Early Literacy Program

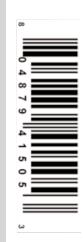
As part of his early literacy pro-gram Levi Cline, son of Sarah (Mix) and Justin Cline of Spencerport, takes a look at the local news in the Sun! Levi is the grandson of Ron and Jeanette Norman of Alfred, Craig and Diane Mix of Almond and great-grand-son of Kay Chapman of Alfred Station.





Inside THE ALFRED SUN

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

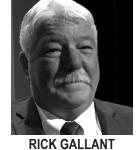
Vol. 133, No. 5

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

Thursday, February 1, 2018

23rd Democratic Hopefuls















EDDIE SUNDQUIST

CHARLES WHALEN MAX DELLA PIA Seven Democrats at forum, hope to challenge Reed

By ELAINE HARDMAN

Alfred Sun Reporter

GENEVA-Did you know there are seven people who hope to be the Democratic candidate in the November election to represent us in New York's 23rd district? In several towns in this sprawling district, these candidates have presented views to voters who feel left behind by Congressman Tom Reed.

In Geneva, Eileen Buckley and Suzanne McNally had a conversation on social media about wanting to hear all of those possible candidates. Their discussion attracted attention and their post turned into a meeting that led a forum at the Smith Opera House on Tuesday, Jan. 12. In attendance were Democratic challengers Tracy Mitrano, Rick Gallant, Charles Whalen, Max Della Pia, Ian Golden and Linda Andrei.

There the candidates took turns answering questions. Below the responses of each candidate are sorted to give an idea about who the people are, what they think and why they see themselves as representatives of our Congressional district.

TRACY MITRANO is a lawyer and internationally known cyber security expert who has lived her entire adult life in this district. She believes in the values of citizenship and democracy and plans to knock on doors, connect over phones, reach into communities including those of the often ignored First Nations People, to build a political community. Her campaign is being run by full time staff of three in her 3 office locations.

She feels that Reed represents the 1% and not the people of NY23rd. She would flip the provisions of the tax cut bill and give benefits to working people. She would tax large estates and require that corporations pay taxes at a level that would rebuild a vital middle class.

She said that we all have a constitutional right to privacy that should be protected by the government and that the country is strong enough to provide universal healthcare. She would like to institute subsidized child care so that women can work or go to school. She feels that she can help girls by being a role model in congress.

She believes that immigration laws

must guarantee a path to citizenship to those brought here as children and now registered as students or employees and taxpaying members of society. She would act to protect vulnerable members of society and would push to decriminalize marijuana at the national level allowing for its medical use.

"My father," she said, "fought in WWII to build a country that would recognize human rights for every person in it. We can't have people who are marginalized, oppressed, forgotten or left behind. We all benefit from living in a country that protects all human rights."

In her summary statement she said that a successful economy has healthy, educated people, conserves resources and provides a developed infrastructure. These 4 resources will attract capital and build a 21st century economy.

To obtain those resources we must support schools and give our youth opportunities to be prepared for work in trades and vocations and to gain the skills to participate in a demanding contemporary workforce. We need to support colleges so students graduate without debilitating

Mitrano stated that while Reed represents his financial supporters over his constituents, she would be would be a true representative of the area.

RICK GALLANT was a teacher for 38 year. At the same time he was a coach, sportswriter, business owner and member of the board of directors of the New York State United Teachers. Asked how he would organize to beat Reed, he said that he interacts daily with members of the union and that the people he has helped in the past, will help him knock on doors and make calls and reach out to involve constituents in the NY23rd in conversations that will show he understands the needs of we constituents.

As an educator Gallant is concerned about cuts to our public schools. Reed, he said, has not spoken up about the importance of after school programs, of school lunch programs or of financial support for public education systems all the way through 2 and 4 year public colleges.

While Reed is content to see what might trickle down, Gallant wants real funding. He noted several instances of businesses in the area not having needed skilled labor and feels the economy would benefit if the state returned to past levels of support to public colleges in the

Responding to financial questions, Gallant wants Medicare for all, equal pay for equal work and livable wages for full time labor. He would raise the ceiling on Social Security contributions and push for free public colleges in New York. Also, he would reduce the interest on student loans to 1% freeing graduates to make major purchases and to become entrepreneurs.

Because the Geneva area is currently confronting a plan to import New York City's garbage, incinerate it and become the eternal holder of the resulting ash, environmental issues were frequent during the forum. Gallant wants to lessen the garbage stream by eliminating single use plastic and pushing comprehensive recy-

His final statement was that he would ke to see the United States be a responsible society where people converse and work things out to make mutually beneficial arrangements.

CHARLES WHALEN is a professional economist who went to Cornell University at the age of 17, after faculty members in his high school told him that Cornell was a bar too high for him. His first area of study was labor relationships but he went on to earn a PhD in econom-

With his degree he worked at the Congressional Budget Office (CBO) in Washington for 6 years before moving to Geneva in 1990. He feels he can win against Reed by demonstrating that voters will benefit from his involvement in government. He has interests and experiences in common with the voters in this area, things he understands because he has run congressional races for others in the past.

As a professional economist, he slammed Reed for supporting the tax cuts saying that the incentives in it will send jobs overseas and will weaken our economy. The \$1.5 billion, or more, that the tax cuts add to the deficit will be used to justify slashing Social Security, Medicaid

and Medicare and will be used as an excuse not to fund a desperately needed infrastructure bill. "The tax cut bill," said Whalen, "is an economic time bomb."

Health care, particularly in rural areas, is a huge concern. Whalen feels we need to take specific steps to ensure that rural populations are given local health care, something that Reed consistently votes against. One of Whalen's goals is to lower the age of Medicare eligibility to

He puts the blame for the opioid epidemic on the shoulders of the drug industry in this time when prescription drugs lead many into sustained drug abuse. In a related matter, he supports a regulated medical marijuana program.

As a professional economist, he feels he can influence discussions in Washington by pushing for the development of environmentally sustainable technologies and businesses and recognizing that infrastructure development must include water, sewer, transportation and communication.

One environmentally sustainable area of development could be hemp farming. Early in the history of our country, industrial hemp met many needs while being kind to the soil. Industrial hemp, while distantly related to cannabis, has no hallucinogenic properties.

Whalen said, "Sometimes you need to go into a factory at 4 am to talk with people and build a common understanding of the economy at every level."

MAX DELLA PIA comes to the political stage from a 30 year career in the U S Air force and Air National Guard. He lives in Owego in Tioga County and as a BS in Economics, a MS from the industrial College of the Armed Forces and a Law Degree from Marquette Law School. He hopes to engage with all Democrats and get out the vote with the help of a team of Cornell students with experience in congressional races.

In response to a question about economics, Della Pia said that the poorly named American Jobs Creation Act of 2004 taxed repatriated corporate money at a rate of 5.2%. Corporations used 90% of that money to buy back stock, forcing

(Continued on Page 14)

OBITUARIES

Rosanne Alesso, 74, one-time Alfred resident



ROSANNE ALESSO One-time Alfred resident ERIE, PA.-Rosanne M. Sorze Alesso, age 74, of Erie, passed away Friday, January 19, 2018, after a prolonged illness. She was born in Erie on December 24, 1943, daughter of the late

Joseph J. and Rose Sorze (Bent). Rosanne graduated from St.

Andrew's grade school, '57, and Villa Maria Academy, '61. She had worked as the secretary to the Dean of Student Affairs at Penn State Behrend and secretary of the Engineering Department at SUNY Alfred, as well as at Charlie's Sewing and Craft Store, where she fed her love of crafting and sewing. She also enjoyed creating music as a wonderful pianist and singer.

She was an active volunteer with the Boy Scouts and at the parish of SS. Brendan and Jude Church in Alfred, creating many of the banners displayed in the worship space. She is survived by her husband of 50 years, Philip F. Alesso, who together were active in Marriage Encounter during their years in Alfred. She is also survived by her son, Andrew P. Alesso (Jessica), of Fairview, PA, and her daughter, Suzanne M. Alesso, of Rochester, MI, and two grandsons, Joseph P. Alesso of Rochester, MI, and Daniel P. Alesso, of Fairview, PA.

Family and friends called at Holy Cross Catholic Church, 7100 West Ridge Road, Fairview, PA from 6 to 8 p.m. Tuesday, January 23, 2018 and from 9 to 10 a.m. Wednesday, January 24, 2018, when a Mass of Christian Burial was held with Fr. Thomas Tyler, Celebrant. Funeral arrangements by Burton Funeral Homes and Cremetory, 602 West 10th St., Erie, PA 16502. Memorials may be made to Villa Maria Academy's music department, which fed her soul during her years at Villa. Condolences can be sent to www.Burtonfuneralhomes.com

H. David Trautlein, Ph.D., 90, taught at Alfred State 1956-67



H. DAVID TRAUTLEIN, Ph.D.

Taught at Alfred State MERCED, ČA-H. David Trautlein, Ph.D. died on January 13, 2018 at 11:20 AM in Merced, CA with his wife, Angela, by his side. He was born in Buffalo, NY on March 10, 1927, son of William J. and Helen Peabody Trautlein and was the youngest of six children.

In 1941, he graduated from St. James School and in 1945 from Kensington High School where he was an honor student and champion swimmer. After service in the U.S. Navy during the last year of World War II, Trautlein attended Cornell University where he received the A.B. degree in English in 1951. He attended graduate school at Niagara University and Alfred University. He received his M.S. degree from Alfred in 1955.

Also in 1955, he married Angela Visentin, daughter of Frank and Linda Visentin, at Holy Rosary Catholic Church in Wilkes-Barre, PA. The couple had three children, Vaune (Mrs. Steve Newvine), David (Karen) and Sharon (Mrs. William Luciw).

In 1964, David was granted a one-year sabbatical leave for further graduate study at Florida State University from which he received the Ph.D. degree in Higher Education Administration in 1968.

H. David Trautlein began his professional career as an English teacher at Canisteo Central School and in 1956 joined the faculty at Alfred State College as instructor of English and Director of the Reading Laboratory. Following promotions to Assistant Professor in 1957, Associate Professor in 1961, and Professor in 1965, he left Alfred State in 1967 to become the Founding Dean of the College of Herkimer County Community College (now Herkimer College) retiring in 1984 with the title of Dean of the College Emeritus. He was a member of several professional organizations and was a novelist and historian.

He was active in community affairs including the Alfred Village Planning Commission and the Alfred-Alfred Station Community Chest. He was a lector and choir member at St. Brendan's Church in Almond, a charter member of the Alfred Lions Club, Third Degree of the Hornell Knights of Columbus, and President of the Southwestern District Swimming Officials Association.

After moving to Herkimer County, Dr. Trautlein served on the Oneida-Herkimer Health Systems Council, Herkimer County Area Development Corporation, and numerous Village of Ilion committees. He was a lector, greeter, and Finance Committee member at Annunciation Roman Catholic Church in Ilion. He also served as Midget League Baseball Coach, Past President of the Ilion Kiwanis Club, Charter Member of the Herkimer Lions Club, and member of the Ilion Community Club.

He enjoyed fishing for trout in the Adirondacks and bass in the Finger Lakes. He also enjoyed music, reading, writing, and swimming. He authored a history of the first twenty years of Herkimer College and a novel.

In 2004, Dr. Trautlein was recognized as a Torchbearer for his leadership in the formative years of Herkimer College.

Dr. Trautlein was predeceased by his parents, three brothers (William Jr., Robert, and George), and two sisters (Helen DeGraff and Louise Cronin). He is survived by his wife Angela, daughters Vaune (Steve) daughters (Steve) Newvine, Sharon (William) Luciw, one son David W. (Karen), and four grandchildren, Alison, Colleen, Matthew, and Philip, and one great grandson Kasper.

He and his wife moved to Merced, California in November 2016 to live with his daughter and son-in-law, Vaune and Steve newvine.

In lieu of flowers, friends may wish to make memorial donations to the H. David Trautlein Endowment at Herkimer College, Friends of the Ilion Free Public Library, or Annunciation Roman Catholic Church, Ilion.

SUN OBITUARY POLICY

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

Richard S. Knapp, 82, loved rodeos, golfing



RICHARD S. KNAPP

Always knew he was a cowboy HORNELL-Richard Stewart Knapp, 82, breathed his last on Sunday, January 28, 2018 at his home on Honey Run Road in Hornell, surrounded by the love of his family and friends, both

Born Dec. 13, 1935 to parents Andrew and Irene (Conrad) Knapp, Dick was a student of life and the youngest of nine sib-

Dick was many other things in his lifetime. Just of few of them: a richly talented artist, a professional rodeo cowboy, a farrier, a heavy equipment operator, an avid hunter, fisherman, and

He knew growing up that he was a cowboy, for he had a deep love of horses. He met his wife as he helped her saddle up for a trail ride. Dick and Sue, along with all four of their children, hit the rodeo circuit every summer. Friends always knew when he'd arrived on the rodeo grounds by his inevitable burst of laughter that was heard clear across the arena. Lifetime friendships were formed during those summer days.

The rodeo years gradually turned into golf years, where he made new friends. He met even more on countless hunting and fishing trips through the years, often inviting them into his home to spend time with his family. Thankfully, those who could were able to visit him in his last days at home. Many friends and family called to touch base with him one last time, bringing a smile to his face, and sometimes even a twinkle to his eyes.

He is survived by his wife of 61 years, Suzanne Goff Knapp;

four children, Cynthia Berry (Jim Gardon) of Ocala, Florida, Clint Knapp of Hornell, Tracy (Tom) Cassidy of Birdsall, and Theron Knapp (Yuli Lestari) of Myanmar; two sisters, Maxine Horr of Williamson, and Gertrude Passalogue of Greece; 12 grandchildren; 15 greatgrandchildren with another due May; numerous nieces, nephews, cousins, and many,

many blessed friends. In addition to his parents, Dick was predeceased by four brothers, Martin Cooper, Vinnie Cooper, Bill Cooper, and Harold Knapp; and two sisters, Carlita Sherman and Juanita Ringer.

