following the regular season, he ranked fourth in NCAA Division III in faceoff winning percentage (.711) while leading AU in ground balls (112). In 2018, he was named to the All-Empire 8 First Team, All-ECAC Honorable Mention

and IMLCA Second Team.

Lynch is being recognized as an Honorable Mention in the East Region only two weeks after earning the same designation as a USILA All-American. He was also recognized as an Empire 8 First Team member and All-ECAC Second Team member. Lynch completed his career as one of the most decorated lacrosse players in AU history holding school records in career goals (197) and goals in a game (9 vs. Utica) while falling only four points short of tying Joe Alberici's ('91) career points record (275). He closed out 2018 as the top scorer for the Saxons, finding the back of the net 44 times and dishing out a team-high 16 assists.

Weber was designated as an Honorable Mention after earning All-Empire 8 and All-ECAC First Team honors. He led a defensive unit that finished sixth in the nation in caused turnovers per game (12.53) while recording 39 caused turnovers as a captain. He also finished second on the team in ground balls (81) while scoring five goals and dishing out two assists as a long stick. He wrapped up 2018 atop the Empire 8 in caused turnovers while finishing fifth in ground balls per game (5.06). He finished

the regular season ranked 27th in NCAA Division III in caused turnovers per game (2.53).

Fornataro was named Honorable Mention after spending his inaugural year on the Empire 8 First Team. He finished second on the men's lacrosse team in goals (37), assists (13) and points (50), trailing only Lynch

in each category. He also finished fifth in the conference in goals per game (2.31), seventh in points per game (3.13) and sixth in shots per game (6.88). Following 2018, Fornataro ranks third in program history in goals (122) and ninth in points (160 with 122 goals and 38 assists).

The Saxons advanced to the Empire 8 Conference Tourna-

ment for the first time in program history in 2018, falling in the semifinal game. The aforementioned IMLCA All-East Region team members were all named to the Empire 8 First Team in 2018 – the most Saxons to be named to an All-Conference First Team since 1993 when five AU players earned such designation.



NAMED TO the Intercollegiate Men's Lacrosse Coaches Association (IMLCA) All-East Region Team were (from left) senior Jake Lynch, Garrett Briggs, Shane Webber and Joe Fornataro.

NYSDOT plans extensive So. Tier road improvements

ALBANY—New York State Department of Transportation Acting Commissioner Paul A. Karas this week announced work has begun on \$11.5 million in maintenance and repair work on State roads through several counties in the Southern Tier and Western New York. This maintenance paving work, which will be completed by the end of 2018, will restore the pavement to a good condition, thereby extending its life for many years to come.

"These road improvements will provide for safer and more efficient travel to support the critical business and tourism industries that keep the Southern Tier Soaring, as well as for local and commercial traffic that depends on these roads each day," Acting Commissioner Karas said. "Governor Cuomo's investment in the state's transportation infrastructure will support continued growth of local and regional economies."

Maintenance paving provides a quick and cost-effective means to improve road conditions and safety. This investment will keep the roads in a state of good repair, delaying the need for more costly, in-depth repairs in the future. These projects include pavement treatments such as cold-in-place recycling, heater scarification, chip seals, crack sealing and traditional asphalt overlays. Preparatory and finishing work

on these jobs will be done by DOT maintenance employees.

The following locations will be paved during this construction season and will be completed by the end of 2018:

- State Route 63 through the town of Wayland, Steuben County
- State Route 305 through the towns of Cuba and New Hudson, Allegany County
- State Route 21 through the towns of Wayland and Cohocton, Steuben County
- State Route 227 from State Route 79 to State Route 228 in the town of Hector, Schuyler County
- State Route 228 through the towns of Hector and Catherine, Schuyler County
- State Route 228 from State Route 79 to State Route 227 in the town of Hector, Schuyler County
- State Route 275 through the village of Richburg, Allegany County
- State Route 19 through the town of Hume, Allegany County
- State Route 244 from Alfred Station to Phillips Creek in the towns of Alfred and Ward, Allegany County

Consistent with Governor Cuomo's Drivers First initiative, the projects have been designed to minimize impacts to the travelling public. Lane closures on these projects will be limited to only those absolutely necessary to complete the work and to keep workers and the travelling public

safe. Drivers are reminded to stay alert for changing traffic patterns while the work is being completed.

Projects to repaint pavement markings and repair and replace guiderail on state roads throughout the Southern Tier also are scheduled for this summer. This

preventive maintenance is essential to keep the pavement markings bright and reflective and to ensure that guiderail meets current safety standards.

