

AlfredNY.Biz

FALL 2006 ISSUE

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Around Town

**Get Ready for
Winter**

**Save Gas
Save Money**

**Great Recipes
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**Safe Cooking
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**Fall for
Allegany**



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A Note From The Owner:

As always, many thanks to our contributing writers and area merchants for their continued support of this Ezine (Free Online Magazine). I also wish to extend a special thanks to Mr. David Snyder—publisher of the Alfred Sun newspaper and Matt Mueller (Alfred Sun Reporter) for allowing us to reprint the article, [“The buzz about AlfredNY.Biz”](#) published September 7, 2006 in the Alfred Sun.

And finally, a reminder to everyone to get out and vote on November 7th, 2006. My family is proud to support Sheriff Randal “Randy” Belmont for re-election as Allegany County Sheriff.

Re-Elect Randy Belmont



Primary - Sept. 12th Election Day - Nov. 7th

Best Wishes,

A handwritten signature in black ink that reads "David Williams".

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AlfredNY.Biz *What's New*

This is a very exciting time for AlfredNY.Biz with the redesign in full swing and the expanded coverage and offerings taking shape 2006 has been our best year ever.

AlfredNY.Biz had the honor of being mentioned in a recent article by local writer Matt Mueller. The article, published in the Alfred Sun newspaper on Thursday, September 7th, 2006 is reprinted by permission here:

The buzz about AlfredNY.biz by **Matt Mueller** **Alfred Sun Reporter**

"Psst! Wanna get ahold of some VERRY useful CLASSIFIED info right offa da web? All about dat bizness goin' on aroun' Alfred, New York?"

Sounds fishy to you? Take the bait and light up your computer screen, fire up a search engine, and type "Alfred, New York." One of the listings popping up near the top of the screen is certain to be <http://www.AlfredNY.biz>. Point your mouse to it, click, and you are in business.

A little exploration at that interactive web site will lead you to classified ads for many businesses and organizations around the Alfred area listed in more than 100 categories. Consumers are invited to rate the services listed on a five star system. Far more help is available here than in the Yellow Pages of a local phone book.

"How come?" you ask.

Probably it is because David Williams, the owner of this "Alfred, New York, Community Web Site" begun in 2003, does not charge people to place these classified ads there. Yellow Pages publishers do charge for their entries.

"Is this how he makes a living?" you ask.

For Williams it is largely an introduction to the way he does it. This web site contains many links to his second one (website) begun a year later, <http://www.DavidWilliams.biz>. There he headlines his services as, "Web Designer, Web Developer, Graphic Designer, Custom Flash Designer, Web Site Re-Designer, Organic Search Engine Optimizer... for small businesses just like yours."

Williams works from a home office on Waterwells Road in Alfred Station, which helps to keep his overhead low and his prices affordable. There he uses two desktops and one laptop computer. Also, if he is to be believed, he has an unbelievable number of portable phones lurking around in the house.

Both Williams and his wife (Cathy) were raised in Hornell, NY and they are happily ensconced again in this area after a number of years spent elsewhere. The entire family, which includes three children, have been volunteers with the Alfred Station Fire Department. In spare moments Williams acquaints himself with the wildlife around his house, addressing some of the frequent visitors with personal names he has given them.

Speaking of visitors, it is likely that former Alfredians as well as resident ones will find that a trip to www.AlfredNY.biz is enjoyable as well as informative. Far from being, just another advertising medium, it includes weather reports, local news, a photo gallery, information on tourism and local government, and much more. A ten minute glance at the web site has the power to make a person nostalgic, even if one still lives in Alfred.

And while peeking at it, be sure to note the rating consumers have given to the *Alfred Sun*.

Fall for Alleghany

Fall Foliage in Alleghany County



You can see these pictures and other fall foliage photos from around Western New York online at AlfredNY.biz here:

www.alfredny.biz/fall-foliage/index.html

Feel free to share your pictures with us at AlfredNY.Biz—we'd be happy to publish your great fall foliage shots. Simply email your photos to the Webmaster@AlfredNY.Biz for consideration.