A memorial service in celebration of Dick's life will be held at Sovereign Grace Baptist Church, 2714 County Road 70A, Hornell, at 11 a.m. Saturday, Feb. 3, 2018 with Pastor Nathan Ruble offici-

In lieu of flowers, those wishing may contribute in his memory to Justin Cowboy Crisis Fund, 101 Pro Rodeo Drive, Colorado Springs, CO 80919. The Bishop & Johnson Funeral Home, Inc. in Hornell is honored to serve the family of Richard Stewart Knapp.

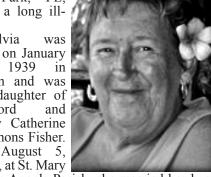
Sylvia Anne Scheminger, worked in food service management uating in 1956. In 1958 she graduated from nieces and nephews.

School lunch manager

OLEAN-Sylvia Anne Scheminger of 2907 McCann Hollow Rd., Olean, passed away peacefully on Monday, January 22, 2018 at

the Sun Coast Hospice in Pinellas Park, FL, after a long ill-

Sylvia born on January 16, 1939 Olean and was the daughter of Clifford Mary Catherine Simmons Fisher. On August 5. 1961, at St. Mary



of the Angels Parish, she married her husband of 56 years, William "Bill" Scheminger, who survives.

Sylvia attended Olean High School, grad-

Morrisville Technical Institute with a degree in Food Service Management. Sylvia was the School Lunch Manager in the Allegany Central School District for several years. In 1975 she accepted a position with the Olean School District, retiring in 2000 as Food Service Director. Sylvia also served as a Master Instructor in the State Education Deservice workers. She enjoyed time with her grandchildren, traveling, and cooking.

Along with her loving husband, Sylvia is survived by; her five children, Edward Scheminger of Olean, Jeffrey (Anna) Scheminger, of Watertown MA, Lisa (Keir) Dirlam, of Almond, Holly Daigle of Pelham NH, and Philip Scheminger of Olean. She is also survived by nine grandchildren Lucas (Josie) Scheminger, Gretchen (Chris) Arndt, Ryan (Hannah) Scheminger, Maria, Nathan, Simon and Jessica Daigle, Dylan and Samantha Dirlam, and her brother, Clifford "Kip" (Karen) Fisher, of Walworth, as well as many

Sylvia was predeceased by her two sisters, Janet (Ron) Aaron and Mary Ellen (Dan) Barrett.

Friends were received at the Letro-McIntosh-Spink Funeral Home, Inc., 646 E. State Street, Olean from 2 to 4 p.m. and 7 to 9 p.m. Friday, Jan. 26. Funeral services were held Saturday, Jan. 27 beginning in the funeral lowed by a Mass of Christian Burial at 11 a.m. at the Basilica of St. Mary of the Angels. The Rev. David E. Tourville, Associate Pastor, celebrated and the mass was concelebrated by Rev. Bernard Survil, Sylvia's cousin. Burial was at St. Bonaventure Cemetery, Allegany.

Memorials may be made to the Basilica of St. Mary of the Angels renovation fund at 202 South Union Street, Olean, NY 14760. Online condolences may be made at http://letromcintoshspinkfuneralhome.com/tr ibute/details/646/Sylvia-Scheminger/obituary.html#tribute-start

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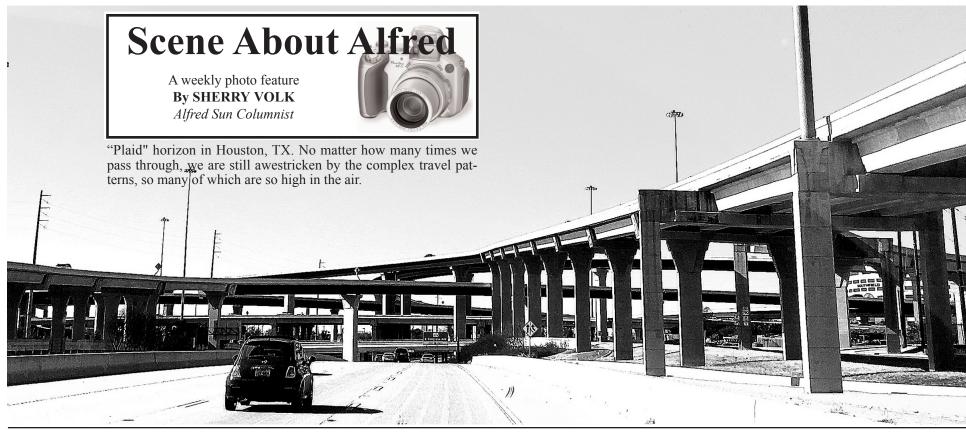
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OFA offers free tax assistance for seniors

BELMONT-The Allegany County Office for the Aging, in conjunction with AARP and the Internal Revenue Service, offers free tax assistance for low to moderate income seniors who live in Allegany County. The Tax Counseling for the Elderly Program (TCE) has volunteer counselors trained and certified to help people age 60 and over with income tax returns. Tax Counselors will be available at three Clinics throughout Allegany County. Appointments are not necessary for assistance at these Clinics.

•Bolivar Fire Hall, Wednesday, Feb. 14, 9 a.m. to 12 noon.

•Canaseraga Village Hall, Tuesday, Feb. 20, 9 a.m.-12 noon.

•Wellsville Grace United Church, Wednesday, Feb. 21 and 28, March 7 and 14, 9 a.m. to 12 noon.

Tax Counselors are also available by appointment only on Mondays and Fridays during February, March, and early April at the Crossroads Building in Belmont. Appointments can be made by calling the Office for the Aging at 585-268-9390 or toll free 1-866-

Monthly Str8 Eight tournament slated 8 p.m. Thursday, Feb. 8

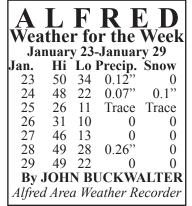
ALFRED-Just like the last tournament of 2017, the first of this year saw the game's inventor enter the final round with the lead only to settle into second place as the final scores were posted.

This month Ky Thomas took top honors with a decisive win at the final table and the previous tournament's winner, Matthew Snyder, rounding out the top three.

With both Alfred University and Alfred State College back in session, the competition for local players will be increased this month. So, come out at 8 p.m. Thursday, Feb. 8 for a night of free, family fun and see if you

can be this month's winner of a \$25 gift card.

Visit http://str8-eight.com for more information on how to play.



SUNNY SIDE UP





A sure fire dinner dish kids will love

[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.

Here's a sure fire dinner dish that kids will love and it's so easy. It's something they could cook themselves. It's also a good way to use up leftover chicken or turkey.

Chicken Casserole

1 can undiluted cream of chicken soup 1 can undiluted chicken noodle soup

1 can (3 oz.) chos mein noodles

cooked chicken removed from bones Combine soups and half the noodles with chicken enough to almost fill a 1 1/2 quart casserole. Put the remaining noodles on top.

Bake at 350 degrees for about 30 minutes or until bubbly.

10-6 Wed.-Sat.

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

The New York State Sheriffs' Association elected its Officers at the 84th Annual Winter Training Conference this week at the Desmond Hotel in Albany. Members elected Allegany County Sheriff Rick Whitney Sergeant at Arms of the NYS Sheriffs' Association. The New York State Sheriffs' Association, Inc. is a not-for-profit corporation, formed in 1934, for the purpose of assisting sheriffs in the efficient and effective delivery of services to the public. It comprises all of the elected and appointed sheriffs of New York State. ***



By KELLY SNYDER Alfred Sun Weather

"I hope my complaints about the weather have made the weather seem comparatively less annoying. —Unknown

Thursday, Feb. 1 SNOW SHOWERS (HIGH 38-LOW 10) Chance of precipitation......50% Friday, Feb. 2 **CLOUDY** (HIGH 13 – LOW 5)

Chance of precipitation..... Saturday, Feb. 3 PM SNOW SHOWERS

(HIGH 24 – LOW 18) Chance of precipitation......40% Sunday, Feb. 4 **SNOW SHOWERS**

(HIGH 24 LOW 9) Chance of precipitation.....50% Monday, Feb. 5 **CLOUDY**

(HIGH 16 - LOW 4) Chance of precipitation......20%

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!

Amanda Baker, director of the Alfred University Career Development Center, is the featured volunteer in the latest newsletter of the National Board of Certified Counselors (NBCC). Baker joined the Career Development Center (CDC) in 2016 and serves as a volunteer scholarship reviewer for the NBCC. The January 2018 newsletter article outlines Baker's work with the career Development Center and some of the outreach initiatives and services the CDC offers to AU students.

The Alfred men's rugby team is ranked 18th in the recently-released National Small College Rugby Organization (NSCRO) Top 40 poll. Alfred, a club team made up of students from Alfred University and Alfred State College, is tied for the 18th spot with Paul Smith's College. Alfred beat Paul Smith's for the NSCRO Upstate Championship on Nov. 4 before falling in a rematch two weeks later in at the NSCRO Northeast Region Championships. The Alfred men's rugby team has enjoyed

Puzzles on Page 10

SCRAMBLERS

solution

1. Range; 2. Stable;

3. Staple: 4. Design

Today's Word

DESPERATE

one of the most successful seasons in program's 32-year history, finishing the 2017-18 season with a 9-2 record and claiming the program's first-ever NSCRO Upstate championship.

The Almond Rod and Gun Club Small Game Hunt will be held Saturday, Feb. 10. Registration at the Clubhouse on Karr Valley Road will be held from 7 to 8 a.m. or participants may pre-register by calling Eric Kernan at 607-276-2152. Entry fee is \$20 for a two-man team. Prizes will be awarded for heaviest squirrel, rabbit, grouse and pheasant, along with prizes for most points awarded by total team harvest. Cash prizes will be dependent upon number of participants. A game dinner will follow the hunt. Participants are asked to bring a dish to pass with their own beverages.

At the Feb. 8 Bergren Forum, Robert Heineman, retired professor of political science at Alfred University, will give a talk titled "The Failure of Philosophy in a Secular Age."The Bergren Forum, sponsored by the Division of Human Studies, is held at 12:10 p.m. each Thursday in Nevins Theater, Powell Campus Center. Bring a lunch; coffee and tea are provided.

King Crossword — **Answers**

Solution time: 25 mins.

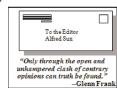




Jim Ninos running for position of Alfred Village Mayor

Greetings, my name is Jim Ninos and I am running for the

position of the Mayor of the Village of Alfred. I think the best



way to start is from the beginning. For the most part I have lived in the Alfred area most my life. I graduated from Alfred-Almond Central School in 1969. I served in the U.S. Army as a tanker with the 2 Battalion, of the 34th Armor-Vietnam, 25 Infantry Division where I received a Bronze Star and Purple Heart for wounds received in combat. Afterwards I came back home and applied to the University of Colorado where I completed my Bachelor of Fine Arts Degree. Before leaving Colorado, I married Karrie Edwards and we immediately left for Rochester NY. Where I started my Masters of Fine Arts degree in photography at Rochester Institute of Tech-

Then we came back to Alfred where I started a teaching position at Alfred State College in the Communications Media Depart- The Art teacher left Andover and ment. After five years, they closed the program and we were at a major intersection in our lives. We had bought a house in Andover and we didn't want to move again. Home and family ties caused me to return to school where I received my teaching certificate from Alfred University.

Next came Jasper-Troupsburg Central School where I became the new art teacher for a newly merged district. Not having enough on my plate I was elected to the Andover Board of Education, where I served as President of the Board for one of five years and Vice President for three. Because of being on the Board of Education and working with administrators, I thought that I could make a difference and went back to school to become an administrator. I went to SUNY Cortland and received my Certificate of Advanced Studies in School Administration. I completed my certification as a school district administrator and was hired by Andover Central School as their new principal. I held that position for three years and realized it was not what I thought it would be.

I became the new art teacher where I belonged.

While I was working on my new degree we moved my family (Karrie and our two boys Kolby and Trevor,) to Alfred, just five miles down the road. Once again, my plate had room so I ran for the Alfred Almond Board of Education and enjoyed my five-year tenure. What's next? I became a part of the Allegany County Planning Board for District Five and have served on the board for more than ten years. I was appointed to the Zoning Board of Appeals for the Village in the summer of 2016. Mayor Grigg asked me to Chair the Tiny House Committee and the village is in the process of completing that charge. In March 2017 I was elected as a Village Trustee and a liaison to the Village Streets and Water Department. This position involves working with the Director of Public Works Jim McNulty.

Alfred has always been an important part of my life: the history, its natural beauty, and most important my home and family. I became president of the Bakers Bridge Historical Association and I am part of the Allegany County History Awareness group located in Andover and part of the Allegany County Historical Society.

I feel that a mayor has to have an understanding of its history to make decisions for the future. Alfred's historical background is the foundation of this community and Alfred University. Both of us grew up together and it was the village that works with the University through the hard times that

helped create one of the greatest institutions in New York State. Alfred State College is a child of Alfred University starting with the New York State School of Ceramics and School of Agriculture.

In the 60's Alfred State College reached maturity and started its own identity on the other side of the hill. Recently President Skip Sullivan addressed his faculty and staff with the title "We are Family". The Village and Universities have grown old together. I want both schools to understand that the Village is the parent and they are its children. As parents grow old children need to help and provide for them. One of the first things families see when they arrive in Alfred is Main Street. We need to preserve our history and appearance so that those that arrive see the love and beauty that surround our little village.

The village is a small chunk of the town made up of about 6 square miles of real estate. We have a group of smaller communities that play an important part of the village. From High Street to North Main (North and South) to Pine Hill and West University (East and West). What I've learned is the passion each family has for their corner of the village is amazing and the desire to make their communities vibrant is paramount to them. Being the liaison for the Alfred Village Streets and Water has allowed me to understand the needs of those communities and actively be involved in the process of addressing their problems. As a Village Trustee I have learned how important it is to work together for the greater

good of Alfred.