Motorists are reminded that fines are doubled for speeding in a work zone. In accordance with the Work Zone Safety Act of

2005, convictions of two or more speeding violations in a work zone could result in the suspension of an individual's driver license.

For up-to-date travel information, call 511, visit www.511NY.org, or the mobile site at m.511ny.org.

BRING US HOME

Thank you to all the individuals, businesses, and community organizations that have been donating to our new shelter building project.

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The Dugout

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

It was off to the Olympic Village in Lake Placid this past weekend as the original plans were to see daughter, Lauren, run in her fourth LP Half-Marathon. That didn't materialize but a beautiful three days in this quaint ADK setting did. Absolutely couldn't have asked for better weather as 3L-Jason-Quinn and I wandered around the town.

After settling into our AirBnB place, with those three coming up the NYS Thruway and then the 87 Northway to LP and me across the top of the ADK's via route 3, it was time to head out to dinner at the Lake Placid Pub & Brewery. Have been to this place probably 5-6 times now, overlooking Mirror Lake and it never disappoints. Eating outside on the second-floor patio and we were joined for drinks by Carmine and Laura Verdino from Long Island. Perfect, sunny, late afternoon.

Saturday morning, former SUNY soccer teammates Lauren and Meg "Pam" Verdino headed out for a Hot Yoga class up next to the famed Cake Placid bakery ... which also never disappoints! Meg Verdino and her boyfriend, Josh arrived in LP late Friday nite to join everyone. After their "warmup" it was time to head out to Mount Jo with another of 3L's brutal hikes on the agenda. Six of us off on a road that allows an awesome view of the High Peaks.



QUINN "HEIDEN"

Sadly(?) the road-side parking area and thus the hike itself is crowded. Cars all over the place with a full parking lot at the Information Center.

Plans are altered to hike around nearby Heart Lake and also to see some waterfalls that the "guide" at the parking booth told us about. Lauren and Jason take turns carrying Quinn in her new, hiking backpack as she has the best ride of the group! Smiling away as she often does. Nice hike, but either the waterfalls dried up or we just flat-out missed the signs for it. Good loop around Heart Lake though.

Dinner that early evening with eight of us assembled at the Big Slide Brewery & Public Housing. This is located outside of town, in the direction of the huge ski jumps, heading towards Keene Valley. We were able to secure side-by-side outside seating on another spectacular evening. Decent place, glad we tried it out, but not quite the charm that the LP Brew Pub has.

Sunday morning we all gathered relatively early to see the start of the LP Half and Full Marathons, which begins out on Main Street

ALFRED UNIVERSITY SAXON CIRCLE

Twenty-six AU student-athletes take lead in Saxon fund-raising

ALFRED—Twenty-six Alfred University student-athletes have participated in Saxon Circle, pledging \$500 each, over the next five years.

Saxon Circle is a five-year leadership giving society for those who demonstrate an extraordinary commitment to Alfred University. There are three levels to Saxon Circle membership. The highest level is comprised of those who pledge \$1,000 a year for five years, for a total of \$5,000 over the lifetime of their membership.

The Associate Level of the Saxon Circle is comprised of those individuals that have graduated within the last 10 years. This level of giving is on a graduated scale, pledging \$180 for the first and second years, \$360 in years three and four and \$900 in year five for a total of \$1,980 over five years.

The student level, is comprised solely of students at Alfred University (AU) pledging \$100 a year for five years, for a total of \$500. Students at this level are also given the opportunity to attend Saxon Circle events, creating an occasion to network with AU's prestigious alumni.

Within each level of Saxon Circle, individuals can choose the fund where their dollars will be used.

Student-athletes at Alfred University have taken it upon themselves to join the Saxon Circle, serving as the lion's share of students involved. Out of the 36 students who have become Saxon Circle members, 26 are student athletes. Over the course of five years, these student-athletes will have generated \$13,000 in gifts to Alfred University.

"I continue to be both grateful and amazed at the incredible support our current student-athletes are providing back to our University and athletic department through their support of Saxon Circle," Director of Athletics, Paul Vecchio said. "Their generosity

and willingness to give back to AU at this stage in their lives is indicative of the great experiences our coaches, faculty and staff are providing and I am tremendously proud of each of them for 'paying it forward' to future Saxons."