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Picture Perfect

Fall Photo Shooting Tips

by David Williams

Fall is one of my favorite seasons—the colors, the smells, the crisp air filling your lungs... Awesome. What a great time to grab the camera and go for a walk/ride around Western NY!

Want to change the focus of the whole picture? If your camera has the ability, try shooting the same subject with different aperture settings. You should see a big difference between shots taken with f4.0 and f22.



Many of today's digital cameras have an "Aperture Priority Mode" allowing you to adjust the aperture setting for focus across the entire depth of field or narrowing the focus to the desired subject—blurring the background. The lower the aperture number (ex. f4.0) will give you the least "depth of field" which means that you will have the greater degree of change in focus from objects that are closer to you from their background. The higher the aperture number (ex. f22) will give you greatest "depth of field" balancing the focus of the foreground and the background. This literally changes the focal point and composition of the entire image.

A word of caution here for digital camera users—shoot the photo several times with different settings to be sure to capture the desired effect. I have learned (the hard way) to shoot more photos than normal and not to trust the LCD thumbnail on my digital camera. Additionally, it is important to note that the lower the aperture setting the more narrow is your point of focus. Shooting your child's face at f22 is great but when you drop below say f11 or lower only your child's nose or eye may be in focus. Again, shoot several shots with several different settings—that's one of the great things about digital cameras—you don't have to pay for developing poor pictures.

Once you get used to shooting your pictures this way, you will most likely get the desired effects and have a great deal of fun creating professional looking images.

Feel free to share your pictures with us at AlfredNY.Biz—we'd be happy to publish your great fall foliage shots. Simply email your photos to the Webmaster@AlfredNY.Biz for consideration.



Western NY and Southern Tier Events and Attractions



Area events and attraction for the whole family. A bit of a disclaimer here: we can't be responsible for the accuracy of the dates and times of these events. As you can understand sometimes weather or other circumstances force changes in the scheduling of these events so we advise you to call event coordinators to verify dates and times.

Community Fall Fling, Caneadea, NY

Dates: 10/06/2006 - 10/08/2006

Sponsored by: Morton's Vegetable Stand

Description: Yard Sales, Food, Vendors, Antique Engine Show and more

Cohocton's Fall Foliage Festival, Cohocton, NY

Dates: 10/06/2006 - 10/08/2006

Local Phone: 585/384-5792

Description: One of New York State's oldest festivals; includes tree-sitting contest, parade, soccer tournament, arts & crafts, huge flea market, antique tractor pull, and live music. www.fallfoliagefestival.com

Fire Prevention Week "Kick Off" Open House Alfred Station, NY

Date: 10/07/2006

Local Phone: 607-587-9275 info

Description: Parents and children are invited to join the Alfred Station Fire Company for our Fire Prevention Week Kick Off. The Open House will be held at Alfred Station Fire Hall on Rte 244 Alfred Station at 2:00 pm Saturday, October 7th.

Letchworth Arts & Craft Show & Sale

Dates: October 7-9

Description: Featuring artisans from all over the U.S., plus family activities, horse-drawn carriage rides, food vendors and live music; 10am-5pm; Highbanks Recreation Area, Letchworth State Park; Shuttle service available from the Perry Business Center, Rt. 39, Perry; 585-237-3517 www.artswyco.org

Allegany Artisans Open Studio Tour, Allegany County, NY

Dates: October 14 & 15 2006

Toll Free: 1-800-521-0885

Description: Artisans throughout the county open their studios and galleries for you to visit and see them working as well as purchase locally made paintings, pottery, sculptures, jewelry and other works. 8:00am until 5:00pm. Throughout the county.