We all know that within that six miles of real estate over 90 % is tax exempt so less than 10% of the real estate in Alfred provides for all the services in the form of taxes. Of the 10% there is a growing majority of the property that has become rental property. The important thing here is that as landlords you are responsible for maintaining your property in the same manner as a single-family owner. After all it's your village too and you need to take pride in Alfred. The students that occupy the rental property have to understand that they are also a resident of the village and it's their responsibility to take care the homes that they occupy. Many of these homes have strong historical backgrounds and to lose them is a tragedy.

An important aspect of my ability to become the Mayor of Alfred is I'm not tied to either college. My family has been a part of the business community of Alfred. I understand the importance of both schools, but I feel the community is of paramount importance. The number of families living in the village is growing smaller every year and the sense of village that I grew up with is slowly disappearing. Family homes that we grew up with are becoming rentals or taken off the tax roll as part of the two universities.

Change is inevitable, but how it changes is what I care most about and that is why I would like to serve as Mayor Village of Alfred.

Jim Ninos Alfred

Sun Spots



I've Got a Message for You from the Man in the Moon Or,

This Super Moon Happens Only Once in a Super Blue Blood Moon I've heard many folks complain that the expression "Super Moon" Should be outlawed—right along with "Polar Vortex". And any other phrase coined by a headline-grabbing goon With a lot of blab but no cerebral cortex.

But this Super Moon was different—"even better!"—so they said: It would coincide with other loony stuff,

Like, a moon that's Blue that isn't blue but actually is red... As if being "Super" wasn't super 'nuff.

To view this crazy moon with all its fancy nomenclature, I expected must be done some fancy way,

Where you couldn't just go see it on your own, out there in nature, No—instead you'd have to have their play-by-play.

In addition, there would doubtless be some highfalutin eyewear Without the use of which your view would stink,

And you'd have to have the latest ones "completely free of spyware" Which would cost up to the moon, I rather think.

Well, I hope you had a party with your blue blood lads and lasses, And enjoyed your Super Moon, you lunatics.

I saw it just as well as you, with sun-eclipse dark glasses— Cuz super blue blood moons and clouds don't mix.

So next Super-Bluper-Moon that comes, and someone makes you hear of it,

Make better use of your cerebral cortex And realize the smartest thing to do is just steer clear of it— And tell 'em to go bite a Polar Vortex.

—Blue Moonymous

Alfred University AT THE INTERSECTION OF opportunity by President Mark Zupan

oday, somewhere, there are two people who likely have developed a penchant for purple and gold. Those two people have had their lives changed because of the incredible generosity of two members of our Alfred University commu-

Russ Kohler '20, an athletic training major from Seaford, New York, is a defensive lineman on our football team. Earlier this year, Russ and several of his teammates signed up to participate in the "Be the Match" program. Their DNA was entered into a database to see if it would match any of the people waiting for a bone marrow transplant, a procedure that is used to treat blood cancers like leukemia or lymphoma; bone marrow diseases like aplastic anemia; and other immune system or genetic diseases like sickle cell anemia.

Russ received a call mid-way through the fall semester, just after a football game, advising him that he was a match. "I found the decision a very easy one to make," Russ said. "I wanted to donate to help this person from the moment I was a match. I just had to convince my mother it was a safe procedure.

During winter break, Russ made two trips to New York City for additional preparatory medical testing. "Once I was cleared, I began receiving injections to boost the amount of platelets in my body," he said. A few days ago, Russ made the donation (wearing his Saxon Nation shirt!), a process that took six hours. "I was hooked up to a machine that would draw blood from one arm, take the platelets and then return the blood back into my arm." Russ knows that the recipient of his bone marrow is a 51-year-old man with non-Hodgkins

And in true Alfred University fashion, Russ said, "If I had the opportunity to do it again, I would without hesitation.

Mary Theresa Sick—better known as MT and the capable administrative assistant to Vice President for Student Affairs Kathy Woughter—is also a recent medical donor.

MT learned in August that a good friend was in Stage IV renal failure and needed a transplant. "I didn't even think about it. I contacted the donor center the next day," said MT. "The process is a bit overwhelming and long story short, she hap-

Russ Kohler (AU '20)

pened to find a match just before I was to begin testing" to become a donor. The friend, however, told MT about three other people in the area—all from her hometown—who also needed a kidney transplant. "One was another friend of mine who hadn't told anyone, including her family, of her condition until recently. She was in Stage V renal failure. I told her I had already started the process and would like to continue with her to see if I was a match."

After a whirlwind and arduous series of required tests, made all the more complicated by the fact that her return travel from a holiday vacation was disrupted by a winter storm that shut down air travel along much of the Eastern seabord, MT found out she was a match. The hand-assisted laparoscopic surgery, a week ago, took four hours. The thrill for MT came when she learned that when her kidney was transplanted, "It began working immediately." While the recipient has to be monitored closely to make sure she doesn't reject the kidney, "Everything looks great so far!" MT's recovery is four to six weeks.

While MT is not an alumna, she's the mother of one, Bryan Sick '04, who is married to Bonnie Ye '07, and definitely a Saxon, through and through.

Please join me in acknowledging Russ Kohler and MT Sick for the spirit of generosity and kindness that they have displayed and how aptly they thus epitomize the caring nature of our Alfred University community.

Fiat Generous Spirits!

HE ALFRED

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E-MAIL: alfredsun.news@gmail.com David L. Snyder, Editor, Publisher & Janitor

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CERAMIC ART MUSEUM

Jungla' will open

ALFRED-Alfred University alumna and noted ceramic artist Cristina Cordova's work will be shown at the Alfred Ceramic Museum in an upcoming exhibi-

The exhibition is titled "Jungla" and contains some of Cordova's sculpture and drawings. Following an opening reception from 6-9 p.m. Feb. 2, the exhibition will run through July

Cordova earned a Master of Fine Arts degree from Alfred University in 2002 and also has a Bachelor of Fine Arts degree from the University of Puerto Rico. She says "Jungla" refers to "a region of dense, intractable wilderness that sustains an ongoing evolutionary dance governed by uncivilized forces. This tropical landscape of my youth is a beacon to an identity, tying me back to a specific geography and the sediment of generations."

Cordova's work is held in the

permanent collections of the Smithsonian American Art Museum, Washington, D.C., the Fuller Craft Museum (Massachusetts), the Mint Museum of Craft and Design (North Carolina), the Museum of Contemporary Art of Puerto Rico, the Museum of Art of Puerto Rico, and the Alfred Ceramic Art Museum, as well as in numerous prestigious private collections.



"La persistencia del verdor" Cristina Cordova, 2016

ALFRED UNIVERSITY

Tenor offers Sunday recital, Feb. 4

ALFRED-A recital by tenor Boris Van Druff, accompanied by pianist Kurt Galvan, opens the spring 2018 season of the Alfred University Division of Performing Arts.

Van Druff and Galvan's recital "In Love and War -European Songs of the 19th Century and World War I," will be held Sunday, Feb. 4, at 3 p.m. in Susan Howell Hall on the AU campus. The performance is free and open to the public.

A native of Olean, Van Druff is an adjunct professor of voice at Alfred University who specializes in opera and musical theater. Galvan is a music accompanist in the AU Division of Performing Arts who performed and accompanied at last summer's MostArts Festival at Alfred University.



Tenor Boris Van Druff (right) accompanied by pianist Kurt Galvan

Zen is Nothing Special

NOTHING SPECIAL

onsider, if you will, the peculiar status of the word special. Whether employed as adjective or noun, the word means distinctive, uncommon, out-ofthe-ordinary. Yet the word itself could hardly be more common. On what seems like a weekly basis, retailers announce their Special Offers and Special Sales. For breakfast, some of us eat Special K, which presumably is superior to Regular K. When we go out to dinner to celebrate a special occasion, we are likely to hear at length about that evening's specials. In some contexts, as in "special needs," "special effects," and Special Counsel, the word's function is chiefly descriptive, but more often it serves to praise, sell, or persuade. If someone calls you a "very special person," you can safely take it as a compliment. With rare exceptions, both the literal meaning and the connotations of special are reliably, if vaguely, laudatory.

Not so in the Zen tradition, where the word special and, more broadly, the concept of specialness, occupy a more ambiguous position. On the one hand, the Zen tradition is based on what its founder, the fifth-century Indian monk Bodhidharma, called a "special transmission outside the scriptures," which is to say, a special understanding of reality and the nature of mind, engendered by communion with an authentic teacher. Yet Zen is probably unique among spiritual disciplines in portraying its practices as "nothing special." "My miraculous power and spiritual activity:," wrote the eighth-century Buddhist practitioner Layman P'ang, "drawing water and carrying wood.'

More recently, Shunryu Suzuki Roshi (1904-1971), founder of the first Zen monastery in America, explained to his students that "Zen is not some fancy, special art of living. Our teaching is just to live, always in reality, in its exact sense." And the American Zen teacher Charlotte Joko Beck (1917-2011), author of Everyday Zen (1989) and Nothing Special (1993), insisted that the practice of "living Zen," as she called it, was nothing exceptional or out of the ordinary. Coming from realized masters who devoted their lives to Zen, these characterizations may seem curious or even disingenuous. Yet they point toward the paradoxical nature of the practice.

The true spirit of Zen, it may be said, resides in ordinary life. Although committed practitioners, lay and monastic alike, spend long hours in silent sitting, releasing thoughts as they come and go, and though advanced practitioners may experience those transformative moments of illumination known as kensho and satori, the primary aim of Zen practice is not some special vision or attainment that will elevate the heroic, solitary practitioner above other, unenlightened beings or convey some special authority. Rather, it is to train us to be mindful in all of our activities and to perform them in full awareness, whether the task at hand be washing dishes, cleaning a bathtub, or driving a car in heavy traffic. Grasping for some special experience or state of mind, we distract ourselves from that central aim.

And all too often, we delude ourselves as well. In his book Why Buddhism Is True (2017), the evolutionary psychologist Robert Wright asserts that a "sense of spe-



One Time, **One Meeting**

By BEN HOWARD

cialness," applied to ourselves, our families, our tribes, and our species, may be hardwired into our brains. Such a predisposition, he suggests, is natural selection's way of ensuring our survival and the propagation of our genes. Be that as it may, our conferring of special status upon a person, place, or spiritual practice may have little or nothing to do with objective reality. As the psychologist Robert Zajonc has written, "[A]ffective judgments are always about the self. They identify the state of the judge in relation to the object of judgment." If our overarching aim, as Zen practitioners, is "just to live, always in reality," and to align ourselves and our actions with things as they are, the notion of specialness and the imposition of that notion on our immediate experience are likely to be more subversive than constructive.

Zen is a non-dualistic practice. It encourages us to see and accept the whole of our lives, rather than rank one moment of consciousness over another or compartmentalize our experience under such rubrics as "sacred" or "profane," "trivial" or "profound." By labeling a particular experience "special," we imply that our other experiences are "not-so-special" or perhaps "non-special." As Zen masters from Seng-ts'an (d. 606) to Thich Nhat Haph have warned dualistic descriptions slash undiffer Hanh have warned, dualistic descriptions slash undifferentiated reality into separate parts. Such discrimination is necessary for navigating the world, but without the balancing forces of awareness and holistic intuition, our powers of discrimination can immure us in our bubbles of dualistic thought and blind us to the realities beckoning our attention. All the more reason to abandon our notions of specialness, or failing that, hold them in abeyance. By so doing, we will not only cease to delude ourselves. We may also restore our sense of the wonder, beauty, and boundlessness—the specialness, as it were of every moment of our lives.

Ben Howard leads the Falling Leaf Sangha (www.fallingleafsangha.blogspot.com), a Zen practice group in Alfred.



Meditation Hall, Dai Bosatsu Zendo.

Music BANDS/DJs/RECITALS Hornell Area Wind Ensemble 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 ffers 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 (Barbershopers) Chorus Meetings 7:00 p.m. Mon-days at United Methodist Church of Hornell, 7528 North Main St Ext. near Webbs Crossing Road

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 – 13:30pm; 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. The Wingate Memorial Carillon Recital Series honors Dr. Ray Winthrop Wingate, a professor of music at Alfred Linjurgity for 56 years. Alfred University for 56 years.

AU Faculty Recital. 3 pm Sunday, Feb. 4, Susan Howell Hall, AU campus, featuring tenor Boris Van Druff and pianist Kurt Galvan. Free admission.

Alfred University Choral Concert. Saturday, March 24. Haydn "Theresa Mass." Alfred Seventh Day Baptist Church, 7:30 pm. Free admission

Alfred University Student Recital. Sunday, April 15, 3 p.m., Susan Howell Hall, AU campus. Free admission.

Alfred University Jazz Band Concert. Friday, April 20, Miller Theatre, 7:30 p.m. Free admis-

Alfred University Symphonic Band Concert. Friday, April 27, Miller Theatre, 7:30 p.m. Free admission.

Alfred University Student Recital. Saturday, April 28, 3 p.m, Miller Theatre, AU campus. Free admission. Alfred University Symphony Orchestra Concert. Featuring guest pianist, Lucy Mauro. Miller heatre, AU campus. 7:30 pm Free admission.

Alfred University Student Recital. Sunday, April 29, 3 p.m., Susan Howell Hall, AU campus.



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 Arménia, 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 AU Dance Theater. Feb. 15-17.
Original choreography and performances by AU students and the Marlin Miller Guest Artist. Miller Theatre, 8 pm

Marlin & Ginger Miller Dance Residency at Alfred University. March 19-23 Featuring interna-tionally renowned guest artist, Eiko Otake. Times TBA, All events are free. Miller Performing Arts Center Dance Studios.

Blithe Spirit by Noel Coward. Performed by Alfred University students Wednesday-Saturday, April 11-14. Featuring guest director, NYC based Eliza Beckwith. C.D. Smith III Theatre, 7:30 pm. Tickets required.