The following Saxon athletes have joined Saxon Circle, pledging \$500 each over the next five years:

- Eric Adams, Men's Basketball
- Becca Alexander, Softball
- Leigha Allen, Women's Soccer
- Sage Brown, Men's Basketball
- Ryan Brown, Swimming & Diving; Men's Tennis
- Caroline Burgos, Swimming & Diving
- Justin Cerrato, Swimming & Diving
- Derek Ciraolo, Swimming & Diving
- Olivia Cronmiller, Women's Soccer
- Lu Krawczyk, Softball
- Richard Lander, Men's Soccer
- Jasmine Picini, Softball
- Julian Reinhart, Men's Basketball
- Tyler Seelman, Men's Basketball
- Sammy Jo Shanahan, Women's Soccer
- Seth Spicer, Track & Field
- Scotty Stopera, Men's Basketball
- Beryl Torth, Women's Tennis
- Emily Wright, Women's Soccer
- Tristin Hook, Men's Basketball
- Alec Toth, Swimming & Diving
- Kristin Brown, Swimming & Diving
- Cody Cronmiller, Men's Soccer
- Sam Craver, Men's Soccer
- Mikala McCartney, Women's Volleyball
- Nick Schmidt, Men's Basketball

To learn more about Saxon Circle, contact Alfred University's Director of Major Gifts, Jeff Danaher at danaher@alfred.edu.

THE DUGOUT CONTINUED...

in front of the Olympic Oval. Sunny day, low temps, perfect for running. Watch that for awhile then head up the street for breakfast at a place called, ironically, the Breakfast Club. First stop for me, but think Lauren and Jason had been there before. Place filled up quickly and the service was excellent.

A little walking around town after breakfast, some "casual" shopping and then going our separate ways. Lauren-Jason-Quinn and I went to the kids playground near the LP Pub in the afternoon for Q's first adventure on the swing. Lunch after at the nearby Pub on the third-floor which has a childrens play area. Happened to catch the dramatic USC women's relay race in the NCAA's on the tube while there and another fine meal was in the books. Would take Quinn back to the playground later in the day and to a "meal" in the oval ... which didn't go over quite that well.

Monday morning it was time to depart after a solid weekend in Lake Placid as those three were headed back to NYC and me to Webster, departing in opposite directions. Enjoyed my time with them, obviously and it is amazing how much Q has changed just in two-weeks since I last saw her in Saratoga Springs. Not much "change" in the early morning "wake-up" call though!

Next visit to LP, hopefully will get to go out to John Brown's Farm ... maybe some Putt Putt outside of the village and breakfast at the Downtown Diner. In addition to the LP Pub, obviously!

HITS AND MISSES:

John Beilein will not be leaving the Michigan Wolverines basketball program to take over as head coach of the Detroit Pistons in the NBA. Not sure if he was ever offered the job but he is staying in the NCAA ranks instead. Beilein coached in the NJCAA ranks at Erie CC and against Alfred State College. He departed Erie CC one year before the once-legendary Kaz assumed coaching duties at the

Orvis Activity Center. Beilein then went to D3 Nazareth in Rochester for a season with games against Alfred University. Pretty sure Ron Frederes ... who should be in the Saxon Hall of Fame, coached against Beilein. From there it was off to LeMoyne and Canisius in NYS before stops in Richmond and West Virginia prior to Michigan.

Dwane Casey, the reigning NBA Coach of the Year, will be taking over in Detroit for Stan Van Gundy and his staff, which included Bob W. Beyer (AU). Casey was canned in Toronto three-days after being named the Coach of the Year this past season.

Diana Taurasi of UConn college hoops fame, Team USA in the Olympics and with Phoenix in the WNBA is now the all-time leading scorer in the league.

The Rochester Knighthawks fell in the finals of the NLL to the Saskatchewan Rush, losing game three, 15-10. It was the third title in the last four years for the Rush as the K-Hawks were denied overall championship #6.

Dustin Johnson blitzed the field in the PGA St. Jude's Classic last week as the U.S. Open is on tap this week from the Shinnecock Hills golf course on Long Island. My top three picks:

Justin Rose, DJ and Justin Thomas. Love to see Tiger Woods and Jordan Spieth in the mix but their games have been so erratic it is hard to figure they'll be there.

Spotted a few NYS plates here and there: MY LAKE and LAKELISA plus NY27WSC !!

With baseball heading towards the July 4th mid-season break, roughly, barring injury it looks like Corey Kluber (Indians) and Max Scherzer (Nats) will be grabbing Cy Young Awards ... again. They have combined for five of these awards and each won it last season.

The Hornell Dodgers of the NYCBL are off to a slow start in the summer baseball action at (2-5).

Heading to Niagara-on-the-Lake with noted area photographer, Leo Nealon this Saturday for the 35th annual Strawberry Festival put on by the St. Andrews Presbyterian Church, then a round of golf at the oldest course in North America just down the street and then a stop at the Olde Angel Inn, which was established in 1789. The golf course was built in 1875 and is called the Niagara-on-the-Lake golf club. Should be interesting.

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