Ridgewalk and Run, Wellsville, NY

Dates: October 15 2006

Description: Scenic trail walks and competitive runs along western New York's highest ridge. Entry Cap 900. Register online at www.ridgewalk.com

Open Farm Day, Woodhull, NY

Date: 10/28/2006

Local Phone: 607/525-6656

Toll Free: 877/525-6656

Description: Tour a working alpaca farm; learn about Alpacas and their luxury fleeces; see fiber arts demonstration.

Winterize Your Home

Get Ready for Winter Energy Saving Tips for Your Home

There are many do-it-yourself steps one can take to reduce heating expenses and make one's home more energy efficient. Many of the items needed to winterize your home like; caulk, weather stripping, storm window kits and the small hand-tools needed for installation are inexpensive and readily available at your local hardware store.

Armed with a some energy saving ideas and a little spare time—you can do a lot to lower your heating bills this winter.

1. Keep The Cold Out

Reducing air leaks could save 10 percent from an average household's monthly energy bill. For example, consumers can:

Seal leaks around doors, windows, and other openings such as pipes or ducts, with caulk or weatherstripping. The most common places where air escapes in homes are; walls, ceilings, ducts, a fireplace, plumbing penetrations through walls/roofs, doors, windows, fans/vents and even electrical outlets.

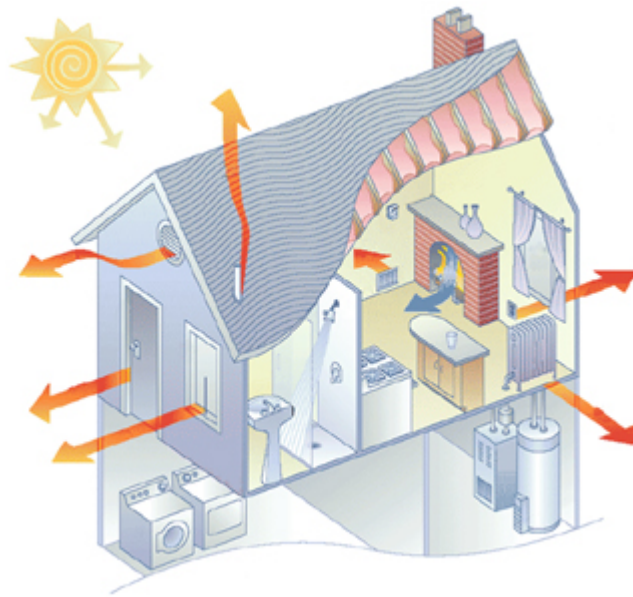
2. Increase Efficiency & Use Energy Wisely

Set thermostats between 65 and 70 degrees during the winter, and at 58 degrees when away from the house for more than a few hours. Bear in mind that warmer temperatures are recommended for homes with ill or elderly persons or infants.

- You can turn down thermostats automatically during overnight hours without sacrificing comfort by installing an automatic setback or programmable thermostat. **Savings Estimate:** Over a 24 hour period, you will save about 3 percent on your heating bill for every 1 degree that you lower

the thermostat setting. For example, if you normally keep your thermostat set at 75 degrees all the time, and you lower it by 3 degrees to 72, you will save about 9 percent (3 degrees x 3 percent) on your heating bill.

- Change or clean furnace filters once a month during the heating season. A handy reminder is to replace filters every time you receive your fuel bill.
- Warm air rises, so use registers and register deflectors to direct warm airflow across the floor.
- Close vents and doors in unused rooms and close dampers on unused fireplaces.
- Set water heater temperatures at 120 degrees. This will allow a family to cut water heating bills without sacrificing comfort.



- Install water-flow restrictors in showerheads and faucets. Or, replace your showerhead with a low-flow head.
- Run washing machines and clothes dryers with a full load.
- On sunny days, open draperies and blinds to let the sun's warmth in. Close them at night to insulate against cold air outside.
- Install storm or thermal windows and doors or double-paned glass. A less expensive alternative is plastic sheeting, which can be temporarily fastened over doors and windows to prevent drafts and retain heat.