INSTRUCTION/GROUPS Allegany Artisans. The Allegany Artisans, local artists and craftspeople working together to host an annual studio tour, held annu-ally 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 Satur-day 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, embroider-ers, 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 Satur-days. 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-

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



Alfred Ceramic Art Museum. Located on Northeast corner of Main and Pine Streets, AU cam pus, 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 informa-tion call 607-871-2421; or visit the museum website: ceramicsmuseum.alfred.edu

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

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 occa-sions or byappointment. Contact Wayne Higby for further informa-

Almond Library welcomes new director, Gina Lombardi

ALMOND - The Almond 20th Century Club Library welcomes a new Library Director. Gina Lombardi began this position on Tuesday, Jan. 9, 2018.

Gina is currently a resident of Cuba, New York. She considers herself as being from Buffalo, because both her undergraduate B.A. in English Literature and Master's in Library Science

were earned at the State University of New York at Buffalo.

Her first job out of college was as an AmeriCorps Volunteer and Team Leader focusing on working with youth and community outreach. She has recently returned to upstate New York from five years in the Dallas, Texas area, where she was the director of a small rural library.

When asked about her plans for working at the 20th Century Club Library in Almond, she said as she had just moved back to the Southern Tier, she has high hopes of staying on with the Almond 20th Century Club Library for many years.

She said, "I am most impressed with the cultural history of Almond's Library. The wood furnishings are phenomenal. There are older books specific to the region by award winning authors. I haven't been in charge of a Carnegie building before, but am grateful to the benefactors that since 1904 have maintained a center for life-long learning in town."

Lombardi has worked in public libraries for 10 years. She is skilled in reference and reader's advisory services for adults. As well, she enjoys working with children and will run story times on Saturdays.

"My belief is that libraries should be places for study and educational programs. Also, recreational programs, providing movies and reading for pleasure," she said, "I think libraries will survive into the 21st century

and beyond because for one thing children will always need to learn to read.'

She continued, "Also though the Internet is a convenient information source, having to sort through many results sometimes can take too much time. One should always consider the source. And remember, not everyone has a computer at home.'

The Almond Library provides six computers with high-speed internet and Microsoft Office software. It also has a rare books collection for in-house use, oversize books, many New York Times bestsellers and a very large selection of DVDs from the 1980s and on to the latest releases. Plan your visit and meet your new Library Director!

Nutrition in a Nutshell

By MARIA ADAM

Nutritional Therapy Practitioner and Alfred Sun Columnist

Supporting the Foundations: Hydration

s nutritional therapy is integrated into our A lives, many necessary changes can seem overwhelming. Old habits die hard and often our worst cravings complain the loudest. While not negating the need to surmount these challenges, this week I want to bring you a dose of simplicity as we focus on a refreshing macronutrient, water! Not only can hydration be a simple foundation to support, but the issues it can resolve are quite profound.

While we can only survive a few days without water, we can go years with varying degrees of dehydration, handicapping the crucial roles water plays in our body. Some of these roles include oxygen delivery to the cells, transportation of nutrients, lubrication of joints, flushing toxins, and enabling cell-to-cell communication. Thus, dehydration is more than a dry mouth...it occurs on a cellular level. It is important to recognize dehydration and to know how to properly hydrate ourselves.

Dehydration manifests itself through early and mature signs:

Early→ fatigue, anxiety, irritability, depression, cravings, cramps, headaches

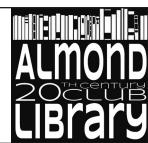
Mature → heartburn, joint pain, back pain, migraines, fibromyalgia, constipation, colitis Have you experienced these symptoms? It is possible that they are caused by something other than dehydration, however, why not find out!?

So, how do you get rehydrated? Every individual's needs vary depending on their activity level and diet. Still, a general rule for daily water consumption is half our body weight in ounces. This is a great place to start as you re-awaken your awareness of thirst! If you have not been drinking this amount, slowly work up to it over a 2-3 week period. Also, if you are drinking diuretics this will alter this ratio. For every 8 ounces of diuretic you consume (coffee, black and green tea, juice, alcohol, soda, and other sugary drinks) you need to drink 12-14 ounces more of water. Instead of just adding in more water, I would encourage you to consider moderation and the nutritional quality if your diuretic! Is it benefitting you or creating another stressor on your body?

In conclusion, as you support your hydration, you can have lots of fun with your water. Add some fruit to your water for flavor or a pinch of mineral salt to enhance the electrolytes. Your cells will thank you!

If you have questions or comments for Nutritional Therapy Practitioner, Maria Adam, email her at thrivinghealth17@gmail.com or call her at (607) *661-8221*.

What's Happening at Almond Library



The Library is hosting a Mardi Gras themed Mystery Theater night on Friday, Feb. 9 at 7 p.m. Participants will enjoy refreshments and fun! You can choose to act in the play or be one of the guests that has to suss out the culprit! This is a fund-raising event and donations will be accepted at the door. The event is open to the public and is smart, lively and lots of fun. Please call to register at 607-276-6311.

Contact: (607) 276-6311 | almondlibrary@gmail.com | P.O. Box D, Almond, NY 14804

Hours: Sunday & Monday: Closed; Tuesday, Wednesday & Thursday: 2-7 pm; Friday & Saturday: 10am-2pm.



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Feb.20 at 6 pm Call Maria for a *free* 15 minute consultation! (607) 661-8221

Visit at facebook.com/thrivinghealthny/ and thrivinghealthNY.com

Alfred Art Walk, a collaborative Affred Art Walk, a collaborative monthly event of the art galleries of Alfred from 6-9 p.m. on the following dates: Dec. TBD, Feb. 2, March TBD, April 7, May 4, June TBD, July MostArts TBD with the following galleries participating: Alfred Ceramic Art Museum, Cohen Gallery at 55 North Main Street, Fosdick-Nelson Gallery in Harder Hall at AU, Gallery 2 Gifts of Dis-tinction at 43 N. Main Street, Robert C. Turner Gallery in Harder Hall on AU campus, TSI/Hardland Snodgrass Gallery in Harder Hall, AU campus, Bret Llewellyn Gallery at Alfred State College. For more info, contact Caitlin Brown at Alfred Ceramic Art Museum, 607-871-2421

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

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

Terra Cotta Museum. Main St., Alfred. Open on special occasions or byappointment. Contact Wayne Higby for further information.

World War II Museum, 201 Main Street, Eldred, Pennsylvania. Coming programs include: Saturday, Nov. 11--Veterans Day. Presentation honoring area veterans; Satur-day, Dec. 16--Battle of the Bulge: director Steve Appleby will share the story of the local National Guard unit and its heroic stand dur-ing the largest land battle of the European War. For more informa-tion, visit: http://eldredpawwiimu-seum.com/ or call: 814-225-2220



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 Lead-ership 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 First Congregational/Christian Temple Church, 289 N. Main Street, Wellsville, unless otherwise stated, at 7 p.m. on less offielwise stated, at 7 p.m. of 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.
Jan. 15: "Andover/Alfred Grand
Army of the Republic" with Bill
Greene; Feb. 19: "History of the
MacCrea Family" with Scotty MacCrea; March 18: "Hazel
Humphreys" with Jim Ninos: April

Humphreys" with Jim Ninos; April 16: Bill Heaney (Topic to be deter-mined); May: Field Trip. Website:

mined); May: Field Trip. 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).

Bergren Forum. 12:10 p.m. Thursdays, Nevins Theater, Powell Campus Center, AU campus when classes are in session. Jan. 25-Joe Kirtland, "Order Out of Chaos: Exploring LEGOs, Lattes and Lemurs"; Feb. 1-Gary Ostrower, "The Vietnam War: As Seen by Four Gls Who Were There"; Feb. 8-Bob Heineman, "The Failure of Philosophy In A Secular Age"; Feb. 15-Jolanta Skalska, "Is Cancer A Malignancy Or A Natural Consequence of a Long Life?"; Feb. 22-Gordon Atlas, "The Meaning of Dreams"; March 1-Whitney Hubbs, "On Photography"; March 8-Spring Break; March 15-Heather Yanda, Bergren Forum. 12:10 p.m. Thurs"Unfolding Late Summer's Origami"; March 22-Eiko Otake, "A Body in Places: From Fukushima, to the Met Museum, to Alfred, and

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-lan Saxine, "Properties of Empire: Indians, Colonists and Land Specularity on the Maine Frontier". April tors 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-



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Maple City Bowl, 7580 Seneca
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Friday night 9 pm to 1 a.m. Come
sing the night away with Our DJI They are here every Friday bring ing your favorite tunes! For up-dates, 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-

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 Thursday, Feb. 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 say for prime

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 Evan-gelical 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. Saturda 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.

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-

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 Leaded For the cafetery in Hospital. For more info, contact Bonnie at 607-324-8900.

Homeschool Support Group – Allegany-Steuben 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.

Y Low Carb Rolls

Imagine a roll that is cheesy herby and fluffy without the guilt!

We have been having a great time enjoying Thriving Healths sugar

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bread. Until I discovered the awsome keto recipe called "fat head

dough" and tweaked it to our liking. Give it a try, its low carb and

Melt cream cheese and shredded cheese together. Stir in beaten egg,

coconut flour, garlic and Italian seasoning until a dough is formed.

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.

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 10:30 am to 11:30 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-

Guiding Eyes for the Blind. Puppy raisers needed. Classes 1st and 3rd Wednesdays at 6:30 pm, Bldg 18 BOCES Wildwood in Hor-nell. 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 Lunch-eon, 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 no-

Locally Made

The DIY Farmer's Wife Approach

By KRISTINA SNYDER

Alfred Sun Columnist

WHAT'S COOKIN

Allegany County Office for the Aging Meals on Wheels & **Luncheon Center Menu** Monday, Feb. 5

Tomato Juice, Sloppy Joes On Whole Wheat Bun, Au Gratin Cheesy Potatoes, Succotash, Cheesecake. Diabetic-Cheesecake

Tuesday, Feb. 6
Coleslaw, Chicken Breast Supreme w/Sauce, Brown Rice, Carrots, Dinner Roll, Chocolate Cake. Diabetic–Pears. Wednesday, Feb. 7

Chilled Juice, Cranberry Sauce, Macaroni & Cheese, Stewed Tomatoes, Green Beans, Sugar Cookie. Diabetic-Peaches

Thursday, Feb. 8

Valentine's Special: Cinnamon Apple-sauce Gelatin, Roast Beef, Mashed Potatoes w/Beef Gravy, Beets, Wheat Bread, Strawberry Cake. Diabetic-Fruit Cocktail.

Friday, Feb. 9
Pineapple Cottage Cheese, Tossed
Salad w/Ranch Dressing, Pasta Primavera, Garlic Bread, Butterscotch
Pudding. Diabetic—Pudding.

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 noor Call Debbie Pierson at 607-793-0118. Monday—10:30-11:30 a.m. Exercises w/ Mary Lou Maxon. Lunch at 12 noon.

"Brush Art Animals."
Wednesday—10:30-11:30 a.m. Exercises w/ Mary Lou Maxon. Lunch at 12 noon. "Snowflake Bentley. Thursday—Lunch at 12 noon. "Cold

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. Guest—Craig Braack, County Histo-

<u>Thursday</u>—Growing Stronger Exercises at 9:30 a.m., Lunch at 11:30 a.m. "Vanna White Biography." Lynn Oyer, 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.



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SLICES

194 Main Street Hornell 607-324-2215

Wednesday—Growing Stronger Exercises at 10:30 a.m., Lunch at 12 noon.

Thursday—Lunch at 12 noon. Cards. National Kite Flying Day."

CANASERAGA NUTRITION SITE

Canaseraga Fire Hall, 12 noon Call Barb Welch at 607-270-4070. Tuesday—Exercises at 10 a.m. Lunch at 12 noon. "Valentine's Day Words." Cards at 1:00.

Thursday—Exercises at 10 a.m. Lunch at 12 noon. "BU Words." 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. "Cold

Quiz. Tuesday—10:30 Euchre, Cards, Dominoes, Puzzles. Lunch at 12 noon. "Be My Valentine Crossword Puzzle."
Wednesday—10:30-11:30 Exercises
W Mary Lou Maxon. Lunch at 12 noon.

"Current Events."

Thursday—10:30 Growing Stronger
Exercises, Euchre, Cards, Dominoes,
Puzzle, Lunch at 12 noon. "Estimating Valentine's Hearts

FILLMORE NUTRITION SITE

Fillmore Fire Hall, 12 noon Call Maggie Smith at 585-737-5609 Monday—10:30 Growing Stronger Exercises, Cards, Jigsaw Puzzles, Euchre. Lunch at 12 noon.

Thursday—10:30 Growing Stronger Exercises, Cards, Jigsaw Puzzles, Euchre. Lunch at 12 noon. Blood Pres-

FRIENDSHIP NUTRITION SITE Community Center, 12 noon

Call Vivian Howell 585-973-2650 <u>Tuesday</u>—10:45 a.m. Growing Stronger Exercises. Lunch at 12 noon. Cards at 1 p.m.

Thursday—10:45 Growing Stronger
Exercises. Lunch at 12 noon. Crafts at

WELLSVILLE NUTRITION SITE

Grace United Church, N. Main 12 noon Call Donna Fiegl at 585-593-7665. Monday—Stretch at 9:00 a.m., Bingo at 10:30 a.m., Lunch at 12 noon, Eu-

chre at 1:00 p.m.

Wednesday—Games at 10 a.m.,
Lunch at 12 noon, Euchre at 1 p.m. Thursday—Stretch at 9 a.m., Bingo at 10:30 a.m., Lunch at 12 noon, Canasta

Friday--Bingo at 10:30 a.m., Lunch at 12 noon, Pinochle at 12:30 p.m., Euchre at 1 p.m

WHITESVILLE NUTRITION SITE Whitesville Fire Hall, 12 noon Call Linda Haggerty at 585-296-3800. Monday—Senior Center Library. Jig-

saw Puzzle. Lunch at 12 noon. "Words with BU in Them. Tuesday—Senior Center Library. Jigsaw Puzzle. Lunch at 12 noon. "A 2 Z" Chris O'Connor, Issues & Answers. Wednesday—Senior Center Library, Lunch at 12 noon. Jigsaw Puzzle. "Rivers and Bridges."