3. Think Ahead About Long-Term Energy-Efficiency Improvements Like:

- Insulation: Check to see if attic and basement have the recommended levels of insulation.
- Check the heating system and replace old, less-efficient systems.
- Replace old, outdated appliances with higher-efficiency models. When buying new appliances, compare energy guide efficiency ratings and annual operating costs.

Visit or call Tinkertown Hardware & Services in the Alfred, NY area for your winterizing needs. Their friendly staff is ready to help you save on your heating costs.

Phone: 607-587-8500

Save Gas Save Money

15 Tips for Better Mileage

The easiest way you to improve your gas mileage and reduce your fuel cost is to change your motoring habits. Listed below are a few recommendations to improve efficiency and improve your gas mileage.

No gimmicks... no product pitches... no need to buy expensive add-on equipment—just practical and proven methods to save you money.

1. Avoid prolonged warming up of engine, even on cold mornings - 1 minute is plenty of time to get the motor oil circulating throughout the engine before pulling away.

2. Don't start and stop engine needlessly. Idling your engine for one minute consumes the equivalent amount of gas needed to start the engine.

3. Avoid "revving" the engine, especially just before you switch the engine off; this wastes fuel needlessly and washes oil down from the inside cylinder walls, owing to loss of oil pressure.

4. Eliminate jack-rabbit starts. Accelerate slowly when starting from dead stop. And the converse is true as well—reduce speed well ahead of traffic lights/stop signs and coast into them rather than charging up on them and forcing the car to work against itself.

5. Exceeding 40 mph forces your auto to overcome tremendous wind resistance. It is actually more efficient in the summer months to roll up your windows and use your air conditioner when traveling over 40 mph. Open windows cause air drag, reducing your mileage by 10%.

6. Drive steadily—Use Cruise Control. Slowing down or speeding up wastes fuel.

7. Drive the Speed Limit and don't exceed the posted legal speeds. Primarily they are set for your traveling safety, however better gas efficiency also occurs. Traveling at 55 mph give you up to 21% better mileage when compared to former legal speed limits of 65 mph and 70 mph.

8. Think ahead when approaching hills. If you accelerate, do it before you reach the hill, not while you're on it.

9. Avoid unimproved or rough roads whenever possible, dirt or gravel roads can rob you of up to 30% of your gas mileage.

10. Plan short trips ahead and save wasted steps. By picking one day to run your errands versus three trips to accomplish the same tasks saves time and money.



11. Regular maintenance ensure best economy; check your owner's manual for recommended maintenance intervals.

12. Special attention should be given to maintaining clean air filters... diminished air flow increases gas consumption.

13. Keep your tires properly inflated. Not only will your tires last longer and perform better—properly inflated tires reduce drag and increase fuel efficiency (Check pressure when cold).

14. Remove excess weight from the vehicle - extra cargo, clutter in back seats and trunks. Extra weight reduces mileage, especially when driving up inclines.

15. Car pools reduce wasted trips and gas expense - all riders could chip in to pay for gas. For best results, distribute passenger and luggage weight evenly throughout car.

Let's face it—gas prices have skyrocketed in the last five years.

The bad news— They're not likely to return to under \$2.00 per gallon.

The Good News—A few changes in our driving habits and mindset combined with some easy maintenance tips and we can save up to 25% on our fuel costs. That's money in the bank.

Great Recipes & Ideas

Fall 2006 Issue

Hearty Beef Stew

This recipe is an adaptation of a Paula Dean recipe. The meat is succulent and you can experiment with both the dry ingredients and the vegetables to make this recipe your own. Have fun...