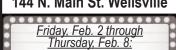
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Thursday, Feb. 8. Hostiles (R) Showtimes Fri.-Sat. at 7 & 9:30 Sunday-Thursday at 7 Matinees Sat.-Sun. at 2 & 4:30 Maze Runner: The Death Cure (PG-13) Showtimes Fri.-Sat. at 7 & 9:30 Sunday-Thursday at 7 Matinees Sat.-Sun. at 2 & 4:30 www.grandtheatrewellsville.com advance tickets: movietickets.com 585-593-6899



Adults \$9 Under 12 \$7 College Student ID \$7 Sr. Citz \$7 Matinees \$7, Wed. Bargain Nite \$6

Fri.-Sat. 12:30, 3:30, 6:15, 9:15 Sun. 1:15, 4:15, 7:15 Mon. 7:15 Tues. 12:00, 3:15, 6:00, 9:00 Wed. 1:15, 7:15 Thurs. 1:15, 4:15, 7:15

Feb. 2-Feb. 8

Hostiles (R)

Feb. 2-Feb.8

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*1T Italian seasoning

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*1 1/2c shredded cheddar

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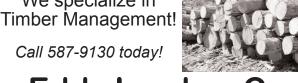
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New Life for Greg Norton Memorial Park

rial Park in Almond, it is sad to see the old equipment, the empty spaces where broken equipment has been removed, and the run-down basketball court – an eyesore on Main Street Almond. On a daily basis I see youngsters playing there trying to make the best of what is there.

I have very fond memories of the Almond playground. As a child, I spent every day of the summer there. I remember many young children and teenagers playing on the merry-go-round, the monkey bars, teeter-totters, and slides. There was a large sandbox, basketball court and kickball field. Inside the Grange building were arts and crafts, board games and a small library. We loved the talent shows each summer too! Two afternoons each week we rode a bus to Alfred Almond school for swimming!

Traffic on Main Street was stopped while all

children proudly paraded our pets through town When you drive by the Greg Norton Memo- or we decorated our bicycles, wagons, or whatever we could find for the "bicycle" parade. I felt so important marching or riding along with so many adults lining the street cheering us on. Ernie Moore and then Jim McEvoy were responsible for all of us and creators of the fun we all had every summer!

> I would like to see "new life" brought to what is now the Greg Norton Memorial Park so that "children" of all ages and families can once again enjoy activities at the Almond Park. A committee has been formed with the goal to raise money and renovate this park. We invite and encourage everyone to be a part of this exciting project! Check out and join our Facebook page - Greg Norton Memorial Park Committee. IT TAKES A VILLAGE TO RAISE A CHILD!

For updates and more information on how to help, visit:

gregspark.com



To benefit the rebuilding of the Greg Norton Memorial Park in Almond, NY

50/50



25% OF TICKETS SOLD 15% OF TICKETS SOLD

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www.gregspark.com

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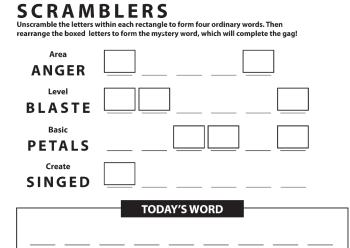
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King Crossword and **Scramblers Solutions** on Page 3



King Crossword

ACROSS 1 Shopper's aid 5 "- and Circumstance" 15 9 Frenzied 12 Sandwich 18 treat 13 Vicinity 14 Rocks 15 Teeny 17 Gun lobby org. 18 Thwarts 19 Bad lighting? 21 Conversation starter 44 45 46 22 "Olympia" artist 24 Knighted woman 54 56

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41 Top story 43 Critter

47 Slithery

squeezer 48 Twins' home

51 Flightless bird

DOWN

1 Barbershop item

7 Blanc or

Brooks

8 Song of praise

55 — good example

56 Former frosh wig

2 Seed coat

5 Campaign-

22 Capital of

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> 16 Schuss 20 Crimson

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ing musical

29 Historic time

23 Leading man 24 Weir 25 Hearty quaff

26 Labyrinth funding grps. beast 27 Groundbreak- 49 "- had it!"

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Allegany County Democrat, in 1883 wrote:

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AT JUDSON LEADERSHIP CENTER

AU Food Pantry distribution Feb. 3 ALFRED-The Alfred Univerhelping can email Kathy information desk and Center sity Food Pantry will hold its Woughter vice project and Center in the Control of the Con

sity Food Pantry will hold its next distribution on Saturday, Feb. 3, from 12 to 3 p.m. at the pantry, located in the Judson Leadership Center, corner of Ford and Sayles streets.

The food pantry, which benefits students and members of the campus and local communities, opened in October, with the first distribution held on Oct. 21. The pantry was originally open once a month, but now distributes food every other Saturday. Upcoming dates during the spring semester are Feb. 3 and 17; March 3, 17 and 31; April 14 and 28; and May 3.

Organizers are asking for volunteers to assist with the distribution, collection of donated items and promoting the food pantry. Anyone interested in

Woughter, vice president of Student Affairs at Alfred University, at woughter@alfred.edu.

Non-perishable food items can be donated at various points on the Alfred University campus. Items in demand include: macaroni and cheese dinner, peanut butter, jelly, foods that can be cooked in a microwave oven or eaten out of the package, and pasta sauce. Also, food contained in smaller servings (rather than that which must be preserved in a refrigerator), easy-toopen packages and pop-top cans, as well as general non-perishables, are in the highest demand and are easiest to manage and store at the pantry.

In addition to the Judson Leadership Center, donated items can be dropped off at the

information desk and Center for Student Involvement, Powell Campus Center, McLane Center, and the Science Center (Biology Department).

Anyone wishing to provide financial support for the food pantry should contact Woughter by phone at 607-871-2132 or by

Gun safety courses

ALMOND-The Almond Rod and Gun Club has tentatively scheduled New York State Gun Safety Courses on Saturday, March 24 and Saturday, April 21. Check the Almond Rod and Gun Club's Facebook page or, after March 1, the NYSDEC website for updates. Classes will be limited to 35 students.

The club will also hold a Pistol Safety and Handling course taught by an NRA Certified Instructor in March or April. Cost is \$75 to participate and is limited to the first 20 persons who have prepaid. For more information, contact Wally Halbauer at 607-684-5468

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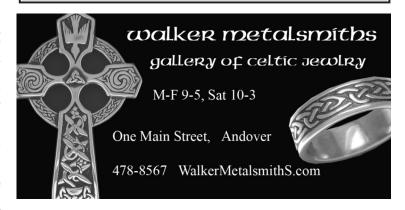
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scientist is curious, observant, and keeps records. He uses his Amind attempting to understand what he observes. It's all very cerebral–intellectual.But, we also have a heart and emotions. Let me tell you a story.

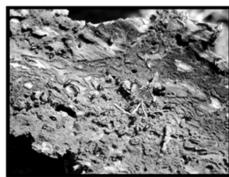
Nearly 30 years ago, I began to drive to San Diego to visit family. After arriving in Kansas, I left the interstate and took back roads. I still remember the excitement I felt upon reaching the Rocky Mountains. Leaving the high plains at 5,000 feet, they soared to over 13,000 feet, covered in an endless evergreen forest stretching 1,500 miles North into Canada.

The road crossed Wolf Pass, close to 10,000 feet and the spruce, pine, and fir were magnificent. I arrived at dawn, the road empty and huffed and puffed my way up to view the waterfall, my lone companion a hummingbird checking out the orange "flowers" on

Eighteen years passed before I came that way again, this time from West to East. As I crossed the pass I began to notice more and more dead trees scattered in the forest. When I asked the maintenance man at the Rest Stop about it, he said, "It's those bark beetles. The summers are longer and warmer and now they have two hatches instead of one. The trees are all stressed due to the drought and they

succumbed. We can't spray the whole damn front for 1,500 miles. You just watch them die.'

The picture is of the Spruce bark beetle damage. Eventually forest fires may come and if this happens then there is no going back. The forest composition will change. Ask the people out in Santa Barbara about fires and mud slides.



Tree succumbs to Bark Beetles.

Four or so years after my Rest Stop visit, I saw an article in National Geographic (I think it as National Geographic...) about problems in our Western forests due to Global Warming and the bark beetle. There was a double page photo of Wolf Pass in winter – snow everywnere and not a live tree standing. They were all dead!

As a scientist myself, I know in my head things come and go on this planet. The great fern forests of the swamps, the dinosaurs which once ruled, and the two mile deep glacier which once covered NYS are no more. To study natural history is one thing; to lose an environment you love is a matter of the heart. It's not just the Spruce pine, and fir which are vanishing. Everything which depended upon the forest goes with it.

If the problem was local (your backyard), you, with great effort and money could probably repair the damage and see recovery. Not for tens of thousands of square miles. I feel like the Civil War soldier who went west to see the prairies before they were all gone in that movie, Dances with Wolves. If you love this land go see it before it is gone. With our present day outlook, I doubt we can halt its going.

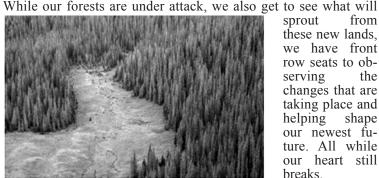


Photo: Courtesy of U.S. Forest Service

sprout from breaks.

these new lands, we have front row seats to observing the changes that are taking place and helping shape our newest future. All while our heart still

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6. Real Estate Rentals

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E-mail help wanted ads to: alfredsun.news@gmail.com

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17. Personals

GREETINGS in the Alfred Sun! Birthday, holiday, anniversary, let the whole town know! Mail to Box 811, Alfred, NY 14802 or: alfredsun.news@gmail.com

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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, February 1, 1968

Kristin Prior, 14-year-old pianist from Rochester, will be the soloist with the Hornell Symphony Orchestra at the concert to be held Saturday evening, Feb. 10 at Hornell Senior High School.

Dr. David C. Jillson will join the Alfred University faculty as associate professor of metallurgy in the ceramic science department of the State University College of Ceramics on Feb. 1...

A new piece of equipment has been added to the Alfred Station Fire Company. This new pumper, which was brought from the factory by four members of the fire company, is capable of pumping 750 gallons of water per minute. It is equipped with Four Wheel Drive, and has a six speeds forward automatic transmission. According to Fire Chief Frank Stevens, this truck will be put into service in a short time. The truck had an 821 mile trip back from the factory in Clintonville, Wis., and performed very well during the trip. It is capable of handling speeds up to 60 mph with a minimum amount of effort on the driver...Besides Chief Stevens, other members of the fire company who made the 1642 mile round trip to the factory were Mike Stevens, Richard Guerrin and Norman Jefferds, all of Alfred Station.

Raymond Yelle Jr., former assistant superintendent of the Myles Standish State Forest in Plymouth, Mass., has been appointed an instructor in ornamental horticulture at State University Agricultural and Technical College at Alfred. Mr. Yelle was hired as a replacement for James Evans, a member of the Ornamental Horticulture Department who was injured in a recent automobile accident. A 1964 graduate of Stockbridge School of Agriculture in Amherst, Mass., Mr. Yelle received the associate in science degree in park management from that college and went on to obtain his B.S. degree in park administration in 1967 from the University of Massachusetts in Amherst...The Taunton, Mass., native is married to the former Carol Anne St. Aubin of Eastham, Mass. And they are parents of two children, Deborah and Scott. The family now resides at 180 North Main St. in

Alfredians—Sherman Clarke, son of the Rev. and Mrs. David Clarke, has been named to the Dean's List at State University College, New Paltz, for the recently completed quarter of the academic year...Mrs. Charles Jewart of Blasdell, was the guest of her brother, Don, and Mrs. Baker, for several days last week. Mrs. Jewart returned home with her family, following the funeral of her brother Gerald, last Thursday...Mr. and Mrs. Roger Thomas and Mrs. Harold Moland were in Pittsford Sunday, as guests of Mr. and Mrs. Harry Kennedy. They were joined by the Misses Susan and Sally Thomas. Sally returned home with her parents after spending the weekend with her sister in Rochester...

The Rev. Ernest K. Bee, Jr., pastor of the Alfred Station Seventh Day Baptist Church was elected president of the newly organized S.D.B. State Council. Other officers elected last Sunday were Rev. Ralph Hayes, Adams Center, vice president; Miss Ruth Ellis of Berlin, secretary; and Wayne Burdick, of Syracuse, treasurer...

Wellsville division to present 'Stalag 17'—(Photo) Mrs. John Larsen, drama assistant at Alfred State College goes over the script for Stalag 127 with Gary Stillman of Wellsville, center, and Mark Razey of Hornell. The production is slated for Nancy Howe Auditorium in Wellsville Feb. 1-2.

SUN SPOTS – KAN U SPEL? The English is easy, some foreigners tell To speak, but is difficult language to spell. One trouble arises from words we inherit With letters now silent that once had some merit. Consider a gnome or a gnat or a gnu, Or the gnural on a quarter—on other coins too. A gnostic of Greece might have gargled that "g" Which gnarls up the spelling for you and for me. We know about kneadin and knife and a knee; Such words we inherit from old Germany, Where a knave was a"k'nabe," a knight was "k'necht," And "K" is a letter commanding respect. But efforts are vain to make spelling fonetik; We cling to the old in a manner pathetic. Pneumonia is named for atrouble pneumatic; Mnemonics are needed to keep us grammatic.

25 Years Ago, February 4, 1993 John M. Anderson of Hornell, a faculty member and administrator at Alfred State College of Technology since 1981, has been named the college's dean of student development. The appointment was effective Jan. 1, according to Dr. Rolf A. Zerges, vice president of academic affairs.