Ingredients

- 2 tablespoons vegetable oil*
- 2 1/2 to 3 pounds chuck steak or roast
- 4 quarts cold water
- 1 (28-ounce) can diced tomatoes
- 1 1/2 cups chopped onion
- 1 cup thinly sliced carrots
- 1 cup diced celery
- 1 cup sliced green beans, fresh or canned
- 1 cup frozen peas
- 1 cup corn kernels, fresh or canned
- 1 cup diced potatoes
- 3 tablespoons dried parsley
- 2 tablespoons beef bouillon granules
- 1 tablespoon dried Italian seasoning
- 1 teaspoon salt
- 3/4 teaspoon black pepper
- 1 tablespoon seasoned salt, plus extra for seasoning
- 1 tablespoon Worcestershire sauce
- 1 teaspoon celery salt
- 1 teaspoon garlic powder
- 2 bay leaves



Add the water, tomatoes, onions, dried parsley, beef bouillon, dried Italian seasoning, seasoned salt, Worcestershire sauce, celery salt, garlic powder, black pepper and bay leaves. Bring to a boil over high heat. Add the remaining vegetables and return the soup to a boil, stirring to distribute the ingredients.

Cover the pot; reduce the heat so that the liquid simmers, and cook for 1 1/2 to 2 hours, or until the meat is very tender.

Just before serving, season with salt and pepper to taste. To remove excess fat from the surface of the soup, lightly skim the surface of the soup with a ladle or spoon OR you can swirl a lettuce leaf around the surface—it will pick up a lot of the fat.

Links to Other Great Recipes and Ideas

Allrecipes.com

AllRecipes has over 30,000 free recipes – all created, reviewed, and approved by home cooks worldwide. One of the cool things about this site is that you can do an [Ingredient Search](#) and type in three or four ingredients you have on hand and it can suggest recipes based on those ingredients.

They also have a [CrockPot Recipe](#) section to help save time and steps.

FoodNetwork.com

Featuring an assortment of culinary categories, from international cuisine to dazzling desserts, the Food Network has a wide variety of recipe collections from 30 Minute Meals to Cooking Hints and helpful cooking tips & ideas. You can even see video segments from their TV cooking shows.

Directions

*heat the oil in a large skillet over medium heat.

Place the roast in the skillet and cook until browned on both sides, about 5 minutes per side. Remove the roast from the skillet and cut it into 1 1/2 to 2-inch cubes; discard the fat. Place the beef cubes in a large stockpot/CrockPot.

Safe Cooking With Kids ~ Recipes

The Fall Season just isn't complete without some good old-fashioned baking fun! And since Cookies are an old time favorite of kids—this is a fun cookie to make with the little ones.

Note: The theme for Fire Prevention Week 2006 is “Prevent Cooking Fires—Watch What You Heat” So, your friends and neighbors at the Alfred Station Fire Company ask that you please remember to:

- Keep a Kid Safe Zone of 3 feet from the range/oven when cooking
- Don't leave cooking food unattended
- Keep pot/pan handles turned in

Visit <http://www.AlfredStationFireCompany.com> and click on the Fire Prevention Week link for more info.

Children can safely peel the candy kisses and insert them (with a little adult assistance so they don't get burned) for the final touch of this tasty treat.

Ingredients:

- 2 2/3 cups flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 1 cup butter
- 2/3 cup creamy peanut butter
- 1 cup sugar
- 1 cup brown sugar, firmly packed
- 2 eggs
- 2 teaspoons vanilla extract
- Additional sugar
- 5 dozen kisses, unwrapped



Directions:

Preheat oven to 375 degrees F.

In a large bowl, mix flour, salt, and baking soda. Add butter and peanut butter and mix until smooth. Add sugars and beat until light and fluffy. Add eggs and vanilla and mix until smooth.

Make balls out of level tablespoons of dough - add flour if needed. Roll in sugar.

Bake 2 inches apart on ungreased cookie sheet for 8 minutes.

Remove from oven and add 1 kiss to the center of each cookie. Return to the oven and bake for 2 more minutes.

Cool and enjoy.

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