An Alfred State College of Technology administrator is spending six months in El Salvador, serving as coordinator to develop Alfred State's "twin" college of technology. Douglas J. Barber of Alfred, assistant vice president for enrollments management and academic services, will be Alfred State's key consultant for the creation of the private institution...

Project Playground is off and running. After researching other park and playground concepts, Robert Leathers and Associates have been retained to create Alfred's new playground. Criteria that led to this choice were playground aesthetics, safety, the involvement of children and community members in both the design and construction, and the general spirit of fun and enthuasism that accompanies the community-built playground

Forceythe Willson Club will meet at 2 p.m. Monday, Feb. 8 at Champlin Club House on Church Street. The program, "China '93" will be given by Dr. Gary Horowitz. Hostesses will be Thelma Palmiter, Edna Carter, Mary Edwards and Evelyn Lobdell.

Dr. Richard M. (Dick) Rulon, 70, of Houston, Texas, died Jan. 28, 1993. A long-time Alfred resident, he was a professor of chemistry at Alfred University for

22 years prior to retiring in 1984...

Mike Vockovic, 77, of Route 244, Alfred Station, died Monday, Jan. 25, 1993 at St. James Mercy Hospital in Hornell following a long illness. Born July 13, 1915 in Ironwood, Michigan, he was a son of Theodore and Ruby White Vockovic. He was married Sept. 28, 1957 in Dansville to the former Jean Ellis, who survives. Residing most of his life in Alfred Station where he attended school, he worked at Alfred Atlas Sand & Gravel. He later was employed as a crane operator for Union Carbide in Niagara Falls, for nearly 30 years, retiring in 1972. He operated a septic tank cleaning service, selling the business in recent years...

Mr. and Mrs. Dale Butts of Waterwells Road, Alfred Station, announce the engagement of their daughter, Angeline, to Stephen G. Osborn of Arlington Heights, IL. He is the son of Rev. and Mrs. Paul B. Osborn of Albion, WI...

Sunbeams—Frances Weaver is a patient at Jones Memorial Hospital in Wellsville. She was 91 years old on Tuesday, January 26...Ray and Janet Witter, former Andover residents, have moved back to the area from Florida, purchasing a ranch house near the Wellsville Drive-In on Rt. 417...Susan C. Goetschius has been named assistant director of the Office of External Affairs at the NYS College of Ceramics at Alfred University... Among Alfred area residents named to the Dean's List for the fall 1992 semester at Alfred University are Kimberly A. Gesner, a senior in the College of Ceramics and the daughter of Mrs. Nancy Gesner of Alfred Station; Brooke Norris, a ceramic engineering science senior, who is married to Andrew Norris of RD 1 Almond; Joel P. Rausch, a psychology junior who is the son of Dr. and Mrs. James P. Rausch of Alfred Station; Taryn S. Volk, an English/Elementary Education senior who is the daughter of Mr. and Mrs. Robert E. Volk of Alfred Station; and Christine A. Wiesendanger, a double degree ceramic engineering senior who is the daughter of Dr. and Mrs. Henry Nebel of Alfred. All but Norris are Alfred-Almond Central School graduates.

Notes from Palmiter Hill (By Rev. Albert N. Rogers) Mr. and Mrs. Cardinal are regular callers at our bird feeders, and they pay us with their pertness for the chore of keeping the feeders stocked...History buffs like to remember that the Erie Railroad was completed to Tip Top in Railroad Valley in 1851...Dr. Harry Emerson Fosdick of the Riverside Church in New York City, whom we mentioned last week, was a distant relative of Miss Marion Fosdick who taught at Alfred University for many years...What a blessing the telephone is! We spoke with our daughter Cynthia in one of the suburbs of Boston one evening this week and caught up on the news of her family...

Alfred-Almond's Julie Smith continues to make splashes for Ithaca College's women's swim team. Julie set a pool record for the NCAA Division III National Championships in the 100 yard backstroke with her time of 1:00.16 in a meet Jan. 30 against the University of Rochester...A mathematics sophomore at Ithaca, Julie is the daughter of William and Mary Smith of Almond...

10 Years Ago, February 7, 2008 Alfred Sun in its 125th Annivesary Year!

Alfred State College's Orvis Auditorium was filled to capacity on Jan. 14 as the College's new president, Dr. John M. Anderson addressed the campus community for the first time in his new role. After a standing ovation which visibly moved him, Dr. Anderson listed hi sgoals for his first semester: an honest and transparent administration, collegial participation in the strategic planning process, development of a handful of achievable initiatives by semester's end, and an environment of pride and respect in the ASC community. Dr. Anderson held several teaching and academic posts at Alfred State as well as administrative positions, including vice president for institutional advancement, dean of student development, and vice president for student services. Pictured here, Dr. Ronald R. Rosati, who has served as officer-incharge during the search for a new president, "passes the torch" to Dr. Anderson

Sara Beth Mix, daughter of Craig and Diane Mix of Almond, achieved a 4.0 grade point average during the fall semester at Slippery Rock University in Slippery Rock, PA., where she is a freshman majoring in psychol-

Alfred University's Performing Arts Division will present an "Evening(s) of Dance" on Thursday, Friday and Saturday, Feb. 21, 22, and 23, in the C.D. Smith III Theater, Miller Performing Arts Center...

One Time, One Meeting (By Ben Howard) Several readers have asked me what the title of this column means and what its meaning has to do with Zen meditation. Let me explain. "One time, one meeting" is a translation of the Japanese phrase ichigo ichie (pronounced each-ee-go each-ee-ay), a motto closely associated with the Japanese tea ceremony. Ichigo ichie enjoins the host and guests in the tea hut to regard their gathering as unprecedented and unrepeatable. Though governed by custom and tradition, each meeting is unique...

Sunbeams--The 52nd annual Allegany County, NY Picnic will be held Friday, March 7 in Davenport, FL... The Alfred University campus chapter of Habitat for Humanity will hold its annual Spaghetti Dinner from 4:30 to 8 p.m. Friday, Feb. 15 at St. Jude's fellowship hall...In writing about The Gallery's local artisans, the article should have stated that there are 10 potters represented in the store, not 1. The Gallery's potters include: Kay Brooks, Dutch Hill Pottery, Mary Lu Wells, Elaine Hardman, Peg Midgley, Bruce Greene, Peter Knickerbocker, Karen Tufty, Santanoni Ceramics and Allan Dit-



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THE GLORY OF AMERICA

Thursday, February 1

ohn Adams, in contemplating the Christian colonization of the American continent, recorded in his diary in February of 1765:

"I always consider the settlement of America with reverence and wonder, as the opening of a grand scene and design in Providence for the illumination of the ignorant, and the emancipation of the slavish part of mankind all over the earth.

TUVESON, REDEEMER, 25.

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. Midweek 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@frontiernet.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) <u>Sanctuary Choir Rehearsal</u> (9th grade-Adult) 1st and 3rd Sabbath of the month 12:30 pm; <u>Chime Choir Rehearsal</u> 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 CHURCHÉS--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 DilMaria, 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 multidenominational 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

<u>ANDOVER AREA</u>

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--14Elm 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.

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ALFRED STATION SDB CHURCH

Sermon takes look at Proverbs 6:9-11

ALFRED STATION-This year your friends and neighbors at the Alfred Station Seventh Day Baptist Church, "Baptist with a difference" focus on the national theme for the General Conference year set by Conference President the Rev. David Stull of the 1st Seventh Day Baptist Church of Hopkinton, "Less Talk More Action."

This Sabbath, Feb. 3, we consider the fifth of the nine verses chosen to memorize which help us to mediate on some aspect of the theme. This Sabbath Pastor considers Ken's sermon Proverbs 6:9-11. "How long will

you lie there, you sluggard? When will you get up from your sleep? A little sleep, a little slumber, a little folding of the hands to rest—and poverty will come on you like a thief and scarcity like an armed man.'

Here are some of the questions that will be considered. What responsibility do I have for my present station in life? Can I blame others for my station in life if I have been committed to doing nothing? A final question will be, if I find myself in the state describe of poverty what am I to do?

If you are sleeping, wake-up.

If you are folding your hands or walk around with them in your pockets fill them with usefulness. This Sabbath, Feb. 3 at the 11 a.m. Worship Hour, join your friends. The campus of the Alfred Station Seventh Day Baptist Church is located at 585 Route 244, Alfred Station. If you need more information check us out on Facebook. Remember, if you cannot be with us physically joins us at www.alfredstationsdb.org and become part of the live streaming of the 11 a.m. Worship Hour. For more information, leave a message with Pastor Ken at 607-222-6023.

February prayer gatherings scheduled

Allegany County churches and Christian organizations at seven locations will host February Journey to Transformation community prayer gatherings.

The sessions are a followup to last year's three-night and one full-day training by the international Sentinel Group on how churches and individuals can help transform communities and countries, with facilitators saying that God has been answering a multitude of prayer requests for the area during the past year.

Three types of opportunities are available for the public to participate, including:

•Twice-a-month praise, worship and prayer events, with live music, held from 6 p.m. to 8 p.m. Sundays, that often focus on a particular subject, such as families, substance abuse and the prescription drug and heroin crisis, schools, and veterans.

These gatherings are designed to provide a communities focus on combating issues of addiction, abuse, racism, suicide,

poverty, family conflicts and dysfunction, and more that pastors say are extremely serious issues throughout this area, the United States and the world.

This coming month's events will be held February 11 at the Free Methodist Church, 11 Chestnut Street, Belfast, and February 25 at Yorks Corners Mennonite, 3350 County Road 29, Wellsville.

•Weekly Friday night community prayer, from 7 p.m. to 8 p.m., also is held on a rotating basis at various churches and Christian organizations and direct the renewal of minds and hearts of individuals and families for county and communities transformation. This occurs through prayer for the host and other churches and organizations, individuals, the community, county and more.

February gatherings will be Feb. 2 at Almond Union of Churches, 11 Main Street, Almond; Feb. 9 at Wellspring Ministries, 5993 County Road 16, Belfast; Feb. 16 at Crosstown Alliance Church, 450 North Highland Avenue, Wellsville; and Feb. 23 at the Powerhouse Youth Center, 23 West Main Street, Fillmore.

•Public prayer gatherings to pray for a variety of concerns from individual and community to national and world issues, also are held from 6:30 a.m. to 7:30 a.m. each weekday morning at Knights Creek Evangelical Methodist Church, 2987 County Road 9 (Knights Creek Road), Scio; 8 a.m. to 9 a.m. Wednesdays at the Belfast church; and 10:30 a.m. to 11:30 a.m. Saturdays at the Fillmore vouth center.

Further information on these gatherings and the multi-denominational Journey to Transformation initiative is found at www.facebook.com/TransformationJourneyUSA, or from Pastor Dan Kenyon, Wellsville Bible Church, wbc@ne.twcbc.com or (585) 593-6471, or most area





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EVAN LOVE OF CLASS OF 1975

A-A alum retires as U.S. Navy Captain after 42 years

By BILL PULOS

Special to the Alfred Sun
Alfred-Almond Central
School Class of 1975 graduate
Evan C. Love on Sept. 30, 2017
retired from the U.S. Navy.
Some 42 years after graduating
from AACS and after 42 years
of military service, the retirement ceremony took place
aboard THE ship Lac du Saint
Sacrement at Lake George.

His rank at retirement was Captain in the U.S. Navy Reserve. On that day, he was presented for retirement by his AACS swim teammate, Bill Pulos

After serving as co-Captain and record holder of the AACS swim team, Evan graduated from Alfred-Almond in 1975 at age 17. 200 years after the Continental Congress established the U.S. Navy in 1775, Evan enlisted in the Navy at the lowest rank as an E-1 seaman recruit. Popular TV shows at the time were "All in the Family", "Happy Days" and "MASH". The Cincinnati Reds would win the World Series 4-3 over the Boston Red Sox and later the Pittsburgh Steelers won the Super Bowl.

Evan Love had a remarkably unique career in the Navy. Evan served six years active duty in the nuclear submarines having graduated from the Navy's nuclear power school. He completed four (4) Cold War strategic deterrent boomer patrols as a nuclear reactor operator. His 6-year hitch ended in 1981 with his honorable discharge as an E-6. Ronald Rea-

gan was the new President. Evan continued in the Navy Reserve and enrolled in the pre-engineering program at Adirondack Junior College. Evan graduated with a 3.9 index in engineering science with acceptance into the Rensselaer Polytechnic Institute engineering program. Evan graduated from RPI with a Bachelors of Science with high honors in mechanical engineering. Shortly after at the age of 28, Evan received his Navy commission as an ensign.

Evan was promoted through the ranks to Lieutenant j.g., Lieutenant, Lt. Commander, and Commander, finally achieving promotion to Captain in 2009. Beginning as an E-1, Evan achieved the rank of Captain (O-6) without attending the Annapolis Naval Academy and without Navy ROTC. That history, together with his combined 42 years of service to the United States, makes him one of the few, if any, Navy officers with this record.

Captain Love's Navy service record includes: The Defense Meritorious Service Medal, the Meritorious Service Medal, two (2) awards of the Joint Service Commendation Medal, five (5) Joint Service Achievement Medals, the Navy Commendation Medal, four (4) awards of the Navy Achievement Medal, the Information Dominance Warfare Officer pin, enlisted submarine dolphins, expert rifle and pistol qualification. Active service on the USS Francis Scott Key, service in the U.S. Central Command, Office of Naval In-



Full Navy Commander Philip Love (from left), joins Bill Pulos who presented his AACS swim teammate U.S. Navy Captain Evan Love for retirement after 42 years of service. It is believed the Love brothers are the highest ranked military alumni brothers in A-A history.

Agency, Striking Fleet Atlantic, Fort Sheridan, active service Deployment for 9/11, the hurricanes and the United Nations as a division officer, department head, executive officer and as Commanding Officer. He is one of the honored veterans in the AACS Veterans Hall.

Evan's brother Philip Love, another swimmer from the AACS Class of 1977, attended Cornell University Navy ROTC and finished his Navy career as full Commander in 2005 with 24 years of combined service. It is believed Evan and Philip Love are the highest ranked military alumni brothers in Alfred-Almond's 78-year history.

In his civilian career, Evan Love has been employed at Knolls Atomic Power Laboratory since 1985 and is currently the manager of Fleet and ECF Equipment Design. He is a NYS Professional Engineer, is married to wife Cynthia, has two adult daughters, three step-children and five grandchildren. He lives in Niskayuna, N.Y.

Another graduate in the proud history of Alfred-Almond Central School. Retirement ceremony presentation can be viewed at: https://www.youtube.com/watch?v=qi6HRy4E7RU

Seven Democrats at forum hope to challenge Congressman Reed

(Continued from front page)

up stock prices thereby benefitting the corporate elite but doing nothing for the average person. This current tax bill gives corporation the same deal with its emphasis on Koch Brothers' priorities.

The American economy is only booming for a select few. The rest of us need help. We need to spend money building and rebuilding the infrastructure. Della Pia said, "A trillion dollars spent on building our physical infrastructure would create about 30,000 solid jobs. Also, our economy needs more workers because of our low birth rate and our graying population. Immigrants can supply that labor and we should see it as a gift to us."

He said that we invite foreign students to attend our universities to earn advanced STEM degrees but then don't allow them to stay in the country to work. Rather we send them to other countries where they work against us.

Della Pia feels we need a single payer, universal, healthcare system in an inclusive society that accepts all people and assures that citizens can live and work in safety. The opioid epidemic is raging in the NY23rd and rather than looking at punishing those addicted to pain killers we need preventive policies and treatment facilities. One direction is to take marijuana off the list of Schedule 1 drugs and give it a medical status at the national level

He also talked about the need for an inclusive society. "Everyone," he said, "needs to talk about the issues faced by people of color and by transgender people. The police need to provide all people with the same opportunity to live in safety."

In his summary statement he discussed his 3 children and the difficulties they face that are mirrored over and over again in our district. As a proven and experienced public servant, he would work toward bringing the benefits of an inclusive society to our district.

IAN GOLDEN earned a degree in physical therapy and worked with clients for several years before transitioning into entrepreneurial ventures. He has started several companies in upstate NY and owns an internationally recognized event company focused on running events. He father, husband, business owner and a runner.

He worked as a field director for the Eric Massa campaign which gave him opportunity to travel the NY23rd, met the people, and learn what they need and think. One thing they need is environmental protection which Reed's party is speedily rolling back. He recently became aware of the elevated levels of radioactivity at landfills across the district and blames it on imported fracking waste.

Women need wage protection so that equal work results in equal pay. Having health care at a Planned Parenthood clinic would also help women but Reed wants to close those clinics. Golden thinks that if more women were in leadership roles, some of these protections might be achieved

Local vineyard owners as well as dairy and other farmers all need immigrant workers to help run their businesses but immigration is at a net loss now so the workers are difficult to find.

Golden supports more financial help for public schools and says we need to deal with big pharma. Lawsuits are going on now to recoup the costs of dealing with the opioid crisis from the industry that caused it. Golden said that health care is a right and while he wondered if he might be the only person in the building who never tried marijuana he thinks that we need to look at the huge economic benefits that medical use of it might bring. "We have the land to grow it and we need the rehabilitation facilities that could dispense it. To keep it as a Schedule 1 drug is crazy. It should be treated like alcohol."

LINDA ANDREI was an interventional cardiac physician and the director of a cardiac catheterization lab in New York City. She also practiced medicine in North Carolina and Wisconsin before retiring from medicine to live in Ithaca 17 years ago where she is now recognized as an accomplished painter with work currently on exhibition in Chelsea.

She has a staff and launched an aggres-

sive media campaign trying to draw in Democrats and independent voters. She was moved to jump into the race because Tom Reed and Donald Trump are both divisive actors in American politics.

As a resident of Ithaca she is concerned about the environmental threats of the proposed gas storage at Seneca Lake and the regional trash incinerator. Better jobs, she says, favor wind, solar and geothermal energy sources that would keep New York beautiful and maintain its value as a recreational area.

Some changes she would make are to give DACA registrants citizenship and to recognize the need for immigrants as workers in several industries. She said that the American health insurance system is really a health denial system and we need a health care model that addresses actual health as well as food insecurity and the isolation many people suffer from. As a physician she feels that medical marijuana is essential for many of our suffering veterans.

She thanked the organizers of the forum as well as the hundreds who came to listen calling their involvement essential in a democracy. She said that the social contract of the past allowed her to be educated for almost free and gave her grandparents a Social Security income they could live on and gave her diabetic father the care he needed. Now that social contract has to lead to an economy that benefits everyone and includes universal healthcare.

EDDIE SUNDQUIST graduated from Jamestown High School and then went to study at St. John Fisher after which he taught in Philadelphia and then came back to study law at the University of Buffalo. He knows that Reed can be beaten. Reed gives people labels in order to divide them but Sundquist would see all the people in the district as constituents, equals in the eyes of their member of congress.

In supporting the GOP tax cuts, Reed represented only the wealthy of his district. The tax cuts are a scam if all they do is add \$20 to a worker's pay check and take away money needed for programs so that others can have tax support for a pri-

vate jet.

Rather than fighting for some jet, Sundquist would fight for women, children and other constituents hoping to expand access to healthcare by getting more clinics. He would use his position in congress as a bully pulpit to talk in favor of programs that would bring 21st Century jobs to this area. He would speak of the economic and health benefits of Medicare for all and called health care a basic human right. He said, "We need rural doctors and we need to address the opioid epidemic as a community issue."

Sundquist spoke about vulnerable people such as migrant workers, gay citizens and people of color who are harassed at their jobs He said that harassment needs to be replaced with conversations about what all people have in common.

Sundquist has worked with some Olean area manufacturers who have work but can't find people with the needed skills so send work out of the area. Because of this Sundquist sees a need for a Union Apprenticeship Program and for a National Reinvestment Bank that could fund things like broadband service in rural areas.

Sundquist jumped into the race right after the president said that everyone in Western New York should get out of the area to find jobs elsewhere. After denigrating the entire Southern Tier, Sundquist hoped that Reed to speak up for his constituents but instead Reed agreed. If Reed won't defend NY23rd, Sundquist will.

The democratic primary will be held on June 26, 2018. New York has a system of closed primaries so while public tax dollars fund these elections, only those registered as members of a given party may vote in any primary. New voters must submit a voter registration form postmarked on or before June 1 or register in person by June 1 to vote in the June 26 primary. A change of address must also be registered by June 1. Registered voters wanting to change their party affiliation had to have done that last September. For specific information for Allegany County call 585-268-9295.

AU SPORTS ROUND-UP

Saxon men escape with one-point win at Houghton, now 15-4

basketball team edged out host Houghton College Tuesday evening, 75-74 at the Nielsen

The Saxons (15-4, 8-2 Empire 8) were led by senior forward Dalton Cousin (Sherrill/VVS) with Nick Schmidt (Olean), Scotty Stopera (Scotia-Glenville), Dom LeMorta (Scotia-Glenville) and Sam Dagon (Hornell) all finished the game with 10 points apiece. Junior forward Sage Brown (Cortland) had a team-high seven rebounds (four offense, three defense).

Jordan Holmes got Houghton on the board first with a threepoint shot before LeMorta answered on the other end. Alfred gained the lead as Cousin knocked down his jumper in the paint to make it 5-3 with 17:34 to go in the first half. Neither team was able to gain much ground until the Highlanders went on an 11-2 run to make it 22-13 with just under 10 minutes to play in the first half.

Alfred responded, going on a 17-7 run that was fueled by four total three-pointers made to give Alfred the 30-29 advantage with four minutes remaining before halftime. Stopera knocked down his shot beyond the arc as time expired to give them a 40-36 lead going into halftime.

The second half proved to be much like the first half as neither team were able to gain and maintain much of a lead. The Saxons were able to gain a fourpoint lead as Schmidt knocked down both of his free throws to make it 71-67 with just over two minutes remaining in regulation. Dylan Lambert cut the deficit to one with a trey. Schmidt answered with a trey of his own to make it 74-71. Stopera made it a two-possession game by knocking down the backend of his free throw opportunities to make it 75-71 with 15 seconds to go. Carl Holmes hit his three-point shot before the final buzzer, but it was too little too late.

"A lot of credit to Houghton

The Alfred University men's tonight," said Head Coach Russell Phillips, "They played a really strong game and shot the ball really well. We are happy to come out with the win and will learn from it and get ready for Fisher on Tuesday.

AU showed its depth, outscoring Houghton's bench (29-8) while also holding the advantage in second chance points (16-5).

The Saxons next play St. John Fisher at 6 p.m. Tuesday, Feb. 6 at the Galanis Family Arena.

Women fall at Houghton

Sophomore forward Bri Hicks (Burlington, VT/Ithaca) recorded het second straight double-double as the Alfred University women's basketball team fell to host Houghton College Tuesday evening, 57-43

The Saxons (2-16, 0-10 Empire 8) were led by Hicks as she finished with 19 points and 10 rebounds. Sophomore forward Sam Pierre-Louis (Wheatley Heights/Half Hallow Hills West) chipped in 10 points.

Neither team were able to gain the upper hand in the first five minutes of the first quarter as the game was tied 4-4 after freshman guard Amanda Figueroa drove the lane for the layup off the assist from junior guard Kat-Boland (New York/A. Phillip Randolph). The Highlanders found some offense, going on a 7-0 run. Alfred halted the run as sophomore forward Mandy Skeet (Corfu/Pembroke) converted the layup to make it 11-6. Houghton closed out the quarter on a 9-4 run.

The Saxons were able to cut into the deficit in the second quarter as they went on a 6-0 run that was fueled by layups from Pierre-Louis. and Houghton would maintain its lead, having the 32-24 advantage going into halftime.

Alfred opened up the second half, scoring eight unanswered points that was capped off by a fast break layup from sophomore guard Jamie Wilcox (Forestville/Pine Valley) to make it 32-32 with 3:25 left in

the third quarter. The Highlanders were able to retake the lead, taking a 43-35 advantage into the final frame.

"This was one of our best defensive games this season," said Head Coach Monique McLean. "I'm very proud of the effort and fight that our team showed. We are looking to build on that momentum as we prepare for our nonconference weekend game."

Houghton held the slight edge in points off turnovers (13-12), while Alfred controlled the boards (30-24)

Alfred is next in action this Saturday, Feb. 3, as they take on nonconference opponent Oberlin College at 3 p.m. at the Terry S. Galanis Center.

Nine earn academic honors Nine Alfred University athletic teams were recognized as standard was sent in the spring Empire 8 All-Academic Teams following the fall 2017 semester, recording an overall team GPA of 3.2 of higher.

Women's track & field, women's volleyball, women's cross country, men's cross country, women's soccer, equestrian, women's swimming & diving, women's tennis and men's tennis were all recognized as Empire 8 All-Academic Teams after posting a team GPA of 3.2 or higher during the fall 2017 semester.

Additionally, 126 throughout the Empire 8 were acknowledged as All-Academic Teams. The 126 teams mark the highest number of teams to earn the Academic honor in one semester, with the previous mark of 123 teams to achieve the 3.2

of 2017.

Alfred University teams recognized as Empire 8 All-Academic Teams:

Team Fall 2017 Women's Track & Field 3.49 Women's Volleyball Women's Cross Country 3.46 Men's Cross Country 3.45 Women's Soccer 3.37 3.36 Equestrian S'women & Diving 3.36 3.34 Women's Tennis 3.24 Men's Tennis

Women's cross country. women's tennis, equestrian, women's volleyball, women's swimming & diving, women's soccer were all also recognized following the spring 2017 semester.

ALFRED STATE SPORTS ROUND-UP

Men 2-0 on week; Bialecki leads ladies

Men's Basketball: 13-6

The blue & gold were 2-0 this past week with a 82-64 victory over Pitt-Bradford and a 102-64 win vs. Five Towns College.

Five different Pioneers averaged more than 10 points for the week. Alexshay Pearce (Rochester/ Charlotte) averaged 15 points per game, Juwan Toliver (Buffalo/McKinley) averaged 14 points, 6.5 rebounds, and 6.5 assists, and Tahaij Lewis (Rochester/Greece Olympia) averaged 14 points. Dante Jordan (New York/Law & Public) averaged 11.5 points and Ben Deming (Waterloo) averaged 11. Tyler Elliott (Perry) had a solid week with 17 points and 14 boards.

The team shot 50.4% from the field and help their opponents to just 36%. They also held a 102 to 64 rebounding advantage.

Women's Basketball: 6-10

Catherine Bialecki (Alfred Almond) eclipsed the 1,000 point milestone this week. She becomes only the 3rd Pioneer to ever reach the mark. As a team, the Pioneers battled tough but fell in both of their games, 82-62 at Pitt Bradford and 63-48 vs. Washington Adventist.

Bialecki scored 40 points, grabbed 19 rebounds and blocked 14 shots this. She now has 1,034 points in her three year career and is only 12 points from moving into 2nd all-time on the scoring list.

Kelsey Shaulis (Ovid/South Seneca) averaged 14.5 points per game while Janae Gibson (Bronx/Pelham Prep) averaged 9.5 points and six rebounds.

Wrestling: 7-7, 11th place at NCWA Duals

The Pioneers were 3-3 at the NCWA National Duals at Liberty University this weekend. They earned victories over Washington State, RPI, and the University of Maine.

George Van Valen (Ithaca) led the team with a 6-0 week. He earned one pin, two tech falls, one major decision and two forfeits. With the victories he is now 26-0 on the season and 101-21 during his four-year career at Alfred State. Van Valen is currently ranked #1 in 184 lbs. in the NCWA and is the second highest point getter in all of the NCWA.

Casey Conner (Barnstable, MA) and Patrick Lehman (Marathon) were both 4-2 during the dual meet tournament. Conner was 3-0 on Friday including a key pin in the victory over Washington State while Lehman was 3-0 on Saturday including a big pin in the victory over Maine. Mike Galton (Warsaw) was 3-3 on the weekend at 157 lbs.

Swimming & Diving: Women 4-2, Men 1-5

The swimming team lost a tight AMCC meet at Cabrini on Saturday afternoon. The Pioneer women fell 137-125 while the men were downed

The Pioneer women won three individual events and both relays on the day. Kaileigh Lehman (Lowville/Beaver River) led the way with a pair of victories. She won the 100 breast in 1:15.24 and the 200 breast in 2:47.92. Kathryn Lewis(Sanborn/Niagara Wheatfield) won the 1650 free and re-set her own school record with a time of 19:58.75. Lewis was also 2nd in the 100 free (58.32) and 2nd in the 500 free (5:41.79).

In the 200 medley relay, Lauren Earley (Waterford/Shendehowa), Lehman, Sarah Stevens (Wellsville), and Elizabeth Drake (Lansing) won in 2:02.35 while Elizabeth Furmanski (Albion), Hannah Snayczuk (Machias/Pioneer), Payton Armstrong (Highland Mills/Monroe Woodbury) and Lewis combined to win the 200 free relay in

On the men's side, Ethan Dale (Lock Haven, PA) won the 400 IM in 4:34.62 and was 2nd in the

100 breast (1:03.78) and in the 200 breast (2:21.03). Nathan Miller (Gananda) also won an individual event by winning the 100 fly in 58.45 Bryce Cutler (Newton, NJ) was 2nd in the 1,000 free (11:13.41) and 2nd in the 200 fly (2:12.11), Tyler La Flamm (Mexico) was 2nd in the 100 back (59.41), Ethan Tatro (Lockport) was 2nd in the 50 free (23.69), and Anthony Kahwaty (Jefferson Township, NJ) was 2nd in the 400 IM (4:57.03).

The men's 200 free relay team of Nate Ciciera (Derby/Lake Shore), Mason (Lockport/Royalton-Hartland), Cutler, and Kahwaty won in 1:38.00 while the men's 200 medley relay team (1:44.94) finished 2nd.

On Sunday, the divers competed at the Dick Comanzo Invitational at Ithaca. Nick Beach (Canandaigua) finished 2nd in both the 1m (408.05) and 3m (392.20) competition while Austin Miller (Hornell) was 3rd in the 1 m (373.75) and 4th in 3 m (331.30). On the women's side, Stevens was 8th in the 3m (304.25) and 9th in the 1m (276.25) competition.

Indoor Track & Field:

The indoor track & field team put together several impressive performances vs. NCAA DII competition at the Al Hall Freedom Games at Edinboro

Holly Fiore (Niagara Falls) won the pentathlon with 1,558 points. Her top scoring event was the high jump where she scored 460 points for a leap of 1.35 m. Sophie Gonzalez finished 4th in the 200 m dash (27.22) and 5th in the 60 m dash (8.35) while Cassidy McCourt(Buffalo/Emerson) was 7th in the 400 (1:09.67).

On the men's side, Paul Kemsley (Lancaster) was 2nd in the weight throw (16.08 m) and 3rd in the shot put (14.28 m) while teammate Anders Presthus (Lansing) was 4th in the weight throw (14.30 m) and 5th in the shot put (12.30 m). Zach Curran (Williamson) was 3rd in the pole vault (4.25 m) while Tim Berry (Midlakes) was 5th (3.65 m). Caleb Boyce-Wright (Cheektowaga/ John Kennedy) was 4th in the 800 (2:12.15), Spencer Stokes (Penfield) was 4th in the high jump (1.55 m), and Jesse Hallett (Honeoye) was 5th in the 3,000 (10:24.82). Joe Richardson was 5th in the triple jump (11.79 m) and 7th in the long jump (5.92 m), Ryan Lohr (West Seneca) was 7th in the 1 mile (4:57.69), and Jhamel Cohen(Brooklyn/South Shore) was 8th in the 60 m dash (7.60). Western Equestrian: Reserve Hi-Point honors

for both morning and afternoon shows

The Western Equestrian team earned Reserve Hi-Point honors in both the morning and afternoon shows at Saturday's event at the Bromeley-Daggett Equestrian Center at Alfred University.

The Pioneers had three 1st place finishes in the morning show and five 1st place finishes in the afternoon show. They also had six 2nd place finishes combined on the day. Rachel von Hagn (Haverling) was 1st in both shows in the Advanced competition. Jamie Fredenburg (Fabius Pompey) was 1st in the morning and 2nd in the afternoon in Intermediate competition while Kirstin Reynolds (Portville) accomplished the same at the Novice level. Caylen Bedow (Fillmore), Jessica Bongard (Webster Thomas), Meagan Castroro (Syosset), and Brianna Lasecki (Newark) all took 1st place honors in the afternoon show.

Alyssa Beardsley (Letchworth) and Hannah Schaus (Arcade) had strong enough performances to qualify for the regional competition. Beardsley was 6th in Advanced competition in the morning show and 4th in the afternoon while Hannah Schaus (Arcade) was 2nd in Intermediate competition in the morning and 4th in the afternoon.





HITS AND MISSES:

Lots of basketball going on right now and the Alfred University (14-4) men's team is in the thick of things in the E8 standings. The Saxons drilled Elmira last week in their lone contest, 104-77 and are now in the T2 slot in league standings, tied with Nazareth. Technically AU is third as the Golden Flyers hold the tiebreaker at the moment. Alfred has conference games this week versus Houghton and SJ Fisher with tough outings upcoming after that against Stevens

The Empire Eight standings in men's basketball are starting to bunch up, a little, after Stevens as five teams will be shooting for three playoff slots. After Alfred, SJ Fisher-Utica-Hartwick all currently have four losses as they look to land in the fourth spot.

The Alfred State men had a solid week as well as they beat Pitt-Bradford and those Five Towns, holding each team to 64-points. The Pioneers (13-6) have Wednesday-Wednesday games on tap against Hilbert and Villa Maria next, both trips to Buffalo.

Coach Tom Curle's Plattsburgh men's basketball squad is on a roll as his Cardinals (14-4) have won 11 straight and they will close the regular season with six home contests. Nice schedule! The Alfred State College Hall of Famer has his team primed to host the SUN-YAC tourney and stay right in the North Country. Plattsburgh is 12-1 in the league as they lead the way over Cortland, Brockport and Oneonta/Geneseo, 2-3-T4.

The University of Buffalo (16-5) is undefeated in the MAC as they currently lead the East Division with a perfect 8-0 mark and they have nine-straight wins on their ledger as well. Other than Toledo, everyone else in the league is hovering around the .500 mark

"Across the street" at Canisius College, the Golden Griffs (13-9) are having a good season as well with a solid 7-2 league mark in the MAAC. Canisius is barely behind first-place Rider and grouped in tightly with Iona, Niagara and Quinnipiac. Siena ... missing Coach Beyer at the helm, is in last place!. NIT bids for the two Buffalo schools, perhaps as they join Syracuse in the field.

The St. Bonaventure Bonnies secured two, much-needed home wins last week as they defeated St. Joe's and George Washington in A10 play. Bona (14-6) had dropped 4/5 prior but home cooking prevailed at the Reilly Center. Alfred State/Alfred-Almond Hall of Famer, Gary "Doc" Moore took in the win over St. Joe's of Philly earlier in the week along with Jim Holleran of Penfield, an area basketball official. Small World time: guy sitting in front of them was Tom White, Moore's RA at Brockport and now the AD at Bolivar-Richburg. No spotting of the "Traveling Sports Fan" though. Perhaps sitting elsewhere with the Bona President?

In women's hoops, the Alfred State cagers are (6-10) after losses to Pitt-Bradford and somebody named Washington Adventist. Coach Gina Boyd's troops next play Hilbert and Washington Adventist (again). The Alfred University women are still sliding at (2-15) in a tough season. The young Geneseo ladies are (17-2/12-0) in a rebuilding campaign with three frosh seeing plenty of action.

Did not head to Geneseo on Saturday past to see the Cortland game and Coach Spanbauer. Duke hoops on in the afternoon! The Knights drilled "Spanny's" club, 77-53 hours after the Red Dragons nipped Brockport in a Friday nite conference game. Cortland is now (10-2) in the league with a one-game margin over those Golden Ea-

Watched golf off and on over the extended weekend past to see Tiger Woods back on the PGA Tour and to see if he could compete again ... without getting hurt! If Woods could've found the fairway all four days, he might have won the tourney. His iron play and put-













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HITS FOR 27 POINTS

Sage Brown named E8 Athlete of the Week

ALFRED-Junior guard/forward Sage Brown (Cortland) of the Alfred University men's basketball team earned Empire 8 Athletic Conference Men's Basketball Athlete of the Week on Monday afternoon, following a spectacular weekend for him and his Saxon teammates.

Brown put on a shooting clinic on Saturday during the Alfred University men's basketball Senior Day against Elmira College. He shot 68.8% from the floor, making 11-of-16 attempts. He tacked on

5-of-9 free throws for a career-high 27 points. Saturday's game was his fifth game in a row of doubledigit scoring. It was also his second game in a row with a double-double as he pulled down 13 rebounds, also making it his sixth game this season with a double-double. Brown finished the day with five assists and one steal. His biggest highlight play was when he and Cole Eels (Ithaca, NY/Ithaca) forced turnover right before half court after a Brown free throw. Eels got the steal and lobbed it over to Brown who drove to the hoop, slammed it one-handed over top of one of the Elmira defenders and sent the home crowd into

Brown as also named one of two Saxons of the Week on Monday as well. He and the rest of the Saxons will host E8 rival St. John Fisher at 6 p.m. Tuesday, Feb. 6 at Galanis Family Arena after edging Houghton, 75-74 Tuesday night.



THE DUGOUT CONTINUED

ting were excellent but hitting approach shots all the time, out of the rough, did him in. Right now it looks like he just needs to get into "tourney mode" and play more. Will he? Anyhow, fun watching the action from Torrey Pines in CA.

Rory McIlroy looks like he is ready to have a solid 2018 campaign after a disappointing 2017 golf season as he has now finished T3-2 in his last two outings on the European Tour. Li Haotong won the Dubai Dessert Classic by one stroke over McIlroy. Will be good to see McIlroy, a healthy Jason Day, a hot Justin Rose, a healthy Woods in action with Jordan Spieth, Justin Thomas, Jon Rahm, Dustin Johnson, Rickie Fowler and maybe even Bubba Watson and Adam Scott rebounding from off years.

Had a conversation with The Mixer on Saturday past as he busy in Virginia. His kids, ones still at home anyhow, are busy as well. Josh recently recorded his 100th high school wrestling win as he took first-place in the Virginia Independent Schools tournament in Virginia Beach, 113lb weight class. He is now prepping for the upcoming Virginia state meet. His weight class reminds me of two stalwart A-A wrestlers in Smitty and Mixer as well. Samantha Mix is a frosh in high school and her Dance Team won the Capital City Classic Grand Championship in DC at the Convention Center where Scott O. Lorow used to work. And 11-year old Madeline Mix recently took first-place in the Hills Maryland Classic in Level 4 gymnastics. Hope I got that right! She also is coming off a second-place All-Around finish in a Virginia Beach tournament. Finally, Mixer on his latest Amtrak adventure had a chance to chat with former Rochester Amerks/Boston Bruins hockey player, Mike Milbury.

Congrats go out to Mark S. Gaisser (A-A) and his 55+ Major slow pitch softball squad out of the Brockport area as they won the ISSA Tournament of Champions event in Plant City, FL over the weekend past. The former local softball player in the AASPL, with the Bandits tourney team and the famed Jokers Wild squad continues to compete despite a swollen ankle and all suffered in Florida. Our Man Frank was not in attendance.

Congrats are also in order to the former A-A soccer-wrestling-track athlete from the great Class of '70, Don Z. Higgins as he was named the 2017 Public Works Leader of the Year by the NY Chapter/Genesee Valley Branch. Higgins is the Livingston County Highway Superintendent.

Not sure who has a "more screwy" schedule, the Rochester RazorSharks (0-6) of the NAPB or the Rochester Knighthawks (2-4) of the indoor NLL? The winless hoop team last played on 1/15. This week they have four games in five days/nites.

1/31-2/4. Makes sense here. The K-Hawks will have been idle two-weeks between games, as they next go against the Buffalo Bandits on Saturday.

My "Final Four" teams this week would be: Villanova, Virginia, Purdue and perhaps the Arizona Wildcats. Duke might not be far behind, despite their loss at home to the Cavs over the weekend, but turnovers killed them against the steady Virginia squad. The Blue Devils needed a bounce-back home win on Monday evening against an injury-depleted Notre Dame team to get back on track.

The Wichita Wingnuts of the American Association have added pitching depth by signing Austin Boyle, Josh Lang (not Johnny Lange!), Felix Carvallo and Peter Irvin to contracts.

Rather nice "mess" at Michigan State as they apparently, for years, have kept sexual harassment (or worse) issues "in house" and failed many along the way. Time for football coach Mark Dantonio ... to go! And maybe, basketball coach Tom Izzo as well. The President has already bailed, the Athletic Director is running, Doctor Larry Nasser is off to jail and these two coaches could very well be next as ex-Michigan State employees. Have always admired Coach Izzo from afar as a great coach who gets the most out of his players. His apparent lack of discipline in these matters is appalling though and he might just be on his way out.

Off to New York City this weekend and am trying a different mode of transportation as it'll be Amtrak from Rochester to NYC. Daughter Lauren and I have tix to the Duke-St. John's hoop game at Madison Square Garden and due to a time change, Quinn will be taking in her first Duke game with us as well! Think Stephen Baker is stopping by Lauren-Jason's new apartment after the game and Sunday is the Super Bowl. Busy weekend. Jason and I (perhaps) heading out to an Irish Pub around the corner from their new place ... sometime.

New England Patriots 24 ... Philadelphia Eagles 20.



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